

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 (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

lucykitchenshop.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