



Low FODMAP: The Low FODMAP Diet Slow Cooker Cookbook (IBS, Irritable Bowel Syndrome, Crock Pot Recipes) (Managing Irritable Bowel Syndrome Cookbooks 2)

Grace Goldenbloom

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Experience Relief From IBS Easily and Conveniently With Your Slow Cooker!

When you suffer from IBS, every meal you eat can feel like a gamble, keeping you on-edge as you anticipate the suffering and discomfort that has become a painful part of your every day life.

All you want is to figure out what's causing your suffering and to finally feel better—for good—but no one seems to be able to offer you the help you so desperately need.

Fortunately, an answer has finally arrived.

The Low-FODMAP Diet is a proven method to relieve the symptoms of irritable bowel syndrome by cutting out FODMAPS—difficult to digest carbs that can be found in certain fruits, vegetables and nuts, as well as sweeteners, milk, soy and wheat. By cutting out these specific carbohydrates, you'll finally be able to experience the relief that you've been waiting for. And you'll be able to do it easily using the most convenient and time-saving appliance in your kitchen—your slow cooker!

Enjoy tasty, healthy recipes such as:

Bacon and Veggie Breakfast Casserole

Cinnamon Breakfast Quinoa

Slow Cooker Pumpkin Soup

Sweet Potato Gratin

Chicken Tikka Masala

Easy Chicken Cacciatore

Pineapple Bananas Foster

Strawberry Oatmeal Crisp

Plus more!

For detailed information about the Low FODMAP Diet, including IBS information, food lists and a 14-day meal plan to help you get started, I recommend picking up a copy of *The Low FODMAP Diet: 30-Recipe Cookbook and 14-Day Meal Plan for Overcoming IBS for Good*.

Download *The Low FODMAP Diet Slow Cooker Cookbook* today and finally experience the relief that you've been waiting for!

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