



Breaking the Vicious Cycle: Intestinal Health Through Diet

Elaine Gloria Gottschall

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Breaking the Vicious Cycle was written by Elaine Gottschall, biochemist and cell biologist. It provides an alternative way to help combat digestive disorders using dietary changes; and also a practical book that addresses the problems of intestinal conditions such as: Crohn's Disease, Ulcerative Colitis, Diverticulitis, Celiac Disease as well as less severe complaints like: indigestion, "nervous stomach", chronic diarrhea & spastic colon.

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