

Ricette Senza Fodmap Per Una Pancia Piatta Alilibri

I FODMAP sono categorie di carboidrati (zuccheri e fibre) presenti in alcuni cibi. I FODMAP vengono scarsamente assorbiti dall'intestino tenue e, una volta raggiunto l'intestino crasso, iniziano a fermentare, causando i sintomi tipici della Sindrome dell'Intestino Irritabile (SII) in coloro che ne soffrono. La dieta low FODMAP, nata in Australia, mira ad aiutare le persone afflitte da SII a tenere sotto controllo i sintomi. Essa si è dimostrata efficace per circa il 75% delle persone affette da SII. I sintomi più comuni della SII sono: dolore addominale o fastidio, gonfiore addominale, gas, reflusso, diarrea (SII-D), costipazione (SII-C), o diarrea e costipazione assieme (SII-M). Queste ricette di frullato low FODMAP potrebbero aiutare le persone che soffrono della Sindrome dell'Intestino Irritabile (SII) attraverso l'introduzione nella loro dieta di sani alimenti low FODMAP, sotto forma di frullati. Le ricette sono state ideate utilizzando frutta, verdura, latte, sostituti del latte e altri liquidi, tutti low FODMAP. Al momento della stesura e al meglio delle nostre conoscenze, gli ingredienti contenuti nelle ricette sono stati testati low FODMAP dalla Monash University. Queste ricette sono rivolte soprattutto alle persone che hanno già completato la Fase di Eliminazione e quella di Reintroduzione previste dalla dieta low FODMAP e che sanno quali sono i cibi (high e low FODMAP) che possono consumare senza problemi e in quali quantità. Lo scopo di questo libro è di aiutarvi ad includere 1 frullato low FODMAP nella vostra dieta quotidiana. Potete gustare un frullato in qualunque momento della giornata. Potreste sceglierlo come snack, o magari preferite berlo a colazione. Quando lo utilizzate in sostituzione di un pasto, prendete in considerazione di aggiungere uno dei preparati di proteine che trovate nella sezione 'Principi fondamentali per la salute' di questo eBook. Questi frullati sono da aggiungere alla vostra dieta regolare, non sono pasti sostitutivi.

This must-read for lovers of Stephen King's *The Shining* will leave readers breathless as Seda and her family find themselves at the mercy of a murderer in an isolated and snowbound hotel. Get ready for what Kirkus calls "A bloody, wonderfully creepy scare ride." When her mom inherits an old, crumbling mansion, Seda's almost excited to spend the summer there. The grounds are beautiful and it's fun to explore the sprawling house with its creepy rooms and secret passages. Except now her mom wants to renovate, rather than sell the estate—which means they're not going back to the city...or Seda's friends and school. As the days grow shorter, Seda is filled with dread. They're about to be cut off from the outside world, and she's not sure she can handle the solitude or the darkness it brings out in her. Then a group of teens get stranded near the mansion during a blizzard. Seda has no choice but to offer them shelter, even though she knows danger lurks in the dilapidated mansion—and in herself. And as the snow continues to fall, what Seda fears most is about to become her reality...

The anticipation of Christmas and the excitement of Advent bring out the cook in everyone, whether you're making nibbles to serve with drinks for friends, planning your holiday season menu or baking heartfelt gifts for loved ones. From panettone and jam cookies, to nourishing salmon and potatoes, pumpkin wellington and a warming ginger punch, here are 24 seasonal recipes to add festive deliciousness to your celebrations and personal touch to your gift-giving.

Dr. Norman W. Walker is one of the pioneers of the raw foods movement and is recognized throughout the world as one of the most authoritative voices on life, health and nutrition. Dr. Walker shares his secret to a long, healthy, productive life through his internationally famous books on health and nutrition.

