

WHOLE-FOOD GUIDE TO OVERCOMING IBS

Strategies and Recipes for Eating Well with IBS,
Indigestion and other Digestive Disorders

LAURA J. KNOFF, NC

Featuring

- An in-depth look at how the digestive system works
- A definition of IBS and other digestion-related health issues
- Foods that are helpful and harmful to the digestive system
- Herbs and supplements to aid digestion
- Advice on eating out
- More than sixty recipes featuring whole-foods for optimal digestion

"The end to digestive distress begins with a thorough reading of the *Whole-Food Guide to Overcoming IBS*. This clear, concise, and elegant book explains the causes and remediation of gut pain and suffering in a way everyone can understand and follow. The recipe section is a delight, with easy-to-make and wonderfully nourishing dishes and meal plans. The best work on this topic to date."

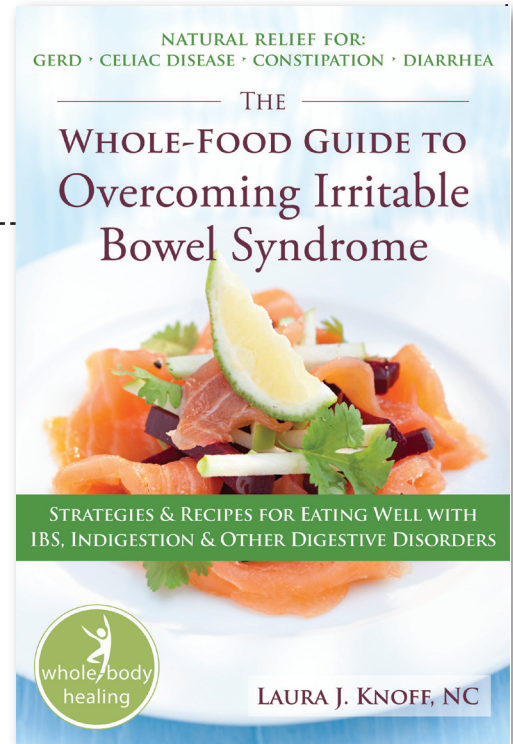
— Edward Bauman, M.Ed.,
Ph.D, director of Bauman
College: Holistic Nutrition
and Culinary Arts in
Berkeley, CA

What do exhaustion, premature aging, acne, unhealthy hair and stomach aches have in common? They can each be triggered by poor digestion. An unhealthy digestive system can be the culprit of a whole heap of health problems which can wreak havoc on personal health beginning with the body and taking a toll on the mind.

In her new guide and cookbook, *Whole-Food Guide to Overcoming IBS*, Laura Knoff applies more than thirty years of experience in biochemistry and nutrition studies and more than a decade as a nutrition consultant, educator and instructor, toward demystifying the digestive system for the everyday consumer and offering advice to establish and maintain digestive health. In addition to calling out common foods that exacerbate digestive issues (and explaining why they do), the book spotlights those that contribute to proper digestion for diet-based, long-term health and even offers cooking and preparation techniques for optimal digestion.

In the final section of the book, readers can easily apply what they've learned with more than sixty recipes featuring the aforementioned foods. With recipes like [Golden Carrot pancakes](#), [Banana Cashew Pudding](#) and [Thai Chicken Soup](#), it's hard to resist a head start down the path to digestive and holistic health.

While the book pays special attention to sufferers of IBS, or Irritable Bowel Syndrome, it is an eye-opening resource for anyone who has ever suffered from symptoms stemming from poor digestion or for those seeking a more conscious approach to eating through a rich, nourishing whole foods diet.



FOR AN INTERVIEW REQUEST *or*
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PHOTO BY SUSAN CARPENDALE

About the Author

Laura J. Knoff, NC has been studying nutrition and biochemistry since 1975 and earned her nutrition consultant, certificate from Bauman College in Penngrove, CA. Laura holds a Bachelor of Science degree in Chemistry from Florida Atlantic University and was a senior research associate at Lawrence Berkeley National Laboratory for eight years. She is now a registered professional member of the National Association of Nutritional Professionals and is Board Certified in Holistic Nutrition by that organization. She healed her own digestive disorders using whole foods, relaxation and moderate exercise. Since 2000, she has taught prospective nutrition consultants at Bauman College in Berkeley, CA, and has a private practice at the Labrys Healthcare Circle in Oakland, CA.

