



Insulin Resistance and Low FODMAP Diet Box Set: Delicious and Simple Recipes to Lower Your Blood Sugar and Get IBS Relief to Improve Health (Healthy Living Cookbook)

Olivia Henson, Monica Hamilton

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Insulin Resistance and Low FODMAP Diet Box Set (2 in 1)

Book One: The Low FODMAP Diet: 20 Recipes to Get IBS Relief, Manage Digestive Disorders and Improve Health

Trying to manage a digestive disorder can be tough especially if you're in the dark about your condition. For millions with IBS, they struggle with daily tasks, usually when their IBS flares up however, this is a common condition and yet, so many don't know how to manage it.

For thousands of IBS sufferers, they don't realize how important their diet can be because little changes could actually make all the difference. Eating the wrong foods, it can make the condition worse but by simple changes and minor altering, anyone can learn to manage their IBS.

Though, while IBS and most other digestive disorders aren't life threatening, they aren't pleasant and it could lead to further serious medical conditions later. Having pain in the stomach is just one minor issue when IBS flares up but by learning how to deal with it, it could change your life entirely.

The FODMAP diet may allow those with a digestive disorder like IBS, the chance to find a way to help manage the condition.

Inside You Will Learn:

- What IBS Is And How It Can Be Managed
- 20 Homemade Recipes Suitable For Those Following The FODMAP Diet
- What Foods To Avoid
- Basic Errors To Avoid When Using The FODMAP
- And Much More

This could give you the kick-start you need to alter your diet and manage your IBS once and for all.
Download This Book Now.

Book Two: Insulin Resistance Diet: Simple and Delicious Recipes to Lower Your Blood Sugar and Reverse Insulin Resistance Naturally

Let food be thy medicine, said the ancient Greek physicians. Whenever we have a specific health issue – our first reflex should be to look at our food habits. But we don't. Not until we get "Doctor's Orders".

High blood sugar and insulin resistance are more and more common in our society, and here, too, we need to let food be our medicine. Making the right choices about food, letting go of our fast-food/easy-food meals, is essential to returning to health.

One of the ways food can help is by choosing whole, natural foods that prepare from their raw state. These easy recipes can help you start – or get back into – doing that.

In this book, you will learn how to:

- Combine whole fresh foods into health-creating dishes and meals
- Use added fat healthfully
- Use spices to spice up the meal and speed up your metabolism
- Inspire yourself from "healthy regions" of the world for new and tasty recipes

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