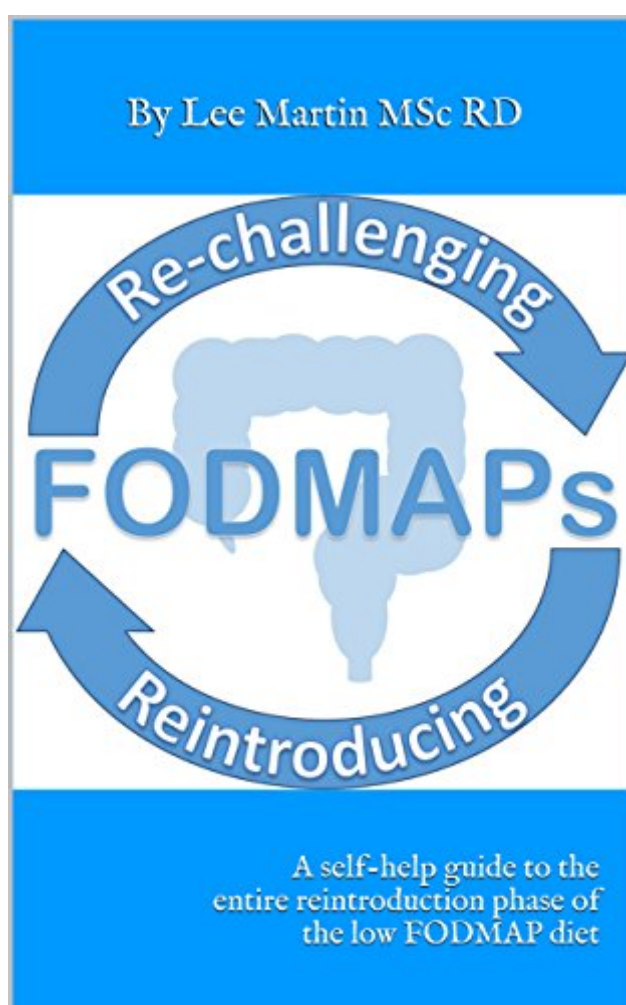


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# Re-challenging And Reintroducing FODMAPS: A Self-help Guide To The Entire Reintroduction Phase Of The Low FODMAP Diet



## Synopsis

It is time to strip away the mystery surrounding the reintroduction phase of the low FODMAP diet. This book brings clarity to a topic where knowledge, experience, information and skills are lacking. The book is written by a registered dietitian who has personally completed the diet and recently worked at King's College London researching the evidence behind the low FODMAP diet. The book will provide a structured re-challenging protocol to follow and expose the two main methods you can use to re-challenge individual FODMAPs. A set of tables are provided which detail the foods containing individual FODMAPs to be re-challenged, along with the appropriate portion sizes to consume. Explanations of FODMAP tolerance levels and FODMAP thresholds will help you understand your results. The second section of the book outlines how you can attempt to reintroduce FODMAPs back into your diet based on the results you obtain from your re-challenges. A further set of tables detailing foods that contain more than one type of FODMAP are included for reference. Following the process of re-challenging and reintroducing FODMAPs will lead to you following a modified low FODMAP diet in the long term. At the end of the book is an extensive Frequently Asked Questions section with many valuable answers to common problems encountered from the reintroduction phase. The reintroduction phase is most important part but also the most difficult part of the low FODMAP diet. To help manage your IBS symptoms and quality of life in the long term it is vital to complete the reintroduction phase. The ultimate aim is to self-manage a long term modified low FODMAP diet, consuming high FODMAP foods to personal tolerance without triggering IBS symptoms.

## Book Information

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## Customer Reviews

I recently purchased the Kindle version. It is very well-written and research-based information. I now feel prepared to forge ahead with food reintroduction. I have supportive healthcare, but I don't have access to IBS specialists in my local area. The reintroduction process is complicated, and I actually appreciate the succinct presentation. I don't mind the cost because for me to be able to have this guide gives enormous benefit. My only challenge is that the charts are not able to increase font size as does the text on my Kindle, so they are a bit hard to read. Other than that, I am very satisfied with this purchase.

I am on the first week of re-introduction and this short book has answered so many questions. I am not working with a dietician, but my Gastro advised I try this diet. I found relief in days after starting the low FODMAP diet and was very pleased. Was terrified to start re-introduction and this book has quelled some of those fears. I am now looking forward to next week's challenge!

I've been following a strict low fodmap diet for two months, and this is exactly what I needed to guide me in reintroduction! Thank you for the straight forward info!

Excellent information and clear directions!

Very helpful little book for preparing to re-challenge and reintroduce fodmaps. Recommended!

Great info, just pricey. But then again, all FODMAP related books, texts, apps seem to be. Does have good resources

Not worth \$8 for 50 pages!

After reading this I feel clarification on the reintroduction phase for the first time since researching the FODMAP diet. Quick read.

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