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by Sandra Ramacher

HEALING FOODS

Cooking for

for Celiac, Colitis, Crohn's and IBS

Over
60 New
Recipes

Over 200 recipes for the
Specific Carbohydrate Diet

Foreword by Leslie Embertis
Mind Foundation

Totally Grain Free, Gluten Free, Sugar Free and Lactose Free

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Elephant Publishing

Healing Foods: Cooking for Celiacs, Colitis, Crohn's and IBS



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This updated version of **Healing Foods: Cooking for Celiacs, Colitis, Crohns and IBS**, is a visually stunning and intelligently written cookbook. Her publication **Breaking The Vicious Routine** has sold over 1 million copies and relieved struggling for countless hundreds. This publication strictly adheres to the dietary plan recommended by Elaine Gottschall in her groundbreaking book **Breaking The Vicious Routine**. Sydney Haas and taken to public interest by Elaine Gottschall, a biochemist who researched the diet to greatly help heal her daughter who was experiencing serious ulcerative colitis. The SCDiet offers shown to be highly successful for many who suffer from various bowel disorders and also the many related problems which actually stem from imbalances in the digestive tract. The diet was initially proposed by Dr. THE PRECISE Carbohydrate Diet plan is a rigid grain-free, lactose-free of charge, and sucrose-free dietary regimen intended for those suffering from Crohn's disease, ulcerative colitis, celiac disease, diverticulitis, inflammatory bowel disease (IBD) and irritable bowel syndrome (IBS). It is specifically designed to make sure you and inspire all those who suffer from these debilitating intestinal illnesses, as well as those who currently live happier lives thanks to the Specific Carbohydrate Diet (TM).



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