

Take A Bite Out of Disease!

Healing Foods: Cooking for Celiacs, Colitis, Crohn's and IBS

More than 20 million Canadians suffer from digestive disorders every year (Canadian Digestive Health Foundation). Often their symptoms are exacerbated by what they eat. Many take medications, opt for surgery, or suffer silently, but they are often uncomfortable, inconvenienced, and sometimes incapacitated. However, by making necessary changes in one's diet, relief can be brought to many. A new book, *Healing Foods: Cooking for Celiacs, Colitis, Crohn's and IBS*, presents 200 recipes that utilize a disease-friendly diet known as the Specific Carbohydrate Diet™.

Author Sandra Ramacher, a passionate cook and photographer from Australia, who suffers from severe Ulcerative Colitis, came across the diet after years of suffering. In search of relief from the side effects of prescribed steroids (to treat her disease), she embraced the *Specific Carbohydrate Diet*, and within months she felt well enough to get off the drugs and live a symptom-free life.

Sandra, a former international fashion model, put together a collection of tasty, healthy, easy to prepare dishes that allow those with numerous stomach ailments to not only enjoy their food again but allow them to once again enjoy life, and in many cases, see most or all of their symptoms of discomfort disappear.

All of the meals are totally free of grains, gluten, sugar, starch and lactose. The visually stunning book and carefully created recipes bring healing to one's injured intestinal tract. The recipes, represented by 100 full-color, up-close photographs, detail how to prepare delectable appetizers, snacks, desserts, salads, side dishes, condiments, lunches, dinners, breakfasts, beverages, and breads.

Each of the recipes strictly adheres to the diet prescribed by Elaine Gottschall in her million-copy bestseller, *Breaking The Vicious Cycle*. Her Specific Carbohydrate Diet™ has successfully healed countless thousands who suffer from severe intestinal diseases, and even helped those with autism and MS.

A sampling of the stomach-friendly treats includes:

Pancakes, banana pikelets, or warm seasonal fruit with vanilla yogurt for breakfast.
Ginger bear biscuits, blueberry cheesecake or apple and cinnamon muffins for dessert.
Almond milk, raspberry cordial, or after-dinner spiced tea for drinking.
Stewed apples, strawberry sauce, or vanilla custard for condiments.
Cream cheese dip, chicken and cauliflower croquettes, or pecan and pea pate for appetizer.
Asparagus and hazelnut butter, carrot and zucchini fritters or pumpkin chips for a side dish.
Apple and duck salad, black bean salad, or BBQ pear and prosciutto salad for a salad.
Frittata verde, lamb cutlets, Moroccan chicken tagine, osso buco, red bean burger, spice crusted salmon, or Thai fish cakes for a main dish.

“Healing Foods is perfect not only for those who suffer from various intestinal tract ailments but for those who prepare foods for them,” says Ramacher. “Those recipes are great for living a healthy lifestyle. They helped me get off medication and to live a normal life.”

Ramacher shares insights on:

Why the Specific Carbohydrate Diet™ works for IBS sufferers and those suffering from digestive disorders.

How She applied the diet to 200 recipes that will help eliminate the symptoms of IBS.

How Celiacs, Crohn's, Colitis and IBS differ from one another.

Why doctors largely are unfamiliar with the diet and how they're too dependent on prescribing drugs and not attacking disease with nutrition.

Why the elimination of certain items from your diet make a major difference in how those with IBS feel.

How she was able to overcome her Ulcerative Colitis and now wants to help others.

Why our daily Australian diet is endangering our health.

