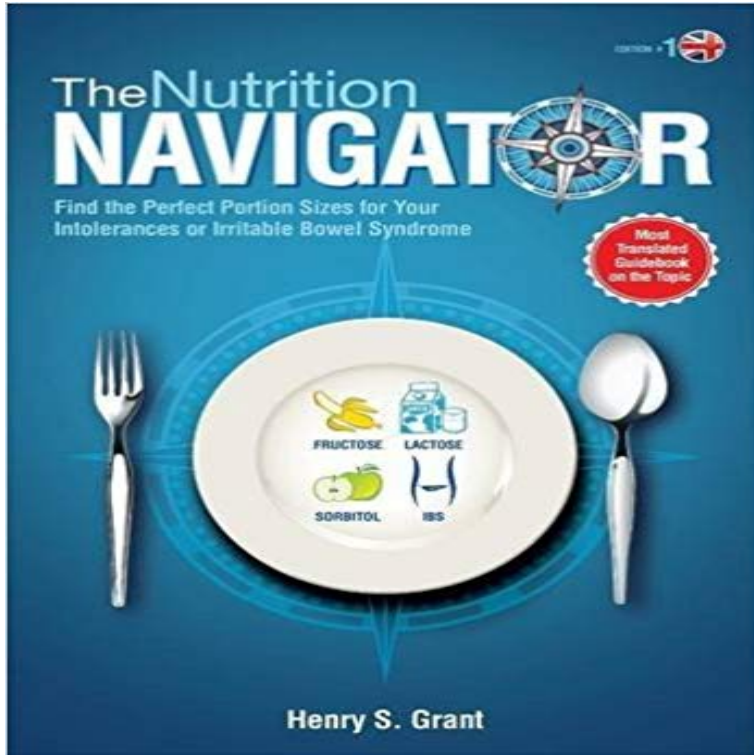


The NUTRITION NAVIGATOR [UK]: Find the Perfect Portion Sizes for Your Intolerances or Irritable Bowel Syndrome



A global strategy to enhance the quality of your life. Henry S. Grant Do you have: regular abdominal pain, constipation, diarrhoea and/or flatulence? irritable bowel syndrome? a fructose, lactose and/or sorbitol intolerance? Learn to manage your abdominal discomfort to enhance your everyday life at the workplace, in your love life and in all your activities. You can improve your health significantly, and as you adapt the approach to your body, you'll learn how you can broaden your food options as far as possible. Discover the reasons for and consequences behind IBS and food intolerances, including two factors in your discomfort that most sources neglect. Your Nutrition Navigator includes: Tables including the recommended portion sizes for 1,111 food products and beverages as well as the required amount of lactase capsules, based on information from an established nutritional database; Two leaflets you can remove from the book to help you shop and eat out; Tips on a variety of health-related topics, from minimizing the effects of stress in your daily life to cooking for friends with food intolerances. The Nutrition Navigator will help you navigate your way to a more comfortable belly!

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