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Laxiba The Fructose Navigator: The Standard for Fructose Intolerance (The Nutrition Navigator Books) (Volume 2)

By J. N. Stratbucker

LAXIBA. Paperback. Condition: New. 244 pages. Dimensions: 9.6in. x 6.7in. x 0.6in. Do you suffer from fructose intolerance? A fructose intolerance affects your whole life: love, work, and spare time, because the symptoms, like abdominal pain, diarrhea, and flatulence, distract you and can even force you not to take part in some activities. You might consider using the FODMAP diet. Shame, shame, shame. The basic approach is old-fashioned and based on a lack of data, so you should fire a doctor proposing it. What you should do instead is adapt your diet to your fructose sensitivity. That is what you will do with this book and what enables you to lower your symptoms reliably while having as much choice as possible. The approach of this book presents the state-of-the-art science in an accessible and simple-to-use way. You find answers to all of your questions concerning fructose intolerance and receive the best food tables on the market. The experience of experts and patients from all over the globe enables you to regain your quality of life! Smart: Tolerable serving sizes in kitchen units, and gram, to make cooking, and shopping easy, for more than 1,000...



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