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former digestive disorder sufferer

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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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Laura Knoff reveals powerful, natural

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right away and offers a collection of
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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,

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readers learn which foods help and
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While medication may temporarily
alleviate IBS, diet and lifestyle changes
target the root of the problem and can

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help you feel like yourself again. In
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nutritious recipes to help you end
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In The Whole-Food Guide to Overcoming Irritable Bowel Syndrome, nutrition consultant and former digestive disorder sufferer Laura Knoff reveals powerful, natural

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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.

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Created by holistic nutrition expert
Laura Knoff, *The Whole-Food Guide to
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is a healthy whole foods cookbook
and nutrition guide to healing the
uncomfortable symptoms of irritable
bowel syndrome (IBS). --This text
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edition of this title.

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The end to digestive distress begins
with a thorough reading of The Whole-
Food Guide to Overcoming IBS. This
clear, concise, and elegant book

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Explains the causes and remediation of gut pain and suffering in a way everyone can understand and follow. The recipe section is a delight, with easy-to-make and wonderfully nourishing dishes and meal plans.

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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

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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

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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

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If you 're a breast cancer survivor, chances are you have renewed your commitment to maintaining your good health and taking care of your body.

As one of the best preventative measures known to doctors and nutritionists today, a robust, cancer-

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fighting diet is vital to your personal plan for breast cancer prevention. The Whole-Food Guide for Breast Cancer Survivors is an essential guide for every woman seeking to understand the effect of nutritional deficiencies and environmental factors on her overall health and wellness. Based on

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Edward Bauman 's groundbreaking
Eating for Health model, this highly
comprehensive, practical approach
can help you reduce the chance of
breast cancer recurrence; rebuild your
immune system; and enjoy a stronger,
healthier body. Reduce the chance of
breast cancer recurrence by:

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- Incorporating cancer-fighting foods into your diet
- Indulging in safe, nontoxic cosmetics and body care products
- Understanding the role of essential nutrients in maintaining your health
- Managing your weight and balancing your blood sugar
- Nourishing your immune,

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describes behavior patterns in which

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an individual obsessively consumes more than half of his or her daily caloric intake after eight o'clock in the evening. More significant is the further finding that more than 33 percent of morbidly obese individuals, persons who are 100 or more pounds overweight, are affected by this

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disorder. Experts agree that NES shares characteristics of not only eating disorders but also sleep and mood disorders. Sufferers tend to exhibit symptoms such as feelings of anxiety and guilt, insomnia, or interrupted sleep. Typical NES behaviors include absent appetite

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during the day, a consistent pattern of eating more food after dinner than during the meal itself, and recurrent episodes of waking and eating throughout the night. This book offers a step-by-step strategy for managing and overcoming this disorder. From this book, you will first learn to

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identify the signs of NES, and then use journaling exercises to discover what automatic thoughts surround your night eating. Having identified the problematic behaviors, you'll find out how to break these patterns with healthier food choices, more structured mealtimes, and a series of

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Provides recipes free of milk, eggs, wheat, soy, peanuts, tree nuts, fish, and shellfish, and includes such dishes as cherry dijon pork chops, Greek salad, lemon quinoa, soft pretzels, and

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Health A healthy digestive system is
essential for total wellness, and
digestive issues that cause discomfort
and pain can seriously hamper our
enjoyment of life. While there's no

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quick fix for curing the gut, effective holistic remedies can naturally, gradually alleviate almost every kind of gastrointestinal problem. In The Healthy Gut Workbook, you'll find a complete plan for restoring your body's delicate balance through gut-friendly meals, simple lifestyle

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changes, nutritional supplements, and, if needed, medications and medical procedures. You'll learn which foods to add and remove from your diet to dramatically reduce your symptoms right away, and also discover a variety of strategies for maintaining gut health. No matter what digestive

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problems you suffer with, the healing solutions in this workbook will help you find relief. This book includes integrative treatment plans for:

- Heartburn and reflux •Gastritis and ulcers •Diarrhea •Constipation
- Excessive gas •Gallstones
- Pancreatitis •Liver disease

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- Irritable bowel syndrome
- Crohn's disease
- Ulcerative colitis
- Diverticulosis
- Hemorrhoids

Use These Guidelines Of Super
Healthy Food Consumption And Start
Treating Your Body How It Deserves
Today! Nature gifted us her most

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valuable resources and we should value them as they are, without trying to transform them. For many years, humans lived on the natural nutrients that nature provides us with, but unfortunately, only in the last century food experiments were conducted and implemented to produce crazy

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amounts of food. Today, it's
increasingly harder to find an
ingredient that has naturally grown
under the sun. Instead, the food
industry giants are continually looking
for cheaper ways of producing more
and more food for larger profits thus
introducing many artificial ingredients

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into our food. What does this mean for us? The sad thing is that, as our schedules become tighter and tighter, most of us are opting for empty-calorie, ready-to-eat foods from these food giants that only require to be popped in the microwave for 3 minutes and voila! Dinner is ready!

