

SCD RESOURCES

Info

“Breaking The Vicious Cycle” by Elaine Gottschall

“We Band of Mothers” Judy Chinitz

www.pecanbread.com

www.breakingtheviciouscycle.info

www.scdiet.org

www.healingcrow.com

Support Group

Contact judy@newstarnutrition.com to join

Recipes

“Lucy's Specific Carbohydrate Diet™ Cookbook” by Lucy Rosset

“SCD with Taste and Tradition” by Rochel Weiss

www.pecanbread.com

www.SCDRecipe.com

www.scdiet.com

www.scdiet.org

Food suppliers

www.lucyskitchen.com

www.digestivewellness.com

www.sunnylandfarms.com

www.jgourmet.ca

www.scdiet.com

www.eatwild.com

www.applegatefarms.com

www.houseofhams.com (Virginia country ham, no sugar)

www.Nuts4U.com

Metabolic
Immunologic
Neurologic
Digestive
Developmental

Adapted from materials created by Dr. Nancy O'Hara

