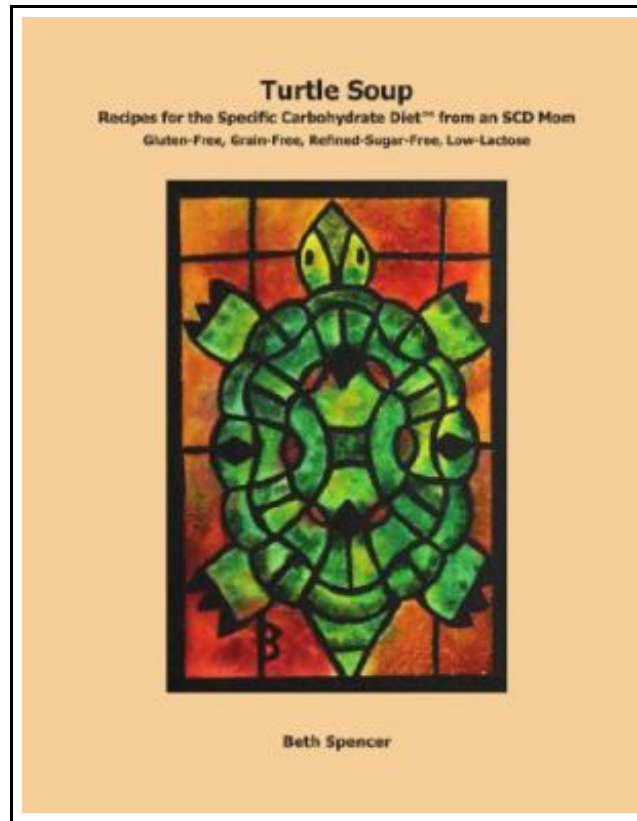


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Lulu.com, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Beth Spencer s Turtle Soup: Recipes for the Specific Carbohydrate Diet(t) from an SCD Mom, is a delicious collection of gluten-free, grain-free, low-lactose, refined-sugar-free recipes, designed especially for the Specific Carbohydrate Diet(t), as described in Elaine Gottschall s book, Breaking the Vicious Cycle: Intestinal Health through Diet. Here s what Raman Prasad, Founder and Webmaster, says about Turtle Soup: Beth Spencer has created a wonderful repertoire in Turtle Soup. The recipes have a homemade flavor that use ingredients with care to create a wide range of mouth-watering dishes; favorites such as Pumpkin Pie, Pizza, and Lasagna; coupled with special additions such as Taco Salad, Mini-Matzo Balls, and Kick-Me Shrimp. The inclusion of Beth s personal blog allows for a rare glimpse into an SCD cooking relationship, and the definitive positive changes in health the diet brings.



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