



The Low FODMAP 28 Day Diet Plan: A Low FODMAP Cookbook with Gut Friendly Recipes to Relieve IBS and Other Digestive Disorders (Abdominal Health 7)

By Heather Crawford

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Get This Exceptional Low FODMAP Diet Cookbook To Reduce Abdominal Discomfort And Get Your Life Back!

For a limited time this bestselling Kindle book is priced at only \$2.99. Regularly priced at \$4.99. Available on your PC, Mac, smart phone, tablet or Kindle device.

This book 'The Low FODMAP 28 Day Diet Plan' will help you to learn FODMAP Diet Recipes that you can make for 28 days to make sure that you get to take care of your digestive system and your health, in general!

The Low FODMAP Diet is derived from FODMAP, an acronym that stands for Fermentable Oligosaccharides, Dissacharides, Monosaccharides, and Polyols. These are all molecules absorbed from food that some people may not absorb fully and thus, brings forth discomfort and diseases such as IBS, nausea, and the common abdominal pain.

With the help of this low FODMAP cookbook, you'll learn low FODMAP recipes free of those ingredients that are set to keep you in the pink of health and make sure your digestive processes are working!

With The Low FODMAP 28 Day Diet Plan, you'll surely be able to reach your health goals and be safe from digestive problems that hinder you from being the best person you can be!

Here Is A Preview Of What You'll Learn...

- Recipes to Relieve IBS
- Recipes to Reduce Nausea
- Ingredients that Promote Weight Loss
- Low FODMAP Diet Recipes
- And Much More!

Download your copy today!

Take action right away to harness the miraculous benefits of the low FODMAP diet plan. Download this book ‘The Low FODMAP 28 Day Diet Plan’ for a limited time discount of only \$2.99!

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