“My perspective is that of a physician with nearly 20 years of experience applying the Specific Carbohydrate Diet (SCD) to a wide range of patients with challenging medical problems... The popularity of the SCD is a testament to patient empowerment. There is a grass-roots movement underway in medicine, and it is enlightened lay persons like Elaine Gottschall and the author of *Healing Foods: Cooking for Celiacs, Colitis, Crohn's and IBS* who are leading the charge. Let us look forward to the day when more of the medical profession will embrace the SCD as a powerful tool in our arsenal against disease. Meanwhile, take charge of your condition, and bon appetite!” -- **Ronald L. Hoffman, MD, Hoffman Center of NYC**

“Sick children always do better when the entire home is eating healthy. Sandra's book will allow families to eat the most gourmet meals, without spending an enormous amount of time in the kitchen. Thank you for this wonderful book and all your hard work. It was worth the effort!” -- **Pamela J. Ferro, RN, Resident Hopewell Associates and Director for the Gottschall Institute for Autism**

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More Than A Belly Ache!

Intestinal Tract Ailments Defined

More than 20 million Canadians suffer from digestive disorders every year (Canadian Digestive Health Foundation). These include Celiac Disease, Ulcerative Colitis, Crohn's Disease, Irritable Bowel Syndrome (IBS), and lactose intolerance. Once getting the proper medical diagnosis, patients are often unsure of how to improve their health. Many times medicines still leave the patient with uncomfortable symptoms of their disease, or worse, they experience side effects from the prescribed drugs. However, a new cookbook *Healing Foods: Cooking for Celiacs, Colitis, Crohn's and IBS*, by Ulcerative Colitis sufferer Sandra Ramacher, provides over 200 gut-friendly recipes that help to heal the intestinal tract and reduce or eliminate symptoms of their disease.

Here's an overview of the different medical conditions addressed in the recipes of *Healing Foods*:

Celiac Disease: It is an autoimmune disorder that is triggered by the ingestion of gluten. The small intestines can become damaged, causing diarrhea and poor nutrient absorption. It can be difficult to diagnose because it is not often characterized by specific complaints. The most common symptoms, in adults include anemia, bloating, flatulence, diarrhea or constipation, fatigue, nausea, vomiting, weight loss and stomach cramps.

Ulcerative Colitis: It's an inflammatory disease that causes inflammation and bleeding of the intestines, constipation, and diarrhea. Sometimes it can be mistaken with Crohn's upon diagnosis.

Crohn's Disease: Although most of the time people with this disease may feel well, the disease can flare up from time to time and result in an attack of symptoms that can be extremely debilitating, including chronic diarrhea, abdominal pain, and bloating. It's commonly diagnosed between the ages of 15 and 35. It's an inflammatory condition that affects the gastrointestinal tract. It's called a chronic condition because it lasts a long time and is a long-term medical condition. There is no cure as of now.

IBS: Irritable Bowel Syndrome is a condition that prevents the intestines from moving properly. Sometimes people with IBS are constipated or sometimes they have diarrhea.

Lactose Intolerant: This is caused by a lack of the lactase enzyme in the gut, which prevents the digestion of lactose, the sugar in milk. Symptoms of lactose intolerance include bloating, gas, and sometimes diarrhea.

The Specific Carbohydrate Diet™

Dr. Sydney Haas created The Specific Carbohydrate™ and it was made famous by Elaine Gottschell, a bio-chemist who researched the diet to help heal her daughter who was suffering from severe Ulcerative Colitis. Gottschell went on to write a million-copy best-seller, *Breaking The Vicious Cycle*. Sandra Ramacher implemented the diet's principles into a 200-recipe cookbook, *Healing Foods: Cooking for Celiacs, Colitis, Crohn's and IBS*.

The Specific Carbohydrate Diet is strictly:

Grain-free
Gluten-free
Lactose-free
Sugar-free
Starch-free

The diet helps restore balance to the digestive tract, and has been shown to help those with:

Crohn's Disease
Ulcerative Colitis
Celiac Disease
Irritable Bowel Syndrome
Chronic Diarrhea
Spastic Colon
Diverticulitis

Proponents of the diet claim that there is an 80% - 90% recovery rate for Crohn's Disease and a 95% recovery rate from Diverticulitis. Improvement can occur after as little as three weeks. Full recovery has been achieved in many cases of IBS, Celiac Disease, and Diverticulitis after one year.

