



# Moi University Nov 2015 Intake

**M Mark**



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The IBS Elimination Diet and Cookbook Patsy Catsos, MS, RD, LD, 2017-04-11 The complete guide for overcoming IBS by discovering your triggers and building a personalized doable and fulfilling diet around nutritious delicious foods that let you finally feel your best Patsy Catsos MS RDN LD pioneered the use of the low FODMAP diet to find your unique FODMAP fingerprint when she self published IBS Free at Last ushering in a new era of treating IBS through diet instead of medication Written for at home use her book quickly established itself among doctors and other specialists as an invaluable tool for anyone suffering from IBS Crohn s disease ulcerative colitis SIBO and gluten sensitivity This new definitive edition offers the theory along with a program that walks you through eliminating FODMAPs difficult to digest carbohydrates found in a variety of otherwise healthy foods and adding them back one by one the most usable thorough program available And its 56 delicious recipes 24 full color photos and comprehensive guides to high and low FODMAP foods make this the bible of the low FODMAP lifestyle Here is your plan for eating well while finally feeling great Note This is the updated and expanded edition of IBS Free at Last including its landmark 8 step program

**Nutrients and Nutraceuticals for Active & Healthy Ageing** Seyed Mohammad Nabavi, Grazia D'Onofrio, Seyed Fazel Nabavi, 2020-09-28 This book focuses on the nutrients and nutraceuticals that promote active and healthy ageing recently defined by the WHO as the process of development and maintenance of functional capacity that allows well being at an advanced stage of life There has been a rapid rise in the use of nutritional interventions as well as specific nutraceuticals in the management of multifactorial aspects of clinical health outcomes Written by leading experts this book comprehensively discusses the various ageing phenotypes and age related diseases It also assesses the nutritional status of the elderly and the various epidemiological factors that influence it It reviews the role of dietary fiber in disease free and fully functional ageing Further the book explores the benefits of polyphenols which are secondary plant metabolites in protecting against cancer cardiovascular diseases and various neurodegenerative diseases

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