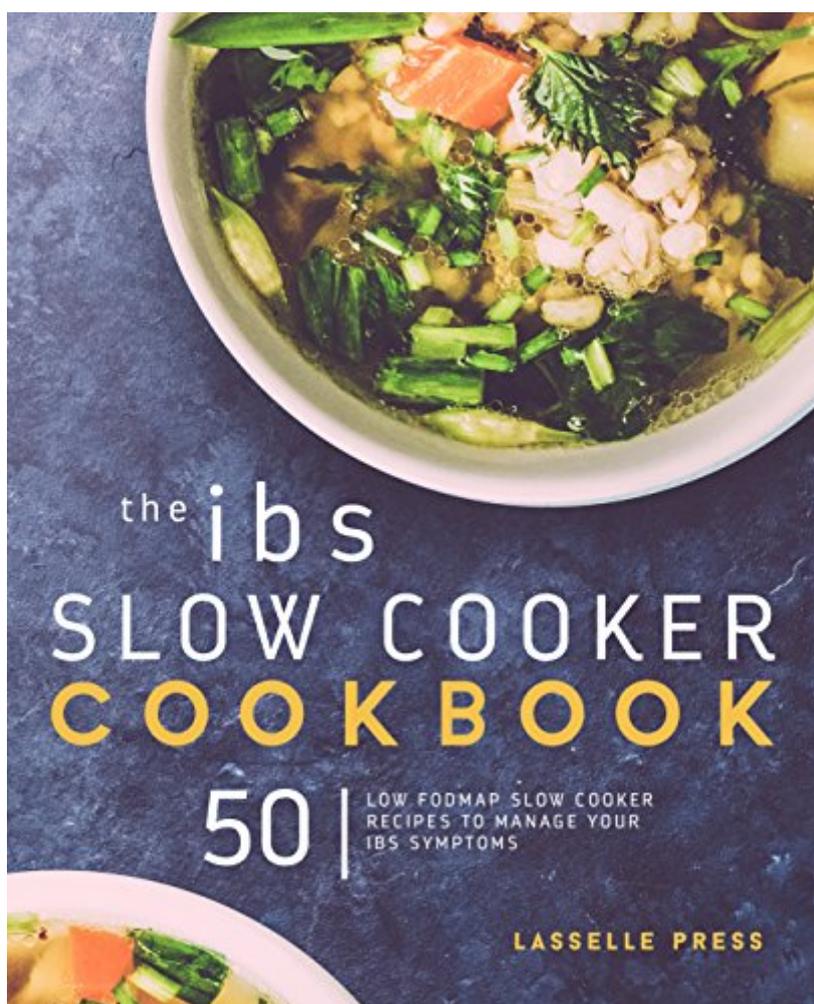


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# IBS Slow Cooker Cookbook: 50 Low FODMAP Slow Cooker Recipes To Manage Your IBS Symptoms



## Synopsis

50 Delicious and Easy Low FODMAP Meals That (Practically) Cook Themselves, While You're Out and About! Are you tired of suffering from the painful symptoms of IBS? Do you get tired of hearing everything you're not allowed to eat? Have mealtimes become something you dread rather than enjoy? Well, The IBS Slow Cooker Cookbook is here to help. With 50 low-FODMAP recipes that can be easily prepared in the slow cooker, we at Lasselle Press aim to provide you with plenty of inspiration for the kitchen so that you don't have to worry about your symptoms flaring up. There's a whole lot more though! Here's just a few of the things you'll find inside: A detailed introductory guide to IBS - the symptoms and possible causes, Lists of foods you can continue to eat as well as those you should avoid, Hints and tips for cooking, eating out and traveling, Nutritional values recorded for each recipe, Breakfasts, Seafood, Poultry, Vegetarian, Soups, Stocks, Stews, Drinks, Desserts and more! So if you want to start enjoying mealtimes again and feel better in the process, scroll up to buy your copy now!

