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The Gastroparesis Healing Diet: A Guided Program for Promoting Gastric Relief, Reducing Symptoms and Feeling Great

Tammy Chang

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The Gastroparesis Healing Diet: A Guided Program for Promoting Gastric Relief, Reducing Symptoms and Feeling Great Tammy Chang
A CUSTOMIZABLE APPROACH TO OVERCOMING YOUR DEBILITATING SYMPTOMS OF GASTROPARESIS THROUGH A PERSONALIZED NUTRITIONAL PROGRAM

With no identifiable cause, no known cure and life-sapping symptoms, gastroparesis can make you feel helpless. But you're
not! *The Gastroparesis Healing Diet* empowers you to tame your symptoms by taking total control of your diet.

Featuring a step-by-step program that you personalize for your specific needs, this helpful handbook offers:

•A guided elimination diet for identifying triggers
•Carefully formulated yet amazingly delicious recipes
•A plan to stock your pantry with nutrient-dense foods
•Tips and tricks for dealing with flare-ups
•Shared stories from others with gastroparesis
•Advice on reducing stress and finding support

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