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**The Low Fodmap  
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Sue Shepherd,  
PhD, is coauthor  
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Disorders*  
and author of  
*The Low-FODMAP  
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premier private  
dietetic  
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medical  
conferences and  
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navigating the  
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low-FODMAP diet  
Coeliac Disease  
and reducing IBS  
And Other  
symptoms. If  
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you're one of  
Disorders  
the 45 million  
Americans  
suffering from  
Irritable Bowel  
Syndrome (IBS),

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eating food may  
be the start of  
a vicious cycle.  
This book will  
provide  
everything you  
need to stop  
this cycle and  
heal your gut,  
using the  
medically proven  
low-FODMAP diet.

**Low Fodmap diet**

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Diet changed my  
life and  
dramatically  
reduced my IBS  
symptoms. It is  
a huge learning  
curve and can be  
very daunting  
when you first  
start. I am now  
helping other

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providing  
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can help you  
ensure that  
you're following  
the strict diet

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because it's  
packed with  
goodness.

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dietitian and  
FODMAP expert,  
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Colleen

Francioli, CNC,  
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photographer. On  
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diet, including  
recipes, diet  
tips, grocery  
lists, foods to  
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diet consists in  
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Research has found that

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approximately 3  
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Sue Shepherd,  
PhD, is coauthor  
of The Complete  
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conditions. A  
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