

ear-old child became desperately ill.

"You go crazy. No one could help us," she recalls of her daughter's progressively worsening medical condition. At the age of two, the child suffered innumerable nose bleeds. By the time she was three and a half, one hour after falling asleep, she

would awake with seizures, three nights a week. Three months later, the child was diagnosed with ulcerative colitis.

"You hear people ask why do bad things happen to good people. We were good people! We couldn't get answers."

A leading gastroenterologist in New York City told the Gottschall's "food had nothing to do with it", Elaine recalls. "I didn't know much. I hadn't been to university to study these things. **Prednisone was diagnosed and it seemed to work. Now I know it always does the first time, but then it worsens.

"Three months later, the symptoms returned and the doctor said he would cut her colon out. She was five years old!"

Everywhere Herb and Elaine looked for answers,

to be taken by people with intestinal problems. I began making three litres of yogurt at a time at home, to remove the lactose. (Commercially-produced yogurt of actually has more lactose in it than milk). Lactose stops the bacteria in the digestive sys -

tem from working.

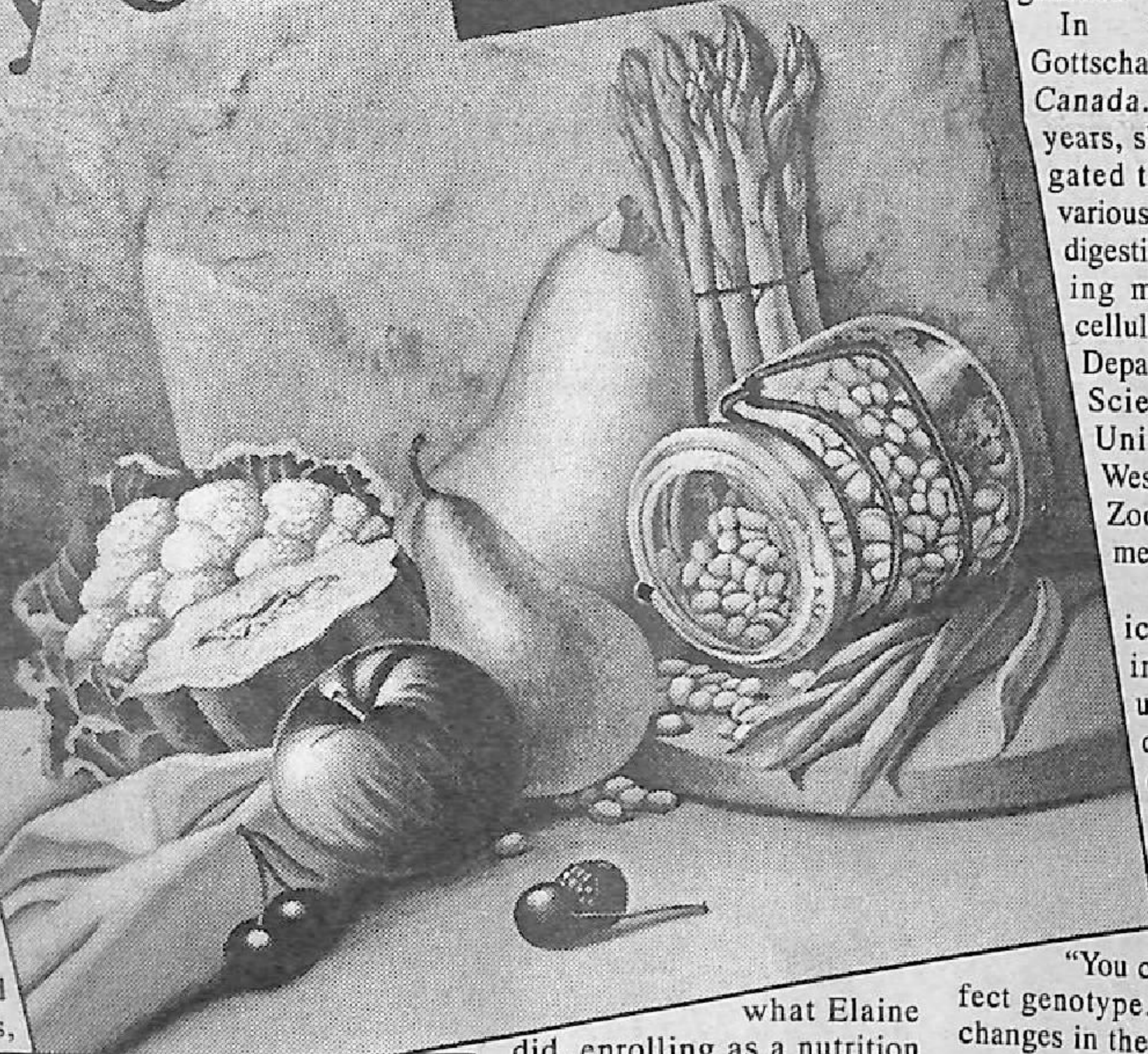
"I was fed up that I had not been given the information on lactose. Herb said it was always possible for me to back to school."

