



# **IBS and ESSENTIAL OILS.: How to Treat IBS with Essential Oils, Fodmap, and Proven Simple Steps to Follow with List of 50 IBS Diet Recipes for Breakfast, Lunch and Dinner.**

*Sandra Mayor*

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Irritable Bowel Syndrome (IBS) is like a curse to many sufferers. IBS is an inherent problem of the stomach and the digestive tracts that affect lots of people. Being inherent in nature, it simply means it is not something you acquired due to bad habits or eating disorder. It is something you were born with, it just mean you were served a bad hand when the cards were distributed. But don't worry because IBS does not define you, with the help, tips and information contained in this book you can finally overcome the excruciating and embarrassing experience of IBS and become IBS free!!! Also, the importance of ESSENTIAL OILS to healthy living can't be overemphasized. Essential oils can be used to treat many health problems. They were one of the secrets to healthy living by our ancient parents. Included in this book are: Essential Oils, Ginger Oil, Peppermint Oil, Lavender Oil, Cinnamon Oil Tea Tree oil etc. Although IBS diet recipes are restrictive, I did my best to handpick the recipes contained in this book. They are delicious, nutritious, quick and easy to make. - Seafood Omelette - French Toast Sauce - Fruity Tropical Smoothie - Herbed Scrambled Eggs - Banana Green Delight - Potato Fishing Cakes - Turkey Tetarazzini - Quinoa and Vegetables - Pineapple BBQ - Coconut Flavored Shrimp - Avocados, Cucumber and Pesto Wrap Pumpkin and Potato Gratin - Coconut and Blueberry Muffins - Banana Ice Cream And many more. Now, let's begin on a journey to win against IBS. Download your copy and have fun reading and preparing your meals in the kitchen for IBS freedom. See you on the inside. Sandra Mayor. Tags:Essential oils, anti-inflammatory diet, quick and easy to make IBS diets, Diarrhea, coping mechanisms, list of food to avoid, insoluble fibres, soluble fibres.

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