



## Breaking the Vicious Cycle / A Taste of Wellness Combo Pack

By 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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- Sales Rank: #1461754 in Books
- Published on: 2013
- Binding: Paperback

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#### Dennis Thorpe:

People live in this new day time of lifestyle always make an effort to and must have the time or they will get great deal of stress from both daily life and work. So , when we ask do people have free time, we will say absolutely sure. People is human not really a huge robot. Then we question again, what kind of activity do you possess when the spare time coming to a person of course your answer will unlimited right. Then do you try this one, reading books. It can be your alternative inside spending your spare time, the book you have read will be Breaking the Vicious Cycle / A Taste of Wellness Combo Pack.

#### Valerie Smith:

Playing with family in the park, coming to see the coastal world or hanging out with good friends is thing that usually you could have done when you have spare time, after that why you don't try factor that really opposite from that. One activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Breaking the Vicious Cycle / A Taste of Wellness Combo Pack, you are able to enjoy both. It is great combination right, you still need to miss it? What kind of hang-out type is it? Oh come on its mind hangout people. What? Still don't understand it, oh come on its referred to as reading friends.

#### Wanda Jacobsen:

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