



## Crohn's Disease and Colitis: 100 Simple Recipes for Sufferers

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By Brenda Webb

Author Essentials. Paperback. Book Condition: new. BRAND NEW, Crohn's Disease and Colitis: 100 Simple Recipes for Sufferers, Brenda Webb, If you have Crohn's disease, you've come to the right place- the recipes in this cookbook were developed for healthy living with this condition. According to Crohn's and Colitis Foundation of America, nutrition is a key principle in managing Crohn's. Foods may not cure this disease, but healthy choices can help decrease the symptoms and promote the healing of the digestive tract. Crohn's is an inflammatory bowel disease. Inflammation can involve different parts of the digestive tract's lining. This inflammation leads to abdominal pain, diarrhea and malnutrition. Luckily, there are so called "anti-inflammatory" foods that help reduce the swelling of the gut and promote the healing. Here is a sample of anti-inflammatory, Crohn's friendly diet.



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