

The New **IBS** LOW-STARCH DIET

Over 200 delicious recipes to relieve the
pain and symptoms of IBS and AS
Completely gluten-free!



Carol Sinclair

With a foreword by **Professor Alan Ebringer**,
Professor of Immunology, King's College, London

New Ibs Low Starch Diet

Author 1



New Ibs Low Starch Diet:

The IBS Low-Starch Diet Carol Sinclair, 2011-10-31 Twenty per cent of the UK population 12 million people suffer IBS related symptoms but they may be unaware that the simple elimination of starch from their diet can bring dramatic relief from pain and discomfort In this revised edition Carol Sinclair a sufferer who has successfully overcome IBS and arthritic pain brings you a revolutionary programme for a pain free future This practical guide will help millions to reduce their arthritic symptoms whose pain to date has been relieved only by regular medication with sometimes dangerous side effects The diet shows that a gradual reduction of starch in one s diet can dramatically reduce pain in days 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 make Carol Sinclair s book a first in the world The IBS Low Starch Diet also contains over 200 delicious starch and gluten free recipes along with a comprehensive guide to eating out

Fast Tract Digestion Heartburn Norman Robillard, Ph.D., 2012-10-16 TRUTH ABOUT TRIGGER FOODS They Are Not What You Think They Are ADDRESSING CAUSE AND EFFECT Heartburn Acid Reflux and GERD Relief without Drugs In the *Fast Tract Digestion Heartburn* Norm Robillard Ph D Founder of the Digestive Health Institute explains the TRUE CAUSE and provides the COMPLETE DIETARY SOLUTION for acid reflux and GERD based on solid scientific evidence This ground breaking new approach WHAT YOU EAT AFFECTS BACTERIA IN YOUR GUT supported by a clinical study was presented at the recent Digestive Disease Week meeting in May 2013 to provide a different treatment option to gastroenterologists for acid reflux and GERD What people are saying about the *Fast Tract Digestion Heartburn* I weaned myself off proton pump inhibitors and have avoided surgery completely My quality of life is soooo much better My gastroenterologists and surgeons are speechless His diet works Period Don t give up on it Stick it out and you will see the results I have never written a review on Amazon before and am not being paid to say this I feel so strongly about this book that I had to let the world know Joey I had been on PPI medication for over 10 years and tried from time to time to get off of them But the acid reflux that returned was excruciating I found this book followed its advice and was so pleasantly surprised how well it works Haven t taken a PPI in a month The book is easy to read and understand and the recipes are really good The charts in the book also make it easy to keep track of what and how much you can eat I d recommend this book to anyone who has GERD takes medication for it and wants to get off of PPI s DJ In the recent blog articles by the New York Time Best Seller Co author of *Protein Power* Dr Mike Eades mentions the effectiveness of the *Fast Tract Diet* for GERD <http://www.proteinpower.com/drmike/gerdacidreflux/gerdtreatlowhighcarbdiet> <http://www.proteinpower.com/drmike/gerdacidreflux/gerdtreatmentnutritionvsdrugs3> Finally after many years no more heartburn Also no more bloating I can t believe it Why can t the gastroenerologists leave the pills alone Henry T Ulrich Thanks to *Fast Tract Digestion* diet and the consultative help of Norm Robillard via the Digestive Health Institute I am now off meds taking just an occasional TUMS I feel better than I have since being diagnosed with GERD nearly two years ago I expect that I will

