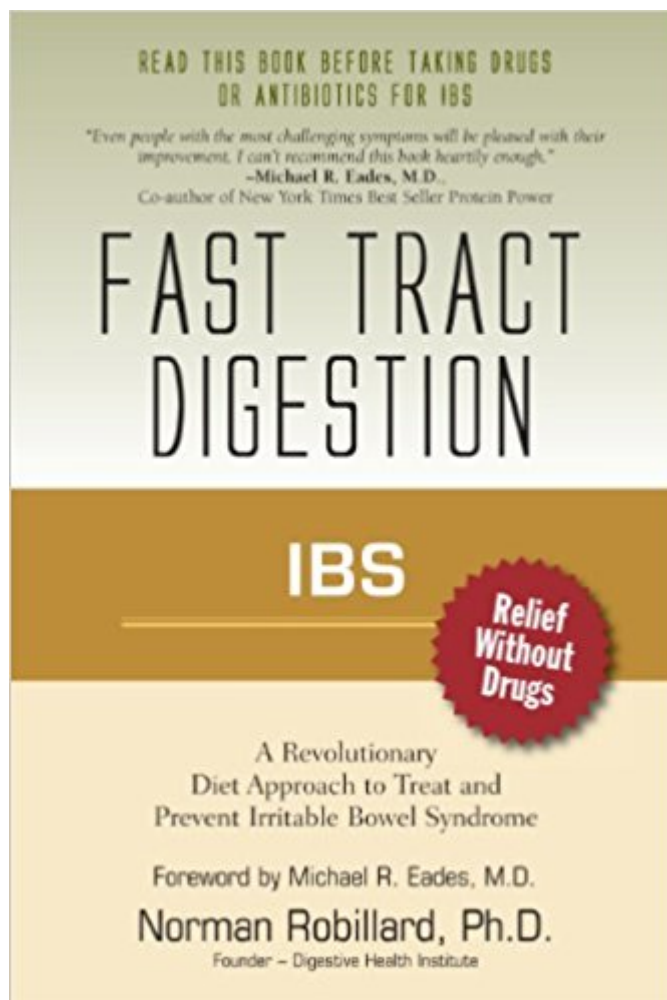


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# IBS (Irritable Bowel Syndrome) - Fast Tract Digestion: Diet That Addresses The Root Cause, SIBO (Small Intestinal Bacterial Overgrowth) Without Drugs Or Antibiotics: Foreword By Dr. Michael Eades





## Synopsis

Discover the hidden foods that keep you suffering. The complete guide to treat and prevent Irritable Bowel Syndrome (IBS) naturally. Dr. Michael R. Eades, Co-author of New York Times Best Seller, Protein Power says "Even people with the most challenging symptoms will be pleased with their improvement. I cannot recommend this book heartily enough." Are you suffering from dramatic stomach pain, severe cramps, bloating, frequent diarrhea or constipation, but are not sure what the best course of action is? Or, you have tried different diets, medications, supplements, therapy and / or hypnosis, but none of them gave you relief? Perhaps you have been prescribed an antibiotic, but wonder if there is an alternative. Fast Tract Digestion IBS gives you a simple and effective dietary solution addressing the root cause of IBS, Small Intestinal Bacterial Overgrowth (SIBO) and restores your gut microbiota to a healthy balance. Find out:- What is IBS and why IBS drugs are ineffective- Why Small Intestinal Bacterial Overgrowth (SIBO) is the root cause of IBS- Why you should think twice about taking antibiotics or other drugs for your IBS- What foods have to do with your IBS and healthy digestion- What 5 food types you should limit to become symptom free- How to identify and address other contributing factors to your IBS. The Fast Tract Diet was created based on solid scientific evidence backed by extensive research and the latest developments in medical science. The golden key behind the Fast Tract Diet is a proprietary formula called Fermentation Potential (FP) developed by a microbiologist, Norman Robillard, Ph.D., Founder of Digestive Health Institute. FP is a point system, so you are empowered to make your own food choices based on the guidelines and food tables in the book. Other diets for IBS including Paleo, FODMAP, Low Starch, Low Carb, Specific Carb, and Elemental are also explained to give you a snapshot of the differences and problematic foods in each approach. What other people are saying about the Fast Tract Digestion IBS: "Finally, after all my years of searching and trying to overcome my persistent, debilitating IBS systems, I have found relief. After just a few days on your IBS Fast Track Diet, I was already feeling amazing. Totally amazing!! I waited a couple weeks just to make sure it wasn't a fluke before sending this letter. I strongly believe the FP (Fermentation Potential) of foods is the GOLDEN KEY to unlocking my chronic, debilitating symptoms, specifically SIBO-IBS. Fast-track Digestion WORKS!!!!" -- Jro "It helps my patients - This works. It is now well established that the majority of digestive problems are caused or exacerbated by bacterial overgrowth (or at least the imbalance of the different bacteria present)." -- Dr. Bojan Peric "The author explains what foods create SIBO, and I am thrilled that his background is based upon science and not just another person's idea of a diet." -- Kim Rongey "This is an awesome book... After adjusting my diet according to the book the bloating was gone in one day." -- C. Barker "Saddle Bear" For additional