The diet was designed to correct an imbalance, by restricting the carbohydrates available to intestinal bacteria and yeast. Only the carbohydrates that are well absorbed are consumed on the diet, the monosaccharaides, so that intestinal bacteria have nothing to feed on. This helps to correct the bacterial overgrowth and the related mucus and toxin production. Digestion and absorption of nutrients improves, leading to improved nutritional status. Immune system function improves. The diet is continued until there is a return to health.

"The Specific Carbohydrate Diet," says Ramacher, "is biologically correct because it is species appropriate. The allowed foods are mainly those that early man ate before agriculture began. The diet we evolved to eat over millions of years was predominately one of meat, fish, eggs, nuts, vegetables, low-sugar fruits. Our modern diet, including starches, grains, pasta, legumes, and breads, has only been consumed for a mere 10,000 years. In the last 100 years, the increase in health problems, ranging from severe bowel disorders to obesity and brain-function disorders. We have not adapted to eat this modern diet as there has not been enough time for natural selection to operate. It therefore makes sense to eat the diet we evolved with."

Sandra Ramacher

Biography

Sandra Ramacher suffered from severe Ulcerative Colitis for seven years and lived with the unpleasant side effects, both from the disease and treatment (steroids). She then came across the diet heralded in a million-copy, best-selling book (*Breaking The Vicious Cycle* by Elaine Gottschall). Ramacher applied the principles of the Special Carbohydrate Diet™ to develop the 200 recipes featured in her new book, ***Healing Foods: Cooking For Celiacs, Colitis, Crohn's and IBS.***

Ramacher, who resides in Australia but is touring the United States this spring, launched her book with the help of health expert and Australian medical personality Professor Kerry Phelps at the Gluten-Free and Food Allergy Show.

Ramacher and her book have been featured in nearly two-dozen media outlets in Australia, including major magazines such as *Style Magazine*, *Virgin Blue Voyeur*, and *Australian Meat News*. Radio interviews included *ABC Northern Tasmania*, *2GB Sydney*, and *2NM AM981 Muswellbrook*. Newspaper coverage included *Melbourne Times*, *The Independent Weekly*, *The West Australian*, *The Daily Mercury*, *The Sun-Herald*, and *Muswellbrook Chronicle*.

Ramacher, 44, was born in Toronto, Canada, moved to Germany as a child, and emigrated to Australia at age 10. At the age of 18 she began working full time in the fashion industry. Nine years later she gave birth to her son, Reuben, and it was shortly thereafter that she was diagnosed with Colitis.

A passionate cook and photographer, Ramacher realized that the world needed a comprehensive visual reference to properly present the wide range of wonderful dishes that can be prepared within the scope of this enormously successful diet.

She established Elephant Publishing to help promote the Specific Carbohydrate Diet and its curative powers.

For more information, please consult: <http://www.thehealingfoodscookbook.com>

Sandra Ramacher
Q&A
Healing Foods

How did you come to create *Healing Foods: Cooking For Celiacs, Colitis, Crohn's and IBS*? As someone who suffered for seven years with Ulcerative Colitis I understood firsthand how difficult it is for people to feel healthy and how often they worry about what they eat, for fear their symptoms, such as diarrhea, will be triggered. I put together the 200 recipes based on the successful, breakthrough diet, The Specific Carbohydrate Diet™.

What is the Specific Carbohydrate Diet? It makes food easier to digest by eliminating all complex carbohydrates and disaccharides. Basically, if you're eating a carb, it has to be a simple one, such as honey, fruit, or vegetables. You must eliminate refined sugars, starches, (such as potatoes and yams) and grains i.e. – rice, corn, and wheat. So the challenge is to find things that one can eat and enjoy. That's why I wrote my book. The SC Diet, by the way, was made famous a few years ago in a million-copy, best-selling book, *Breaking The Vicious Cycle*. The medical community is still somewhat in the dark about the role nutrition plays in treating the symptoms of these diseases.