always need to be careful about what I eat but it is a graded system that enables me to try gradual adjustments Sunbeam48 According to Alana Sugar a certified nutritionist with close to 25 years in practice Dr Robillard your work has done the greatest service of all time for those of us facing these sorts of gut issues The diet you have outlined is nutritionally balanced and safe I tell my clients about your book and your work I want everybody to know Ankylosing spondylitis and Klebsiella Alan Ebringer,2012-11-08 Ankylosing spondylitis and Klebsiella is a comprehensive and informative text on the cause of Ankylosing spondylitis Ankylosing spondylitis AS is a condition which affects 20 million people worldwide and is likely caused or initiated by a bowel infection from Klebsiella bacteria When a patient is infected by Klebsiella bacteria his or her immune system will make antibodies against all the antigens or molecules found in the microbe Because some of the bacterial antigens resemble self tissues the anti bacterial antibodies will attack not only the bacteria but also the self tissues such as the joints and the cells having the same HLA molecules which is how the disease AS starts This is the concept of molecular similarity or molecular mimicry which previously has been found to work in two other autoimmune diseases rheumatic fever and rheumatoid arthritis The first paper on this subject was published in 1976 and since then over 100 papers on rheumatological topics have been published from Prof Ebringer s group at the Division of Life Sciences King s College in London UK The relevant information from these papers is extracted and presented in this book format making it accessible to health professionals research institutions pharmaceutical companies and universities and the general public *Real Meal Revolution* Author 1,2014-07-01 Part myth busting scientific thriller part mouthwatering cookbook the goal of The Real Meal Revolution is to change your life by teaching you how to take charge of your weight and your health through the way you eat A scientist a nutritionist and two chef athletes the crack squad behind The Real Meal Revolution have walked or in some cases run the hard yards through the gauntlets of nutritional science and self experimentation The revelatory stance and the mouth watering recipes in this book is the result of their experience combined with overwhelming scientific evidence **Kos** **Revolusie** Author 1,2013-11-01 Die kosrevolusie is deels n wetenskaplike riller en deels n kookboek vol heerlike resepte maar die hoofdoel is om jou lewe te verander deur jou te leer hoe jy met jou eetgewoontes beheer kan neem oor jou gewig en gesondheid n Wetenskaplike voedingskundige en twee atletiese sjefs die baasbrigade agter Die Kosrevolusie het voorwaar die ekstra myl gestap en in sommige gevalle gedraf deur die mynvelde van voedingswetenskap en selfeksperimentering Die onthullende standpunte en watertand resepte in hierdie boek is enersyds die resultaat van hulle ervarings en andersyds van oorweldigende wetenskaplike bewyse **Spotlight on Gluten: New Symptoms for the New Millennium? Or Long-Standing Symptoms Now Being Recognized?** Lucille Cholerton,2012-02 Lucille Cholerton is a specialist in gluten sensitivity and coeliac disease She and her three grown children all suffer from gluten sensitivity Read her story in Spotlight on Gluten New symptoms for the new millennium Or long standing symptoms now being recognized Age is very pertinent to the subject of gluten sensitivity This disorder should really be diagnosed in childhood but if the diagnosis is missed people

can suffer for many years with unexplained symptoms when something that they are eating every day could be the root cause of their ill health This book covers the symptoms that Cholerton and her children suffered and how they improved their health dramatically on a gluten free diet The author s research spans twenty years In my research I discovered that gluten may be responsible for many autoimmune disorders of which there are some eighty eight documented My doctors knew nothing about this so I really had to be my own guinea pig A former teacher Lucille Cholerton is now a nutrition counselor and is writing her next books on gluten sensitivity There is a dire need for better diagnosis and understanding of this disorder She is married and lives in Durban South Africa She started the Gluten Intolerance Coeliac Support Group in Durban in 1995 For more information about gluten visit <http://www.allergysa.org> Publisher s website <http://sbpra.com> LucilleCholerton Author s Website <http://spotlightongluten.com>

