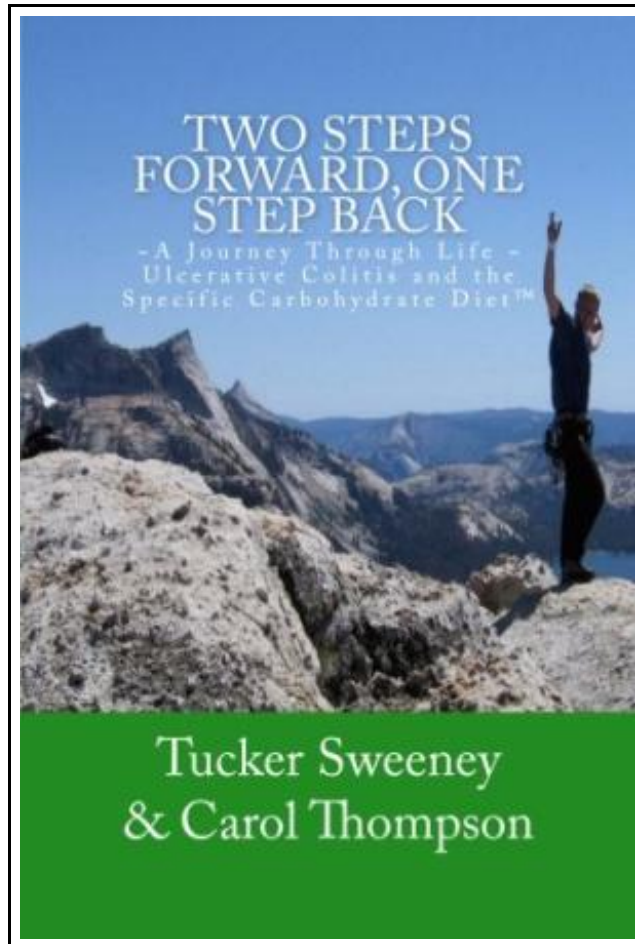


## Two Steps Forward, One Step Back: A Journey Through Life, Ulcerative Colitis, and the Specific Carbohydrate Diet (Paperback)



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### ***Reviews***



*Great e-book and helpful one. It usually fails to cost an excessive amount of. I discovered this publication from my dad and i encouraged this pdf to find out.*  
*(Meagan Beahan)*

## **TWO STEPS FORWARD, ONE STEP BACK: A JOURNEY THROUGH LIFE, ULCERATIVE COLITIS, AND THE SPECIFIC CARBOHYDRATE DIET (PAPERBACK)**



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Createspace, United States, 2011. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Two Steps Forward, One Step Back chronicles the true story of a young man s struggle through the darkness of ulcerative colitis and the trials and triumphs of managing his disease through the Specific Carbohydrate Diet (SCD). At age 23, Tucker Sweeney was living the life any young person would envy. Rock climbing, backpacking, skiing, and traveling were the only thoughts on his mind. Yet, that same year, Tucker was diagnosed with the painful disease ulcerative colitis. This book follows the ups and downs of living life with inflammatory bowel diseases such as ulcerative colitis, Crohns or the more common disorders of irritable bowel syndrome and celiac disease. Tucker writes a practical and personal memoir detailing the day to day functioning of life on the SCD along with helpful hints on cooking, travel, and being active in the outdoors. Co-written with his mother, her chapters give the unique perspective of a care givers viewpoint, along with insights on the emotions present when caring for a family member with a chronic illness. An inspirational story of hope for those dealing with disease and hardship. The book also includes more than 20 easy to understand SCD recipes, tips, and a section on menu planning and cooking for a week.

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