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food. By keeping a food diary and taking self-assessment quizzes, readers learn which foods help and hurt their digestive health.

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Created by holistic nutrition expert Laura

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Knoff, The Whole-Food Guide to Overcoming Irritable Bowel Syndrome is a healthy whole foods cookbook and nutrition guide to healing the uncomfortable symptoms of irritable bowel syndrome (IBS). --This text refers to an out of print or unavailable edition of this title.

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