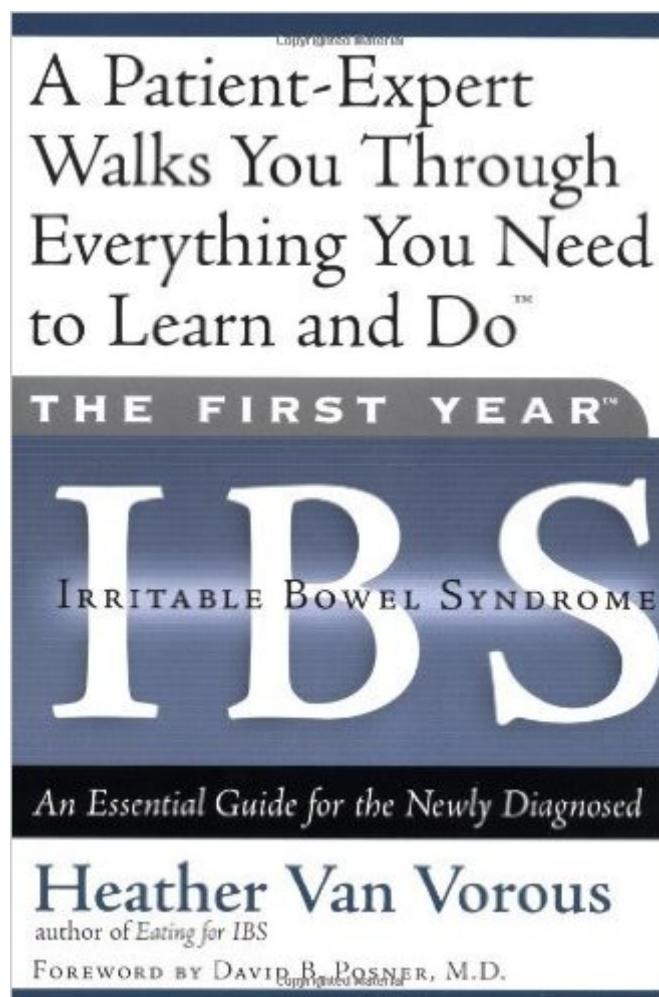


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# The First Year: IBS (Irritable Bowel Syndrome)--An Essential Guide For The Newly Diagnosed



## Synopsis

Like the other titles in the "First Year" series, *The First Year: IBS* offers two distinct advantages. First, it is written by a patient-expert, Heather Van Vorous, who has managed her IBS for more than fifteen years and knows firsthand what's required to manage her condition. Second, it guides readers through their first seven days following diagnosis, then the next three weeks of the first month, and finally the next eleven months of their first year, offering answers and advice to guide those with IBS into their new lifestyle. Starting with the day of diagnosis, Van Vorous provides detailed information about trigger foods, safe foods, soluble versus insoluble fiber, tips for eating and cooking, traveling, eating out, exercise, and much more. *The First Year: IBS* will inspire and educate those with IBS as no other guide does.

## Book Information

Series: The First Year

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## Customer Reviews

This book (and Van Vorous' other work) has helped me tremendously. My symptoms were debilitating. When I was diagnosed, I asked my gastroenterologist if there were any diets in particular that might have an impact. He said "It's different for everyone." And while that is true to some extent, he didn't even mention that caffeine and alcohol were triggers, let alone fats and insoluble fibers. When I discovered this book and started following the guidelines, my condition improved dramatically. Before I discovered this book, I could not have gone near a half-cooked, let alone raw, vegetable without getting sick. Whole grain cereal, oatmeal, or pasta would have caused

excruciating pain. But after first following the guidelines to the letter, I was eventually able to incorporate more of these foods--in the right amounts, combinations, and at the right time of day--into my diet. For those who have critiqued this diet because it tells you to eliminate insoluble fibers, you need to reread the title. This is titled "The First Year." You don't have to eat like this forever, just until your gut is under enough control to tolerate such foods. And the fact is that you're never going to be able to go on Atkins diet, but you don't have to eliminate insoluble fibers completely. You do, however, have to limit your portions, eat your insoluble fibers after you've consumed a good soluble fiber base, and recognize that certain times of day are worse when it comes to eating insoluble fiber. For me, the morning is the worst time, so I don't have salads or raw vegetables for dinner. That simple. Another critic claimed that this diet is not good for the constipation form of IBS.

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