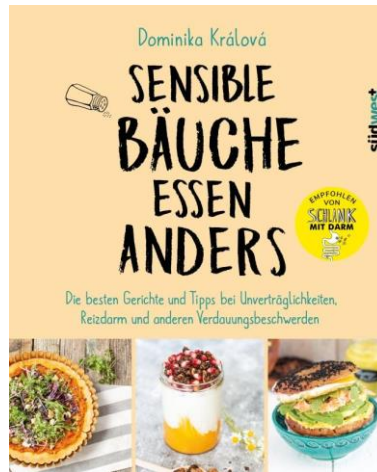


A cooking book for all digestive complaints



Dominika Králová
Sensitive Bellies Eat Differently
[Sensible Bäuche essen anders. Die besten Gerichte und Tipps bei Unverträglichkeiten, Reizdarm und anderen Verdauungsbeschwerden - Ernährungstipps bei Morbus Crohn, Zöliakie oder nach einer Darm-OP]
The best recipes for intolerances, irritable bowel syndrome, and other digestive complaints

Südwest
256 pages
100 colour illustrations
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With ca. 100 colour illustrations

Dominika Králová is a nutritionist specialised in intestinal health. She is particularly interested in food intolerances, allergies, and chronically irritated intestinal diseases. She had suffered the latter herself in the form of Crohn's disease but was able to heal her digestive system step by step thanks to self-study and specially developed recipes. Read more on www.bauchgeschichten.com

Are you one of those whose belly is constantly making noises? Even so digestive complaints, intolerances or chronic intestinal diseases can be genetically caused, in most cases they are the consequence of an unbalanced nutrition. This ends here!

The recipes in this book will repair your digestive apparatus in no time. It doesn't matter if it's coeliac disease, gluten intolerance, irritable bowel syndrome or other "belly stuff": Thanks to a guiding system everyone will find here nutrition tips and recipes suited for his or her individual needs. The recipes are easy and quick to cook, healthy, and tasty!

- The best recipes for intolerances, sensitive intestines or after a bowel surgery
- Finding the suitable recipes for every complaint easily and quickly
- By a nutritionist with her own history of suffering and healing

- Nutrition tips for Crohn's disease, coeliac disease or after a bowel surgery