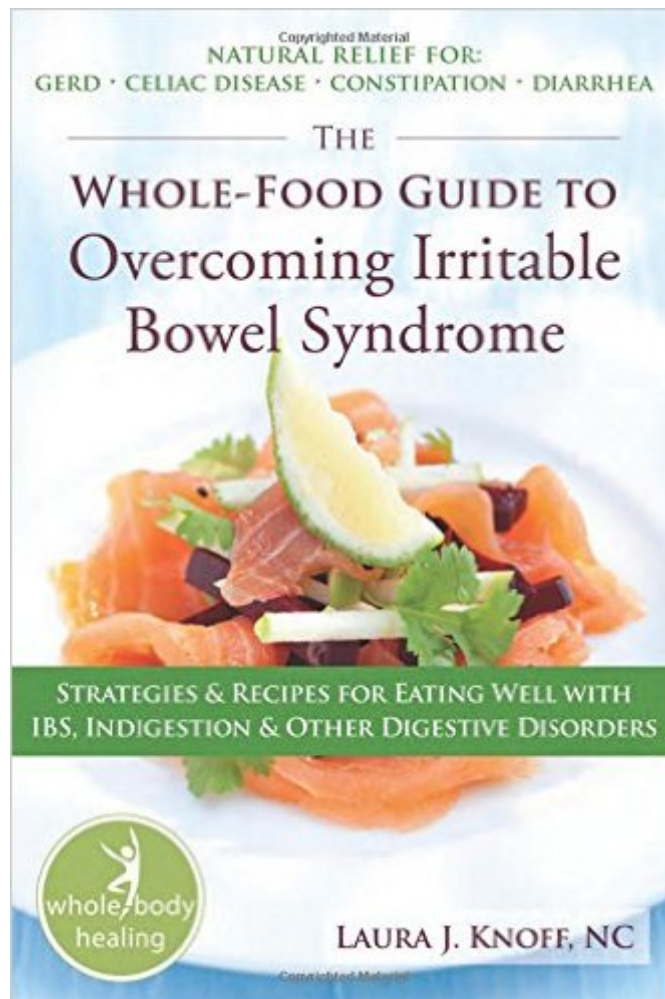


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# The Whole-Food Guide To Overcoming Irritable Bowel Syndrome: Strategies And Recipes For Eating Well With IBS, Indigestion, And Other Digestive Disorders (The New Harbinger Whole-Body Healing Series)





## Synopsis

If you have irritable bowel syndrome (IBS), you know all too well that its symptoms sometimes rule your life. While medication may temporarily alleviate IBS, diet and lifestyle changes target the root of the problem and can help you feel like yourself again. In *The Whole-Food Guide to Overcoming Irritable Bowel Syndrome*, nutrition consultant and former digestive disorder sufferer Laura Knoff reveals powerful, natural strategies for relieving symptoms right away and offers a collection of easy and nutritious recipes to help you end your struggle with IBS once and for all. This guide includes tips and advice on: What to eat and what to avoid to prevent IBS symptoms Herbs and vitamins for improving digestion naturally Self-assessing your IBS through an elimination diet Lifestyle changes, exercise, and stress management

## Book Information

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## Customer Reviews

I'm kind of surprised by the reviewers who called this practical. I am already on a gluten free diet and have been moving more and more towards whole foods, but unless you want to spend a whole lot of time searching for things like dulse granules, sea palm, or chlorella, this book isn't for you. I just wanted some simple advice on what might make me feel better, but I am probably not going to start fermenting my own yogurt or dehydrating flax seeds to make my own crackers. The author clearly has done research and has some knowledge, but I think the majority of people would find her suggestions totally overwhelming and intimidating.

Digestive distress is rampant as we all steep in a post-modern toxic stew of environmental effluvia. If you, as I did, go to a gastroenterologist and are told "learn to live with the pain," Knoff's guide offers practical options for restoring your gut. A well-respected nutrition educator with a background in biochemistry, Knoff knows her stuff. The publication of her book is a great occasion, as digestive malfunction sufferers have typically had to piece much of what is covered here together (if they can) on their own. Although a short book, *The Whole Food Guide to Overcoming Irritable Bowel Syndrome: Strategies & Recipes for Eating Well with IBS, Indigestion & Other Digestive Disorders* is jam packed with information and resources proven effective in reversing these debilitating disorders. For example, many health educators talk about "rotation diets" and lots of authors describe them in their books. Knoff, however, took the time to create simple-to-use, visual charts that clearly step sufferers through a rotation and challenge diet -- which is the first critical step an individual needs to take if s/he hopes to solve the mystery of the actual foods that trigger his or her specific digestive dysfunction. These charts alone are worth the price of the book. In addition, Knoff provides background information and history, offers detailed analysis of how and why one's gut function may become compromised, and hands you recipes from soup to (soaked) nuts that will reinstate your interest in food while helping you to remove the foods that offend your body. This book can empower you to understand your affliction and guide you - or your loved one - back to full joy in eating and in life.

This book seems like a basic guide to a healthy whole foods diet. There isn't much info on IBS. Her overall idea is to eat from a list of 10 foods for a few weeks until your symptoms all go away. Then add back foods one at a time and see what happens. That isn't really advice on how to live with IBS on a daily basis, that is how to diagnose a food allergy or intolerance. As a person who has already had very in depth allergy testing I found this book really didn't offer any insights on IBS not related to food allergies.

I am thrilled with this book. I try to follow a very healthy diet, with foods that my great grandmother would recognize. No pop-tarts or gummy bears for me! This book helps me make good choices at every meal with lots of recipes. If you have any food intolerances or allergies, the author gives you lots of tips, like how to find hidden gluten in your foods. I tried the 4 day rotation diet and I think it's a great idea. Even the healthiest of foods can cause problems if you eat them too frequently. Many vegetables have toxins in them so they are not eaten to extinction out in the wild. This is the perfect

book for how I want to eat and has really helped me with my IBS.

The book has a very detailed diagnostic questionnaire which is a prelude to some well known and not so well known strategies for handling IBS. There is an extensive section showing how the digestive system operates. Some bad foods are listed like sugar and white rice. Foods least likely to produce allergy are listed. Examples are fish, artichoke, carrots, celery, green beans and zucchini. The building blocks of a good diet are proteins, Omega 3, asparagus, onions, leeks, carrots, squash, spinach, parsley and the leafy green veggies. The book has an extensive list of vitamins and minerals for healing like Vitamin A, B-complex, Biotin, D, E and K. Moderate exercise and gentle fiber are concomitant parts of the wellness process which assists gut healing over time. Good detoxifiers are bentonite clay and charcoal capsules. These help the body to discharge toxins quickly and naturally. Medications do not necessarily discharge toxins. In my own experience, a certified colonics specialist may be helpful in discharging large toxin accumulations. Gut builders are L-Glycine and Glutamine. Probiotics are helpful to place good bacteria into the gastrointestinal tract. Finally, an extensive section on healthful food recipes is provided. Personally, I find juicing with the Vitamix 5000 to be extremely useful with regard to the intake of vitamin rich nutrients and the discharge of toxins from the fiber. Overall, the book would be very helpful for sufferers of IBS, Crohn's and other chronic conditions of the colon and gastro-intestinal tract. The price is reasonable considering the value of the extensive information content.

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