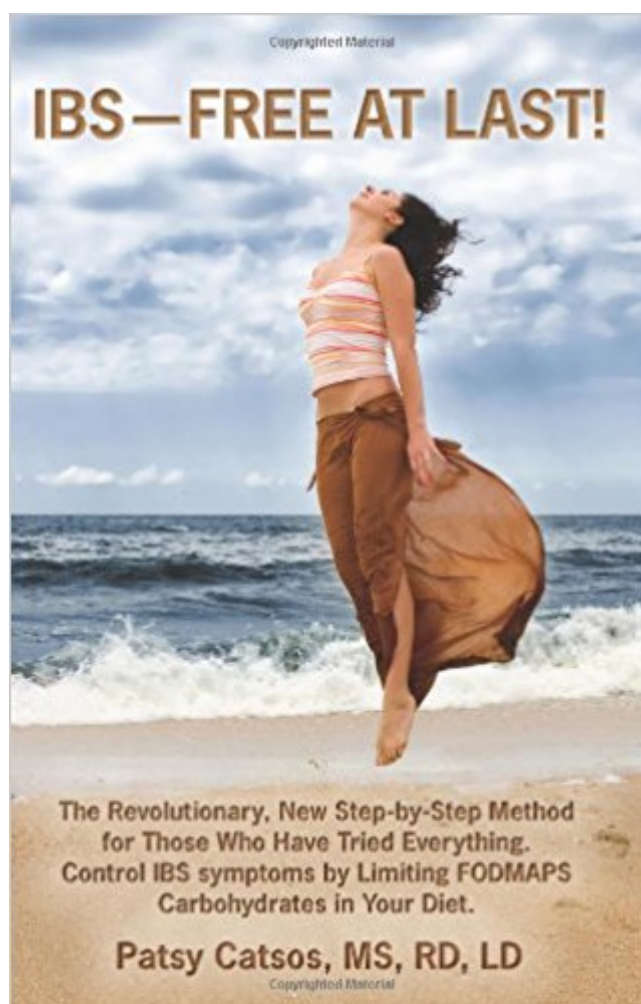


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# **IBS--Free At Last!: A Revolutionary, New Step-by-Step Method For Those Who Have Tried Everything. Control IBS Symptoms By Limiting FODMAPS Carbohydrates In Your Diet.**





## Synopsis

The updated and expanded edition of *IBS--Free at Last!* is now available! The new edition is titled *The IBS Elimination Diet and Cookbook*. It includes the same 8-step program as *IBS--Free at Last!*, and is redesigned for better usability. It now features 56 recipes and full-color photography. Search for *The IBS Elimination Diet and Cookbook* to start your journey to eating well and feeling great. When *IBS--Free at Last!* was published in 2009, it ushered in a new era of treating IBS through diet instead of medication, and quickly established itself among doctors and other specialists--as well as home users--as an invaluable tool for anyone suffering from IBS (an estimated 35 million in the United States), as well as those with Crohn's disease, ulcerative colitis, SIBO, and gluten sensitivity. Now available as *The IBS Elimination Diet and Cookbook*, this is the landmark guide to the low-FODMAP diet.

## Book Information

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## Customer Reviews

I have been suffering with IBS for more than 30 years. I have been to doctors for this problem, even before I knew it was IBS, for at least 15 years. I saw internists, gastro-enterologists, specialists, had a colonoscopy, etc. No one could help me. No doctor had any real advice other than to increase my fiber intake. I also tried other solutions, such as special teas and peppermint tablets. I even gave up my beloved coffee for a while as one person recommended. None of this helped. In fact, my symptoms were getting worse. Thankfully, I found this wonderful book. I read it cover to cover, and followed the regimen exactly as laid out. Amazingly, the first week on the elimination diet was

miraculous. I had NO symptoms for the first time in 30 years almost immediately upon starting the diet. I had forgotten how it felt to be symptom free. There are very few books that are truly life changing. This is one such book. Ms. Catsos explains the structural cause of IBS and what it going on with certain foods that create problems. She lays the groundwork quite thoroughly for what you will be doing in the elimination and challenge phase. There is an extensive shopping list along with recipes for the elimination diet. I had no trouble understanding the program as it was explained very clearly. Although you might be tempted to "cheat" while in the elimination and challenge phase, don't. You will be rewarded for your efforts. The book also makes clear that this diet does not work for 100% of the people, only 85%, which is still a hugely successful number. This is the first and only time in my life that I have received information about my problem that has worked. As a bonus, I lost about 15 lbs. without even trying. I cannot speak highly enough about this book and the work that Ms. Catsos has done for IBS sufferers. I would recommend that anyone with IBS try the program presented in this book. I am finally "free at last" from IBS. Thank you Ms. Catsos!

