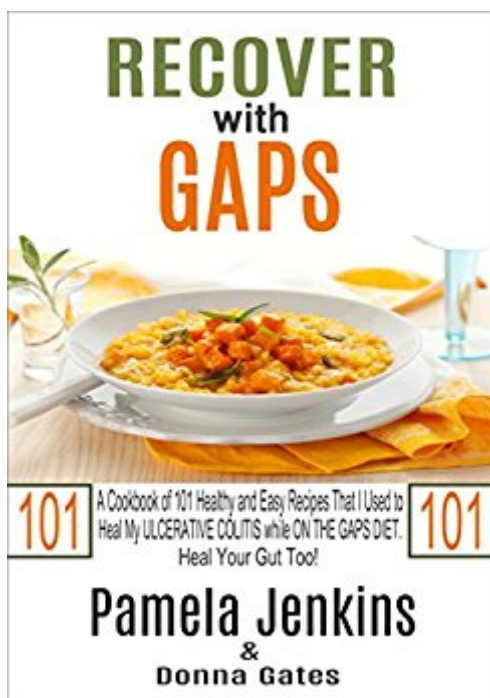


The book was found

Recover With GAPS: A Cookbook Of 101 Healthy And Easy Recipes That I Used To Heal My ULCERATIVE COLITIS While ON THE GAPS DIETâ€™Heal Your Gut Too!



Synopsis

Heal your gut and improve your health with Recover with GAPS cookbook. I have found that food is an extremely powerful way of dealing with disease—the most powerful way. Many people don't realize how powerful food is. —Dr Natasha Campbell-McBride MD, creator and author of Gut & Psychology Syndrome (GAPS) This cookbook is ideal for anyone looking for: Gaps Diet Recipes —• Gut Healing Recipes —• Autism Fighting Recipes —• Bland Diet Recipes —• Gastrointestinal Health Recipes —• Digestive Health Recipes Many people worldwide have struggled to heal their leaky gut. Even more so, many people have struggled to come up with the right recipe based on the foods allowed on the diet. Now, rather than being another statistic, you can improve your gastrointestinal system by using the healing recipes in this cookbook. Recover with GAPS is a comprehensive collection of over 100 healthy and easy-to-follow recipes featuring gut healing breakfasts, salads, stews, soups, seafood and meat dishes, desserts, and more for all the stages of the diet. You'll be introduced to my personal —go-to— recipes that I've used to heal my gut based on the GAPS diet guidelines. I have done it—you can too!

Book Information

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Customer Reviews

Well written book. These recipes are good for anyone, not just a person with digestive issues.

This book is awesome. I wish I got this as soon as I started GAPS. Super simple recipes and a few of them have become my favorite staples including the Brussel sprouts casserole, fermented salmon and various pancakes. A bunch of these recipes became staples for me.

GOOD TO USE. RESULTS ARE GOOD TOO.

Recipes are ok. Would be best for someone who is very new to "real food" cooking and doesn't have much experience.

Only thing that could make this better is a different binding. One that lets the book lay flat when you're trying to follow a recipe.

I decided to try this cookbook after experiencing bouts of IBD (irritable bowel syndrome). For a while now, I've had problems with cramps, abdominal pain (especially when going to the bathroom), and constipation. I'm sure some of this had to do with the amount of coffee and tea I drink. Anyway, I came across the GAPS (Gut and Psychology Syndrome) diet while surfing the internet. I read some positive things about how following the diet can slowly ease your stomach back to health. I decided to try this recipe book out and I'm glad I did, because it lays out 7 stages to progress through. It starts off with soups, then moves on to stews and casseroles, all the way up to stage 7 where a balanced meal is laid out for breakfast, lunch, and dinner. So far, I've experienced much relief and plan on sticking to stage 7. The meals are delicious and easy to make as well.

Cookbooks: I love them all.

I needed a cookbook like this to give me a great start to implementing the GAPS diet!

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