

THE SPECIFIC CARBOHYDRATE DIET (SCD)

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The Specific Carbohydrate Diet (SCD) is a strict grain-free, lactose-free, and sucrose-free dietary regimen intended for those suffering from Crohn's disease, ulcerative colitis, celiac disease, inflammatory bowel disease (IBD) and irritable bowel syndrome (IBS). The diet has recently been employed in the treatment of Autism spectrum and pediatric developmental disorders.

The Specific Carbohydrate Diet was developed by Dr. Sydney Valentine Haas. Elaine Gottschall continued research on the diet and later wrote her own book, *Breaking the Vicious Cycle: Intestinal Health Through Diet*.

What is the premise of the Specific Carbohydrate Diet?

Dr. Haas believed that carbohydrates, being forms of sugar, could promote and fuel the growth of bacteria and yeast in the intestines, causing an imbalance and eventual overgrowth of bacteria and yeast. Bacterial overgrowth can impair the enzymes on the intestinal cell surface from functioning and prevent the digestion and absorption of carbohydrates. This would cause the carbohydrates to remain undigested in the intestines and provide even more fuel for bacteria and yeast. Toxins and acids can be formed by bacteria and yeast and injure the small intestine lining. Excessive mucus may be produced as a defense mechanism against the irritation caused by toxins, acids, and undigested carbohydrates. With time, a number of illnesses and neurological symptoms can develop from this altered digestive balance.

The Specific Carbohydrate Diet was designed to correct the imbalance by restricting the carbohydrates available to intestinal bacteria and yeast. Only the carbohydrates that are well absorbed are consumed on the diet, so that intestinal bacteria have nothing to feed on. This helps to correct the bacterial overgrowth and the related mucus and toxin production.

Digestion and absorption of nutrients improves, leading to improved nutritional status. Immune system function improves. The diet is continued until there is a return to health.

What are the guidelines of the diet?

• Foods to avoid

- _ Canned vegetables
- _ Canned fruits, unless they are packed in their own juices
- _ All cereal grains, including flour
- _ potatoes, yams, parsnips, chickpeas, bean sprouts, soybeans, mung beans, fava beans, and seaweed
- _ Processed meats, breaded or canned fish, processed cheeses, smoked or canned meat
- _ Milk or dried milk solids
- _ Buttermilk or acidophilus milk, commercially prepared yogurt and sour cream, soymilk, instant tea or coffee, coffee substitutes, beer
- _ Cornstarch, arrowroot or other starches, chocolate or carob, boullion cubes or instant soup bases, all products made with refined sugar, agar agar, carrageenan or pectin, ketchup, ice cream, molasses, corn or maple syrup, flours made from legumes, baking powder, medication containing sugar, all seeds

• Foods to eat

- _ Fresh and frozen vegetables and legumes
- _ Fresh, raw, or dried fruits
- _ Fresh or frozen meats, poultry, fish, eggs
- _ Natural cheeses, homemade yogurt, dry curd cottage cheese

For More Information:

www.breakingtheviciouscycle.info/
www.pecanbread.com