Tips

The same way we may avoid skin irritants to avoid rash or take supplements to boost bone density, we can strategically incorporate and exclude certain foods from our diets to support digestion and alleviate unwanted symptoms.

Go green.

Green plants like kale, broccoli and chard contain chlorophyll, which is chock full of magnesium, an essential mineral to our metabolic processes including those required for optimal digestion, energy production, muscle relaxation, healing and pain relief. Green produce boasts bodily benefits for both digestion and liver detoxification.

Have fun with fungus.

Mushrooms are low-calorie sources of B vitamins, trace minerals, amino acids and fiber. Shiitake, maitake and reishi mushrooms support the immune system and support digestive healing and health. Get mushrooms in the mix with soups, stews and sautéed vegetables.

Focus on flax.

Approximately 57 percent of the oil in flaxseeds is alpha-linolenic acid, an essential omega-3 fatty acid that's important for reducing inflammation and improving healing. You can add between one teaspoon and one tablespoon a day of the filtered oil as a dressing on greens or in smoothies.

Celebrate culture.

Eating fermented or cultured foods like kefir, yogurts, pickled cukes and beets, tamari and miso promotes the growth of helpful bacteria in our intestines. Choose brands listed in the resources, and look for "raw" or "contains live cultures" on the labels.

Splurge on herbs.

Using herbs like anise, caraway, chamomile, fennel, ginger and oregano, whether steeped in steaming water or incorporated into culinary creations, can be therapeutic and soothing for common digestive discomforts like cramps, bloating and nausea.

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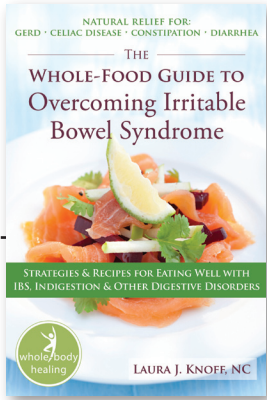
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Recipes

Berry Coconut Smoothie
Golden Carrot Pancakes
Fabulous Flaxseed and Pumpkin Seed Spread
Roasted Root Vegetables
Thai Chicken Soup
Spaghetti Squash Frittata
Lamb-Fennel Stew
Leek Beef Burgers
Banana Cashew Pudding
Coconut-Carob Candies
Nori Snack Roll
Sweet Cucumber Salad
Sprouted Hummus
Baked Winter Squash
Millet-Amaranth Pilaf
Japanese Style Fish Soup
Shrimp Curry
Nutty Carrot Cake

Praise

"As a nutrition expert, I see clients on a regular basis who have digestive issues. I am thrilled to have Laura Knoff's book to refer them to. It is a great resource for anyone suffering from digestive issues or wanting to improve their overall health and vitality. Laura's style is easy to understand and more importantly, simple to implement. Everyone would benefit by following the concepts in this book."

—JJ-Virgin, Ph.D., CNS, Author of *Six Weeks to Sleeveless and Sexy*

"Knoff brings us a book that will help outsmart disruptive digestive discomforts once and for all. The delicious recipes provided in her book will be embraced by the entire family. I highly recommend this book for everybody who needs easy strategies and solutions for soothing the gastrointestinal tract."

—Ann Louise Gittleman, Ph.D., CNS, Bestselling author of *Fat Flush*

Whole-Food History

"In the 1920s and 1930s, dentist Weston A. Price traveled around the world looking for populations that consumed traditional whole-food diets, and documented their general and dental health (Price 1945). He found that people who ate only whole, local foods, prepared traditionally, had excellent health and body structure. Dental cavities were rare until refined foods were consumed. After refined foods were introduced, subsequent generations had abnormalities of their dental arches, other bone deformities, narrowed facial structure, and the illnesses and chronic diseases considered common in Western civilization. Those who returned to their traditional diets regained all or most of their health, and their children born thereafter were healthy and strong."

—Laura J. Knoff, *Whole-Food Guide to Overcoming IBS*

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