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Breaking the Vicious Cycle: Intestinal Health Through Diet

By: Elaine Gottschall MS

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The Specific Carbohydrate Diet (SCD) has helped thousands of people worldwide who suffer from the debilitating effects of intestinal disease such as Crohns disease, ulcerative colitis, diverticulitis, celiac disease, cystic fibrosis of the pancreas, and other forms of chronic diarrhea. The book explains the science behind the disease process and how the SCD offers a healthy, balanced, and safe approach to stop disease progression and help the body to heal. Referred to in the book as the Autism Connection, the author explains how the same bacterial overgrowth present in those suffering from intestinal disease occurs in the gut of many autistic children. Through evidence and testimonials, the book outlines the ability of the SCD to treat many of the behavioral symptoms experienced by those with autism. The book includes tools, resources, and gourmet recipes to support individuals in starting the SCD and their journey to health.

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