Powerarchy

Low FODMAP

Reexamining Customary International Law

Understanding the Psychology of Oppression for Social Transformation

The Complete Guide to Managing Kidney Disease and Avoiding Dialysis

The inflammatory relationship between food and health is finally explained in a scientific way

Fridge Love

Harvard-educated psychologist and bestselling author Melanie Joy exposes the psychology that underlies all forms of oppression and abuse and the belief system that gives rise to this psychology—which she calls powerarchy. Melanie Joy had long been curious as to why people who were opposed to one or more forms of oppression—such as racism, sexism, speciesism, and so forth—often stayed mired in many others. She also wondered why people who were working toward social justice sometimes engaged in interpersonal dynamics that were unjust. Or why people who valued freedom and democracy might nevertheless vote and act against these values. Where was the disconnect? In this thought-provoking analysis, Joy explains how we've all been deeply conditioned by the invisible system of powerarchy to believe in a hierarchy of moral worth—to view some individuals and groups as either more or less worthy of moral consideration—and to treat them accordingly. Powerarchy conditions us to engage in power dynamics that violate integrity and harm dignity, and it creates unjust power imbalances among social groups and between individuals. Joy describes how powerarchies—both social and interpersonal—perpetuate themselves through cognitive distortions, such as denial and justification; narratives that reinforce the belief in a hierarchy of moral worth; and privileges that are granted to some and not others. She also provides tools for transformation. By illuminating powerarchy and the psychology it creates, Joy helps us to work more fully toward transformation for ourselves, others, and our world.

A celebrity nutritionist outlines a food-based, recipe-augmented rapid-weight-loss plan for readers whose initial weight loss has halted, offering 3-day, 5-day and 10-day approaches to repairing stalled metabolic function. By the #1 best-selling author of *The Fast Metabolism Diet*. 150,000 first printing.

1411.100

Based on scientific discoveries about how what you eat affects your metabolism, this title includes a plan whose building blocks are pasta, whole grains, & even chocolate & cheese, which shift metabolism into a super burning state, so your cells preferentially burn fat as fuel. It also includes easy recipes, shortcuts, & success stories.

What's Missing in Your Body?

21 Giorni Di Frullati Low FODMAP

Alone

The Nutrition Revolution

Ricette senza FODMAP per una pancia piatta

The Real Meal Revolution

Do you want to understand Neural Networks and learn everything about them but it looks like it is an exclusive club? Are you fascinated by Artificial Intelligence but you think that difficult for you to learn? If you think that Neural Networks and Artificial Intelligence are the present and, even more, the future of technology, and you want to be part of it... well, you are in the right place, and you are looking at the right book. If you are reading these lines you have probably already noticed this: Artificial Intelligence is all around you. Your smartphone that suggests the next word you want to type, your Netflix account that recommends you the series you may like or Spotify's personalised playlists. This is how machines are learning from you and their environment. And these examples are only the surface of this technological revolution. Either if you want to start your own AI enterprise, to empower your business or to work in the greatest AI companies, Artificial Intelligence is the future, and Neural Networks programming is the skill you want to have. The good news is that there is no exclusive club, you can easily (if you are motivated) learn how to program and use neural networks, and to do that Neural Networks for Beginners is the perfect way. In this book you will learn: The types and components of neural networks The smartest way to approach neural network programming Why Algorithms are your friends The "three Vs" of Big Data (plus two new Vs) How machine learning will help you make better decisions The three most common problems with Neural Networks and how to overcome them Even if you don't know anything about programming, Neural Networks is the perfect place to start if you already know about programming but not about how to do it in Artificial Intelligence, neural networks are the next thing you want to learn. And Neural Networks for Beginners is the best book to do it. Download Neural Network for Beginners now to get the best start for your journey to Artificial Intelligence. Scroll to the top of the page and click the BUY NOW button.

The International School of Sugarcraft is the most comprehensive course on sugarcraft ever published. The much-awaited International School of Sugarcraft Book 3 — New Skills and Techniques covers all the latest style changes in sugarcraft and the various new equipment and products that have become available since Books 1 and 2 were published. Written by leading sugarcrafters Margaret Ford in the UK and Nicholas Lodge in the US, this brand new sugarcraft reference, resource, and cake decorating book also includes new techniques and cake designs by leading sugarcrafters from around the world – with innovative ideas from June Twelves (modelling), Marion Frost (cutters), Toshie Harashima (royal icing), and Earlene Moore and Steven Stelling (American cake styles, icing mediums and techniques). Together, Margaret and Nichols have organised the book into five main sections — using moulds and cutters for quick, impressive cake decorations; creating beautiful fabric effects; an update on modelling; producing stunning needlework in sugar; and the latest information on amazing sugar flower making. In this exciting new volume you will find impressive ideas, techniques and cake designs to appeal to anyone who enjoys sugarcraft and cake decoration.

