



IBS (Irritable Bowel Syndrome) - Fast Tract Digestion: Diet that Addresses the Root Cause of IBS, Small Intestinal Bacterial Overgrowth without Drugs or Antibiotics: Foreword by Dr. Michael Eades

By Norman Robillard Ph.D.

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IBS (Irritable Bowel Syndrome) - Fast Tract Digestion: Diet that Addresses the Root Cause of IBS, Small Intestinal Bacterial Overgrowth without Drugs or Antibiotics: Foreword by Dr. Michael Eades By Norman Robillard Ph.D.

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 website

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Editorial Review

Review

*"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

About the Author

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**.

Join the **Digestive Health Institute Facebook** page for the latest information on foods, health and science.

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Samuel Travis:

Here thing why this kind of IBS (Irritable Bowel Syndrome) - Fast Tract Digestion: Diet that Addresses the Root Cause of IBS, Small Intestinal Bacterial Overgrowth without Drugs or Antibiotics: Foreword by Dr. Michael Eades are different and reliable to be yours. First of all examining a book is good however it depends in the content from it which is the content is as delightful as food or not. IBS (Irritable Bowel Syndrome) - Fast Tract Digestion: Diet that Addresses the Root Cause of IBS, Small Intestinal Bacterial Overgrowth without Drugs or Antibiotics: Foreword by Dr. Michael Eades giving you information deeper as different ways, you can find any reserve out there but there is no guide that similar with IBS (Irritable Bowel Syndrome) - Fast Tract Digestion: Diet that Addresses the Root Cause of IBS, Small Intestinal Bacterial Overgrowth without Drugs or Antibiotics: Foreword by Dr. Michael Eades. It gives you thrill examining journey, its open up your personal eyes about the thing that happened in the world which is possibly can be happened around you. It is possible to bring everywhere like in area, café, or even in your technique home by train. Should you be having difficulties in bringing the branded book maybe the form of IBS (Irritable Bowel Syndrome) - Fast Tract Digestion: Diet that Addresses the Root Cause of IBS, Small Intestinal Bacterial Overgrowth without Drugs or Antibiotics: Foreword by Dr. Michael Eades in e-book can be your substitute.

Mary Davis:

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Joel Newsom:

That e-book can make you to feel relax. This particular book IBS (Irritable Bowel Syndrome) - Fast Tract Digestion: Diet that Addresses the Root Cause of IBS, Small Intestinal Bacterial Overgrowth without Drugs or Antibiotics: Foreword by Dr. Michael Eades was multi-colored and of course has pictures on there. As we know that book IBS (Irritable Bowel Syndrome) - Fast Tract Digestion: Diet that Addresses the Root Cause of IBS, Small Intestinal Bacterial Overgrowth without Drugs or Antibiotics: Foreword by Dr. Michael Eades has many kinds or category. Start from kids until teenagers. For example Naruto or Private investigator Conan you can read and believe you are the character on there. Therefore not at all of book usually are make you bored, any it can make you feel happy, fun and relax. Try to choose the best book for you and try to like reading which.

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