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# The SCD Sojourner

*Inspiration for your journey to health on the Specific Carbohydrate Diet*



## Improved Website With Helpful Features

Hello! It's hard to believe it's already May! We hope you are doing well. We've been busy around here, and are excited about the new things brewing at [NoMoreCrohns.com](http://NoMoreCrohns.com)...Especially our new website!

In January we discovered that our website provider would be discontinuing service to those with our type of website, so we quickly started looking around for a website provider that would fit our needs.

What has resulted is a beautiful, useful new site with more options and tools than before, and we think you are going to love it!

### Some of the newest features:

- A search bar that allows you to search our whole website for the exact topic you're interested in.
- Links to SCD-friendly items recommended by us that can be pur-

chased from Amazon.com.

- New ideas about travel while on the SCD.
- A comprehensive list of restaurants that serve SCD-acceptable food and how to order it.
- New recipes
- Ideas on hospital stays while on the SCD.

Please stop by and have a look!

## New Recipe: Asparagus with Bacon



### Asparagus with Bacon

Serves 4

### Ingredients:

- 3 slices bacon, cut into 1-inch pieces
- 2 bunches asparagus (2 pounds), trimmed and cut into 1-inch pieces
- Coarse salt and pepper
- 2 tsp legal mustard
- 2 tsp. dried parsley flakes

**Directions:** Cook bacon in a large skillet over medium heat, stirring occasionally, until browned and crisp, 8-10 minutes. With a slotted spoon, transfer to paper towels to drain. Combine mustard and parsley flakes; set aside. Add asparagus to skillet and season with salt and pepper. Cook, stirring, until asparagus is tender, 8-10 minutes. Remove from heat and stir in bacon and mustard mixture.



*“At Sprout’s while looking for popsicles for my kids, I was pleasantly surprised to find some all-fruit popsicles!”*

## Amazon Store

Starting the SCD can be a very life changing event, both in the new health you're enjoying and the life changes involved in becoming a home cook! We've created an [Amazon store](#) to give you ideas on what you will need for this new way of eating,

and to show you some fun stuff that we like to use. We've also collected some of the food items that we enjoy, just to make things a little easier for you.

On our [Amazon page](#) we've also gathered links

to several cookbooks written by other SCDers plus "Breaking the Vicious Cycle," by Elaine Gotschall and links to the Yogourmet yogurt maker that we use. Follow [this link](#) to visit our Amazon Store. Have fun browsing!

## Prepared Products: What's New?



I recently ran across a new product

that I have tried with no symptoms. They're a great addition to the diet!

At Sprout's while looking

for popsicles for my kids, I was pleasantly surprised to find some all-fruit popsicles! Power of Fruit brand, they state "Fruit, Whole Fruit, and Nothing But Fruit" on the package. They contain fruit and white grape juice concentrates. We should always be cautious with concentrates, in case they con-

tain anything else, but I haven't had any symptoms from these popsicles and the labeling is very clear that it contains no sugar or other additives...just fruit! They come in three flavors: Original All-Fruit, Tropical, and Banana Berry. You can research more on their [website](#). [www.poweroffruit.com](http://www.poweroffruit.com).

## Recently on Facebook...

We love reading your success stories and I'm sure everyone else on Facebook is encouraged by them too! Here's our latest:

*“I started my son on the diet during the worst flare-up he ever had since diagnosed with*

*Crohn's and he was symptom-free within 1 week. He has had absolutely NO symptoms of Crohn's since he's been on the diet (since February 1st) and you wouldn't even know he has it except for how thin he still is. However, that is*

*changing too... he is slowly gaining 3-4 pounds per month. He is almost 14 and weighs 70 pounds, but much better than the 58 he was down to when the doctors didn't know what to do!”*

**Do you have a story to share? We'd love to hear it on [Facebook!](#)**