The Human Microbiota and Chronic Disease Luigi Nibali, Brian Henderson, 2016-08-05 Microbiota associated pathology can be a direct result of changes in general bacterial composition such as might be found in periodontitis and bacterial vaginosis and or as the result of colonization and or overgrowth of so called keystone species The disruption in the composition of the normal human microbiota or dysbiosis plays an integral role in human health and human disease *The Human Microbiota and Human Chronic Disease Dysbioses as a Cause of Human Pathology* discusses the role of the microbiota in maintaining human health The text introduces the reader to the biology of microbial dysbiosis and its potential role in both bacterial disease and in idiopathic chronic disease states Divided into five sections the text delineates the concept of the human bacterial microbiota with particular attention being paid to the microbiotae of the gut oral cavity and skin A key methodology for exploring the microbiota metagenomics is also described The book then shows the reader the cellular molecular and genetic complexities of the bacterial microbiota its myriad connections with the host and how these can maintain tissue homeostasis Chapters then consider the role of dysbioses in human disease states dealing with two of the commonest bacterial diseases of humanity periodontitis and bacterial vaginosis The composition of some if not all microbiotas can be controlled by the diet and this is also dealt with in this section The discussion moves on to the major idiopathic diseases afflicting humans and the potential role that dysbiosis could play in their induction and chronicity The book then concludes with the therapeutic potential of manipulating the microbiota introducing the concepts of probiotics prebiotics and the administration of healthy human faeces faecal microbiota transplantation and then hypothesizes as to the future of medical treatment viewed from a microbiota centric position Provides an introduction to dysbiosis or a disruption in the composition of the normal human microbiota Explains how microbiota associated pathology and other chronic diseases can result from changes in general bacterial composition Explores the relationship humans have with their microbiota and its significance in human health and disease Covers host genetic variants and their role in the composition of human microbial biofilms integral to the relationship between human health and human disease Authored and edited by leaders in the field *The Human Microbiota and Human Chronic Disease*

will be an invaluable resource for clinicians pathologists immunologists cell and molecular biologists biochemists and system biologists studying cellular and molecular bases of human diseases *Irritable Bowel Syndrome Low-starch Diet* Carol Sinclair, Alan Ebringer, 2004 Do you suffer from gut pain and bloating Do you have backache and joint pains Have you been told it's all in the mind As many as 1 in 5 people suffer from Irritable Bowel Syndrome 1 in 200 adults have been diagnosed with the arthritic condition of Ankylosing Spondylitis Many more are undiagnosed This is the story of the discovery that IBS and AS are often the same auto immune disease of how a simple blood test can diagnose your symptoms and why the lowstarch diet may change your life Learn how a medically proven low starch diet may successfully relieve symptoms associated with chronic conditions which your doctor may not be able to cure Completely gluten free **Food Intolerance** Sara Blake, 2015-07-22 If you suffer from frequent bouts of diarrhea or have been diagnosed with Irritable Bowel Syndrome IBS or Leaky Gut Syndrome then this informative book may help you Having endured dietary problems for many years Sara Blake wondered if she would ever reach the point of solving these issues sufficiently to stabilize her health She experimented on herself supplemented by research on the internet mostly government and academic websites and she relied on medical testing to rule out any other causes of her problems Having finally reached a point where she can now manage her difficulties she has written this book in the hope of helping others to combat the daily strain that these symptoms place on their lives If your digestive system does not work and a medical diagnosis suggests that there is nothing wrong with you if you have been diagnosed with IBS or Leaky Gut Syndrome if you suffer from diarrhea but your doctor has ruled out cancer inflammatory bowel disease IBD Colitis and Crohn's disease and celiac disease if food makes you sick and you cannot tolerate foods that others can digest easily or if you have inadequate stomach acid bile or digestive enzymes then Food Intolerance will help you discover what foods you can eat so as to reduce the unpleasant symptoms and ease your daily life Food Intolerance is dedicated to those who need help with their dietary issues in order that they too can stabilize their health

Constipation Anthony G. Catto-Smith, 2012-03-07 Constipation is common in both adults and children Estimates would suggest a median prevalence of around 12-16% in the general population While regarded as a minor nuisance in some cases its consequences can be severe with a substantial impact on quality of life Secondary faecal soiling has a profound psychological effect at all ages This book provides contributions from authors with a range of backgrounds which clarify the pathogenesis diagnosis and therapy of constipation for the general population and also for certain high risk groups

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