

The New

# IBSS

LOW-STARCH DIET

Over 200 delicious recipes to relieve the  
pain and symptoms of IBS and AS  
Completely gluten-free!



**Carol Sinclair**

With a foreword by **Professor Alan Ebringer**,  
Professor of Immunology, King's College, London

# New Ibs Low Starch Diet

**RJ Shavelson**



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