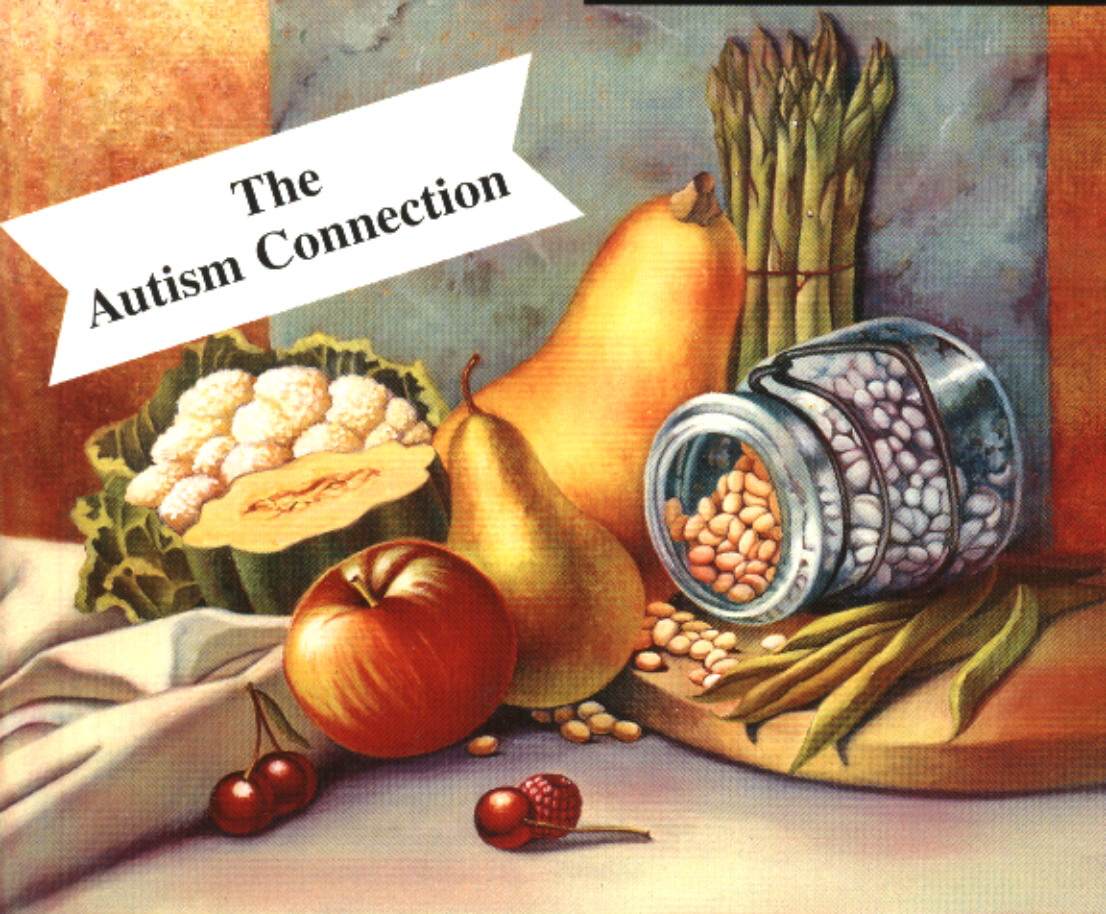


Diet for CROHN'S DISEASE, ULCERATIVE COLITIS, DIVERTICULITIS,
CELIAC DISEASE, CYSTIC FIBROSIS, and CHRONIC DIARRHEA.

Breaking The VICIOUS Cycle

Intestinal Health
Through Diet

The
Autism Connection



ELAINE GOTTSCHALL B.A., M.Sc.

DIAGNOSIS: ULCERATIVE COLITIS

"Thanks to the Specific Carbohydrate Diet, I have regained my life! For many years, ulcerative colitis controlled almost every aspect of my existence - where I worked, social situations, recreation, travel, etc. Having not responded well to medications, I had even reached the point of discussing with my doctor the possibility of having my colon surgically removed. I would never have thought that something as simple as diet could solve this problem."

— Lucy Rosset, Bellingham, Washington

DIAGNOSIS: CROHN'S DISEASE

"I was diagnosed as having Crohn's disease of the small intestine. The "bland diet" I was told to follow did not help. In June of 1993 I began the Specific Carbohydrate Diet. Not only did all pain disappear but laboratory blood tests returned to normal. Since discovering this remarkable diet, I recommend it to all my patients who have Crohn's and other intestinal problems."

— Carl E. Byer D.C., Mt Prospect, Illinois

DIAGNOSIS: AUTISM

"My husband and I got the best Christmas gift from our almost three-year old autistic son. He has been on the diet for six weeks now, and on Christmas Eve, out of the blue, he said, 'I'm happy, Daddy!' Those are the sweetest words to hear from a child who has been miserable for the past year. We had never even heard him say the word 'happy' before. We know that we would not have our sweet Caleb where he is right now if it were not for SCD. His saying he was happy is a huge encouragement for me to continue this diet. Be encouraged!"

— Amanda Mills

DIAGNOSIS: CROHN'S DISEASE

"Pain, medication, no cure. Then a new idea - the Specific Carbohydrate Diet! A commitment, a new life, and now a bright future."

— Carrie and Tracy Currie, Ilderton, Ontario, Canada

DIAGNOSIS: CROHN'S DISEASE

"It is now four months since I heard those wonderful words from the doctor at the London, Ontario hospital telling me that he could see no signs of Crohn's disease. I felt as if someone had lifted a great weight from me and I could breathe freely again. And this after only two years on the Specific Carbohydrate Diet."

— Mary Rimmer, Centralia, Ontario, Canada

Topics covered in BREAKING THE VICIOUS CYCLE:

The relationships between food and disorders such as Crohn's disease, ulcerative colitis, autism, diverticulitis, celiac disease, cystic fibrosis of the pancreas, and other forms of chronic diarrhea.

A discussion of the cycle of events occurring in the intestine of those with problems and how the Specific Carbohydrate Diet can break this cycle and permit the body to regain normal functioning.

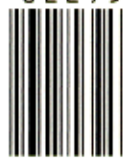
A complete recipe section which offers an assortment of simple, quick, as well as gourmet-type recipes, based on the scientific principle underlying the Specific Carbohydrate Diet.

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