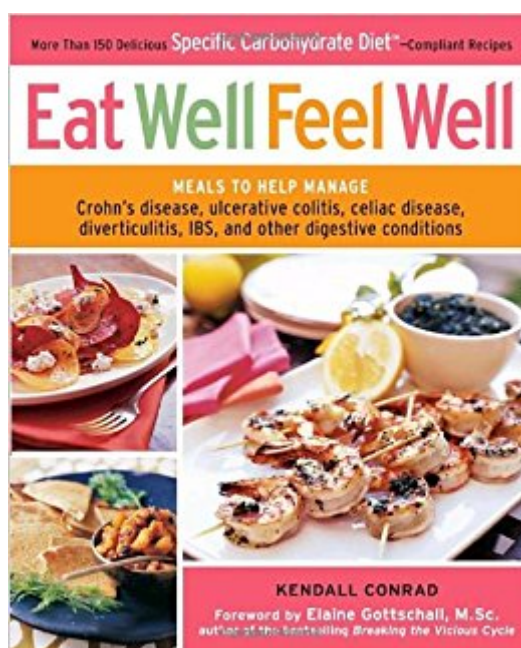


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# Eat Well, Feel Well: More Than 150 Delicious Specific Carbohydrate Diet(TM)-Compliant Recipes



## Synopsis

More than 150 recipes that follow the Specific Carbohydrate Diet and help relieve symptoms of ulcerative colitis, celiac disease, diverticulitis, IBS, Crohn's disease, and more. 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 updated classics like Curried Deviled Eggs with Mango-Currant Chutney to such enticing, exotic fare as Thai Beef Salad with Papaya and Toasted Coconut and Egyptian Red Lentil Soup. Main course ideas include everything from Whole Roasted Red Snapper Stuffed with Fennel and Citrus and Ground Beef Chili with Navy Beans to kid-pleasers such as a simple Cheese Soufflé and Honey-Garlic Chicken Drumettes. Dozens of recipes for snacks, desserts, breakfast dishes, and beverages will help you integrate the SCD way of eating into your family's lifestyle with ease, grace, and creativity. If you or someone in your family suffers from a digestive disorder, these wonderful recipes based on the Specific Carbohydrate Diet will revolutionize the way you eat. Kendall Conrad appeared with Elaine Gottschall, the author of the global bestseller *Breaking the Vicious Cycle*, to share the story of her daughter's near-miraculous recovery from a dangerous digestive disorder using the Specific Carbohydrate Diet. She lives with her husband and their two daughters in Montecito, California.

## Book Information

Paperback: 240 pages

Publisher: Clarkson Potter; 1 edition (January 5, 2010)

Language: English

ISBN-10: 0307590607

ISBN-13: 978-0307590602

Product Dimensions: 7.4 x 0.6 x 9.1 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 79 customer reviews

Best Sellers Rank: #109,603 in Books (See Top 100 in Books) #148 in Books > Crafts, Hobbies & Home > Home Improvement & Design > Decorating & Design > Decorating #204 in Books > Cookbooks, Food & Wine > Special Diet > Allergies #251 in Books > Cookbooks, Food & Wine > Special Diet > Gluten Free

## Customer Reviews

Although this cookbook, based on nutritionist Gottschall's "Specific Carbohydrate Diet," is geared toward people with thorny digestive problems like celiac disease or colitis, these recipes are tasty, simple and healthy enough to make you forget you're cutting out such staples as wheat, flour, milk and sugar. Fresh Spring Rolls with Spicy Chile Dipping Sauce are colorful little bundles of shrimp and mango wrapped in thinly-sliced cucumber, a compelling alternative to the usual deep-fried take-out version. Chilled Pea Soup takes about 10 minutes to prepare, but is creamy and decadent enough for a celebration. Aromatic Roast Pork Loin with Stewed Fruits is luscious, although the portion sizes are perhaps over-generous; the four-serving recipe calls for two pounds of meat. The author includes not only a handful of compelling wheat-free desserts-Lemon-Coconut Macaroons are particularly addictive-but also a list of exotic beverages such as spicy Blood-Orange Ginger Fizz and sweetly smooth Mango Lassi. The only drawback to this thoughtful, health-conscious collection is the lack of photographs or illustrations-although most of these recipes are straightforward enough that they beg no illustrating, only eating. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

Kendall Conrad appeared with Elaine Gottschall, the author of the global bestseller *Breaking the Vicious Cycle*, to share the story of her daughter's near-miraculous recovery from a dangerous digestive disorder using the Specific Carbohydrate Diet. She lives with her husband and their two daughters in Montecito, California. From the Hardcover edition.