"Cooking for kids is a cookbook for families - featuring real-life recipes from great chefs in thirty countries around the world. These 100 recipes--for breakfast, lunch, snacks, dinner, and more--show what they make for their kids at home. Each chef offers a glimpse into their own kitchen and life, as they cook for culinary-curious and healthy eaters, and serve delicious food that the whole family will enjoy."--Back cover.

This delightful book explores all kinds of questions that young children ask. Lift the flaps to discover who, what, when, where, how, which, and why.

Raw Vegetable Juices

V Is for Vegan

Hepatitis D. Virology, Management and Methodology

Food intolerances are a myth

Neural Networks for Beginners

Adamski method, your guide to longevity

The Method of Tasting

Ricette senza FODMAP per una pancia piattaLa Dieta mediterranea senza FODMAPUn approccio nutrizionale per il colon irritabile e i disturbi gastrointestinali funzionaliFrancoAngeli

OGT Exit Level Reading Workbook prepares students for the reading portion of the Ohio Graduation Test. Samples from similar tests provide plenty of practice and students learn to take multiple choice tests on their comprehension of what they read. Students learn to evaluate their own short answers to targeted questions, and learn from other students' responses to similar questions. This book is suitable for students in all states who need to take a reading exam for graduation or course completion.

"100 low-sodium, low-protein, low-phosphorus, low-potassium recipes"--Cover.

The Quality of a Wine equals the Pleasantness of its Taste. This is the logical principle of Luca Maroni's tasting method, clearly explained in this volume.

Cooking for Your Kids

OGT Reading

La dieta FODMAP per il colon irritabile

The Key to A Vibrant Life

Index; 1940

Festive

Intermittent Fasting Transformation

FODMAPs, a broad variety of naturally occurring carbohydrates found in many plant-based foods, can wreak havoc on sensitive digestive systems, especially in people who have irritable bowel syndrome and other functional bowel disorders. Pinpointing and eliminating FODMAPs while maintaining nutritional excellence can be especially challenging for vegans, because FODMAPs are found in an extensive range of common foods and ingredients that are popular among vegans. In this groundbreaking resource and cookbook, Jo Stepaniak lays bare not only the FODMAPs vegans with IBS need to avoid, but also the wide assortment of nutritious plant-based foods that are generally well tolerated. Easy-to-read tables and shopping lists arm readers with all the information they need to navigate the supermarket and purchase kind-to-the-gut fruits, vegetables, grains, nuts, seeds, beverages, and condiments. Over 100 scrumptious low-FODMAP recipes will help readers prepare spectacular seasonings as well as mainstays for breakfast, lunch, dinner, and snacks, so they can stay healthy and satisfied while pampering their delicate digestive systems.

Reexamining Customary International Law takes on the complex issues and controversies surrounding the history, theory, and practice of customary international law as it reexamines customary law's increasingly important role in world affairs. It incorporates the expertise of distinguished authors to probe many difficult issues that remain unresolved concerning the doctrine of customary law. At the same time, this book engages in a profound exploration of the practical role of customary international law in a variety of important fields, including humanitarian law, human rights law, and air and space law.

Frank Laporte-Adamski, naturopath, osteopath, "Heilpraktiker", and the creator of a nutrition regulation that runs the body better by improving health and fitness, still insists after fifteen years that "we must have a clean digestive tract in order to live longer and be in better shape". For years Laporte-Adamski has promoted the consumption of acidic fruits, vegetable oils, and virgin olive oil from its first cold pressing, recognized today as anti-malady foods. Recent scientific discoveries show that the belly is our second brain: our immune defenses are found therein, and so it is vital not to clog the digestive organs. The foundation of our nutrition, health and longevity is the digestive tract itself, and Frank Laporte-Adamski is here to reveal how it works. The Nutrition Revolution is an important book, the result of many years of practice and hundreds of resolved cases, intended for all those who have their psychological and physical wellbeing at heart and that desire to find an explanation and a concrete solution to many problems such as back pain, headaches, insomnia, fatigue, heavy legs, infections, skin and circulatory problems, and so on.

