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consultant and former

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consultant and former IBS sufferer Laura Knoff presents a complete program for healing IBS and related symptoms with food. By keeping a food diary and taking self-assessment quizzes, readers learn which foods help and hurt their digestive health.

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nutrition consultant and

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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.

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symptoms right away

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Disorders (The New  
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This clear, concise, and  
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the causes and  
remediation of gut pain  
and suffering in a way  
everyone can  
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