So how does the diet and your cookbook work? Basically, I help you bring about the right balance in the intestinal tract. You need more of the “good” bacteria and the “right” flora – and less of the harmful bacteria and yeasts that fill your body. The things that typically upset the balance are an over-use of antibiotics and medications, as well as a Western diet laden with potentially allergenic foods, processed starches, enormous amounts of sugar, harmful additives, and toxins. Add stress and lack of exercise or sleep to the mix and you've compounded the problem.

How did you handle your disease prior to coming across the diet? A decade ago, just a few years after my son was born, I felt like I had contracted a vicious stomach bug. It was diagnosed as severe Ulcerative Colitis. It greatly restricted my lifestyle. Traveling was out of the question. Even sports or socializing on any level was hampered. I was always weak and had lost a lot of weight. I tried a number of treatments, including steroids, which have their own side effects. I also tried alternative medicines, acupuncture, and Chinese herbs. Nothing worked. Even going a gluten-free diet didn't help. But luckily, through my research, I learned of the diet, and then sought to apply it to my daily meal plan. After a year, I was able to wean of my medication and now 3 years later am totally symptom free.

Do you include dairy in your recipes? Yes, as long as it is lactose-free, such as homemade yogurt, which has been fermented for 24 hours. Various kinds of cheese are also fine. Lactose-free is essential, as lactose is a disaccharide and therefore is a complex carbohydrate, which is hard to digest. If someone cannot digest dairy, a good alternative is goat yogurt that's been fermented for 24 hours.

How is *Healing Foods* different from other gluten-free books? *Healing Foods* addresses multiple dietary needs of people with intestinal problems. For example, Celiacs are not only gluten-intolerant, but are also lactose-intolerant, so *Healing Foods* is both gluten-free and low-lactose. My book also contains no complex carbs or disaccharides, because people with intestinal problems can find them hard to digest. Therefore, *Healing Foods* uses almond flour as a grain substitute for baking, which more closely approximates wheat flour than other wheat flour alternatives, in terms of taste and texture, and lowers blood cholesterol levels. For those who are allergic to nuts there are many nut-free recipes contained in the book.

What is good bacteria and why is yogurt good for you? It is estimated that up to 1000 species of bacteria live in the human body. Some are harmful and some aren't. The good bacteria (probiotics) keep the harmful bacteria in check. But if the natural balance of gut

bacteria is disturbed, the bad bacteria can take over and cause diarrhea, a common occurrence when you take antibiotics. Yogurt, with active bacterial culture, can maintain the good bacteria in your intestines. By fermenting it yourself for 24 hours, you can not only increase its amount of good bacteria, but you can also eliminate its lactose. The healing effect of probiotics was demonstrated in a recent study published in the *American Journal of Gastroenterology* that showed over half of Ulcerative Colitis patients taking probiotics achieved remission and one quarter saw improvement.

Isn't it unhealthy to eliminate all grains? Grains are very healthy if you can digest them. However, if you have a sensitive stomach, there are many other foods that can provide you with the fiber, vitamins B and E, and minerals that are found in grains. Alternative sources for the nutrients in grains include nuts, meats, fish, eggs, fruits, and vegetables. For example, squash has lots of vitamins A and C, and about as much vitamin B6 and more folate than regular pasta. Three oz. of almonds have 36% of your recommended daily fiber intake and 105% of your recommended daily vitamin E intake. Beef is the No. 1 food source for protein, zinc, and vitamin B12, and is a top source of dietary iron.

Aren't simple carbohydrates bad for you? Not all simple carbohydrates are bad for you. Fruit, after all, is a simple carbohydrate and many fruits are low on the glycemic index (GI). All the simple carbohydrates used in *Healing Foods* are fruits, vegetables, or honey, a natural, unrefined sweetener.

Tell us about some of your favorite recipes. I'm a big cake and biscuit fan, and also love Italian food. So there is the sticky date pudding with honey caramel sauce, the chewy macadamia nut biscuits, which I always have with me as emergency rations. There is the beef lasagna, where I use zucchini instead of the pasta as lasagna sheets. I have served this one to many of my friends and it's their favorite as well.