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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 SCD diet 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

After previewing Sandras cookbook, my only wish is that Elaine Gottschall was still alive to see this beautiful creation. Her ability to organize the essential ingredients, appetizers, snacks, main dishes, weekly and monthly cooking plans, will give people the confidence they need to heal themselves. Sick children always do better when the entire home is eating healthy. Sandra's book will allow

families to eat the most gourmet meals, without spending an enormous amount of time in the kitchen. Thank you for this wonderful book and all your hard work. It was worth the effort! --Pam Ferro, President, Gottschall Autism Centre, Massachusetts

This book is an invaluable addition to the Specific Carbohydrate Diet library. There are many nutritious, delicious and imaginative recipes that will tempt even the most fussy eater. For example, the author goes to some lengths to include some very good recipes for children. The photographs are excellent, and accompany the text well. In particular, the weekly and monthly cooking plans will help those on the Specific Carbohydrate Diet to effectively manage their meals and their cooking. I am very impressed with this book, and I am happy to support its publication. --Matthew Jackson, Moderator of SCDOZ, Australian/NZ SCD Support Group

Sandra Ramacher, from Australia has authored an exceptional SCD cookbook filled with one hundred beautiful photographs of her recipes. (nearly two hundred and all very appealing). Perhaps you are already aware of it. Sandra, who follows SCD, has shared her book with me and invited me to check recipes for compliance and strict adherence to Elaine's legacy. She was careful to invite other dedicated SCD key people to review it so she could publish with confidence and assurance that the recipes are clear and ingredients legal. It's a large collection, prefaced with vital information related to cooking and SCD and will have great appeal even outside the SCD community in my opinion. The recipes are in keeping with today's trends in food, elegant yet simple to prepare. Each photo is worth a thousand bites! --Carol Frilegh, Celiac. (on SCD for 7 yrs)

Just after giving birth to her son, Sandra was diagnosed with severe Ulcerative Colitis. Suffering for years from the side effects of the prescribed steroid drugs as well as the disease itself, Sandra undertook extensive research into alternative treatments. She eventually discovered the Specific Carbohydrate Diet and soon went off the drugs and successfully cured herself. Sandra realized that the world needed a comprehensive visual reference to properly present the wide range of wonderful dishes that can be prepared within the scope of this enormously successful diet. Being a passionate photographer and strong advocate for the diet, she compiled her best recipes and tested hundreds more to create the highly regarded Cooking for Celiacs, Colitis, Crohns and IBS.

Healing Foods happened to arrive just as our son was about to cross from death to life, following drastic mis-diagnosis with "Ulcerative Colitis and Celiac Disease". Following a year of increasingly desperate private research, he finally found out that he had Amoebic Colitis, which masquerades as Ulcerative Colitis, though it originates with Amoebic Dysentery (Gastroenteritis). He had to beg his G.I. specialist (who was loath to admit his mistake) for the correct medication (antibiotics +

anti-parasitics). As he was just beginning to turn the corner, and the 'fiery rage' of pain in his 85 - 90% ulcerated colon (which he refused to lose!) was finally beginning to abate, this book gave him hope. Now, just 2 weeks later and up from an 'Auschwitz' 125lbs to 135 (he is 6', 5.5" tall, normal weight 200lbs) he is loving making Sandra Ramacher's easy-to-follow, colourful, and absolutely delicious recipes, in pure, utter joy of being ALIVE and being able to eat FOOD again. He is not celiac, he does not have Ulcerative colitis, and he is also not lactose-or fructose-intolerant, as he had wrongfully been told. BUT he is keener than ever to use this wonderful book to help keep his - and our - guts in best possible condition, whilst enjoying the best possible taste experience. This book gave him HOPE at his darkest moment, and now, he - and we - can barely believe that he is ALIVE, and actually COOKING!!! Thank you so much, Sandra. : )

Great SCD recipes and having photos definitely help to visualize and complete the dishes. I wish all the recipe books have photos! Started to feel better one week after following the recipes and now, after almost one year, things have been really good- off meds but still frequent doc visits for monitoring purpose..Only a couple of minor complaints-First, like many other recipes books, this one does not specify salt and pepper exact measurement so it might take a while initially, with a lot of tasting, to get the right balance.Second, I wish there were more snacks/small meals recipes for people who are always on the run since we don't really have the luxury to stop at any eatery places and grab something.Overall, very happy with the book, especially it is hard to find such a quality SCD recipe book still.

This is a great book of recipes, and they each are good for my husband who has ulcerative colitis. However, there are only a few recipes that we have tried. Many of them are very "fancy" recipes that really do not fit our eating style. We like basic easy pastas, chicken, fish, etc. These recipes seem more like what you would find at an expensive restaurant and take a while to prepare. This book may work well for you, it just wasn't for us.

After being diagnosed with Celiac I was hungry for as much information as possible as well at what my life would be like Gluten Free especially when it comes to cooking. I am pleasantly surprised at the healthy recipes that I am finding and especially this cook book. It covers several illnesses and really opened my eyes to how the back to basics cooking is the best way. The only thing I wish this book had was the calories, fat grams, carbs etc. for each recipe. other than that I loved this book. I use it almost every day.

I have yet to try all the recipes I've had my eye on but for the ones I've tried they have been simple and delicious. It's also great having the introduction and feeling like I take control when my medication is not always follow through. Since everyone is different I have allergy foods to exempt depending on the recipe, but the final product still tastes amazing. I certainly recommend this book to kitchen shelves everywhere.

The pictures are great and the recipes look like they will provide a yummy way to follow the Specific Carbohydrate Diet (SCD). It's refreshing to have an SCD cookbook that doesn't rely on almonds or almond flour in almost every recipe! A couple of caveats though-if you are dairy-free or casein-free on top of following SCD as we are, this cookbook might not be as useful as you'd like because a very large percentage of the recipes contain SCD yogurt, butter, or French cream. In addition, many recipes have a large number of ingredients. For those with significant or widespread food allergies due to compromised digestive systems, this may reduce the number of recipes that are useful.

When you're limited in what you can eat, (on diets like the SCD), it always helps if you have a large number of recipes on hand to eat. That being said, although delicious, some of the recipes in this book are time consuming and hard to pull off. Not always good if you're on a budget and short on time, or need a pick me up to fix quickly. But, then if you're on the SCD, most of the time you'll be spending is in the kitchen cooking to prepare for the next week. There is a great selection of non-gluten breads and other meals (although cheese and dairy are used in a number of them).

I have been an avid cook and foodie for more than 40 years. I am really enjoying this cookbook. This was the first SCD cookbook I bought, because everyone said the pictures were great. I needed something to get me interested in food when I was feeling too sick to eat. It worked! I have made several of the salads, and the pumpernickel bread has become a regular staple. That said, one of the things I enjoy most about this cookbook is that very few of the recipes seem to be trying to imitate foods with grain, sugar, and lactose. It's great to find new dishes and flavors I can enjoy now, rather than pining for old ones I used to love. It has helped me to accept and enjoy my new diet. Thank you, Sandra!

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