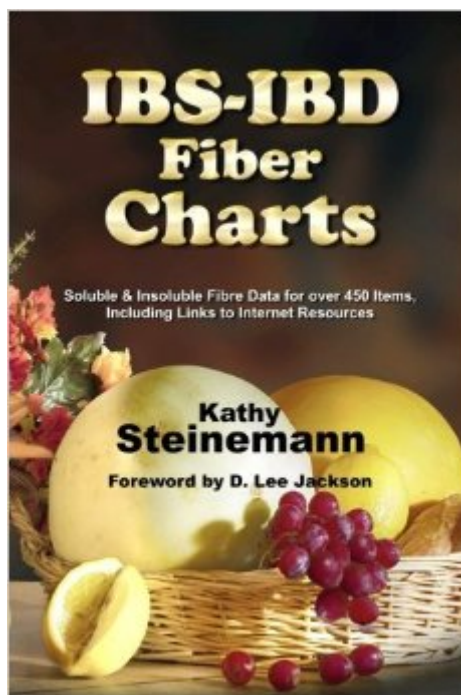# IBS-IBD Fiber Charts: Soluble & Insoluble Fibre Data For Over 450 Items, Including Links To Internet Resources

Synopsis

Not all fiber is created equal. Roughage is insoluble fiber, often scratchy in texture. Many people with IBS or IBD have been told to increase their intake of soluble fiber, the soothing substance that turns into a gel and helps to calm an irritated digestive system. However, it is often difficult to find soluble fiber information for the foods you consume every day. This book contains over 450 entries in several chartsâ "useful for anyone with bowel problems like diarrhea or constipation, or health-conscious individuals interested in increasing their daily fiber consumption. Additional chapters include: â ¢ How Much Fiber Do You Need? â ¢ Foods High in Soluble Fiber â ¢ Foods High in Insoluble Fiber â ¢ How Does Soluble Fiber Help IBS and IBD? â ¢ Internet Resources

Book Information

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Customer Reviews

Let me first say that I am not a doctor or dietician so I can't talk about the medical veracity of the contents of this book. I am however a sufferer of IBS (D) and so can talk from painful experience.When I was diagnosed the doctor told me to change my diet. I had always followed the usual diet advice of "eat lots of fibre" so ate wholemeal bread, lots of raw vegetables etc. "No," said the doctor "Think junk food, white bread etc." He added that some fibre was good for my condition (soluble fibre) while some was could aggrevate it (insoluble). But which was which?I set about looking for information on the web and in books without much luck. Then when I was on a web forum and saw Kathy Steineman was offering the book in return for an honest review and I jumped at the chance.This short book delivers what it says on the cover: data on 250 foods, including two very useful lists (on foods high in soluble and insoluble fibre). And I can tell you that will be surprised

by what is in which list. It is an invaluable resource and is already changing what and how I eat. I presume you're reading this review because you or someone close to you has IBS, don't hesitate buy this book.

I need a handy reference for both soluble and insoluble fiber, for health reasons. This is exactly what I wanted, and in an easy format to reference.

Thank you for your book - it is a wonderful source of information...Excellent information to refer to to help with GI disorders...

I haven't looked at it yet, but think it will be helpful.Hope I will get to it soon, bye.

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