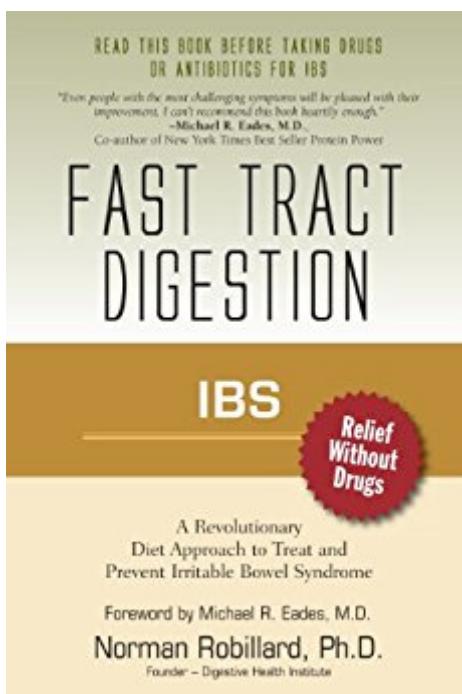


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# **IBS (Irritable Bowel Syndrome) - Fast Tract Digestion: Diet That Addresses The Root Cause Of IBS, Small Intestinal Bacterial Overgrowth Without Drugs Or Antibiotics: Foreword By Dr. Michael Eades**



## Synopsis

Discover the hidden foods that keep you suffering. The complete guide to treat and prevent Irritable Bowel Syndrome (IBS) naturally.Dr. Michael R. Eades, Co-author of New York Times Best Seller, Protein Power says "Even people with the most challenging symptoms will be pleased with their improvement. I cannot recommend this book heartily enough."Are you suffering from dramatic stomach pain, severe cramps, bloating, frequent diarrhea or constipation, but are not sure what the best course of action is? Or, you have tried different diets, medications, supplements, therapy and / or hypnosis, but none of them gave you relief? Perhaps you have been prescribed an antibiotic, but wonder if there is an alternative.Fast Tract Digestion IBS gives you a simple and effective dietary solution addressing the root cause of IBS, Small Intestinal Bacterial Overgrowth (SIBO) and restores your gut microbiota to a healthy balanceFind out:- What is IBS and why IBS drugs are ineffective- WhySmall Intestinal Bacterial Overgrowth (SIBO) is the root cause of IBS- Why you should think twice about taking antibiotics or other drugs for your IBS- What foods have to do with your IBS and healthy digestion- What 5 food types you should limit to become symptomfree- How to identify and address other contributing factors to yourIBSThe Fast Tract Diet was created based on solid scientific evidence backed by extensive research and the latest developments in medical science. The golden key behind the Fast Tract Diet is a proprietary formula called Fermentation Potential (FP) developed by a microbiologist, Norman Robillard, Ph.D., Founder of Digestive Health Institute. FP is a point system, so you are empowered to make your own food choices based on the guidelines and food tables in the book.Other diets for IBS including Paleo, FODMAP, Low Starch, Low Carb, Specific Carb, and Elemental are also explained to give you a snapshot of the differences and problematic foods in each approach.What other people are saying about the Fast Tract Digestion IBS:"Finally, after all my years of searching and trying to overcome my persistent, debilitating IBS systems, I have found relief.After just a few days on your IBS Fast Track Diet, I was already feeling amazing. Totally amazing!! I waited a couple weeks just to make sure it wasn't a fluke before sending this letter. I strongly believe the FP (Fermentation Potential) of foods is the GOLDEN KEY to unlocking my chronic, debilitating symptoms, specifically SIBO-IBS. Fast-track Digestion WORKS!!!!" --Jro"It helps my patients - This works. It is now well established that the majority of digestive problems are caused or exacerbated by bacterial overgrowth (or at least the imbalance of the different bacteria present)." -- Dr. Bojan Peric"The author explains what foods create SIBO, and I am thrilled that his background is based upon science and not just another person's idea of a diet." -- Kim Rongey"This is an awesome book...After adjusting my diet according to the book the bloating was gone in one day." -- C. Barker "Saddle Bear"For additionalhelp:- Join

the Digestive Health Institute forum- Try thefree online FP Calculator on the Digestive Health Institute websiteSign up for phone or Skype consultation through the websiteClick the button on the top right of this page and start healing your gut right now.

## **Book Information**

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## **Customer Reviews**

Dear Doctor Robillard:I recently ordered the kindle version of "Fast Track Digestion-IBS". Finally, after all my years of searching and trying to overcome my persistent, debilitating IBS systems, I have found relief.My story: I was diagnosed with IBS when I was 13 years old. I continued to suffer after following the Dr.'s orders to increase fiber in my diet. At 17, after repeating the test 3 times, I was diagnosed with Celiac disease, though the biopsy was inconclusive. I experienced some improvement off wheat, but continued to suffer with bouts of severe stomach pain and urgent diarrhea. I was prescribed Paxil which seemed only to mask the symptoms. My chronic stomach problems continued and intensified even on a strict gluten and dairy free diet. A year ago, I was diagnosed with SIBO, but the Gastro doctor I saw didn't seem to think that was the cause of my troubles. I asked her if there was any diet I could try to get some relief, and she said there was not.

