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An Introduction to Food and Drink for Whole Health

04.09.2018 · Whole Health handout “Eating to Reduce Irritable Bowel Symptoms: The FODMaP Diet.” If you have a different disease, ask your health care team if eating a certain way might reduce symptoms you may have. • Learn if your body has difficulty with a particular food. This is called a food sensitivity or food intolerance. Some symptoms can be ...