

An accessible guide to the science-backed low-FODMAP diet that speaks to the unique concerns of teens managing digestive distress. Dealing with digestive disorders like IBS, Crohn's disease, and colitis can be especially difficult for teens. The symptoms are embarrassing, finding the right diagnosis is often a challenge, and navigating the cafeteria can be isolating. Teens with poor gut health can struggle in school due to repeat absences, and often experience anxiety and depression as well. In *A Teen's Guide to Gut Health*, registered dietitian Rachel Meltzer Warren explains how teens can find relief! The low-FODMAP diet is quickly becoming a first-line defense against IBS and related ailments. With an emphasis on clarity and positivity (not deprivation), Meltzer Warren demystifies FODMAPs (a family of difficult-to-digest carbs) and outlines a two-part elimination diet to help teens identify exactly which foods cause discomfort. The book includes comprehensive meal plans and shopping lists to help teens transition with ease, plus 30 gluten-free, easy-to-follow recipes teens can make for themselves. Meltzer Warren also dedicates a chapter to answering questions from real teens, advice-column-style "no matter how embarrassing!"

*A Manual for Priests of the American Church: Complimentary to the Occasional Offices of the Book of Common Prayer* by Earle H. Maddux (30-Jun-2004) Paperback, *Woodalls Camping Guide: Frontier West : Complete Guide to Campground, Rv Parks, Service Centers & Attractions* (1996), *Jeffrey Whittings Owls of North America (Whittings Reference of Birds, Vol 1)*, *Baedekers Switzerland, and the Adjacent Portions of Italy, Savoy, and the Tyrol: Handbook for Travellers [8th Remodelled Edition-1879]*, *Facebook: Improvisations on a Journey Back to Jazz*, *Travels in South Africa : The AL Masterpieces of Standard Literature*,

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