## Book Information

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## Customer Reviews

**PROS:**1. Numerous helpful lists including: Shopping lists, restaurant menu suggestions, travel tips, and metric/imperial conversion charts.2. Extensive seafood and vegetarian options.3. All of the recipes include nutrition information. That's huge for me.4. While this book does cover a list of symptoms, it also suggest you see a doctor because these symptoms can be linked to more serious disorders or have a treatable underlying cause.5. It points out that these recipes are not all one-size-fits-all. What works for one person may not for another. Also, what upsets one persons digestive issues may have little impact on you.6. The book also lists some non-dietary lifestyle adjustments that may help with IBS symptoms - such as adding exercise and therapy to see if the IBS is aggravated by stress.7. It has unusual recipes and cooking methods for a slow cooker recipe book. They aren't all the same, tired soups and stews. Calamari anyone? Have you ever used Parchment paper in a slow cooker?8. While low-FODMAP foods tend to be on the bland side, the author encourages and uses more herbs to add flavor rather than simply relying on salt and pepper.9. The author encourages fresh foods and relies very little on canned or prepared foods.**CONS:**1. Hard to read and/understand some of the first chapters due to editorial errors. For example, the author listed these items under Herbs, Spices, and Flavorings to avoid: "Dairy Desserts, Baked Beans, Lentils, Chickpeas, processed foods, Coconut, Solid Chocolate, Solid Carob, Olives" - however, none of these items ARE herbs, spices or flavorings. Additionally, they listed Chives and watermelon twice in the Ok to eat list. They also listed Leeks, Shallots, and Garlic twice in the avoid list.2. Not all of the recipes make sense as a slow-cooker recipe. Some of them call for 30 minute cook times in a slow cooker. That almost seems like it would be just as easy to cook them on the stove top.3. Most recipes do not include photos. The few photos that are included are out-of-perspective and appear stretched or squished.4. It includes nectarines in one recipe despite them being on the avoid list.5. Some of the recipes are pale imitations of what they claim to be - for example, the seafood bisque is not pureed, nor is it creamy at all. It's more like a seafood stew - which is fine - but definitely not a bisque. And the Jambalaya resembles something more like a seafood and rice dish. By it's very nature, jambalaya is spicy. I understand that low-FODAP recipes tend to be on the blander side, but this isn't a jambalaya at all - but it is a very good seafood and rice dish.

I've always wanted to know more about what FODMAP stood for and this book gives a pretty good overview. I like how the explanation is straight to the point on the breakdown of carbs and it's absorption in the small intestines. It also has an extensive food list on what's ok and what to avoid. The only downside were the errors I came across. Things to fix: on location 203 \*they these\*

was an odd placed phrase ; location 468 on the Chicken Meatball Recipe there was no ingredient list and no measurements ; there were only 2 photos of a finished dish, one of which was put under the wrong recipe (more photos of finished recipes would be great); why is one kind of tomato ok and the others not? ; also many recipes are not gurd friendly and can create an acidic environment in the stomach; there were many recipes calling for shellfish, which can aggravate ibs symptoms.I like how basic and natural many of the recipes are, which makes preparing meals and eating at home much more convenient.After the research I have done on anti allergy and anti candida diets there are several points in this book I disagree with. All in all I will try out some of the recipes (excluding the allergens in many of the recipes) to see if I feel a difference after 3 months (3 months is the typical amount of time needed before feeling the full affects of a nutritional change)

What I love about this ebook is that it goes beyond just giving you a bunch of recipes. It is chock full of information to help you maintain a healthy lifestyle when living with IBS. The author is very thoughtful in that she provides lists of foods to buy, menu suggestions when dining out, advice when traveling, and more. There are even conversion charts to help you portion your foods based on label information.The author has included nutritional information for each recipe in the book. I find this to be a very important addition because it helps me to make healthier decisions when deciding what to eat. There are lots of recipes in this book that would entice even those without IBS. Just because we have to watch what we eat, doesn't mean we have to eat bland or boring meals.The author also goes into lifestyle habits and points out things that you can add to or change in your daily routines to help improve your overall digestive process. Daily exercise and stress reduction can play a big role in digestive health.I really enjoyed this book. If I had to point out any flaws, it would mostly be in the editing of the ebook. There are several typos throughout, but nothing that really takes away form the overall enjoyment and purpose of the book.I would recommend this ebook to others who suffer from IBS. You may just discover a new favorite recipe or two. :-)

The only thing they should change is the ingredient list font size, it is very small.I liked all the cool recipes that you could make in the slow cooker, that are easy on your stomach. Especially the desserts. I also liked the way they put in helpful tips for travel, everyday what to and not to eat, and the conversion table in the back. And last but not least, I really like the colorful appetizing pictures they sporadically place throughout the book.[Click this link to get this book](#) ã Æ Æ'Æ±IBS Slow Cooker Cookbook: 50 Low FODMAP Slow Cooker Recipes To Manage Your IBS Symptoms

I am a huge fan of making food with my slow cooker. When I found out that there is an entire cookbook for IBS using a slow cooker, I got super excited. My aunt has IBS so it would be great to make a nice meal for her when she comes over.

I LOVE IT!

I've just started using and don't have correct foods.

great book if you have IBS loved some of the recipes

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