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Sue Shepherd, PhD, is coauthor of The Complete Low-FODMAP Diet and author of The Low-FODMAP Diet Cookbook. She is the director of Shepherd Works, Australia's premier private dietetic practice specializing in dietary conditions.

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In The Complete Low-FODMAP Diet, Sue Shepherd and Peter Gibson explain what causes digestive distress, how the low-FODMAP diet helps, and how to: Identify and avoid foods high in FODMAPs Develop a personalized and sustainable low-FODMAP diet

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Low FODMAP Diet The D I Y Beginner s Guide Plus PDFs

A low FODMAP diet is very restrictive and designed to be temporary. Before we go any further, it's important to clarify that following a low FODMAP diet is very restrictive and cuts out numerous common foods and food groups. That means you need to reintroduce foods at some stage, so it cannot be a permanent solution.

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The low-FODMAP diet is the long-awaited answer. In clinical trials, over three quarters of people with chronic digestive symptoms gain significant relief by reducing their intake of FODMAPs difficult-to-digest carbs found in foods such as wheat, milk, beans, soy, and certain fruits, vegetables, nuts, and sweeteners.

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The Complete Low FODMAP Diet Helm Publishing

The book also has practical information and recipes to help readers use the elimination diet and then eat a healthy diet based upon the low-FODMAP guidelines. About the author Sue Shepard, PhD, is a dietitian in Melbourne, Australia, senior lecturer at La Trobe University and research scientist.

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The Low FODMAP Diet Series A Revolutionary Plan for

The Complete Low-FODMAP Diet (cowritten by Sue Shepherd) introduced this revolutionary treatment, which is rapidly becoming the first-line recommendation by doctors and dietitians worldwide. FODMAP is an acronym that stands for a group of difficult-to-digest carbohydrates found in foods such as wheat, milk, beans, soy, and some fruits, vegetables, nuts, and sweeteners.

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