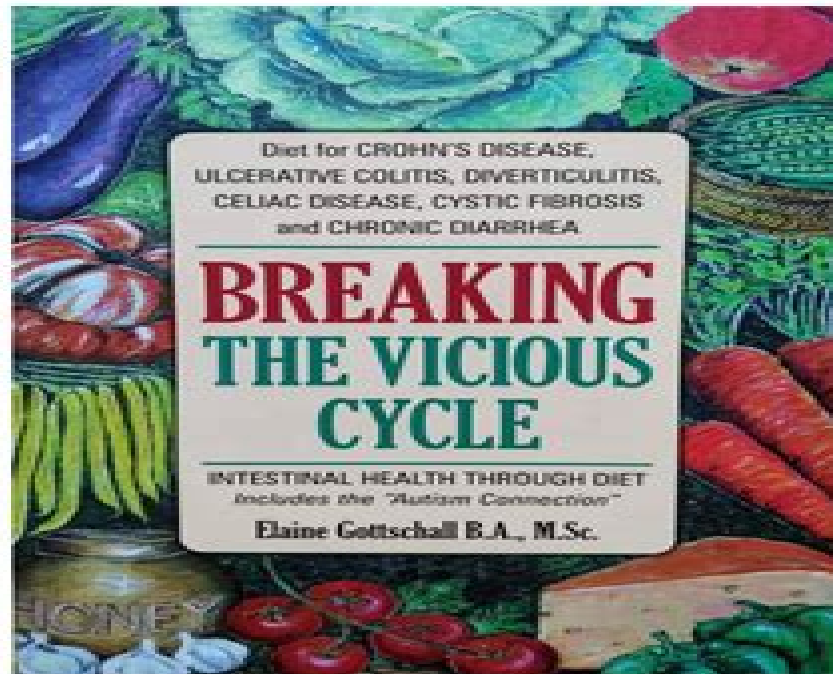


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Breaking the Vicious Cycle: Intestinal Health Through Diet

Description :

The Specific Carbohydrate Diet (SCD) has helped thousands of people worldwide who suffer from the debilitating effects of intestinal disease such as Crohn's disease, ulcerative colitis, diverticulitis, celiac disease, cystic fibrosis of the pancreas, and other forms of chronic diarrhea. The book explains the science behind the disease process and how the SCD offers a healthy, balanced, and safe approach to stop disease progression and help the body to heal. Referred to in the book as the "Autism Connection," the author explains how the same bacterial overgrowth present in those suffering from intestinal disease occurs in the gut of many autistic children. Through evidence and testimonials, the book outlines the ability of the SCD to treat many of the behavioral symptoms experienced by those with autism. The book includes tools, resources, and gourmet recipes to support individuals in starting the SCD and their journey to health.

Breaking The Vicious Cycle Intestinal Health Through Diet

Jacqueline Wolf



Breaking The Vicious Cycle Intestinal Health Through Diet:

Breaking the Vicious Cycle Elaine Gottschall,1994 Diet for Crohn s Disease Ulcerative Colitis Diverticulitis Celiac Disease Cystic Fibrosis and Chronic Diarrhea **Breaking the Vicious Cycle** Elaine Gloria Gottschall,1998 **Breaking the Vicious Cycle** Elaine Gloria Gottschall,2016-09-05 **Beat Candida Through Diet** Gill Jacobs,Joanna Kjaer,2012-02-29 Largely dismissed by the medical profession the increasing incidence of candida related health problems has been called the silent epidemic All of us have the yeast organism candida albicans in our bodies It is only when the production of candida gets out of control that there are problems recurrent thrush chronic fatigue mood swings headaches indecisiveness memory loss insomnia muscle ache abdominal pain constipation loss of sexual desire are just a few of the common symptoms that indicate that candida overgrowth may be present in the body Identifying trigger foods is the key to combating the problem But where do you start This book includes a complete Candida Maintenance Programme and features delicious and easy recipes from leading cookery writer Michelle Berriedale Johnson **The IBD Healing Plan and Recipe Book** Christie A. Korth,2012-04-10 Nearly 1 4 million Americans suffer from inflammatory bowel disease and this number climbs every year Christie Korth a nutrition expert helps those with Crohn s and ulcerative colitis understand their food intolerances and lays out a holistic approach to dealing with their IBD that can help them lead healthy and pain free lives Korth also helps the reader explore the possibility of emotional involvement in the disease onset making this the first book to address both the nutritional and the emotional factors of the disease Korth herself suffered IBD and writes with insight supplementing the nutritional and lifestyle information in the book with her own account of achieving wellness She also includes stories of IBD relief told by those who have worked with her The compassionate tone understanding and humor in this book offer emotional support for the reader which is a key component for his or her recovery Much of the focus of the book is on nutrition and Korth introduces and explains menu planning food choices the concept of heating and cooling foods common Crohn s disease drug side effects and how to counter act them nutritionally acid alkaline imbalance and the major one food intolerance The nutritional information is enhanced by a thorough discussion of beneficial vitamins herbs natural chemicals that readers can take to supplement their diets Korth shares tips on what to buy and how to take certain supplements giving readers a complete idea of the nutritional options available to them In addition to the groundbreaking information on digestive wellness this book contains 100 recipes suitable for those with IBD All recipes for everything from beverages to vegetables from salad to dessert are free of the top eight common allergens There are recipes that are supportive to those having a flare up and lists of foods you should eat and foods you should avoid The book is also complete with shopping substitution cards for those who have food intolerance Along with the abundance of recipes Korth includes daily ideas for lunches on the go so busy readers can eat convenient healthy meals The book also includes sample menus exercises worksheets and personal habit quizzes that can help readers reflect on their own habits and explore the benefits of

committing to digestive health Illustrations photos and charts enhance the book s message and a directory of helpful websites directs readers to further information The IBD Healing Plan and Recipe Book gives readers the knowledge they need to manage their pain and offers companionate emotional support during the process The book does not advocate a one size fits all solution nor does it leave readers reliant on prescription drugs or surgery Its recipe and diet advice allows readers to achieve digestive health Though Korth is not claiming to cure IBD she believes that with appropriate intervention there is great hope for someone to live symptom free using natural methods

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