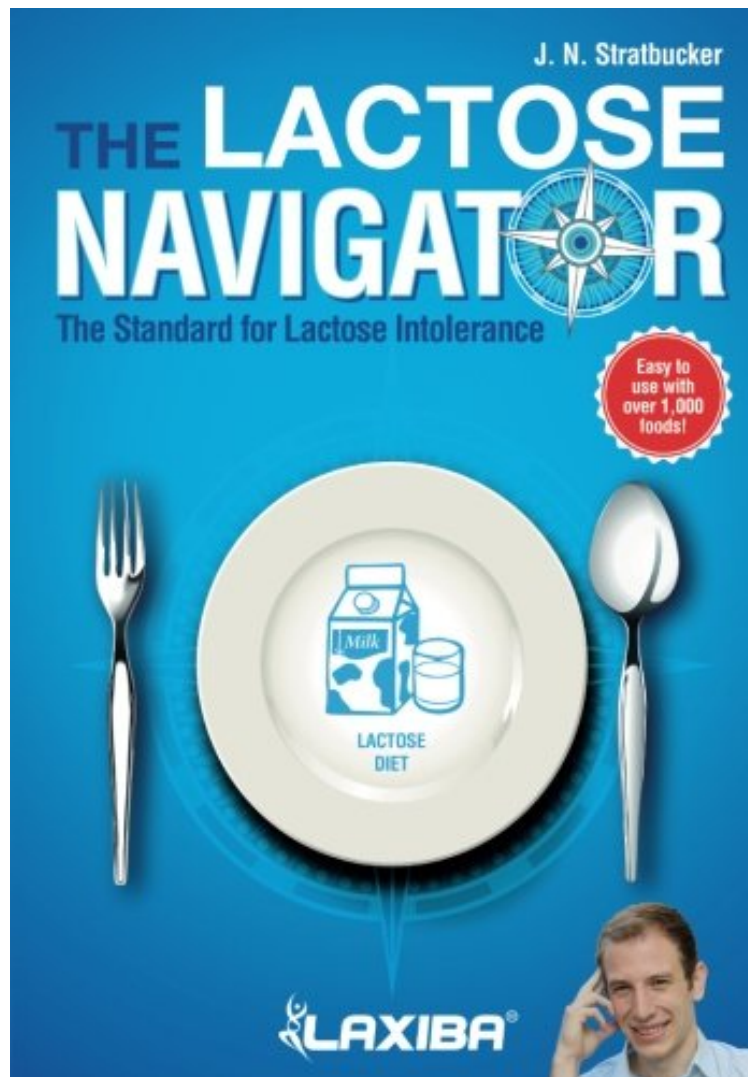


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Laxiba The Lactose Navigator: The Standard for Lactose Intolerance (The Nutrition Navigator Books) (Volume 3)

J. N. Stratbucker

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J. N. Stratbucker : Laxiba The Lactose Navigator: The Standard for Lactose Intolerance (The Nutrition Navigator Books) (Volume 3) before purchasing it in order to gage whether or not it would be worth my time, and all praised Laxiba The Lactose Navigator: The Standard for Lactose Intolerance (The Nutrition Navigator Books) (Volume 3):

11 of 11 people found the following review helpful. Great lactose-free recipesBy Elsa PattonThe book explains vividly

what a lactose intolerance is and how you can treat it naturally with a low lactose diet. The recipes given in the book are lactose free and also delicious.4 of 4 people found the following review helpful. Perfect guide to manage your lactose consumptionBy Samantha MillerIt even contains branded products. The author explains a lactose sensitivity very well. Per meal I am can now eat at least a bit of lactose-containing foods.2 of 2 people found the following review helpful. A diet that worksBy Christy Holley-BarnesI was uncertain about buying this book because there is so much literature out there on the topic until I saw that none of them offered tolerable portion sizes, and thus I decided to give it a try. I found that it was worth it because I unnecessarily avoided many foods. The Lactose Navigator shows not only whether a product contains lactose but also how much can still eat of it without having to fear symptoms.

Do you suffer from lactose intolerance? A lactose 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 lactose 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 lactose 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 foods considering the amount you can consume per active lactase capsule as well. Furthermore, delicious recipes for your diet. Flexible: Our credit card-sized cheat sheet makes sure you always have the relevant information at hand. Holistic: Advice on how to further calm your digestion by acting on symptom moderators, covering stress and a balanced diet.

"I learned about my lactose intolerance in 1997 and since then only used lactose-free products. I was missing the taste of real butter, cheese, and milk in my coffee. Finally, I know how much I can still eat."-Hiren P. "The food lists are fantastic to use. Even for cooking they show how much you can use, which makes everything so much easier. I recommend the book to anyone that is lactose intolerant."-Comment on "This book set me on a path to a more pleasant life."-Hiren P.About the AuthorIn 2006, John N. Stratbucker was diagnosed with a lactose intolerance after a violent infection with rota viruses. What was later found is that he actually suffered from a sorbitol intolerance. Yet, despite his abandonment of the well-known fruit varieties that contain sorbitol, the abdominal discomforts prevailed. The reason for that were sorbitol containing foods, which were still unknown. For that reason he decided to act himself. Since then, he deals extensively with the know research on IBS and practical solutions that help patients regain their quality of life. He lead his team to victory at the "innovate.healthcare" contest.