When I mentioned that I felt somewhat better when I ate (sort of) Paleo, she was adamant that there was no connection. Fast forward to finding this amazing IBS book!! I started reading it and could not stop. It was awesome to find someone who speaks my language. I've tried SCD and Paleo and still have had so many issues, probably from eating too much fruit/fructose and copious amounts of honey. I am so happy to find on your diet, already I can "cheat" a little with a few organic gluten free cookies, on a very limited basis, and some extra dark chocolate. I'm also learning to bake with almond flour and strictly limit starchy foods, focusing on all meats, many vegetables, eggs and just a little fruit. After just a few days on your IBS fast track diet, I was already feeling amazing. Totally amazing!!

If you have digestion issues, you need to read this book. The gut healing strategy put forward isn't a rehash of existing ideas but rather implements a unique concept of using the Glycemic Index to determine which foods will cause more fermentation in the gut. By reducing fermentation, symptoms subside and healing begins. I started researching when I was diagnosed with Hashimoto's (an autoimmune disease that attacks the thyroid gland) and was told that there was nothing I could do to prevent the disease from progressing. What I learned is that healing begins with the gut. I learned about "leaky gut" causing inflammation and the resultant immune response to this inflammation. More research revealed that "Small Intestinal Bacterial Overgrowth" (SIBO) plays a key role in leaky gut. Armed with this information I began looking at how I could change my diet to bring about healing. I thought I had found the answer with the Specific Carbohydrate Diet. It all made sense to me except what was being said about amylose and amylopectin starches. My research revealed that amylopectin is the starch that is more easily digested " yet the SCD held the alternate position. I kept researching | This is how I stumbled onto the Digestive Health Institute site. I was absolutely thrilled as I read what Norm Robillard had to say! I purchased the book "Fast Tract Digestion" immediately. I had been diagnosed with IBS early in my life but it had rarely given me great discomfort. Yet I now have no doubt that this faulty digestion that I have been living with was the impetus to my developing Hashimoto's disease. Fast Tract Digestion is brilliant in its simplicity. The use of the Glycemic Index to determine fermentation potential (FP) in the intestines is genius!

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(IBS, Bowel Diet, Gastroenterology, Digestion) The IBS Diet: Overcome Irritable Bowel Syndrome With the Low FODMAP Diet (Food Allergies and Intolerances) (Irritable Bowel Syndrome Treatment Book 1) Low FODMAP: The Low FODMAP Diet Slow Cooker Cookbook (IBS, Irritable Bowel Syndrome, Crock Pot Recipes) (Managing Irritable Bowel Syndrome Cookbooks 2) Heartburn - Fast Tract Digestion: LPR, Acid Reflux & GERD Diet Cure Without Drugs | Surprising Truth about the Cause of Acid Reflux Explained (Clinically Proven Solution) Gut: Goodbye - Leaky Gut! The Ultimate Solution For: Leaky Gut Syndrome. Digestion, Candida, IBS (Diverticulitis, Diverticulosis, Irritable Bowel Syndrome, ... Celiac Disease, Rheumatoid Arthritis) The IBS Diet: How To Manage Your Irritable Bowel Syndrome Through Food For A Healthier and Happier Life (IBS Relief, IBS Solution) Irritable Bowel Syndrome: Natural and Herbal remedies to cure Irritable Bowel Syndrome Urinary Tract Infection: #1 Best Methods To Permanently Beat & cure Urinary Tract Infection For Life! (Urinary Health, Urinary Pain, Urinary Tract Vitamins, ... Urgency, Bladder health, Bladder Pain) Vaginosis: Bacterial Vaginosis Treatment Guide To Curing Bacterial Vaginosis With Strategies For Preventing Bacterial Vaginosis Including Advice On Post ... And Vaginitis Treatment, Cure And Recovery) Herbal Antibiotics: 25 Best Herbal Remedies Way To Heal Yourself Faster (Herbal Antibiotics, Herbal Remedies,herbal antibiotics and antivirals) Low FODMAP: The Low FODMAP Diet: 30-Recipe Cookbook and 14-Day Meal Plan For Overcoming IBS For Good (Managing Irritable Bowel Syndrome Cookbooks) Why Doesn't My Doctor Know This?: Conquering Irritable Bowel Syndrome, Inflammatory Bowel Disease, Crohn's Disease and Colitis Irritable Bowel Syndrome & the MindBodySpirit Connection: 7 Steps for Living a Healthy Life with a Functional Bowel Disorder, Crohn's Disease, or Colitis (Mind-Body-Spirit Connection Series.) A Victim No More: Overcoming Irritable Bowel Syndrome: Safe, Effective Therapies for Relief from Bowel Complaints The First Year: IBS (Irritable Bowel Syndrome)--An Essential Guide for the Newly Diagnosed A New IBS Solution: Bacteria-The Missing Link in Treating Irritable Bowel Syndrome LINZESS (Linaclotide): Treats Irritable Bowel Syndrome with Constipation (IBS-C) and Chronic Idiopathic Constipation (CIC) IBS Relief: A Complete Approach to Managing Irritable Bowel Syndrome IRRITABLE BOWEL SYNDROME - The Simple Basic Facts on How to: Manage and Control IBS Get Your Life Back Starting Now

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