



IBS: Free at Last! Change Your Carbs, Change Your Life with the FODMAP Elimination Diet, 2nd Edition

By Patsy Catsos

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When *IBS--Free At Last!* was published in 2009, it ushered in a new era of treating IBS through diet instead of medication, and quickly established itself among doctors and other specialists--as well as home users--as an invaluable tool for anyone suffering from IBS (an estimated 35 million in the United States), as well as those with Crohn's disease, ulcerative colitis, SIBO, and gluten sensitivity. This edition of *IBS--Free At Last!* is no longer available for sale and is being replaced by *The IBS Elimination Diet and Cookbook*, the updated and expanded edition of this landmark book. Redesigned for better usability and now featuring 56 recipes and beautiful full-color photos, this new bible of the low-FODMAP lifestyle will be available on 4/11/2017 and available for preorder now (just search for *The IBS Elimination Diet and Cookbook!*).

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Editorial Review

Review

"IBS--Free at Last! is a must-read for anyone who thinks they have tried it all. This book truly is life-changing. Catsos' practical advice and realistic approach is inspiring and empowering; it offers the IBS-sufferer something that is so often elusive--hope!" --Niki Streatly, RD, LD, the Diarrhea Dietitian

About the Author

Patsy Danehy Catsos is a registered dietitian in private practice; her special area of interest is gastrointestinal health. Her trailblazing book, *IBS--Free at Last!* (Pond Cove Press, 2009), introduced U.S. health care providers and consumers to FODMAP-restricted diet therapy for irritable bowel syndrome (IBS). Patsy is the editor of the blog IBSfree.net, and an expert contributor to Sharecare.com, an interactive social Q/A platform created by Jeff Arnold and Dr. Mehmet Oz in partnership with Harpo Studios, HSW International, Sony Pictures Television, and Discovery Communications. Ms. Catsos earned a B.S. in Nutritional Science from Cornell University and an M.S. in Nutrition at Boston University. She completed her internship at Boston's Beth Israel Hospital. She is a professional member of the Crohn's and Colitis Foundation of America and the Academy of Nutrition and Dietetics (formerly known as the American Dietetic Association); she is past-president of the Maine Dietetic Association.

Users Review

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Dennis Thorpe:

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