A one-of-a-kind guide to organizing your fridge--including practical tips for meal prep and storage, plus more than 100 recipes--that makes it easier to eat better, save money, and get the most out of your food Practicing "fridge love" is a roadmap to eating healthier, saving money, and reducing food waste while enjoying a beautiful and harder-working fridge. This book--part organizational guide and part food-prep handbook--is your guide. Author Kristen Hong adopted a nutrient-dense, plant-based diet in an effort to lose weight and improve her health. But amidst the demands of day-to-day life and a busy family, she found it impossible to stick to. The solution? A smarter, better-organized fridge that served her real-life needs. In this invaluable resource, you will discover how a beautifully organized fridge can make your life--including healthy eating for the whole family--easier. It covers general fridge organization (for all models and configurations) as well as shopping tips, storage guidelines, the best meal-prep containers, and more than 100 easy plant-based recipes made for meal prepping. The 45-Day Program for Women to Lose Stubborn Weight, Improve Hormonal Health, and Slow Aging

Emilia in bocca

Low-FODMAP and Vegan

Fasting Can Save Your Life

Un approccio nutrizionale per il colon irritabile e i disturbi gastrointestinali funzionali

The International School of Sugarcraft Book Three

An Easy Textbook for Machine Learning Fundamentals to Guide You Implementing Neural Networks with Python and Deep Learning

Improve Your Relationships with Bosses, Friends, Family, Lovers, Coworkers, and Many Others! Learn how to: • give a sales pitch to an Aries. • live peacefully with a Taurus. • impress a Gemini. • discuss money issues with a Cancer. • stay in touch with a Leo. • break bad news to a Virgo. • survive the holidays with a Libra. • improve your sex life with a Scorpio. • ask a Sagittarius for help. • entertain a Capricorn. • break up with an Aquarius. • express affection to a Pisces. And much, much more! From the Trade Paperback edition.

30 new recipes in a mini pocket book from bestselling cookery author Deliciously Ella. The first of Deliciously Ella's 'Bite-size Collection' - a new series of small-format books - celebrating the

delicious, nutritious and super speedy smoothies and juices that Ella loves! Featuring 30 all-new recipes for nourishing smoothies and amazing juices bursting with simple, plant-based ingredients full of flavour and goodness. Easy, quick and perfect to fit into a busy lifestyle, enjoy a Blueberry and Pear Breakfast Blend, an energising Green Dream or a heavenly Minty Coconut Shake, to add a natural Deliciously Ella kick to your 5-a-day!

'Scientists labelled fat the enemy . . . they were wrong.' Time magazine We've been told for years that eating fat is bad for us, that it is a primary cause of high blood pressure, heart disease and obesity. The Real Meal Revolution debunks this lie and shows us the way back to restored health through eating what human beings are meant to eat. This book will radically transform your life by showing you clearly, and easily, how to take control of not just your weight, but your overall health, too - through what you eat. And you can eat meat, seafood, eggs, cheese, butter, nuts . . . often the first things to be prohibited or severely restricted on most diets. This is Banting, or Low-Carb, High-Fat (LCHF) eating, for a new generation, solidly underpinned by years of scientific research and by now incontrovertible evidence. This extraordinary book, already a phenomenal bestseller, overturns the conventional dietary wisdom of recent decades that placed carbohydrates at the base of the supposedly healthy-eating pyramid and that has led directly to a worldwide epidemic of obesity and diabetes. Both a startling revelation, and as old as humanity itself, it offers a truly revolutionary approach to healthy eating that explodes the myth, among others, that cholesterol is bad for us. This is emphatically not just another unsustainable, quick-fix diet or a fad waiting to be forgotten, but a long-delayed return to the way human beings are supposed to eat. The Real Meal Revolution is an ebook which maintains the design of the book, and as a result will not display correctly on some basic reading devices.

