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Eat Well, Be Well – With Fewer IBS Symptoms

Expert Advice and Recipes for a More Comfortable Life

The Complete Idiot's Guide® 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 and meals that alleviate those symptoms.

Author Kate Scarlata is a licensed and registered dietician who suffers from IBS herself, so she understands that no two IBS patients are alike when it comes to the mix of foods that can trigger symptoms. With more than 20 years experience in treating patients with digestive system disorders, she has developed meal plans and recipes that work for the vast majority of IBS patients. Scarlata has included 160 time-tested recipes in this book, many of which were carefully modified to minimize FODMAPs, a group of carbohydrates which are problematic for most people with IBS. Scarlata helps readers:

- Recognize dietary triggers and IBS symptoms
- Improve digestion with lifestyle choices, including keeping portion sizes under control and understanding the role of alcohol and caffeine
- Maximize eating pleasure when dining away from home
- Understand what science tells us about Probiotics

About the Author:

Kate Scarlata, RD, LDN (Medway, Mass.), is a registered and licensed dietitian with over 20 years of experience in the nutrition and wellness field. She currently provides nutritional consultation for conditions such as: IBS, celiac disease, diabetes, and weight management in her private practice in Boston, Massachusetts. Prior to opening her practice, she spent seven years working at the Brigham and Women's Hospital (BWH) providing outpatient nutritional consultation. Scarlata earned her Bachelor's in Science from Simmons College in Boston, Mass. Her postgraduate training was completed at BWH, a Harvard Medical School teaching affiliate. Scarlata has lead comprehensive nutrition workshops in the corporate setting across the country. She is the coauthor of the book, *Real People Need Real Food: A Guide to Healthy Eating for Families living in a Fast Food World* and featured author in many Boston newspapers and magazines. For more information visit www.katescarlata.com.

The Complete Idiot's Guide® to Eating Well with IBS

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For a review copy or to arrange an interview with the author, please contact Wilks Communications at patty@wilkspr.com, or 708-434-5006.

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