

## **Specific Carbohydrate Diet and SIBO Specific Diet – Resource List**

*Breaking the Vicious Cycle* by Elaine Gottschall (the Bible of the SCD)

Website: [www.breakingtheviciouscycle.info](http://www.breakingtheviciouscycle.info) (has an illegal/legal food list & links to research articles)

### **Other websites:**

drsmoots.com/library (handouts on Specific Carbohydrate Diet and SIBO Specific Diet Food Guide)

nimbal.org (has SCD handouts and recipes)

eatingscd.com

pecanbread.com

comfybelly.com

nomorecrohns.com

againstallgrain.com

calebscookingcompany.com

lucykitchen.com

**SIBO app** by Dharmaworks: <https://itunes.apple.com/us/app/sibo/id940664367?mt=8>

### **Facebook: SCD group**

#### **Cookbooks**

SIBO Summer Cookbook, SIBO Family Favorites Cookbook, SIBO Christmas eCookbook by Rebecca Coomes

Cooking for the Specific Carbohydrate Diet by Erica Kerwien

Against All Grain by Danielle Walker

Grain-Free Gourmet & Everyday Grain-Free Gourmet by Jodi Bager and Jenny Lass

Healing Foods by Sandra Ramacher

Eat Well Feel Well by Kendall Conrad

Lucy's SCD Cookbook by Lucy Rosset

A Taste of Wellness by Rochel Weiss