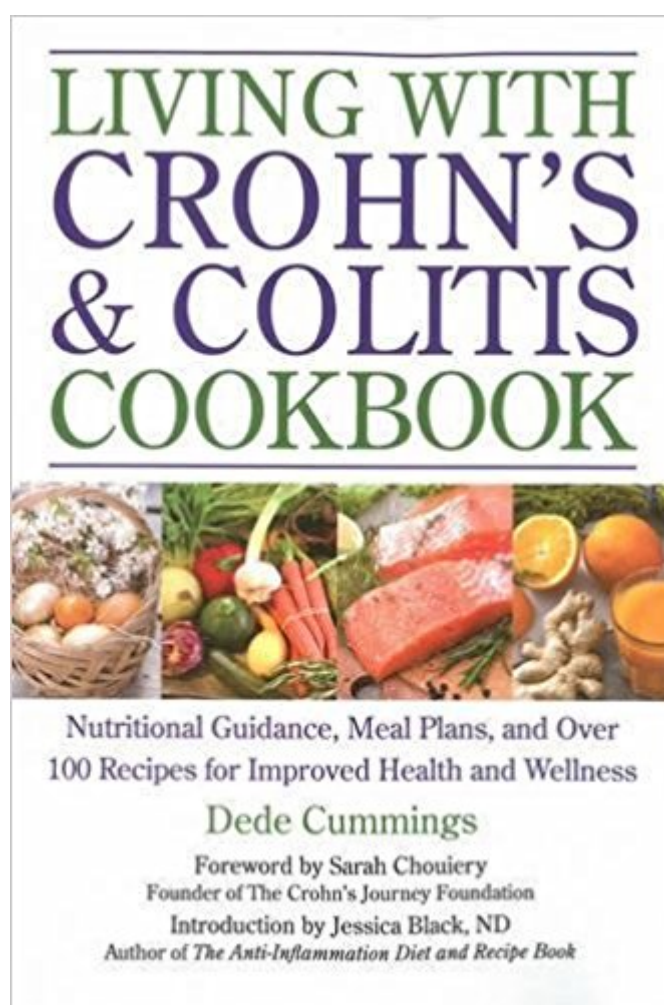


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# Living With Crohn's & Colitis Cookbook: Nutritional Guidance, Meal Plans, And Over 100 Recipes For Improved Health And Wellness



## Synopsis

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.

## Book Information

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## Customer Reviews

"The Living with Crohn's & Colitis Cookbook is about simplifying foods and engaging in more meditative habits; practices that our society as a whole has nearly forgotten." • Jessica Black, N.D., author of The Anti-Inflammation Diet and Recipe

## Book

Dede Cummings is the co-author of *Living with Crohn's & Colitis: A Comprehensive Naturopathic Guide for Complete Digestive Wellness* and *Questions for the Dalai Lama: Answers on Love, Success, Happiness & the Meaning of Life* and many other books. She resides in southern Vermont where she gardens and enjoys life to the fullest. Sarah Choueiry is the founder of the non-profit *The Crohn's Journey Foundation* helping to educate both patients and caregivers of the effects of Crohn's disease and ulcerative colitis.

I am 23 years old and was recently diagnosed with ulcerative colitis, and basically I've just been overwhelmed trying to figure out what I should and should not be eating. I grabbed a few cookbooks like this one to try and start learning about which foods might help and which foods might hurt. This book is just okay. Nothing to get super excited about, very basic information presented. I feel like a lot of the info was very vague and repetitive (some bits of advice were given multiple times, as though the reader was a child needing to be reminded over and over). As for the recipes, some of them seem like something I would try, but many have a lot of ingredients that I do not have access to in the small town I live in. Also, some of the ingredients I just have no idea what they are (what in the world is "grass fed butter"? Butter made from cow's milk that only ate grass?). Overall, I would not recommend this book to those with IBD as there seem to be many better options out there (I have been enjoying the *Crohn's and Colitis Diet Guide* by Dr. Hillary Steinhart, for example).

My boyfriend recently was diagnosed with colitis. I bought the book to try and figure out better things to fix for his new eating plan. He isn't a picky eater at all, but he found a majority of these recipes just weird.

use it often

It has too many recipes that I won't use

I bought this book for a loved one who suffers with Crohn's. Excellent resource for learning about healthy foods for someone with any stomach issues.

I am very pleased with my purchase. I have been dealing with Crohn's since 2010.

did help me understand more about Colitis

I personally didn't learn anything new and I found things to contradict what I have been told by professionals. I have had Crohn's a decade

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