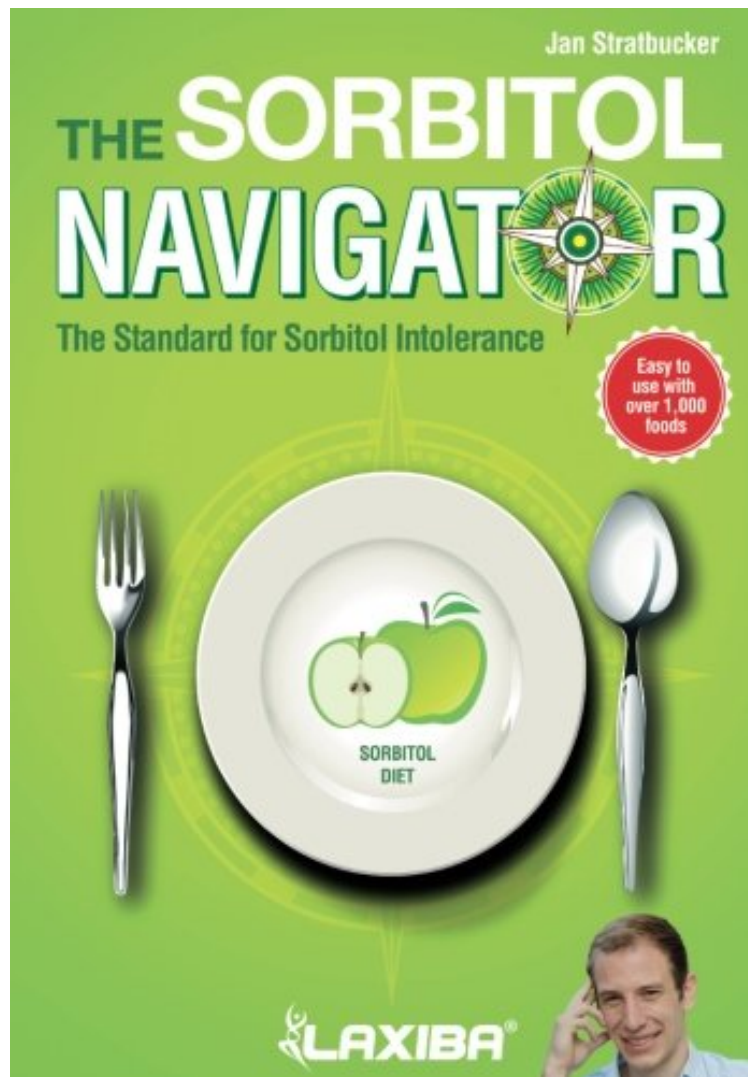


[FREE] Laxiba The Sorbitol Navigator: The Standard for Sorbitol Intolerance (The Nutrition Navigator Books) (Volume 4)

Laxiba The Sorbitol Navigator: The Standard for Sorbitol Intolerance (The Nutrition Navigator Books) (Volume 4)

J. N. Stratbucker

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J. N. Stratbucker : Laxiba The Sorbitol Navigator: The Standard for Sorbitol Intolerance (The Nutrition Navigator Books) (Volume 4) before purchasing it in order to gage whether or not it would be worth my time, and all praised Laxiba The Sorbitol Navigator: The Standard for Sorbitol Intolerance (The Nutrition Navigator Books) (Volume 4):

7 of 7 people found the following review helpful. All about sorbitol intoleranceBy Darren GallowayThe advantage of

the Sorbitol Navigator is that all sugar alcohols are being regarded. Thereby, you can trust the stated tolerable amounts and can efficiently reduce your symptoms. 6 of 6 people found the following review helpful. A diet for anyone with a sorbitol sensitivity
By Loretta Hood
So what the hell is the Sorbitol Navigator? People with a sorbitol intolerance suffer from bloating, diarrhea and flatulence after consuming foods that contain this ingredient. It is fun to read and I even learned something about myself. 6 of 6 people found the following review helpful. Effective treatment
By Evelyn Lafferty
The book allows for a highly efficient sorbitol diet, at least it did that for me. My stomach feels way better and it no longer is a balloon.

Do you suffer from sorbitol intolerance? A sorbitol 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 sorbitol 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 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 all nine sugar-alcohols responsible for your symptoms, as well as 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 calm your digestion further by acting on symptom moderators, covering stress and a balanced diet.

"Now finally, I know what I can eat to avoid my symptoms. If you only knew how much this means to me!"-Justin "I wanted to manage my sorbitol consumption in a healthy way instead of just taking medicine. This book explained how I can get a handle on the issue."-Eric B. "It goes right into the core of the matter and the lists contain a lot of foods and are very easy to use."-Penelope
About the Author
In 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.