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The Ibd Healing Plan and Recipe Book: Using Whole Foods to Relieve Crohn s Disease and Colitis (Hardback)

By Christie A Korth

Hunter House Publishers, United States, 2012. Hardback. Book Condition: New. 218 x 142 mm. Language: English . Brand New Book ***** Print on Demand *****.Nearly 1.4 million Americans suffer from inflammatory bowel disease and this number climbs every year. Christie Korth, a nutrition expert, helps those with Crohn s and ulcerative colitis understand their food intolerances and lays out a holistic approach to dealing with their IBD that can help them lead healthy and pain-free lives. Korth also helps the reader explore the possibility of emotional involvement in the disease onset, making this the first book to address both the nutritional and the emotional factors of the disease. Korth herself suffered IBD and writes with insight, supplementing the nutritional and lifestyle information in the book with her own account of achieving wellness. She also includes stories of IBD relief told by those who have worked with her. The compassionate tone, understanding, and humor in this book offer emotional support for the reader, which is a key component for his or her recovery. Much of the focus of the book is on nutrition, and Korth introduces and explains menu planning, food choices, the concept of heating and cooling foods, common Crohn...



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