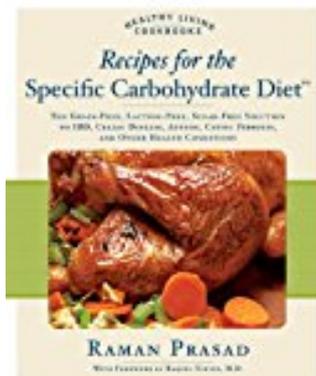


[PDF] Recipes For The Specific Carbohydrate Diet: The Grain-Free, Lactose-Free, Sugar-Free Solution To IBD, Celiac Disease, Autism, Cystic Fibrosis, A (Healthy Living Cookbooks)

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Books Details:

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Description:

Review "This clever book is not just a great supplement to the Specific Carbohydrate Diet, making dieting into a pleasure, but will also ensure the whole family enjoys a healthy, varied, and yummy diet. I feel lucky to have it in my kitchen."

--Mik Aidt, Founder and co-webmaster, www.scdiet.org

"People following a restrictive diet often lament the loss of foods and flavors they love. Raman Prasad's subtle modifications of delicious recipes from around the globe bring international flavor and zest to your home's SCD kitchen. There is no passport required for this delicious quest for a healthy gut!"

--Mike Simons, Co-webmaster, www.scdiet.org

"Raman Prasad shares his personal experience in this comprehensive cookbook. It is a wonderful contribution and tribute to Elaine Gottschall and it will be an invaluable resource for those suffering with gastrointestinal issues. He provides a comprehensive overview of the science behind the diet, menus, holiday traditions, and gourmet recipes. This book will give families the confidence they need to heal."

--Pam Ferro, R.N., Founder of The Gottschall Autism Center

"Raman Prasad's book is for those who've understood the value of the SCD and want some excitement and variety in their diet. While Elaine Gottschall's Specific Carbohydrate Diet can be as simple or complicated as one would choose, Raman's contribution brings new life and continuance to Elaine's lifelong pursuit of restored health for those who continue to struggle with inflammatory bowel disease."

--Rachel Turet, Founder, Long Island SCD Listserv

"My secret to happily staying on the SCD is to keep it interesting. Raman Prasad's wonderful recipes will make that easier for all of us on this exciting journey of health through diet." -- Lucy Rossett, Founder and Owner of Lucy's Kitchen Shop and author of *Lucy's Specific Carbohydrate Diet(TM) Cookbook*

About the Author Raman Prasad was first diagnosed with ulcerative colitis at the age of seventeen. His health steadily deteriorated in the years that followed, resulting in several hospital stays and various health complications. It was during this time that he came across Elaine Gottschall's book, *Breaking the Vicious Cycle*, which outlined the Specific Carbohydrate Diet (SCD) and the science behind it for putting inflammatory bowel disease (IBD), celiac disease, and diverticulitis in remission. Raman has followed the SCD successfully for more than ten years, which has resulted in a happy return to good health and a normal life. Inspired by his recovery, he established www.scdrecipe.com in 1998, which includes over 500 SCD recipes and other relevant information about the diet. Prasad is also the author of the self-published memoir *Colitis & Me: A Story of Recovery* and the SCD cookbook *Adventures in the Family Kitchen*, which combines traditional Italian-American and Indian family recipes.

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