



Eating Right for a Bad Gut

James Scala

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In this completely revised and updated edition of his classic book on treating "bad gut" diseases, Dr. James Scala presents a new dietary plan that has been proven to help inflammatory bowel disease go into remission. Scala firmly believes that nutrition is preventative medicine and food is the vehicle of its practice. His drug-free food and lifestyle program offers relief from the pain and embarrassment of living with these mysterious and chronic ills while providing reassuring step-by-step guidance on:

- * Developing a personal-testing program
- * Identifying "safe foods"
- * Fitness and stress-reduction techniques
- * Dietary and vitamin supplements

The New Eating Right for a Bad Gut offers a solid program for health that is uniquely focused on an area of major concern to a wide segment of the population.

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