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Specific Carbohydrate Diet (SCD)

The SCD protocol is a healthy, well-balanced diet that is highly specific to the types of carbohydrates allowed, predominantly single sugars – in fruit, honey, properly prepared yogurt, and certain vegetables. It eliminates difficult-to-digest sugars and starches. If you have digestive problems, any foods, especially carbohydrates, should need little or no digestion so the digestive process doesn't get in the way of nutrient absorption.

SCD has proved extremely effective for Crohn's, ulcerative colitis, IBS, and diverticulitis. While many people don't have to stay on the diet forever, it is helpful to adhere strictly to the protocol while healing. There are also several stages to the plan, starting with the introductory phase.

If you're interested in trying the SCD to help with digestive problems, get Elaine Gottschall's book, [Breaking the Vicious Cycle](#).