I have been flailing about for years, trying to find out what was causing my gut so much grief! My dr. called it IBS (which I believe is doctor-speak for "I don't know what's bothering you, just stop bothering me!") and handed me a leaflet about increasing fiber and avoiding stress. No help there. I found my first relief with low-carb dieting, so I assumed that grains and sugar were the problem and eliminated them both, but issues continued. My DIY elimination diets were haphazard and the results were always conflicting and confusing. This diet addresses FODMAPS, the group containing five subgroups of carbohydrates at the root of much IBS. And it spells out in clear, easy-to-follow instructions what to eliminate and why and, most importantly, gives a road map for reintroducing them--a group at a time. It never would have occurred to me that wheat, onions, green beans, and pineapple(!) could have anything in common, but they all contain high levels of fructans, which are among the hardest of all carbs to digest. Along with that is fructose (yes, even the healthy fructose in fresh fruit), polyols, lactose, galactans. If you are wondering why wheat (or fruit, or honey, or onions or . . . ) makes you feel bad one day, but not the next, and are beginning to think it is all in your head, try this book. Very practical and informative.

The title says it all: "if you suffer with IBS and have tried everything, this is the book for you." I'm paraphrasing, but the title is a clincher for so many of us who can't figure out why we can eat a possibly trouble-causing food one day, and the next day you're in agony. The author, a registered dietitian, writes that her ears perked up at a conference upon hearing about the FODMAPS

connection to chronic IBS. Thankfully, she took the ball and ran with it, with this book as the result. I like that the author gets right to the point about fructose and other specific carbohydrates (collectively called FODMAPS) that cause chaos in the colon. Overall, the book is clear, direct and well-organized. Readers can get on track with the elimination diet pretty quickly. And the author gives enough advice to stay on track. The recipes are good, but too few. There are a couple areas of the book I find problematic: first, while the author acknowledges there are foods that have are typically difficult, she does not caution the reader more strongly to not experiment with these problem foods while eliminating the FODMAPs from their diet. Her inclusion of corn in the dietary guidelines is pie-in-the-sky (pun intended) for most people with chronic IBS. Suggestions like this one indirectly imply that it's okay to eat corn. This flies in the face of the title since most people who have changed their diets to manage IBS probably have crossed corn off their safe foods list. And why Cheerios for breakfast? Cheerios, besides being highly processed (another IBS no-no), contain wheat starch. Wheat is high in fructans and generally not tolerated by people with IBS. Slow-cooked oatmeal or 100% percent rye toast with almond butter would be possible choices. The second issue is the large discrepancy in the "Foods to Avoid" list, particularly for vegetables versus what expert researchers caution against. The author says she based her book on the pioneering researchers on FODMAPS and IBS, but doesn't really offer a thorough explanation as to why she doesn't caution more strongly against the main vegetable culprits onions and garlic. Onions of many types (okay to cook with, but not to eat) are a big trigger for many. Garlic and onion are in so many prepared foods and recipes! It's great that there's allowed food lists, but since this is basically an elimination diet, lists with foods to avoid would be helpful since there are so many foods that should be avoided. Any way, there's too much good that this book offers not to buy it, read it and to enjoy the benefits of avoiding the FODMAPs. However, it would pay to check out what's on Internet about FODMAPs and draw your own conclusions. When it comes to foods, IBS can be a highly individualized condition. It takes patience to experiment to find out what foods or food groups are triggers. While you're at it, also check out the 2001 edition of "Self Help Way To Treat Colitis and Other IBS Conditions" by DeLamar Gibbons, an MD with Irritable Bowel Disease. His book may seem dated, but it offers a clear and in-depth explanation of the dilemma IBSers face with fructose, plus additional perspective what foods are safe to eat.

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