And at the age of 47, that is

Diet for CROHN'S DISEASE, ULCERATIVE COLITIS, DIVERTICULITIS, CELIAC DISEASE, CYSTIC FIBROSIS, and CHRONIC DIARRHEA.

Breaking The VICIOUS Cycle

Intestinal Health Through Diet



Off to England

Next month, Elaine Gottschall will be traveling to England. The British Society for Allergic, Environmental and Nutritional Medicine has asked Elaine Gottschall to address their fifth International Symposium at Christ Church, Oxford, England September 7-11, 1998.

And over 2,800 book orders have just come in.

what Elaine did, enrolling as a nutrition major at New York's Montclair State College graduating Magna Cum Laude in 1973. She entered the Department of Graduate Studies in Nutrition at Rutgers the same year. But the field proved too isolationist for her practical approach: "I wanted immunology, endocrinology, pathology - and integrated

Elaine Gottschall's quest for medical answers to the effects of food on the functioning of the digestive tract, as well as behaviour, has resulted in years of study, authorship and now, increasing recognition of her findings. "Retirement" in Haldimand Township seems illusory.

Photo by Mandy Martin

science, not just nutrition."

"A lot of people call themselves nutritional consultants but have a hard time understanding allergy problems, seeing an allergy as a digestion problem."

After two years, she switched to a biology major, and a new challenge arose: chemistry.

With the help of younger students, with a solid year of genetics, and a summer of 8 a.m. to 5 p.m. genetics, she grappled and conquered her quest for basics. She wrestled against her nature to grasp the mathematics of interrelationships in chemistry and genetics.

In 1975, the Gottschall's moved to Canada. For four years, she investigated the effects of various sugars on the digestive tract working mainly at the cellular level at the Department of Cell Science at The University of Western Ontario's Zoology Department.

While genetics are "very important" in understanding disease pathology, it is not the ultimate answer, Elaine maintains.

"You could be a perfect genotype. but with the changes in the food, air and environment, it becomes only a strong factor. You can say with a certain genotype there may be problems, but it is not the genes alone."

The Gottschall's moved to Ontario from New Jersey to live and Elaine began her lonely five-year pursuit of a Masters degree. She focused on the affect of sugars on genetically-controlled rats.

Some received fructose, some lactose, some glucose and some sugared water solution. After five years of research, looking at the tissue samples through an electron microscope, "Boy, did I get results!"

"I was 58 years old, trying to carry on Dr. Haas' work in a credible way so people wouldn't think I was a hack. I was trying to build credibility". She received her Master of Science degree in 1979.

She took her findings public in her book *Food and the Gut Reaction*. The medical establishment, which is to say those who prefer drug treatments, have been slow on the uptake. Her self-published book, now in its 11th reincarnation, is dedicated to Dr. Haas, the man who gave the Gottschall family their glimmer of hope. There are close to 500,000 copies world-wide. Some 23,000 copies alone were sold after a single appearance on the Dini Petty television show.

The latest edition, "Breaking the Vicious Circle: Intestinal Health Through Diet" translates her scientific findings in understandable language, coupled with

practical recipes and suggestions.

At the Gottschall's "retirement" home north of Grafton, the phone rings daily with pleas

for information and referrals to sympathetic medical authorities. Boxes of letters of thanks from around the world are piled in an alcove doubling as office, and there is a steady stream of e-mail correspondence.

Her approach remains practical, and straight forward.

"I think many things start in the gut, a problem with digestion and bacterial growth.

"Both are part of the same problem: when yeast overgrows (in the digestive tract), so do bacteria. They love carbohydrate and the more stuff you eat, the less you absorb."

And if you aren't being properly nourished - or fueled - there will almost also be behavioural ramifications. Food and the gut reaction is just as plausible a connection for autism, schizophrenia and other apparently "psychological" problems, she maintains.

A machine needs the correct fuel.

Internet connections

For those on the Internet, there are two websites and one e-mail address specifically for people on the specific carbohydrate diet detailed in Elaine Gottschall's book *Breaking The Vicious Circle*.

■ **The Chat site:** To get on the chat site, send your e-mail address to scd-list@longisland.com. An info and recipe exchange plus support for those recovering is offered.

■ **Archives:** for testimonies, history of the diet, letters, etc., go to the web site www.inform.dk/djembe/scd

■ **For book and video marketing information, biographies of scientists who have developed the specific carbohydrate diet, testimonies, plus the first chapter of *Braking the Vicious Circle*, go to <http://www.fwi.com/cm>**