The immunologist and bestselling author Attilio Speciani dispels the clichés about so-called 'food intolerances' and guides the reader to a healthy and better relationship with food. Colitis, migraines, hormonal changes, arthritis, autoimmune diseases, imbalances of metabolism and many other disorders, from the most common to the most severe, are often related to diet. There is a close relationship between food and health, and modern immunology has transformed this conviction, sometimes inadequately expressed for some diseases, into facts that are documented by scientific evidence. When the natural and physiological relationship with food changes, due to food excesses or the repeated introduction of food, the organism generates measurable inflammatory signals that induce and maintain many conditions or diseases. The most recent research says that food-related inflammation depends on both the kind of food eaten, on the relationship with all different sugars, and on the way foods are combined and the timing of their consumption.

Colon Health

How Food Works

Consigli e ricette ad alta digeribilità per un intestino felice

The ABCs of Being Kind

The Facts Visually Explained

Dr. Mozzi's Diet. Blood Types and Food Combinations. Ediz. Multilingue

Recipes for Advent

This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. To ensure a quality reading experience, this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

Whats missing on your bookshelf? This new addition!! The lack or deficiency of certain elements, such as vital organic minerals and salts from our customary diet is the primary cause of nearly every sickness and disease. How can we most readily furnish our body with the elements needed? It is hoped that this delightful book will prove to be of considerable help to those who wish to derive the utmost benefit from natural food.

Soffri di gonfiore addominale? In Italia circa il 30% delle donne e il 20% degli uomini soffre dei disturbi dovuti alla Sindrome dell'Intestino Irritabile e il 50% dei pazienti degli studi di medicina generale ha dichiarato di soffrire di gonfiore o di distensione addominale. Che cos'è una dieta a basso contenuto di FODMAP? I FODMAP sono un particolare gruppo di carboidrati a catena corta che si ritrovano in moltissimi alimenti che mangiamo quotidianamente. Gli alimenti contenenti elevate quantità di FODMAP sono poco assorbiti nell'intestino tenue, dando il via ad una iperfermentazione dei batteri intestinali creando così gonfiore addominale spesso accompagnato da molti altri disturbi quali dolori addominali, stitichezza diarrea e meteorismo. Si è dimostrato come una dieta senza o a basso contenuto di FODMAP possa essere uno strumento efficace nel 75% dei casi. Questo libro spiega come un percorso alimentare suddiviso in tre fasi aiuti a superare finalmente tutti quei disturbi legati alla sindrome dell'intestino irritabile, il tutto senza rinunciare al piacere del cibo. Sono incluse inoltre anche moltissime ricette con ingredienti a basso contenuto di FODMAP, facili da preparare e alla portata di tutti. Lo scopo di questo libro è quello di superare finalmente i disturbi dell'intestino, sentirsi meglio e tornare in salute. Vedremo insieme nel dettaglio... .. Cosa sono i FODMAP ... A quale gruppo sei più sensibile ... Allergie e intolleranze alimentari ... Il problema delle fibre ... Le 3 fasi della dieta a basso contenuto di FODMAP ... Come questi carboidrati influenzano la salute del tuo intestino ... Quali alimenti sono ricchi di FODMAP e quali no ... Quali sono le alternative agli alimenti ricchi di FODMAP per ogni categoria ... Ricette dettagliate a basso contenuto di FODMAP per colazioni, primi, secondi e dessert. ... e molto molto altro Se finalmente sei pronto a prendere il controllo della salute del tuo intestino, questo è il libro che fa per te.

Introducing three- to seven-year-olds to the "ABCs" of a compassionate lifestyle, *V Is for Vegan* is a must-have for vegan and vegetarian parents, teachers, and activists! Acclaimed author and artist Ruby Roth brings her characteristic insight and good humor to a controversial and challenging subject, presenting the basics of animal rights and the vegan diet in an easy-to-understand, teachable format. Through memorable rhymes and charming illustrations, Roth introduces readers to the major vegan food groups (grains, beans, seeds, nuts, vegetables, and fruits) as well as broader concepts such as animal protection and the environment. Sure to bring about laughter and learning, *V Is for Vegan* will boost the confidence of vegan kids

about to enter school and help adults explain their ethical worldview in a way that young children will understand. From the Hardcover edition.

