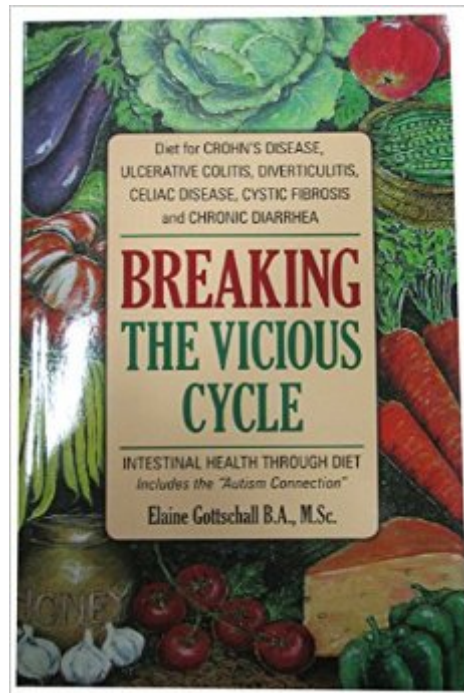


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# Breaking The Vicious Cycle: Intestinal Health Through Diet



## Synopsis

Breaking the Vicious Cycle was written by Elaine Gottschall, biochemist and cell biologist. It provides an alternative way to help combat digestive disorders using dietary changes; and also a practical book that addresses the problems of intestinal conditions such as: Crohn's Disease, Ulcerative Colitis, Diverticulitis, Celiac Disease as well as less severe complaints like: indigestion, "nervous stomach", chronic diarrhea & spastic colon.

## Book Information

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Best Sellers Rank: #3,288 in Books (See Top 100 in Books) #78 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#) #94 in [Books > Cookbooks, Food & Wine > Special Diet](#)

## Customer Reviews

2 years ago, I was suffering from nightly fevers, night sweats, diarrhea 5-8 times a day, pain and cramping, and would black out every time I stood up and had to rest when walking to the back yard. I was taking the highest dose of Colozal possible, and had lost 30 pounds in one month. I decided to start Remicade, which stopped the diarrhea for a week, and then I would regress. 3 rounds of Remicade were providing relief for 7-10 days after each one, and my doctor was suggesting 6 MP or Imuran, even though I had had a near-fatal reaction to it many years ago. I decided to try the SCDiet again, which I had tried 8 years before with great results, but hadn't continued when I became pregnant, and had misplaced the book in a move. When I began the diet this time, my fevers stopped in a day! I continued to take Remicade, and followed the diet, though I suffered continuous ups and downs for the first 6 months, and my diet was very limited, since I couldn't tolerate most fruits, most vegetables, the nut flour, or the yogurt for the first 3 months. I gained back the 30 pounds in a few months, despite the rocky progress, my anemia slowly corrected itself, and I started having energy again for the first time in years. I continued on the Remicade, though by now,

I was able to stretch my infusions out to 8 weeks, then 10, but still would relapse towards the last weeks. A year into the diet, I found out that I had a stricture in my descending colon and sigmoid colon that was the size of a pencil. In July, 2004 I had surgery to remove the stricture, and continued on with SCD in the hospital and afterwards. Recovery was fairly easy, and the doctors were amazed at my speedy progress. I discontinued Remicade, since it was unnecessary with the stricture gone.

How can I find words to describe the miracle that is this diet? Following it has given me back my son in a way I never dreamed possible. Elaine's diet has cured my son's autism and his three year struggle with GI troubles. My son Colin, age 4 ½, has struggled with GI troubles since 11 months old. He had the ROTAVirus, chronic diarrhea, and was constantly on steroids (for asthma) and antibiotics (for ear and lung infections). By age two-and-a-half he was having night terrors every night. By age three, he was labeled "failure to thrive" due to his low weight and height. He was also diagnosed as having developmental delays (Pervasive Development Disorder, ie Autism). He was behind in speech and motor skills...he banged his head and stopped looking at me. My son slipped away from me! Everyone had answers for us...the mainstream doctors (neurologists) wanted to give him drugs. The GI doctors thought Colin had "autistic" diarrhea and wouldn't help us. They wouldn't even do a colonoscopy on a child who had struggled with a GI disorder for years. The alternative doctors told us to cut out gluten and milk and use high dosages of vitamins. Stopping gluten stopped his night terrors--but his chronic diarrhea and delays continued. In fact, as I became a "gluten-free" cook and branched out to new starches, Colin's symptoms got worse. When my son was labeled as having "high functioning autism" at age 3 1/2, God told me to "put Colin first." So I quit my job to save my son. I decided that instead of listening to "experts" in autism, I would listen to my son. I knew he had the answers inside him so I studied him. I always knew Colin had a problem with food.

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