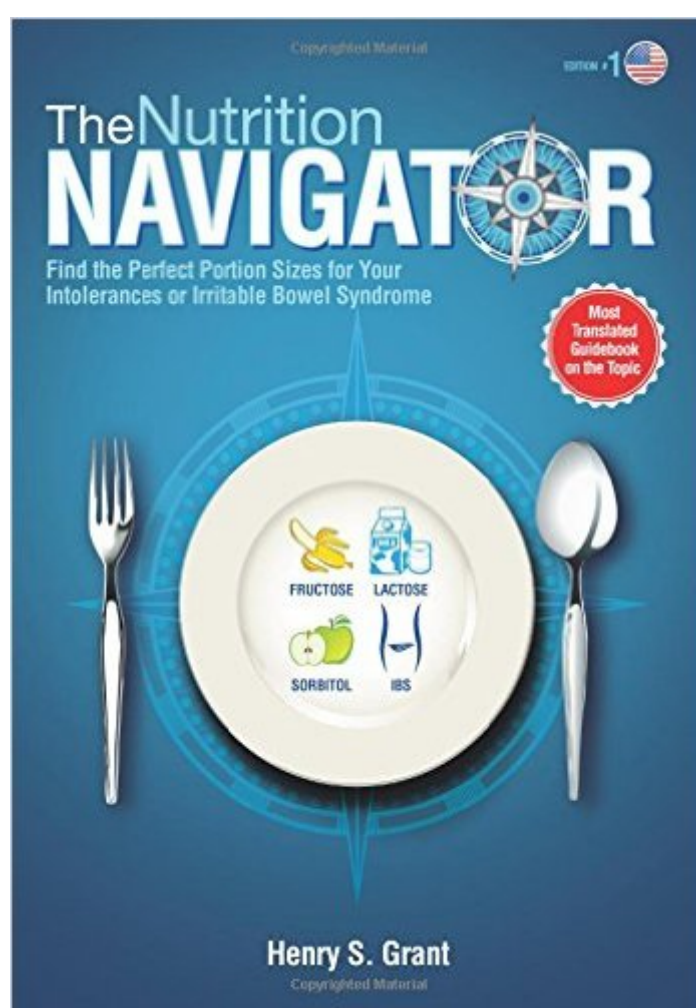


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# The NUTRITION NAVIGATOR [US]: Find The Perfect Portion Sizes For Your Fructose, Lactose And/or Sorbitol Intolerance Or Irritable Bowel Syndrome



## Synopsis

"A global strategy to enhance the quality of your life." Henry S. Grant Do you have: regular abdominal pain, constipation, diarrhea and/or flatulence? irritable bowel syndrome? a fructose, lactose and/or sorbitol intolerance? Learn to manage your abdominal discomfort to enhance your everyday life at the workplace, in your love life and in all your activities. You can improve your health significantly, and as you adapt the approach to your body, youâ™™ll learn how you can broaden your food options as far as possible. Discover the reasons for and consequences behind IBS and food intolerances, including two factors in your discomfort that most sources neglect. Your Nutrition Navigator includes: Tables including the recommended portion sizes for 1,111 food products and beverages as well as the required amount of lactase capsules, based on information from an established nutritional database; Two leaflets you can remove from the book to help you shop and eat out; Tips on a variety of health-related topics, from minimizing the effects of stress in your daily life to cooking for friends with food intolerances. The Nutrition Navigator will help you navigate your way to a more comfortable belly!

## Book Information

Paperback: 286 pages

Publisher: American Diet Publishing GmbH; 1 edition (December 2, 2014)

Language: English

ISBN-10: 1941978347

ISBN-13: 978-1941978344

Product Dimensions: 6.7 x 0.6 x 9.6 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â  See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #1,621,291 in Books (See Top 100 in Books) #134 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome #642 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal #3614 inÂ Books > Self-Help > Stress Management

## Customer Reviews

I was diagnosed with lactose intolerance two years ago. Despite the treatment, I continued to suffer from some of the typical symptoms like bloating and flatulence. The book showed me why. I never heard of fructans and galactans before. The book offers fitting portion sizes for many products, which can even be adjusted to your sensitivity. It is the best book I read regarding lactose

intolerance.

First I was unsure about buying this book, due to its price. Then I came to think that I really want to improve on my IBS symptoms and so I gave it a go. It has finally helped me find out the cause of my symptoms. Moreover, I now understand what I am dealing with. I am so glad I bought it and that is why I give it five stars.

A guidebook on sorbitol intolerance â “ finally! I have been waiting for years to find one.

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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) 500 High Fiber Recipes: Fight Diabetes, High Cholesterol, High Blood Pressure, and Irritable Bowel Syndrome with Delicious Meals That Fill You Up and Help You Shed Pounds! Doctor's Guide to Gastrointestinal Health Preventing and Treating Acid Reflux, Ulcers, Irritable Bowel Syndrome, Diverticulitis, Celiac Disease, ... Pancreatitis, Cirrhosis, Hernias and more by Miskovitz M.D., Paul, Betancourt, Marian [Wiley,2005] [Paperback]

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