



Breaking the Vicious Cycle / A Taste of Wellness Combo Pack

Elaine Gloria Gottschall / Rochel Weiss

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BREAKING THE VICIOUS CYCLE, written by biochemist and cell biologist, Elaine Gottschall, is an extraordinary book and one of the first to address intestinal problems and diet with a practical approach for the general public as well as for the health professional. Based on extensive research and personal experience, Elaine is convinced that proper nutrition is often an alternative to heavy medication and surgery in treatment of Crohn's Disease, Ulcerative Colitis and beyond . Many diseases can be prevented, alleviated, or cured by nothing more than the correct diet. In A TASTE OF WELLNESS Rochel Weiss takes the diet a step further with her creative culinary tools. A Taste of Wellness is a unique cookbook, with mouthwatering photographs and is a fabulous companion for those embarking on any type of gluten free, grain free or low carb diet, or just anyone that enjoys eating healthy food. A Taste of Wellness focuses greatly on digestive issues, using the SCD diet to treat any type of digestive disorder such as Crohn s disease, ulcerative colitis, Celiac, Diverticulitis, IBS, or any other digestive discomfort. WHAT IS THE SPECIFIC CARBOHYDRATE DIET? It is a strict grain-free, lactose-free, and sucrose-free meal plan. HOW DOES IT WORK? Read on and enjoy!

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