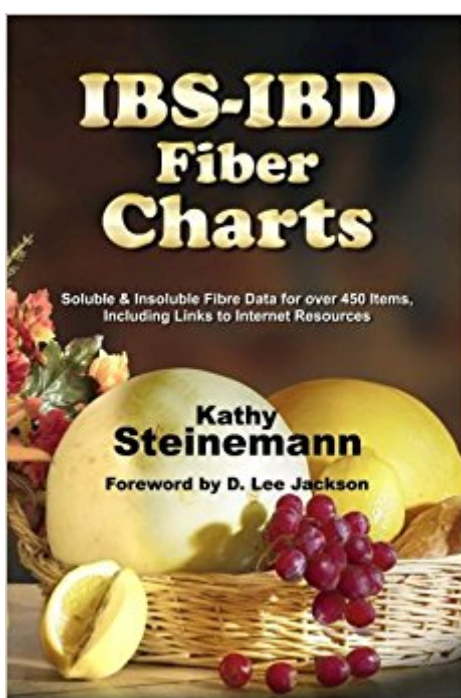The book was found

IBS-IBD Fiber Charts: Soluble & Insoluble Fibre Data For Over 450 Items, Including Links To Internet Resources

Synopsis

Not all fiber is created equal. Roughage is insoluble fiber, often scratchy in texture. Many people with IBS or IBD have been told to increase their intake of soluble fiber, the soothing substance that turns into a gel and helps to calm an irritated digestive system. However, it is often difficult to find soluble fiber information for the foods you consume every day. This book contains over 450 entries in several chartsÃ¢ ¬â •useful for anyone with bowel problems like diarrhea or constipation, or health-conscious individuals interested in increasing their daily fiber consumption. Additional chapters include: Ã¢â ¬Â¢ How Much Fiber Do You Need? Ã¢â ¬Â¢ Foods High in Soluble Fiber Ã¢â ¬Â¢ Foods High in Insoluble Fiber Ã¢â ¬Â¢ How Does Soluble Fiber Help IBS and IBD? Ã¢â ¬Â¢ Internet Resources

Book Information

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Average Customer Review: 4.5 out of 5 stars   7 customer reviews

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Customer Reviews

Kathy loves words, especially when the words are frightening or futuristic or funny. Her website: KathySteinemann.com.

I need a handy reference for both soluble and insoluble fiber, for health reasons. This is exactly what I wanted, and in an easy format to reference.

I always thought I ate enough fiber until I bought this book and started counting! Helped me prevent diverticulitis!

The book was fine, although I didn't find it as easy to use as other sources I had.

I haven't looked at it yet, but think it will be helpful.Hope I will get to it soon, bye.

Let me first say that I am not a doctor or dietician so I can't talk about the medical veracity of the contents of this book. I am however a sufferer of IBS (D) and so can talk from painful experience.When I was diagnosed the doctor told me to change my diet. I had always followed the usual diet advice of "eat lots of fibre" so ate wholemeal bread, lots of raw vegetables etc. "No," said the doctor "Think junk food, white bread etc." He added that some fibre was good for my condition (soluble fibre) while some was could aggrevate it (insoluble). But which was which?I set about looking for information on the web and in books without much luck. Then when I was on a web forum and saw Kathy Steineman was offering the book in return for an honest review and I jumped at the chance.This short book delivers what it says on the cover: data on 250 foods, including two very useful lists (on foods high in soluble and insoluble fibre). And I can tell you that will be surprised by what is in which list. It is an invaluable resource and is already changing what and how I eat. I presume you're reading this review because you or someone close to you has IBS, don't hesitate buy this book.

Thank you for your book - it is a wonderful source of information...Excellent information to refer to to help with GI disorders...

Very good resource

Download to continue reading...

IBS-IBD Fiber Charts: Soluble & Insoluble Fibre Data for Over 450 Items, Including Links to Internet Resources Irritable Bowel Syndrome: The Ultimate Guide to Eliminating IBS and Living a Healthier Life (The Ultimate IBS Diet Guide, Managing IBS for Real People, Take Control of IBS, Eating for IBS) High Fiber Recipes: 101 Quick and Easy High Fiber Recipes for Breakfast, Snacks, Side Dishes, Dinner and Dessert (high fiber cookbook, high fiber diet, high fiber recipes, high fiber cooking) Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble FIber, Healthy Gut Book 1) Data Analytics: What Every Business Must Know About Big Data And Data Science (Data Analytics for Business, Predictive Analysis, Big Data Book 1) Data Analytics: Applicable Data Analysis to Advance Any Business Using the Power of Data Driven Analytics (Big Data Analytics,

Data Science, Business Intelligence Book 6) Big Data For Business: Your Comprehensive Guide to Understand Data Science, Data Analytics and Data Mining to Boost More Growth and Improve Business - Data Analytics Book, Series 2 Conquering Irritable Bowel Syndrome: Essential Tips to Prevent, Manage, and Eliminate IBS Forever (Irritable bowel syndrome, Irritable bowel, IBS, IBS diet, stomach problems Book 1) The IBS Diet: How To Manage Your Irritable Bowel Syndrome Through Food For A Healthier and Happier Life (IBS Relief, IBS Solution) IBS and ESSENTIAL OILS.: How to Treat IBS with Essential Oils, Fodmap, and Proven Simple Steps to Follow with List of 50 IBS Diet Recipes for Breakfast, Lunch and Dinner. Soluble Fiber: Saving Your Health, Saving Your Money Listen to Your Gut: The Complete Natural Healing Program for IBS & IBD, Revised Edition Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods Analytics: Data Science, Data Analysis and Predictive Analytics for Business (Algorithms, Business Intelligence, Statistical Analysis, Decision Analysis, Business Analytics, Data Mining, Big Data) Low Residue Diet Cookbook: 70 Low Residue (Low Fiber) Healthy Homemade Recipes for People with IBD, Diverticulitis, CrohnÃ¢â¬â„¢s Disease & Ulcerative Colitis Taming Your Guts A complete guide to functional gastrointestinal disorders (FGID) including Irribable Bowel Syndrome (IBS), Gastroesophgeal Reflus (GERD), Gastritis, Roughage, Fiber, Food allergies, Constipation, Diarrhea, Diverticulosis Internet Business Insights: Lessons Learned and Strategies Used by 101 Successful Internet-Based Entrepreneurs (Internet Business Books) ESP8266: Programming NodeMCU Using Arduino IDE - Get Started With ESP8266 (Internet Of Things, IOT, Projects In Internet Of Things, Internet Of Things for Beginners, NodeMCU Programming, ESP8266) Overlooked Survival Items: The Top 20 Most Underrated and Overlooked Items To Have In Your Stockpile For Survival and Disaster Preparedness Overlooked Survival Items Part II: 20 More Underrated and Overlooked Items To Have In Your Stockpile For Survival and Disaster Preparedness