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Irritable Bowel Syndrome Diet: Healthy cooking for IBS New York: Stewart, Tabori & Chang, 2006.  
Dean, Carolyn and L. Christine Wheeler. IBS for Dummies.

### **Eating for ibs - by heather van vorous**

Eating for Irritable Bowel Syndrome (IBS) Diet & Cookbook. The recipes in Eating for IBS can also be used to cook with Acacia Tummy Fiber. **\*\*Customer Reviews\*\***

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Healthy digestion tips and recipes from EatingWell s Our food and nutrition editors have selected a sampling of delicious digestive health recipes to help you

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Chef: Sophie Braimbridge, Erica Jankovich Cookbook: Healthy Cooking for IBS: 100 Delicious Recipes to Keep You Symptom-Free Publisher: Stewart, Tabori & Chang

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