



## Living With Crohn's Colitis Cookbook: A Practical Guide to Creating Your Personal Diet Plan to Wellness

By Dede Cummings, Jessica K. Black

Hatherleigh Press, U.S., United States, 2014. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book. For the millions of people afflicted with irritable bowel disease (IBD), including Crohn's and colitis, it can be a daily struggle to find nutritious meals that won't aggravate symptoms or cause a flare-up. The Living with Crohn's Colitis Cookbook is your essential nutrition guide with over 100 recipes and meal plans expertly designed to improve daily functioning and help relieve symptoms of Crohn's and colitis. The Living with Crohn's Colitis Cookbook contains everything you need to plan your meals, balance your diet, and manage your symptoms, including:

- A guide to keeping a food journal
- Sample meal plans
- Tips for shopping for an IBD diet
- Gentle and nutritious recipes to help soothe flare-ups .and much more!

The Living with Crohn's Colitis Cookbook features over 100 recipes, including Zucchini Buckwheat Banana Bread, Homemade Almond Milk, Dr. Lang's Healing Soup, Garlic-Herbed Scallops, Coconut Curry Chicken over Brown Rice, Mushroom Risotto with Cashews and Parmesan, Crabapple Walnut Cake, and many more. The book also features Paleo recipes.



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### Reviews

*This book is very gripping and fascinating. Of course, it can be perform, nevertheless an amazing and interesting literature. I am just pleased to explain how this is basically the finest publication i have go through within my very own lifestyle and might be he best pdf for possibly.*

-- **Prof. Beulah Stark**

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