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By Patsy Catsos MS RD LD

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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!

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Edited by Patsy Catsos, MS, RDN, LD, author of IBS--Free at Last! and the Flavor without FODMAP Cookbook. A FODMAP-elimination diet for IBS is not an IBS cure,

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