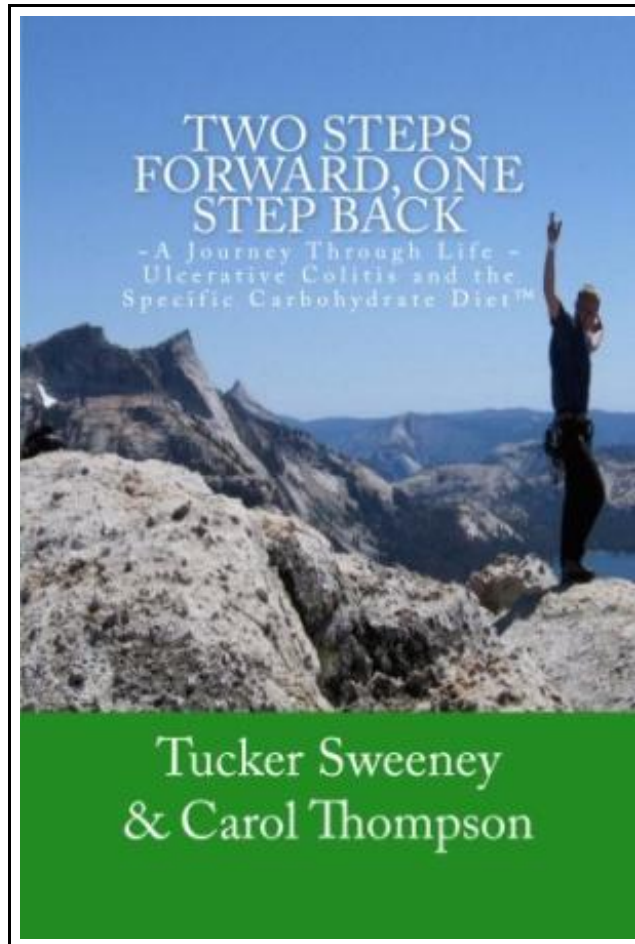


# Two Steps Forward, One Step Back: A Journey Through Life, Ulcerative Colitis, and the Specific Carbohydrate Diet



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*(Lester Ebert)*

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