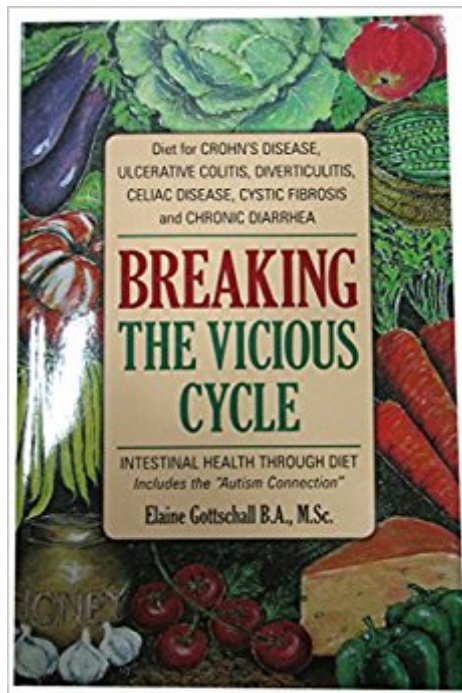




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# Breaking The Vicious Cycle: Intestinal Health Through Diet



## Synopsis

Breaking the Vicious Cycle was written by Elaine Gottschall, biochemist and cell biologist. It provides an alternative way to help combat digestive disorders using dietary changes; and also a practical book that addresses the problems of intestinal conditions such as: Crohn's Disease, Ulcerative Colitis, Diverticulitis, Celiac Disease as well as less severe complaints like: indigestion, "nervous stomach", chronic diarrhea & spastic colon.

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## Customer Reviews

Breaking the Vicious Cycle was written by Elaine Gottschall, biochemist and cell biologist. It provides an alternative way to help combat digestive disorders using dietary changes; and also a practical book that addresses the problems of intestinal conditions such as: Crohn's Disease, Ulcerative Colitis, Diverticulitis, Celiac Disease as well as less severe complaints like: indigestion, "nervous stomach", chronic diarrhea & spastic colon.

Cured my Crohn's as I am now 3 months off medication. This is after 7 years of dealing with Crohn's where I eventually had flareups even on medication. My doctors always laughed when I mentioned that diet helped me manage the disease when on medication and also told me that I could never be cured. While the diet is rather restrictive it is amazing to be clear of the symptoms. My diet: SCD yogurt in the morning with either strawberries or blueberries Boiled eggs Raisins Crazy Richard's natural peanut butter Polar Kipper snacks, Beach Cliff Sardines in water, Starkist Yellow Fin Tuna in Olive Oil, or Wild Planet Wild Skipjack Light Tuna Unsweetened applesauce Canned peaches in pear

juiceApplegate hot-dogsCarrot juice

I was looking for my copy of this book as I thought I had given away my last copy. I bought my first copy in 1994 to try and help my husband who had suffered with UC for over 10 years. We had tried everything. Let me make it clear to those of you who think this diet is too restrictive. If you have been sick enough for long enough this diet will prove to be your Godsend. Those of you who think you cannot do it need to suffer longer I guess. My husband and I had suffered many years and if I had only found this book sooner it would have ended sooner. He became sick at age 40, seriously so. Bleeding and cramping and could not be away from a bathroom at all. Working was hard. Lots of meds were tried, prednisone, which has its own special set of side effects, like the "moon face". He looked and acted hideous on this as well as many other drugs. He was drug dependent and nothing was really working. Our life was a wreck due to this disease. At one point he was 90 pounds and on the verge of death. He spent a month in the hospital recovering. They even did a test on him for celiac which came back negative in 1980 . Lots of sigmoidoscopies, and colonoscopies. as well. They wanted to remove his colon finally. We always said no. When I found this book after 15 years of suffering it was not hard to decide to try it as I had tried everything else and I have always believed in diet, I just had not found the right one until this. I know he could not have done this without my help. I cooked for him and baked for him. I was the lifeline. I joined the support group. He just ate what I served. I learned to make everything. He was lucky, but I was suffering too right along with him. I ate what he ate. It took over two years to completely get off all meds and stop the diarrhea and bleeding . It has been 20 years and he is just fine. He now can eat rice, corn and oats with no problems too he just cannot eat wheat or gluten. When you are that sick you have to stop all grains and starches to get well. That is what people don't understand. Ironically, It is now myself who is suffering with IBS and I plan on going back on the diet to heal myself. So I dug out my old copy and am getting ready. My husband is now 71 and hale and hearty. If you are tired of drugs and doctors that cannot help you, follow this diet!

If you are on the Specific Carb Diet, you have to get this book as it is the bible. There is a lot of help online, but I carry this when I don't always have access to the net. This diet has helped me eat cleaner and start taking care of my small intestine. I did lose quite a bit of weight on it but always find myself eating all day long. Better this than high priced meds.

In May of 2012 I bought this book and started on the Specific Carbohydrate Diet. At that time I

suffered from sometimes severe bloating, belching and burping, and stomach discomfort, as well as episodes of vertigo and anxiety. I felt like an overfilled balloon, and I had to wear baggy shirts because anything smaller felt like uncomfortable pressure on my chest. My gastroenterologist could not give me a diagnosis, despite being tested for celiacs and parasites, having an upper-GI scope, gall bladder scan and abdominal ultrasound. At our last appointment he shrugged and told me "sometimes these things go away on their own." That's when I searched the internet and found this book. Within one week of starting the diet, most of my symptoms went away! I followed the diet nearly 100% for 7 months and recovered fully with no discomfort or digestive problems. The diet, as well as supplementation with Magnesium Glycinate, greatly reduced my anxiety. I started the diet 18 months ago, and over time I have been able to add a few "restricted" foods back into my diet (canned vegetables, Rawmio chocolate) but I am always careful because I don't ever want to suffer like I did before. I have told several people about this book and what good it has done for me. If you have any kind of digestive problem, please buy this book now!

This is my second copy of this incredible book, the pages were falling out of my first from so much use. I have had Crohn's disease for 26 years and this book has been a huge help. Highly, highly recommend.

I have only been following the suggested diet in this book for 3 weeks and have had better success in controlling my symptoms than the doctors have had in 3 years with medication. Still taking meds but going to try to wean them down with the docs ok. Great investment, I am recommending to anyone I know with intestinal issues!

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