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Should the ever-increasing cases of
lifestyle diseases such as cancer,
diabetes, heart diseases, and the like
then come as a surprise to us? I will
tell you with certainty, NO! If we all
stop just for a few seconds and pay
attention to what our bodies are
saying and respect that, only then will

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we understand that our bodies need real food to function and heal. This is where the whole food diet comes in; healthy living is a lifestyle and starting with the whole food diet is the first step to success. When undertaking the whole food diet, you should emphasize on dark green leafy

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veggies, plant obtained foods and other natural foods that have undergone zero or minimal processing. We are going to look at the whole food diet approved foods, complete with over 100 healthy whole food recipes in this guide. With the popularity of this diet, what's your

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excuse for not giving it a shot? Is it the cost, being too busy to make any diet work or the fact that you have a raging sweet tooth? We've all been here so I totally get it. But, with a lot of determination and some planning and keeping things simple, the whole food diet is totally possible. We are

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going to look at some delicious
recipes made using every day healthy
ingredients so don't worry about cost
or using too much time cooking.

When it comes to all the functions
within your body, it all starts with
food. So, let's get started! Here Is A
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The Whole Foods Allergy Cookbook is the first cookbook to eliminate all eight allergens responsible for ninety percent of food allergies. Each and every dish offered is free of dairy, eggs, wheat, soy, peanuts, tree nuts, fish, and shellfish. You ' ll find

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tempting recipes for breakfast
pancakes, breads, and cereals; lunch
soups, salads, spreads, and
sandwiches; dinner entrées and side
dishes; dessert puddings, cupcakes,
cookies, cakes, and pies; and even
after-school snacks ranging from trail
mix to pizza and pretzels. Included is a

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resource guide to organizations, as well as a shopping guide for hard-to-find items. If you thought that allergies meant missing out on nutrition, variety, and flavor, think again. With The Whole Foods Allergy Cookbook, you ' ll have both the wonderful taste you want and the

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The goal of any new health-diet, such as the plant-based diet, is mostly to harness the benefits of the diet, manage your health, and live optimally. The idea of leaving your comfort foods, starting out and

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sticking to a plant-based diet without proper help, can be overwhelming. This Plant-Based Diet for Beginners Book will get you started, and aid a smooth and stress-free transition from your regular foods to the plant-based diet. In this book you will find: A 30-Day Plant-Based Meal Plan,

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including list of options for breakfast, lunch, dinner and snacks. A Plant-Based Diet Kickstart Guide, which includes tips, hacks and tricks for a successful transition to the plant-based diet. A Meal Guide (What to Eat and What Not to Eat) More than 100 Plant-Based Diet recipes, including

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main nutritional information to help you keep track macros. You will enjoy simple, sumptuous, healthy and satisfying plant-based diet meals that will make you will feel better, live healthier and live longer.
Congratulations.

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This book is about the condition, Small Intestinal Bacterial Overgrowth (SIBO). It is a condition that many people don't realize they have because the symptoms can be similar to many other conditions and diseases. This book will cover the symptoms, the possible causes, as well as treatment

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and management of SIBO. I have suffered with the symptoms of Small Intestinal Bacterial Overgrowth (SIBO), myself, and know the physical and mental anguish that it can cause. The abdominal pain and discomfort, the unexplained weight loss, the gas, constipation, or diarrhea. It was years

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before I finally received the correct diagnosis. Once I received the correct treatment and maintained the proper diet, I was able to manage the condition, and my symptoms. It was liberating and improved the quality of my life substantially. I hope to help others who have SIBO, by offering

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them one resource that will help them
to understand the condition, and
know what to do about it.

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It's essential to maintain strong bones
to keep an active lifestyle, but aside
from taking a daily calcium
supplement, is there really anything

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you can do to improve your bone health? With this complete program for stronger bones created by health educator Annemarie Colbin, you'll learn the best foods to eat to build bone mass and find out which foods actually weaken bones. In The Whole-Food Guide to Strong Bones, you'll

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also discover how exercise and finding personal balance can improve your health and prevent fragility fractures, menopause-related bone loss, and osteoporosis. Learn:

- What puts you at risk for bone fracture
- Why medication and estrogen therapy may not work for you
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