Questions and Answers

The Radical, Sustainable Approach to Healthy Eating

The Carb-Lover's Diet

Organizing Your Refrigerator for a Healthier, Happier Life--With 100 Recipes

The Digestive System Anatomical Chart

First Snow on Fuji

Bite-size Collection

Discover the customized nutrition plan that will help you be lean, fit, more youthful, sexier, and full of energy—at every stage of life. Designed specifically for women, this individualized six-week intermittent fasting program is the sustainable solution to help you feel and look your absolute best. Based on the scientifically proven 16:8 fasting model, what makes this program unique is that it is geared toward your hormonal needs at every stage in life—whether you are cycling or in perimenopause, menopause, or beyond. Intermittent Fasting Transformation will help you: • lose weight steadily and burn fat without hunger, cravings, or plateaus—and keep it off • balance your hormones for better metabolic health and wellness, while easing symptoms associated with perimenopause and menopause • experience a huge boost in physical and mental energy all day long • learn what foods best support weight loss, detoxification, and overall health • lift brain fog and help you sleep better • put aging in reverse . . . and so much more. Cynthia Thurlow, a nurse practitioner and an internationally known women's health expert whose viral TEDx Talk has received more than 10 million views, developed this breakthrough plan after entering perimenopause in her forties. Intermittent fasting didn't just help her lose weight; she had more energy, fewer cravings, and lower blood glucose levels. Thurlow has now worked with thousands of women in her private practice to make her unique program of intermittent fasting work for them, too. With meal plans and 50 recipes, along with advice for supercharging your fast, this plan will transform your life, slow down the aging process, and help you reclaim your health and well-being.

“Persuasive, impassioned... hopeful news [for those] suffering from functional bowel disease.” — New York Times Book Review Dr. Gershon's groundbreaking book fills the gap between what you need to know—and what your doctor has time to tell you. Dr. Michael Gershon has devoted his career to understanding the human bowel (the stomach, esophagus, small intestine, and colon). His thirty years of research have led to an extraordinary rediscovery: nerve cells in the gut that act as a brain. This "second brain" can control our gut all by itself. Our two brains—the one in our head and the one in our bowel—must cooperate. If they do not, then there is chaos in the gut and misery in the head—everything from "butterflies" to cramps, from diarrhea to constipation. Dr. Gershon's work has led to radical new understandings about a wide range of gastrointestinal problems including gastroenteritis, nervous stomach, and irritable bowel syndrome. The Second Brain represents a quantum leap in medical knowledge and is already benefiting patients whose symptoms were previously dismissed as neurotic or "it's all in your head."

An easy-to-understand visual guide to the facts of food and nutrition. A nutritionist in a book that explains key concepts about food and what makes it good or bad for you, How Food Works brings the science of food to life. Through a highly visual approach that uses bold infographics, explore the good, the bad, the confusing, and the trending world of food. Discover what an antioxidant is, find out what a superfood does to your body, and learn why it is dangerous to reheat rice. Covering a wide variety of topics, from dieting to gluten intolerance, How Food Works debunks common food myths, explains nutrition, covers the food groups, and looks into organic vs. processed foods. Follow the history of food production and free-range farming, how food is transported, and what "sell by" dates really mean. How Food Works is a completely comprehensive guide that will help readers understand the underlying biological effects of everyday foods through scientific evaluation, revealing the powers of different types of food and drinks.

