

The Low Fodmap Diet Reveals Philip Lovland's Peaceful Stomach Strategies

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According to a Low FODMAP Diet system video review posted on YouTube, it is a comprehensive guide that can help both women and men deal with stomach upsets, irritable bowel syndrome, and general stomach bloating without resorting to expensive medication, invasive surgery or therapy.

But what are FODMAPs? FODMAPs are carbohydrates and sugars the stomach finds extremely difficult to degrade or digest. Australian researchers have discovered that the pain (stomach upsets, flatulence, etc.) previously thought to be caused by eating certain foods aren't caused by those foods exactly. They are caused by high FODMAP levels on those foods.

"Unless you constantly look through a microscope to identify the FODMAP contents in your food, you cannot be 100% certain that the food you are eating, and the portions you are having have safe FODMAP levels," Philip says.

"The irritable stomach syndrome affects at least 10% to 15% of the global population. I created this system to show the world that there is a natural solution to flatulence, bowel irritation and bloating. While other systems tell you to stay away from alcohol or fatty foods, I have identified specific common foods that contain unhealthy levels of FODMAPs which cause the upsets. I share them with others in this system," he concluded.

The system teaches users on why it's important to take care of their stomach before introducing some of the strategies they can use to deal with FODMAP related issues. The system has food lists one can print and place on their fridges at home for easy remembrance, shopping tips, delicious recipes, and many others.

As reviewed on YouTube, this system was developed by Mike Peters, a renowned author and expert in the field of weight loss, natural cures, and nutrition. Since release the Low fodmap diet system has helped a lot of people change their lives. Most users say on Facebook that the system takes between 4-8 weeks to work.

About Mike Peters

Mike is a young author, who specifically writes about health, natural cures, and natural remedies.

For questions or concerns regarding this press release, or for more information on Mike Peters and the Low FODMAP Diet, please use the following contact information to get in touch:

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