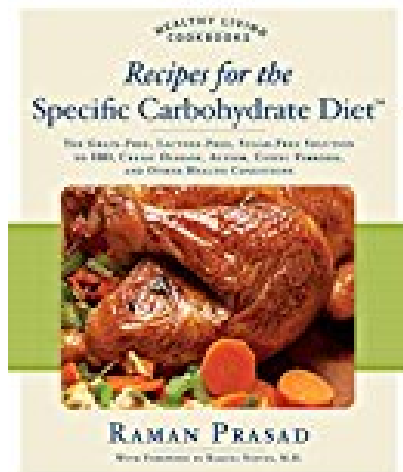


# Recipes for the Specific Carbohydrate Diet The Grain-Free Lactose-Free Sugar-Free Solution to IBD Celiac Disease Autism Cystic Fibrosis and Other Health Conditions Healthy Living Cookbooks

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## BOOK DETAILS

- Author : Raman Prasad
- Pages : 224 Pages
- Publisher : Fair Winds Press
- Language : English
- ISBN : 159233282X

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## BOOK SYNOPSIS

The Specific Carbohydrate Diet (SCD) is a strict grain-free, lactose-free, and sucrose-free dietary regimen intended for those suffering from Crohns disease and ulcerative colitis (both forms of IBD), celiac disease, IBS, cystic fibrosis, and autism. For those suffering from gastrointestinal illnesses, this book offers a method for easing symptoms and pain, and ultimately regaining health. Recipes for the Specific Carbohydrate Diet(TM) includes a diverse and delicious collection of 150 SCD-friendly recipes and more than 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, Gretels Gingerbread Cookies, and Mango Ice Cream. Full-color photos will inspire you to get cooking again. In addition, personal anecdotes accompany each section of this book./div

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