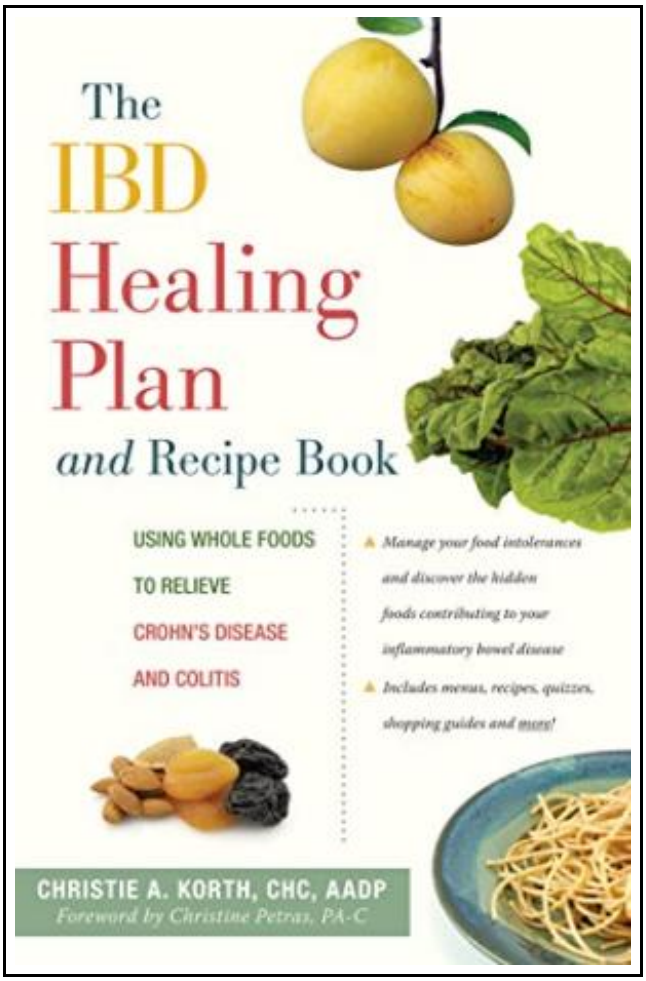
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THE IBD HEALING PLAN AND RECIPE BOOK: USING WHOLE FOODS TO RELIEVE CROHNS DISEASE AND COLITIS

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Hunter House Publishers. Paperback. Book Condition: New. Paperback. 264 pages. Nearly 1. 4 million Americans suffer from inflammatory bowel disease and this number climbs every year. Christie Korth, a nutrition expert, helps those with Crohns and ulcerative colitis understand their food intolerances and lays out a holistic approach to dealing with their IBD that can help them lead healthy and pain-free lives. Korth also helps the reader explore the possibility of emotional involvement in the disease onset, making this the first book to address both the nutritional and the emotional factors of the disease. Korth herself suffered IBD and writes with insight, supplementing the nutritional and lifestyle information in the book with her own account of achieving wellness. She also includes stories of IBD relief told by those who have worked with her. The compassionate tone, understanding, and humor in this book offer emotional support for the reader, which is a key component for his or her recovery. Much of the focus of the book is on nutrition, and Korth introduces and explains menu planning, food choices, the concept of heating and cooling foods, common Crohns disease drug side effects and how to counter act them nutritionally, acidalkaline imbalance and the major one--food intolerance. The nutritional information is enhanced by a thorough discussion of beneficial vitamins, herbs, natural chemicals that readers can take to supplement their diets. Korth shares tips on what to buy and how to take certain supplements, giving readers a complete idea of the nutritional options available to them. In addition to the groundbreaking information on digestive wellness, this book contains 100 recipes suitable for those with IBD. All recipes for everything from beverages to vegetables, from salad to dessert are free of the top eight common allergens. There are recipes that are supportive to those having...

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