

## Healing Foods: Cooking for Celiacs, Colitis, Crohns and IBS



This updated version of Healing Foods: Cooking for Celiacs, Colitis, Crohns and IBS, is a visually stunning and intelligently written cookbook. It is specifically designed to please and inspire all those who suffer from these debilitating intestinal diseases, as well as those who already live happier lives thanks to the Specific Carbohydrate Diet (TM). This book strictly adheres to the diet prescribed by Elaine Gottschall in her revolutionary book Breaking The Vicious Cycle. The Specific Carbohydrate Diet is a strict grain-free, lactose-free, and sucrose-free dietary regimen intended for those suffering from Crohns disease, ulcerative colitis, celiac disease, diverticulitis, inflammatory bowel disease (IBD) and irritable bowel syndrome (IBS). The SCDiet has proven to be highly successful for many who suffer from various bowel disorders as well as the many related problems which actually stem from imbalances in the intestinal tract. The diet was first proposed by Dr. Sydney Haas and brought to public attention by Elaine Gottschall, a biochemist who researched the diet to help heal her daughter who was suffering from severe ulcerative colitis. Her book Breaking The Vicious Cycle has sold over 1 million copies and relieved suffering for countless thousands.

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