Before I review this book, I should probably disclose that I am no longer doing SCD. I tried it, but it didn't work so great for me. That said, I loved the recipes in this book and continue to make them

even though I'm not on a restricted diet. I originally bought the book before going on the SCD to see if, as a foodie, I could still have good meals on the diet. After cooking from this book, my answer is a resounding, "Yes!" My favorite recipes are the almond scones (just made a batch last night) and the olive tapenade. The roast chicken with blood oranges was also very good--not the most flavorful chicken I've had but certainly one of the moistest. As far as dislikes, the homemade mustard turned out way to spicy (was it just me?) and the breakfast sausage patties were extremely bland. Oh, and the cucumber veggies rolls were awesome--the hit of a New Years party we went to--but extremely difficult to make. All in all, a great book for anyone on SCD who likes good food and fresh recipes.

It is a nice cookbook with some good recipes for people with colitis, etc. I only have two complaints - many of the items aren't what I would consider "normal foods" that we would normally eat, but good ideas and some of the recipes have been quite helpful or something I can alter to make more like what we eat. My other complaint is that the book itself is coming apart already. Being a cookbook it would have been nice if it were spiral bound so it could lay flat when you are referring to it.

Been on SCD for 8 months and was looking for some more recipes that weren't too complex but tasty. This book seems to fit that for me. I'm not much of a cook and anything too involved just doesn't work for me. This book has many fairly simple to prepare recipes as well as some that are more complicated but so far I've loved the ones I've made. Took the Baked brie with garlic and apples to a pot luck and everyone there loved it (these were all non-SCD folks except for me). Another time I took the apple tart to a dinner so I'd have a dessert I could eat and everyone else there wanted to try it too. This is well written and easy to follow and has enough variety for both gourmet types as well as those far less skilled (like me). If you're looking for a change up for SCD recipes in addition to those in the BTVC book, this is the book for you.

I would probably recommend this cookbook for people on SCD that have been on the diet for over a year and enjoy cooking unusual meals. If you are new to SCD and looking for meals to help you through the 1st year; then I would hold off on this cookbook until you are on maintaining your health. I am new to SCD and will hang on to this cookbook to use in another year. (hope this helps newbie SCD'ers; the diet works, so keep fighting the good fight)

Excellent Product! Excellent service! Thank you!

There are definitely some tasty looking recipes in this cookbook but overall it's a tad too complex and fancy for everyday use. For me this is definitely a "weekends only" cookbook. It is a great starting point for cooking ideas however. A lot of the recipes can be simplified and applied to other foods. For everyday cooking however I'd definitely recommend *Recipes for the Specific Carbohydrate Diet: The Grain-Free, Lactose-Free, Sugar-Free Solution to IBD, Celiac Disease, Autism, Cystic Fibrosis, and Other Health Conditions (Healthy Living Cookbooks)* over this book. The production quality leaves something to be desired. There are only a handful of pictures and they're sandwiched in the middle of the book with page references to the recipes. Honestly if more recipes came with pictures (directly alongside the recipe itself) I might be more inclined to try a few extra things out. As is, it feels more like a user manual for gourmet meals than a cookbook that makes me want to get in the kitchen.

If you are on the Specific Carbohydrate Diet this book will be a go to cookbook for you. Love the Cashew Bread recipe and the Buttery Herb & Garlic Crackers recipe that is made from the cashew bread. The book gives you options for meals that are easy and totally diet compliant.

This book is on par with *Everyday Grain-Free Gourmet*. Delicious, not exactly complicated, but time and money intensive, just like most SCD related things. I've only made a few things, but they've been absolutely delicious and I look forward to making more. There are tips on freezing food, which is important as I (like most people) have a very busy schedule and cannot afford to be constantly cooking. That being said, the SCD is totally worth it and has changed my life for the good. It is an excellent companion to *Breaking the Vicious Cycle: Intestinal Health Through Diet*, after you become familiar with the basics.

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