help:- Join the Digestive Health Institute forum- Try the free online FP Calculator on the Digestive Health Institute website- Sign up for phone or Skype consultation through the websiteClick the button on the top right of this page and start healing your gut right now.

## Book Information

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## Customer Reviews

"People with IBS - and any other SIBO-related condition - can benefit from this book. Dr. Robillard shows the reader why the Fast Tract approach is superior to other diets, drugs, and even antibiotics, which are often prescribed in an off-label manner for IBS...The antibiotic option is one many physicians choose for treatment, but readers of this book will think twice about going on such a regimen until all other options are explored. Most importantly, the Fast Tract approach Dr. Robillard created limits only the most difficult-to-digest carbohydrates. Thus, the means of relief is flexible where both the types and amounts of symptom-causing foods can be adjusted based on personal dietary preference. Even people with the most challenging symptoms will be pleased with their improvement. I can't recommend this book heartily enough." --Michael R. Eades, M.D., The New York Time Best Seller Co-author of Protein Power

"I am a GI surgeon and also an IBS patient who has suffered from this stubborn disease for more than 15 years. As a GI doctor, I have obtained more knowledge and experience over the years from treating my own IBS as well as patients with IBS. However, all methods I had learned didn't make sense until I read Fast Tract Digestion IBS. The book is outstanding among the many books that I've read on IBS. To my amazement, the Fast Tract Diet described in the book worked in just a couple of days. Thank you for your work and book. I would like to spread the word on the Fast Tract Diet to my colleagues and patients." --Zongqiang

(Alan) Hu, Visiting GI Surgeon at St. Vincent Hospital, Visiting Scholar at Indiana University & Purdue University

**YOUR HEALTH DEPENDS ON THE BACTERIA IN YOUR GUT** Norman Robillard, Ph.D., founder of Digestive Health Institute is an author, consultant and microbiologist. He is also the creator of Fast Tract Diet and a former research scientist who devoted his career to developing new drugs for 20 years before he discovered the power of diet for his own digestive health. Fast Tract Diet was presented at Digestive Disease Week in 2013 to provide gastroenterologists a different treatment option for SIBO related conditions. Dr. Robillard helps people with a variety of digestive health issues through his consultation practice. He focuses on the root cause of conditions and applies his 3 pillar strategy for healing in place of drugs and antibiotics: 1. addressing underlying causes, 2. dietary modulation, 3. behavioral modification. Some of the common gut and related conditions include heartburn, acid reflux, LPR, irritable bowel syndrome (IBS), small intestinal bacterial overgrowth (SIBO), celiac and Crohn's disease, ulcerative colitis, diverticulitis, asthma, rosacea and leaky gut. Dr. Robillard received his Ph.D. at University of Massachusetts, Amherst and completed his post-doctoral training at Tufts University in Boston. He currently serves as a scientific board member for Nutrition & Metabolism Society. His favorite quote: "No disease that can be treated by diet should be treated with any other means." - Maimonides Find a wealth of digestive health articles and a new tool to calculate symptom potential in foods at [DigestiveHealthInstitute.org](http://DigestiveHealthInstitute.org). Join the Digestive Health Institute Facebook page for the latest information on foods, health and science.

If the theory in this book is correct, how come all of the healthiest populations eat tons of carbs and suffer zero IBS? I think the book is smart to advise staying away from wheat and dairy though. I appreciate the science in the book.

I have tried every idea ever thrown out there by my Dr. and the internet, from friends and family and this is the only plan that has worked for me. I can't believe the difference it has made in my life. It used to be 90% of my days were bad days with GERD and SIBO symptoms. Now the SIBO symptoms are gone and I am getting a handle on the GERD. I will be sharing it with my Dr. so she can help more people like me!

Dr. Robillard has done amazing work uncovering why so many people suffer from these digestive disturbances. This book is certainly a breakthrough in explaining why these health problems are so

common. At fault are the medical and government dietary guidelines which need to be seriously looked at. High carb recommendations will probably do us all in eventually, considering also the diabetes and obesity epidemics rampant today. It's a little difficult for the novice, like myself, to plod through the technical diagrams, etc. but well worth your time if you have any such health issues.

