



Laxiba The Lactose Navigator: The Standard for Lactose Intolerance (The Nutrition Navigator Books) (Volume 3)

J. N. Stratbucker

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Do you suffer from lactose intolerance? A lactose 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 lactose 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 concerning lactose intolerance 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 the amount you can consume per active lactase capsule as well. Furthermore, 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 further calm your digestion by acting on symptom moderators, covering stress and a balanced diet.

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