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# Healing Foods: Cooking For Celiacs, Colitis, Crohn's And IBS



## Synopsis

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 Crohn's 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.

## Book Information

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## Customer Reviews

I just received this cookbook today and I am thrilled. I was looking for some inspiration in the kitchen. My family has been doing the SCD since June of 2006 (treating autoimmune disease in myself; ADHD and chronic diarrhea in my son) and we were getting bored with our current recipes. I really needed something to get me excited about cooking again. This book has done just that. The

pictures alone are worth the price of the book! It is breathtaking. They make me want to start organizing, planning, and cooking in the kitchen again!!! And this is quite a hefty book, there are so many recipes in here, I'm having trouble deciding what to try first! One thing I noticed right off the bat, is that there are plenty of recipes that don't depend on almond flour. Sure, there are plenty that do take benefit of this wonderful alternative flour, but not an overabundance of the book like some SCD cookbooks that I have. Also, there are a wide variety of recipes- scrumptious gourmet dinner party looking stuff right down to your basic everyday stuff. There is a nice balanced feel to the range of recipes overall. There are tons of condiment and sauce recipes as well. It looks to be a very versatile cookbook. I'll update this again once we've tried some of the recipes. I've got some more book ordering to do as this cookbook will definitely find its way into many Yule presents this year for my friends and family. As for the Specific Carbohydrate Diet, SCD, itself (which this cookbook is aligned with): Elaine Gottschall's book, *Breaking The Vicious Cycle*, which details the SCD, saved my life. I was lost in chronic pain, brain fog, insane exhaustion-- unable to enjoy life. SCD has given back the joys in my life. I've lost 80 pounds and am at a healthy weight.

I don't think that I'm a celiac, and have never been diagnosed with colitis, crohns or ibs, but I love this book. It's just that I often got bloated and lethargic after eating pasta or bread. Maybe I fall under the ibs or celiac category as a mild case, but it doesn't matter. A friend had a copy of this book and after a quick browse I decided to get a copy for myself. After following the recipes in this book for only a week I felt SO much better. Gone was the bloat and in was a sense of vigour and energy. I'm not one to spend hours in the kitchen getting dinner ready. And as a bachelor I like to make a big batch and have enough for leftovers. Well, the zucchini lasagne is fantastic and I make a double batch for about 6 meals. It only gets better reheated. I make the frittata verde in muffin tins and zap a few for quick breakfasts during the week. Awesome. There is something in this cookbook for everyone. Ms Ramacher's cookbook offers everything from the simple to the gourmet. The book does recommend starting out with the *Vicious Cycle* book for those with serious gut issues, but I've just jumped into this one and am really benefitting from it. It probably would be a good idea to get the *Vicious Cycle* book and do the detox diet. I have joined the ranks of home-made yoghurt fans, and though I'm still trying to perfect the ideal texture, am enjoying the flavour and satisfaction of home-made stuff. Banana-cherry or banana-blueberry smoothies are now morning insitutions. The weekly and monthly preparation guides are a bonus. And the garnishes and sauces are better tasting than the sugary storebought stuff by a long shot. Once your first batch of yoghurt is ready, and you buy your bulk almond meal from the wholesalers, you're set!

Please note this cookbook is for the Specific Carbohydrate Diet. Many (perhaps even the majority) of the recipes contain dairy. If you're doing strict Paleo, Danielle Walker's book would be a better option. I've used this book (Healing Foods) every day for over a year. I've been through most of the recipes in it and it's never off the bench top. I got a few cookbooks when my daughter started the specific carbohydrate diet. This one has the edge because it covers absolutely everything: the introductory diet, yoghurt making, snacks, breakfasts, lunches, dinners, packed lunches (Children at my daughters' school are envious of their SCD lunches). This book also gives substitutes for staples like rice, mashed potatoes, so that you don't feel you have half a meal in front of you - you have a full, normal, tasty meal. Friends were shocked when I said I was taking my daughter off complex carbs. I think they expected her to be miserable or fade away but she has positively thrived on this food. This diet is not nearly so brutal as I thought it would be and that is mainly because of the imagination and intelligence that have gone into devising these recipes. I could not have kept my daughters (One diagnosed with severe Crohn's, the other with ulcerative colitis) inspired without this book. Most of the recipes are idiot-proof and turn out great. I'd say the best ones are the sticky date pudding (right up there with the best of the non-SCD ones I've had), the lemon tarts, the homemade lemonade (We live on it), the fruit roll ups (Children at my three daughters' school are asking for the recipe), the homemade baked beans (You never, ever want to have the canned version again), the spice crusted salmon (It's difficult to find recipes for salmon that aren't bland).

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