



# A Taste of Wellness

*Rochel Weiss*

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## **A Taste of Wellness** Rochel Weiss

A Taste of Wellness is a fabulous cookbook that not only looks **TERRIFIC**, and tastes **TERRIFIC**, but actually helps you feel **TERRIFIC!** The baked goods are nut-flour based and all of the recipes are free of gluten, grain, refined sugar, yeast, and lactose.

A Taste of Wellness is a unique cookbook, with mouthwatering photographs and is a fabulous companion for those embarking on any type of gluten free, grain free or low carb diet, or just anyone that enjoys eating healthy food. A Taste of Wellness focuses greatly on digestive issues, using the SCD diet to treat any type of digestive disorder such as Crohn s disease, ulcerative colitis, Celiac, Diverticulitis, IBS, or any other digestive discomfort. It has also been very successful in treating autism and many other mental health conditions.

A Taste of Wellness is not only a recipe book, it has loads of extras, such as; guidelines for good digestion, juicing benefits, hints and tips, stress management techniques, adorable humorous poems, breakfast lunch and dinner menus, and much more. Instructions are very easy to follow. This book is highly recommended by leading GI doctors. **A must for every health conscious home!**

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