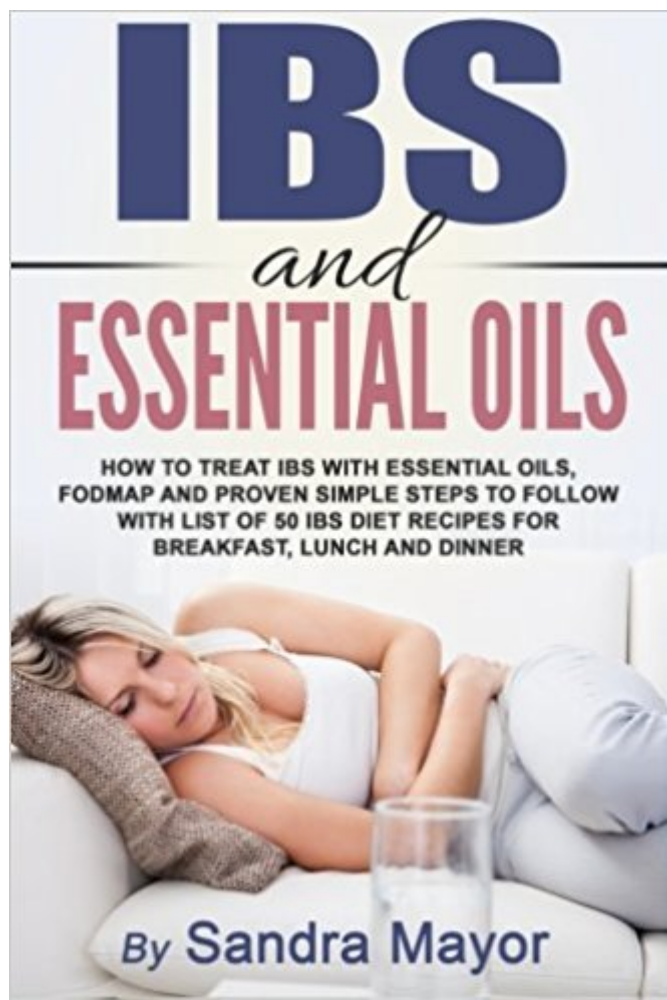


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# IBS And ESSENTIAL OILS.: How To Treat IBS With Essential Oils, Fodmap, And Proven Simple Steps To Follow With List Of 50 IBS Diet Recipes For Breakfast, Lunch And Dinner.





## Synopsis

Irritable Bowel Syndrome (IBS) is like a curse to many sufferers. IBS is an inherent problem of the stomach and the digestive tracts that affect lots of people. Being inherent in nature, it simply means it is not something you acquired due to bad habits or eating disorder. It is something you were born with, it just mean you were served a bad hand when the cards were distributed. But don't worry because IBS does not define you, with the help, tips and information contained in this book you can finally overcome the excruciating and embarrassing experience of IBS and become IBS free!!! Also, the importance of ESSENTIAL OILS to healthy living can't be overemphasized. Essential oils can be used to treat many health problems. They were one of the secrets to healthy living by our ancient parents. Included in this book are: Essential Oils, Ginger Oil, Peppermint Oil, Lavender Oil, Cinnamon Oil Tea Tree oil etc. Although IBS diet recipes are restrictive, I did my best to handpick the recipes contained in this book. They are delicious, nutritious, quick and easy to make. - Seafood Omelette - French Toast Sauce - Fruity Tropical Smoothie - Herbed Scrambled Eggs - Banana Green Delight - Potato Fishing Cakes - Turkey Tetarazzini - Quinoa and Vegetables - Pineapple BBQ - Coconut Flavored Shrimp - Avocados, Cucumber and Pesto Wrap Pumpkin and Potato Gratin - Coconut and Blueberry Muffins - Banana Ice Cream And many more. Now, let's begin on a journey to win against IBS. Download your copy and have fun reading and preparing your meals in the kitchen for IBS freedom. See you on the inside. Sandra Mayor. Tags:Essential oils, anti-inflammatory diet, quick and easy to make IBS diets, Diarrhea, coping mechanisms, list of food to avoid, insoluble fibres, soluble fibres.

## Book Information

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## Customer Reviews

the title of this book is IBS and Essential Oils. i bought it, wanting to learn about essential oils and IBS This book has 2 pages on essential oils. Nice information but does say how much or how to use the essential oils. the rest are recipes, which are very nice, but that is not what i purchased the book thinking it was about. Now i could send it back, but have to pay for return shipping. ridiculous. i would suggest, changing the title of the book.

Yes, very much so.

I never got or ordered this!

Haven't try it yet. Been so busy at works..

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