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Sue Shepherd, PhD, is coauthor of The Complete Low-FODMAP Diet and author of The Low-FODMAP Diet Cookbook. She is the director of Shepherd Works, Australia's premier private dietetic practice specializing in dietary conditions.

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Kate Scarlata Boston-based registered and licensed dietitian as well as a New York Times Best Selling author with 25+ years of experience. Kate specializes in the low FODMAP diet and digestive health conditions including: IBS, celiac disease, inflammatory bowel disease, and small intestinal bacteria

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