



The Ultimate FODMAP Handbook: Low FODMAP Recipes and Diet Plan to Control IBS and Improve Digestive Health (Fodmap, Fodmaps Diet Books, Fodmap Kindle, ... Low Fodmaps, Low Fodmaps Diet, Fodmap Diet)

Marcia Holding

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Discover The Amazing Health Benefits Of The Low FODMAP Diet Plan To Reduce Abdominal Discomfort And Get Your Life Back!

For a limited time this bestselling Kindle book is priced at only \$2.99. Regularly priced at \$4.99. Available on your PC, Mac, smart phone, tablet or Kindle device.

This book is part of a complete diet recipes set by Marcia Holding.

You're about to discover the proven steps and strategies on how to lead a beautiful and healthy life free of worries about the consequences of having FODMAP in your diet. Health is a blessing and life is good when you are healthy. Everyone is responsible for her own health and needs to guard her appetite and eat healthy.

People nowadays are increasingly living like robots, with little or no time to socialize, eat or sleep properly. Most modern diseases are related to our way of living. Digestive problems are among these. IBS (Irritable Bowel Syndrome) is a disease of the gut in which eating a high FODMAP diet causes abdominal discomfort. For people facing this problem, devastated with their lives, this book provides an explanation and remedy to this condition.

The first portion of this book gives an overview of FODMAP, digestive health and IBS. The second portion of the book deals with the diets that are rich in FODMAP followed by some food items that contain minimum to no FODMAP. And in the end the book describes food recipes and meal plans for people of all palates, who can enjoy a tasteful life without having to be concerned about bad digestive health ever again.

Here Is A Preview Of What You'll Learn...

- Strategies on how to lead a beautiful and healthy life without FODMAP
- The consequences of having FODMAP in your diet
- FODMAP causes of abdominal discomfort
- FODMAP and its effect on Digestive Health
- FODMAP and IBS (Irritable Bowel Syndrome)
- Food Rich in FODMAP

- Low FODMAP diet
- FODMAP Free Recipes
- FODMAP Free Sample Diet Plan
- And much more!

Download your copy today!

Take action right away to harness the miraculous benefits of the low FODMAP diet plan. Download this book “The Ultimate FODMAP Handbook” for a limited time discount of only \$2.99!

This book is part of a complete diet recipes set by Marcia Holding.

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Cheryl Steele:

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Joseph Wood:

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Hazel Gannon:

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