



A Taste of Wellness

By Rochel Weiss

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A Taste of Wellness By Rochel Weiss

A Taste of Wellness is a fabulous cookbook that not only looks **TERRIFIC**, and tastes **TERRIFIC**, but actually helps you feel **TERRIFIC!** The baked goods are nut-flour based and all of the recipes are free of gluten, grain, refined sugar, yeast, and lactose.

A Taste of Wellness is a unique cookbook, with mouthwatering photographs and is a fabulous companion for those embarking on any type of gluten free, grain free or low carb diet, or just anyone that enjoys eating healthy food. A Taste of Wellness focuses greatly on digestive issues, using the SCD diet to treat any type of digestive disorder such as Crohn's disease, ulcerative colitis, Celiac, Diverticulitis, IBS, or any other digestive discomfort. It has also been very successful in treating autism and many other mental health conditions.

A Taste of Wellness is not only a recipe book, it has loads of extras, such as; guidelines for good digestion, juicing benefits, hints and tips, stress management techniques, adorable humorous poems, breakfast lunch and dinner menus, and much more. Instructions are very easy to follow. This book is highly recommended by leading GI doctors. **A must for every health conscious home!**

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A Taste of Wellness By Rochel Weiss Bibliography

- Sales Rank: #135565 in Books
- Brand: A Taste of Wellness
- Published on: 2013-02-18
- Number of items: 1
- Binding: Hardcover
- 462 pages

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Editorial Review

Review

The Specific Carbohydrate Diet has proven itself to be an important tool in the treatment of patients with Inflammatory Bowel Disease, and other digestive disorders. In her new work, Mrs Rochel Weiss has provided readers a clear, concise and comprehensive approach to successfully managing all aspects of this special nutritional therapy. --**Philip G. Kazlow MD, Associate Director, Division of Pediatric Gastroenterology Columbia-Presbyterian Medical Center**

We were taught in medical school Diet doesn't matter in the treatment of ulcerative colitis and Crohn's Disease. Over 25 years of clinical experience with IBD patients has convinced me that the SCD really works. Conventional medicine has mostly ignored it, but the SCD has empowered thousands of patients to recover. This great new book now makes the diet more do-able and enjoyable! --**Ronald L. Hoffman, MD, CNS Medical Director, Hoffman Center, NYC and host of Health Talk, WOR Radio Network**

When I was first approached to photograph this cookbook, I had never heard of the Specific Carbohydrate Diet. The author explained its premise to me, and told me how it had literally changed her life. She wanted to create a cookbook for people whose food options were so limited that they often had to choose bland or tasteless foods. When we started photography of the recipes, the first thing I noticed was how great my studio smelled! Each new recipe brought more tempting aromas, and eventually, I had to taste something. Then something else. Then something else, until finally, I had tasted just about everything. I was amazed at how delicious everything was! I still can't believe that this is a cookbook for such a restricted diet. I had cake made without flour, ice cream made without milk, and cookies made without sugar. Thankfully, I do not have any dietary restrictions, but I can certainly imagine what it might be like to be faced with so little choice. I am positive that this cookbook will be a blessing to anyone who has digestive issues. --**Nancy, Photo Synthesis Photography**

About the Author

HUNGER MAKES THE BEST COOK! Rochel Weiss was struggling with Crohn's disease for many years and finally found relief by following the SCD (specific carbohydrate diet). Although elated at her remarkable turnaround, Rochel Weiss was hungry; she kept opening and closing the cupboard doors looking for something she was allowed to eat. With no other resources available, she donned her apron and got into the kitchen! Lo and behold, she discovered latent baking and cooking talents. She was on a roll and nothing could stop her! She made her favorite cake, ice cream, blintzes, cheese cake and side dishes, all gluten free and grain free. She was on a high when she realized that she really wasn't deprived after all! Devising new recipes became her favorite pastime, and the results were so tasty and nutritious, that she proudly served them to her family and friends. After many years of trial and error, Rochel Weiss is delighted to share her beautiful work of art with others.

A Taste of Wellness is a project of DigestiveWellness.com, a unique family business, run by Rochel, her husband David and their three energetic children, Esther, Sima and Yosef. Working together they bring you the most yummy gluten free, grain free, baked goods and loads of other products. A grain free, gluten free diet has now become do-able, delicious and enjoyable with A Taste of Wellness .

Users Review

From reader reviews:

Kyle Guthrie:

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