



# The Complete Idiot's Guide to Eating Well with IBS (Idiot's Guides)

*Kate Scarlata R.D. D.N.*

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*Soothe your digestive system with 200+ meal plans and recipes.*

*The Complete Idiot's Guide® to Eating Well with IBS* will introduce readers suffering from Irritable Bowel Syndrome (IBS) to the information they need to identify the foods that trigger symptoms and prepare recipes meal plans that alleviate those symptoms.

- Features more than 200 recipes and meal plans
- Kate Scarlata is a licensed dietician with 20 years of experience helping IBS patients with their condition, and an IBS sufferer herself
- Thirty-five million Americans are estimated to suffer from IBS, the second leading cause of worker absenteeism

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