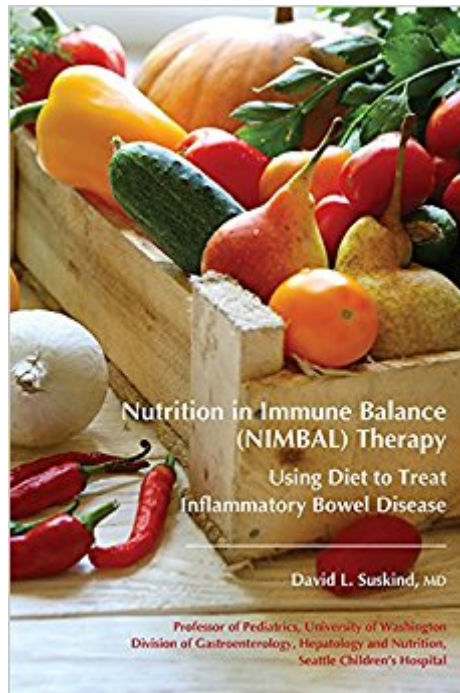




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# NIMBAL Therapy



## Synopsis

Each year thousands of kids and adults are diagnosed with inflammatory bowel disease (IBD) in the form of ulcerative colitis and Crohn's disease. The incidence of IBD continues to rise, and a major culprit is our food environment. Our diets affect our fecal microbiome, the trillions of bacteria that naturally reside in our digestive tract. What we eat changes the type of bacteria within the microbiome and can cause them to get out of balance and trigger our immune system to attack our bowels. But nutrition and diet are frequently overlooked in medicine and science. Nutrition in Immune Balance (NIMBAL) therapy is a standardized method to incorporate dietary therapy into the current medical paradigm. With friendly, practical advice, tips, and recipes, this groundbreaking book supports IBD patients, families and healthcare providers alike who want to pursue dietary interventions.

## Book Information

Paperback: 224 pages

Publisher: NIMBAL Publishing; 1 edition (May 3, 2016)

Language: English

ISBN-10: 0692430997

ISBN-13: 978-0692430996

Product Dimensions: 6 x 0.6 x 8.9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 31 customer reviews

Best Sellers Rank: #138,077 in Books (See Top 100 in Books) #106 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal](#) #107 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems](#)

## Customer Reviews

David L. Suskind, M.D. is attending physician at Seattle Children's Hospital and Professor of Pediatrics at the University of Washington School of Medicine. An expert in intestinal diseases and nutrition, Suskind has focused much of his clinical care and research on inflammatory bowel disease.

I purchased this book as a follow up to Breaking the Vicious Cycle, to hopefully solidify my intent to pursue the SCD diet in an attempt to rectify my current inflammation flare up. I am reviewing the book, not the diet, as I'm only in the Intro stages of the diet at this point. The book however, is well

written and the information is clear and well presented. It does an excellent job of presenting an updated version of the Specific Carbohydrate Diet with excellent guidance through all the stages of the diet, as well as tips for living with the diet as a family and tips for succeeding at maintaining the diet in today's busy world. The recipe section was unexpected and a huge bonus! It is very well done, and opened my eyes to the broad spectrum of meals and foods that are options on the SCD. This book has already had a profound positive impact on my life, if just to introduce me to better tools and resources to help me as I manage my illness. As an introduction and guide to the Specific Carbohydrate Diet way of life, it is excellent. Highly recommended!

Must buy for SCD patients, spread the word. Others have talked about no studies being done. You won't see them. Drug companies and processed food companies, who usually fund these studies, have no interest in telling you you can control this with a simple diet. No money in that. He is a pioneer as he is one of the first medical professionals in the US to recognize. My doctor has contacted him and now my doctor is on board. Have your doctor contact him too. His 7 patients is study enough for me. My son has gained 25 lbs. in 3 months eating SCD. Oh and by the way me and my wife have lost 50 pounds combined and are now restoring our health following the same diet. It works opposite. The dieticians are wrong, you can't eat just high calorie foods. Bottom line- this disease inhibits the body's ability to absorb complex carbs which are most associated with high calorie foods. Therefore causing the food to sit and ferment in the belly causing gas, diarrhea etc. Simple carbs can be absorbed into body thereby putting this thing to rest. And providing nutrition to the person. Not a cure, but a start. Thank you for saving my son's life.

I purchased this book at the time my daughter was diagnosed with IBD. I had read many books on diets for both Crohn's and Ulcerative Colitis. Dr. Suskind's book and research is incredible. The book is an easy read, makes sense for any layperson to read and implement. After reading the book I went into my daughters colonoscopy prepared to take on the diagnosis using this diet. My doctor is thankfully supportive and we hope to avoid some of the harsher medications out there to achieve remission using the diet. I highly recommend reading the book and looking online for the various websites with recipes, packaged products that are available online and in stores. It's a very healthy diet and our entire family is eating the same exact foods. Picture healthy proteins like eggs, fish, chicken and beef along with fresh vegetables and fruits. We thought at first making our own yogurt would prove difficult but it was far from difficult. We recommend reading about SCD and Dr. Suskind's insights into how the diet effects the bacteria (good and bad) of the gut. Dr. Suskind also

has a website where you can continue to learn more about IBD and the SCD diet.

This book was recommended to us by our new pediatric gastroenterologist after our daughter was diagnosed with Crohn's disease in the summer of 2016. He presented NIMBAL, i.e., the SCD diet, as an initially difficult but long-term sustainable alternative to less-than perfect medical treatments that can have grave side effects. Traditional treatments for inflammatory bowel disease work by suppressing the immune system which increases the risk of serious infections and bone marrow failure. Dietary therapy, on the other hand, doesn't only heal but also improves overall health and nutritional parameters. Our daughter, who previously had a poor response to medication, was pain-free, fever-free and without any bleeding within weeks. She was in medication-free remission after two months and has gained more weight in the first 3 months than in the entire year before. It has literally been a life saver! Since the book was published, more research has been made public, and we can only hope that many other kids and adults will profit from further studies as well.

The book to buy for yourself and your doctor! An easy to read book on how the specific carbohydrate diet (SCD) is used by doctors, patients and families to help patients with Crohns and Ulcerative Colitis. Why use SCD? Because it works for so many....

I am so happy to have an amazing resource like this. My 12 year old son we recently diagnosed with Crohn's Disease and his doctor immediately recommended doing SCD. We have immersed ourselves in learning as much as we can about this diet and what we can do to help heal our son. I am so impressed with this book and with Dr. Suskind's work and am so happy he has written it as a guide for all of us navigating this journey. We got this book last week and I think it will become our SCD "bible". I am thankful for Dr. Suskind's dedication to this diet and healing our kids.

This book is a must, not only for those suffering immune deficiencies, but also an eye opener to everyone on the dynamics of how decisions about our daily food intake affects our health!

I am extremely grateful to Dr. Suskind for his research and writing and advocating SCD as a treatment for Crohn's. The book has great practical solutions and discusses issues unique to a pediatric population. I am thankful to Dr. Suskind for spreading the word about the healing power of the SCD to pediatric gastroenterologists across the country.

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