



The Complete Idiot's Guide to Eating Well with IBS (Idiot's Guides)

By Kate Scarlata

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Soothe your digestive system with 200+ meal plans and recipes.

The Complete Idiot's Guide(r) to Eating Well with IBS will introduce readers suffering from Irritable Bowel Syndrome (IBS) to the information they need to identify the foods that trigger symptoms and prepare recipes meal plans that alleviate those symptoms.

- Features more than 200 recipes and meal plans
- Kate Scarlata is a licensed dietitian with 20 years of experience helping IBS patients with their condition, and an IBS sufferer herself
- Thirty-five million Americans are estimated to suffer from IBS, the second leading cause of worker absenteeism

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Editorial Review

About the Author

Kate Scarlata, RD, LDN, is a registered and licensed dietitian with over 20 years of experience. She currently provides nutritional consultation for conditions such as IBS, celiac disease, diabetes, and weight management in her private practice in Boston. Kate is the coauthor of *Real People Need Real Food: A Guide to Healthy Eating for Families living in a Fast Food World*.

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