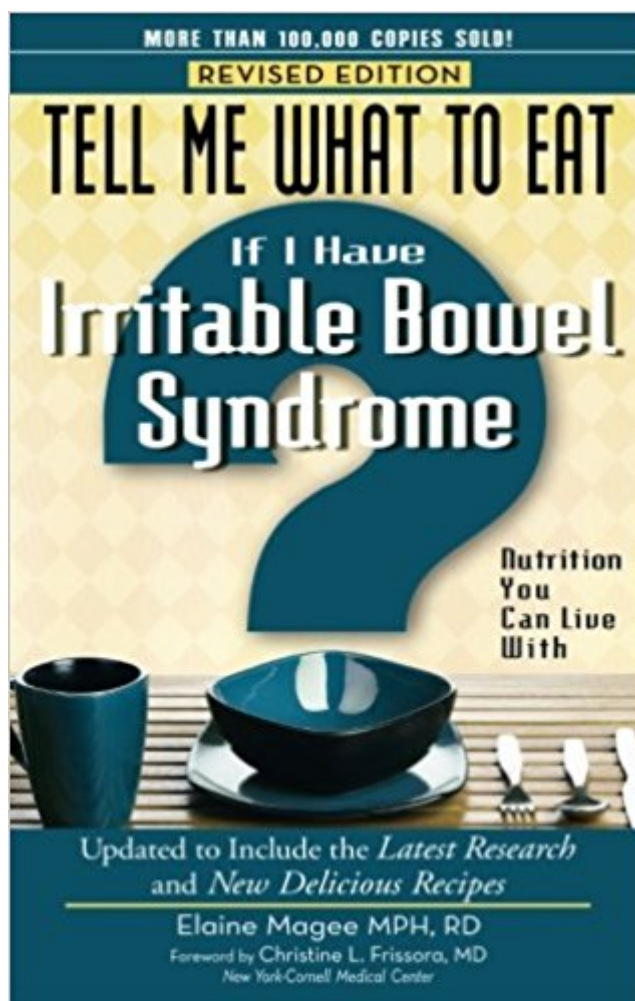


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# Tell Me What To Eat If I Have Irritable Bowel Syndrome, Revised Edition: Nutrition You Can Live With



## Synopsis

Irritable Bowel Syndrome is one of the most common reasons for a visit to the doctor in the United States, Europe, and other parts of the Western world. Even so, the majority of patients who have IBS do not seek medical care, which may be because of fear, embarrassment, or the lack of effective treatments. IBS affects both genders and all races. Recent data shows that 14 to 24 percent of women and 5 to 19 percent of men in the United States and Great Britain have IBS. If you have IBS, you are undoubtedly familiar with the link between your condition, your comfort, and what you eat or drink. Elaine Magee gives you positive advice about what foods you should eat almost every day, and whether you suffer from IBS constipation, IBS diarrhea predominant, or the type of IBS that includes both conditions. Easy-to-use tables list what foods are good for diarrhea, and for constipation, and which foods cause bloating or gastrointestinal distress.

## Book Information

Series: Tell Me What to Eat

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## Customer Reviews

Books in the Tell Me What to Eat series inform readers not only about what foods are good (or bad) for them, but explain what causes the problem, the symptoms, and what they can do about it. In this volume, after those issues are discussed, there is a chapter entitled, "Everything You Ever Wanted to Ask Your Dietician about IBS," which includes questions about lactose intolerance and whether IBS can lead to colon cancer. The next chapter offers 10 food-related steps to freedom; readers are advised to keep food diaries and limit high-fat meals. Practical advice, such

as suggestions of what to eat at various restaurants, is present throughout, and students will learn more about fiber than most teens could swallow, literally or figuratively. Magee, who writes a column called "The Recipe Doctor," also suffers from bouts of IBS, and her friendly tone brings readers into the book, despite a somewhat dull format. A list of books and Web sites where students can find more information is appended. Grades 8-12. --Ilene Cooper --This text refers to an out of print or unavailable edition of this title.

Elaine Magee, MPH, RD, is the author of the celebrated syndicated column "The Recipe Doctor." She is a frequent guest on Portland's morning show AM Northwest. Magee is a regular contributor to Parenting magazine and the author of 10 previous books on nutrition and cooking, including the best-selling *Fight Fat and Win*, as well as other titles in the Tell Me What to Eat Series, covering Diabetes, IBS, Menopause, Colon Cancer, and Breast Cancer.

This book focuses too much on just fiber and not enough on the difference between soluble and insoluble fiber. Insoluble fiber and even a low-fat meal can be a deadly combination for an IBS sufferer. The recipes that the author considers invaluable for an IBS diet contain fat that is far in excess of what I could tolerate. I have a master's degree in nutrition and have also studied food chemistry and baking properties. There are other alternatives to the relatively high-fat and high insoluble fiber that this author recommends.

Excellent guide - information for those diagnosed w IBS Provides many tips on what to include and what to avoid in daily food intake.

Nothing new or informative, just do an internet search

I found this book to be filled with excellent information regarding IBS. I find myself picking up this book just several times a day and reading more and more. Every time I read I gain more insight. Thank you for your valuable information. It has helped me to understand more about my IBS. Nancy Reneau, Blacksburg, VA

Good review of the symptoms and general information. It would have been better with a few more recipes as the ones in there are good.

This book has more recipies in it then helpful hints about ibs. I would not advise this book if suffering from ibs, unless you are just looking for a cook book. But the sellar was great got it here on time!! I would buy from them again..

This book helped me with ideas of how to deal with my irritable bowl and all of the symptoms that come along with it.

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