A diet plan proven to relieve symptoms of irritable bowel syndrome and other digestive disorders—presented by the world's leading experts and tailored to you “A must-have survival guide” —Gerard E. Mullin, MD, Associate Professor of Medicine and Director of Integrative GI Nutrition Services at the Johns Hopkins University School of Medicine “What can I do to feel better?” For years, millions of adults who suffer from irritable bowel syndrome (IBS) have asked this question, often to be met with scientifically unfounded or inadequate advice. The low-FODMAP diet is the long-awaited answer. In clinical trials, over three quarters of people with chronic digestive symptoms gain significant relief by reducing their intake of FODMAPs—difficult-to-digest carbs found in foods such as wheat, milk, beans, soy, and certain fruits, vegetables, nuts, and sweeteners. In The Complete Low-FODMAP Diet, Sue Shepherd and Peter Gibson explain what causes digestive distress, how the low-FODMAP diet helps, and how to: • Identify and avoid foods high in FODMAPs • Develop a personalized and sustainable low-FODMAP diet • Shop, menu plan, entertain, travel, and eat out with peace of mind • Follow the program if you have IBS, celiac disease, Crohn's disease, ulcerative colitis, or diabetes, and if you eat a vegetarian, vegan, low-fat, or dairy-free diet. And, with 80 delicious low-FODMAP, gluten-free recipes, you can manage your symptoms, feel great, and eat well—for life.

Deliciously Ella: Smoothies & Juices

The Burn

At Home with the World's Greatest Chefs

How to Make Astrology Work for You

The Pleasantness of Wine

Why Your Scale is Stuck and what to Eat about it

The Complete Low-FODMAP Diet

La Sindrome del colon irritabile colpisce oltre sei milioni di italiani, in prevalenza donne, e la sua diffusione è in continuo aumento. È caratterizzata da fastidi ricorrenti - gonfiore, dolore addominale, alterazioni del transito intestinale - che possono diventare così debilitanti da intaccare in maniera importante la qualità della vita. Questo libro indica chiaramente i criteri che definiscono questa condizione e i test che si possono usare per la diagnosi. Illustra inoltre i possibili rischi legati a interventi sbagliati e, soprattutto, mostra come ridurre in modo significativo i sintomi attraverso una dieta a basso contenuto di FODMAP (acronimo che indica gli zuccheri fermentabili presenti in molti cibi quali i derivati del grano, il latte e i latticini, vari tipi di frutta e verdura). Il libro illustra la dieta in dettaglio fornendo indicazioni su quali cibi evitare, quali è possibile consumare, come organizzare la fase di eliminazione e come procedere con la reintroduzione e il mantenimento. Contiene inoltre esempi di menu e tante squisite ricette basate sui soli alimenti permessi, per aiutare i lettori ad applicare correttamente le indicazioni della dieta senza rinunciare al piacere del buon cibo.

Shows oral cavity, glands, stomach, liver, pancreas and duodenum. Provides cross sections of wall of the stomach, the jejunum and the colon. Also illustrates arterial supply.

A collection of stories explores characters broken by war, loss, and longing

L'intestino non è solo il nostro "secondo cervello", ma anche uno degli organi in grado di influenzare il nostro umore a seconda del suo stato di benessere: questo libro è dedicato a tutti gli intestini sensibili e che si "arrabbiano" facilmente. In Italia soffrono di disturbi dovuti a Sindrome dell'Intestino Irritabile (SII) circa il 20% degli uomini e il 30% delle donne. Molti altri, poi, semplicemente assimilano male alcuni alimenti che, se assunti singolarmente o in piccole dosi, non arrecano fastidio, ma se sommati tra loro portano a gonfiore addominale e anche dolore. Una dieta a basso contenuto di FODMAP (un tipo di carboidrati fermentabili) si è dimostrata uno strumento efficace nella riduzione dei sintomi in circa il 75% dei casi. Questo libro propone un percorso alimentare in tre fasi (eliminazione, reintroduzione, mantenimento) per sconfiggere irritazione, gas, gonfiore addominale, diarrea e costipazione senza rinunciare al piacere del cibo. 50 ricette zero, low o medium FODMAP corredate di un pratico apparato di simboli per accontentare chi è allergico, intollerante, i vegetariani, i vegani, chi mangia con pochi grassi, zuccheri o sodio e i curiosi alimentari.

A Revolutionary Plan for Managing IBS and Other Digestive Disorders

Renal Diet Cookbook for the Newly Diagnosed

Come Liberarsi Dal Gonfiore Addominale e Vincere I Disturbi Dell'intestino Irritabile (Ricette Incluse)

The Second Brain

La Dieta FODMAP

Gary Goldschneider's Everyday Astrology

La Dieta mediterranea senza FODMAP