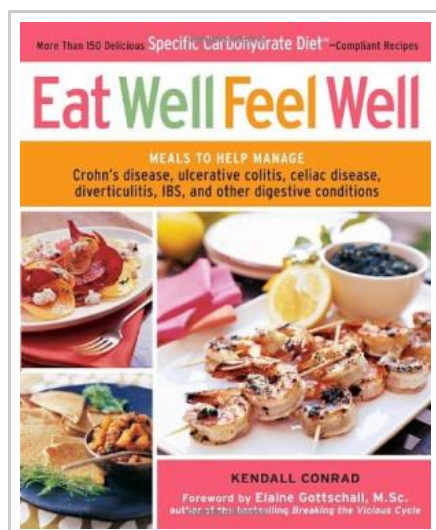



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Eat Well, Feel Well: More Than 150 Delicious Specific Carbohydrate Diet (TM) - compliant Recipes

By Kendall Conrad, Elaine Gottschall

Random House USA Inc. Paperback. Book Condition: new. BRAND NEW, Eat Well, Feel Well: More Than 150 Delicious Specific Carbohydrate Diet (TM) -compliant Recipes, Kendall Conrad, Elaine Gottschall, When her daughter was diagnosed with a dangerous digestive problem that left her weakened and sick, author Kendall Conrad started searching for a way to save her child's failing health. The answer came when a nutritionist recommended the Specific Carbohydrate Diet (SCD). Created by Elaine Gottschall, this revolutionary program is extraordinarily effective in relieving the debilitating and often painful symptoms of ulcerative colitis, celiac disease, diverticulitis, IBS, Crohn's disease, and other common ailments. Simply by eliminating virtually all starch and complex sugars and eating a balance of smart carbohydrates, good proteins and fats, and essential vitamins and minerals, many people experience a complete restoration of digestive health. For Conrad's daughter, the results were incredible. Thrilled with her daughter's rapid recovery, she began creating recipes for delicious dishes for the whole family, following Gottschall's guidelines, without sacrificing an ounce of taste or variety. In Eat Well, Feel Well, Conrad shares more than 150 recipes for quick and easy dishes for casual meals and elegant dinner parties alike. The appetizers and starters range from...



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