I believe this book has been the missing link by I needed to regain my health. If you suffer with IBS like I have for decades, then you owe it to yourself to give it a try. Here is my story: I have suffered with digestive issues since I was a child, specifically IBS-C. 35 years ago (when I was 15), I began the symptoms of my first autoimmune disorder and have continued to develop new autoimmune diseases through the years. I now have the diagnosis of Multiple Autoimmune Disease Syndrome. Then about a decade ago, I started having lots of issues with my lipid levels, blood sugar, and liver enzymes. My Dr told me to concentrate on eating lots of fiber - whole grains, beans, fruits, and vegetables. But I continued to get worse. Finally two years ago, my health really fell apart. I was eating the way my Dr told me to eat, but I was so sick! I could barely get out of bed, I was very constipated (with occasional bouts of diarrhea), my triglycerides were in the 600's and my HDL cholesterol was in the mid-20's. My liver enzymes were out of whack, and I was diagnosed with pre-diabetes. Every January for years, I would get a severe sinus or lung infection that often required 4-5 rounds of antibiotics to kill it. I also started to have vision problems and sometimes I couldn't see well enough to drive or watch TV. And I took great care of myself. My husband and I were avid bicyclers and hikers. I ate very little junk food - I ate 6-10 serving of whole grains every day just like my Dr said. I ate beans, oats, and made sure I got minimum of 5 servings of vegetables and fruit daily. I ate only very lean meat - mostly chicken breasts, and hadn't had much fat at all in 20 years. I was doing everything "right" but just couldn't get healthy. So I decided to make a drastic change. I switched to a high fat, low carb diet, specifically the Autoimmune Paleo Diet, and I started getting relief from a lot of my symptoms. But I still had bloating and digestive issues. I would start out in the morning looking like my normal self in my size 6 clothes, and by evening I was a size 10 or 12 around my middle. I began only wearing knit skirts so they could "grow" with me throughout the day. I didn't know what else to do. Finally I started seeing a young, new opthamologist for my vision problems. and he diagnosed me with Ocular Rosacea, which I found out is a SIBO (Small Intestinal Bacterial Overgrowth) related condition. And guess what? IBS is also a SIBO relate condition, and SIBO is closely linked to autoimmune issues too. I didn't want to go on more meds to kill the SIBO (for many people they aren't very successful anyway), so I started researching natural SIBO solutions and found this book. Finally I had the tools I needed to make a difference. It is

working! My constipation is almost fully resolved (I still get a bit off when I travel), and my bloating is gone. My vision is very good - I was even able to go off the Restasis and steroid eye drops. Some reviewers say they find this diet restrictive. What was restrictive for me was not being able to see clearly, being severely constipated, and looking like I was 6 months pregnant by the end of the day. No food is completely off limits - you just restrict the amount of carbs that tend to ferment in the gut. I am very thankful to have found this book. I have been eating Paleo for 2 years now and combining it with the Fast Tract Diet for 6 months. I just got the results of the Boston Heart Panel back yesterday, and I am amazed! My triglycerides are now 83 - normal for the first time in over a decade. My HDL is 50. My LDL is still too high, but my inflammatory markers are all normal or almost normal, so my Dr is not too worried. My liver enzymes are finally normal, and I am no longer pre-diabetic. In fact my Dr said my insulin is now perfect. So the labs don't lie - this way of eating is definitely working for me! My Immunologist told me that 35 years is kind of the "magic" age for autoimmune disease. The majority of people become bed bound when they hit the 35 year mark because the inflammation overwhelms their body. I believe that is where I was headed before I so drastically changed my diet. My Immunologist told me to keep doing whatever it is I am doing. One more thing - this is the first January that I can remember that I have not had a sinus or lung infection. In fact, I haven't even had a cold. The inflammation seems to be under control. I hope everyone out there suffering from similar issues will find as much relief as I have found.

This is an awesome book. I was suffering from terrible bloat every evening. I heard indirectly from a friend about SIBO. Doing a search brought me to this book. It is an excellently written book, it's easy to understand and has little fluff. SIBO aside this book is a great intro on how the digestive system works and how food is processed by the body as well as a breakdown on the types of sugars, fibers and so forth. After adjusting my diet according to the book the bloating was gone in one day. The hardest part was figuring out which processed foods had sugars I couldn't digest because I have trouble, specifically, with fructose.

I've been searching in many diets, just not getting there where I wanted to be. Until I found this book and it really changed my life. I was living on only pumpkin, courgette, rice and chicken and plain bread. After reading the book I had a major improvement with my food. I am now eating so much more without having any complaints! And I just started the program four days ago! This book is really worth every cent. Only thing I regret, is that I didn't find it months earlier...

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