



# **Laxiba The Sorbitol Navigator: The Standard for Sorbitol Intolerance (The Nutrition Navigator Books) (Volume 4)**

*J. N. Stratbucker*

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## **Laxiba The Sorbitol Navigator: The Standard for Sorbitol Intolerance (The Nutrition Navigator Books) (Volume 4) J. N. Stratbucker**

Do you suffer from sorbitol intolerance? A sorbitol intolerance affects your whole life: love, work, and spare time, because the symptoms, like abdominal pain, diarrhea, and flatulence, distract you and can even force you not to take part in some activities. You might consider using the FODMAP diet. Shame, shame, shame. The basic approach is old fashioned and based on a lack of data, so you should fire a doctor proposing it. What you should do instead is adapt your diet to your sorbitol sensitivity. That is what you will do with this book and what enables you to lower your symptoms reliably while having as much choice as possible. The approach of this book presents the state of the art science in an accessible and simple to use way. You find answers to all of your questions and receive the best food tables on the market. The experience of experts and patients from all over the globe enables you to regain your quality of life!

Smart: Tolerable serving sizes in kitchen units, and gram, to make cooking, and shopping easy, for more than 1,000 foods considering all nine sugar-alcohols responsible for your symptoms, as well as delicious recipes for your diet.

Flexible: Our credit card sized-cheat sheet makes sure you always have the relevant information at hand.

Holistic: Advice on how to calm your digestion further by acting on symptom moderators, covering stress and a balanced diet.

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