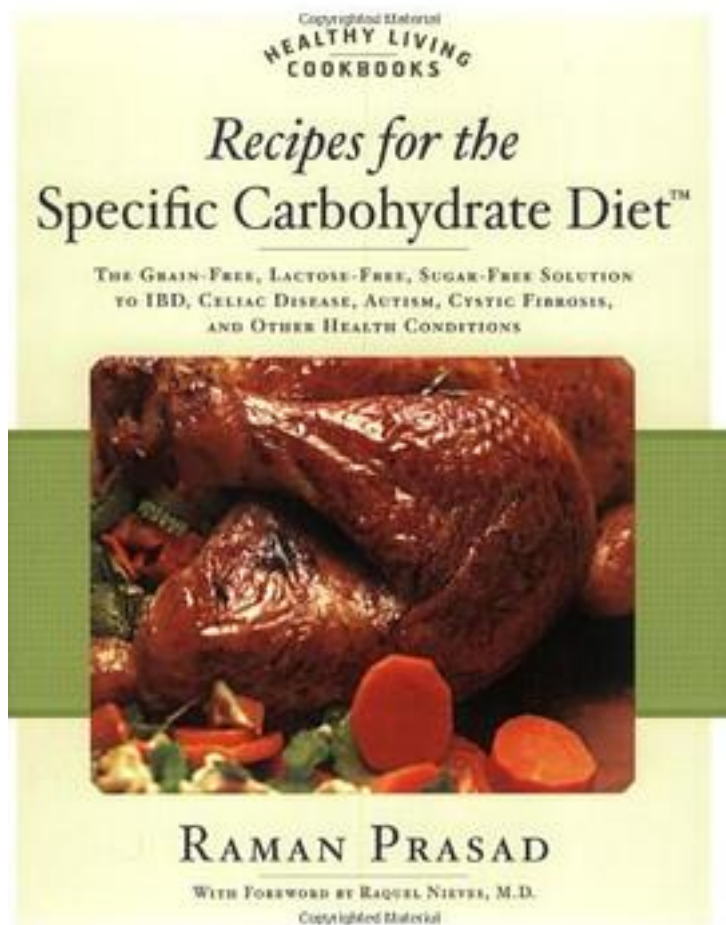


Recipes for the Specific Carbohydrate Diet



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The Specific Carbohydrate Diet is a strict grain-free, lactose-free, and sucrose-free dietary regimen intended for those suffering from Crohn's disease and ulcerative colitis (both forms of IBD), celiac disease, IBS, cystic fibrosis, and autism. It is based on the

work of Elaine Gottschall, who wrote "Breaking the Vicious Cycle," which introduces the SCD and explains the importance of eliminating certain carbohydrates in order to alleviate digestive ailments such as IBD, IBS, and celiac disease. For those suffering from gastrointestinal illnesses, the Specific Carbohydrate Diet (SCD) offers a method for easing symptoms and pain, and ultimately regaining health. Recipes for the Specific Carbohydrate Diet(TM) offers a diverse and delicious collection of 150 SCD-friendly recipes, that includes over 80 dairy-free recipes. The easy-to-make and culturally diverse recipes featured in the book include breakfast dishes, appetizers, main dishes, and desserts such as -- Hazelnut-Vanilla Pancakes, Olive Sandwich Bread, Chicken Satay, Roasted Bass with Parsley Butter, Thin Crust Pizza, Gretel's Gingerbread Cookies, and Mango Ice Cream. It is accompanied by 40 full-color photos that will inspire you to get cooking again. In addition, personal anecdotes accompany each section of this book. You can find out more about this book on-line at www.scdrecipe.com/cookbook/.

作者介绍:

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