



The IBS Low-Starch Diet

Carol Sinclair

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In this revised volume, Carol Sinclair a sufferer who has successfully overcome IBS and arthritic pain, provides a revolutionary program for a pain-free future. Her diet shows that a gradual reduction of starch can dramatically reduce pain in days, often to a point where drug usage is reduced and—in some cases—eliminated completely. Details of the discovery—along with case histories and a practical guide—are provided along with 200 delicious starch- and gluten-free recipes and a comprehensive guide to eating out.

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