



# **Low FODMAP and Anti-Inflammatory Diet Box Set: Manage Digestive Disorders and Heal Inflammation with These Fun and Simple Recipes (Healthy Living Cookbook)**

*Nancy Brooks, Olivia Henson*

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## **Low FODMAP and Anti-Inflammatory Diet Box Set (2 in 1)**

### **Book One: The Low FODMAP Diet: 20 Recipes to Get IBS Relief, Manage Digestive Disorders and Improve Health**

Trying to manage a digestive disorder can be tough especially if you're in the dark about your condition. For millions with IBS, they struggle with daily tasks, usually when their IBS flares up however, this is a common condition and yet, so many don't know how to manage it.

For thousands of IBS sufferers, they don't realize how important their diet can be because little changes could actually make all the difference. Eating the wrong foods, it can make the condition worse but by simple changes and minor altering, anyone can learn to manage their IBS.

Though, while IBS and most other digestive disorders aren't life threatening, they aren't pleasant and it could lead to further serious medical conditions later. Having pain in the stomach is just one minor issue when IBS flares up but by learning how to deal with it, it could change your life entirely.

The FODMAP diet may allow those with a digestive disorder like IBS, the chance to find a way to help manage the condition.

#### **Inside You Will Learn:**

- What IBS Is And How It Can Be Managed
- 20 Homemade Recipes Suitable For Those Following The FODMAP Diet
- What Foods To Avoid
- Basic Errors To Avoid When Using The FODMAP
- And Much More

This could give you the kick-start you need to alter your diet and manage your IBS once and for all.  
Download This Book Now.

## **Book Two: Anti-Inflammatory Diet: Heal Inflammation and Eliminate Pain with These Simple and Delicious Recipes**

Inflammation in your body can be debilitating! Your joints hurt. Your body aches and is sluggish. Your energy is never high.

You can heal inflammation at the source, and part of healing comes from this age-old maxim: “Let food be thy medicine and medicine thy food.”

We will show you which foods to eliminate – as an anti-inflammation diet is largely about eliminating foods that hurt you – and how to enjoy eating the allowed foods.

### **In this book you will learn:**

- which foods to eliminate – as an anti-inflammation diet is largely about eliminating foods that hurt you
- how to enjoy eating the allowed foods
- how both raw and cooked foods are tasty when prepared right
- new ways to enjoy sweet foods, so that you don't miss traditional desserts

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