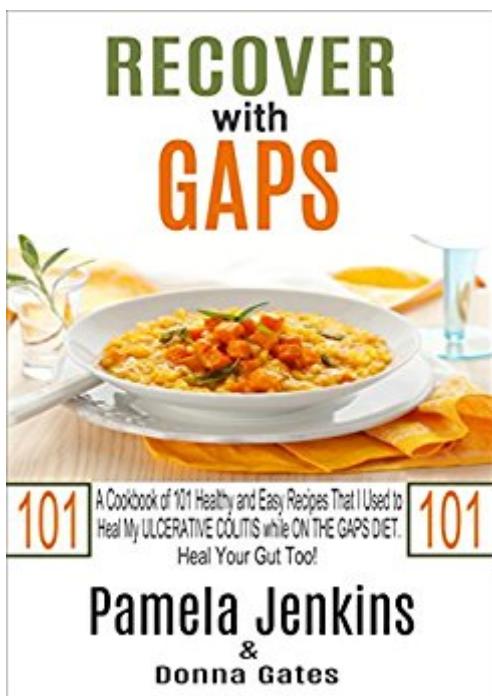


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# Recover With GAPS: A Cookbook Of 101 Healthy And Easy Recipes That I Used To Heal My ULCERATIVE COLITIS While ON THE GAPS DIETâ€”Heal Your Gut Too!



## Synopsis

Heal your gut and improve your health with Recover with GAPS cookbook.â œl have found that food is an extremely powerful way of dealing with diseaseâ "the most powerful way. Many people donâ ™t realize how powerful food is.â •â "Dr Natasha Campbell-McBride MD, creator and author of Gut & Psychology Syndrome (GAPS)This cookbook is ideal for anyone looking for: Gaps Diet Recipes â—• Gut Healing Recipes â—• Autism Fighting Recipes â—• Bland Diet Recipes â—• Gastrointestinal Health Recipes â—• Digestive Health RecipesMany 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. Youâ ™ll be introduced to my personal â œgo-toâ • recipes that Iâ ™ve used to heal my gut based on the GAPS diet guidelines. I have done itâ "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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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! The Ulcerative Colitis

Cookbook - The Simple Ulcerative Colitis Diet: The Awesome Cookbook for Ulcerative colitis Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) The Ultimate Guide to Crohn's Disease and Ulcerative Colitis: How To Cure Crohn's Disease and Colitis Through Diet and Exercise (Health, IBD, Irritable Bowel Syndrome, Colitis, Crohn's Disease) La limpieza cetogénica de 10 días: El metabolismo que su cuerpo necesita para quemar grasas (dieta keto, dieta rica en grasas, dieta cetogénica para la ... de grasa, cetogénica) (Spanish Edition) The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut Book 1) Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) Food Symptom Diary: Logbook for symptoms in IBS, food allergies, food intolerances, indigestion, Crohn's disease, ulcerative colitis and leaky gut (pocket size) Low Residue Diet Cookbook: 70 Low Residue (Low Fiber) Healthy Homemade Recipes for People with IBD, Diverticulitis, Crohn's Disease & Ulcerative Colitis The Heal Your Gut Cookbook: Nutrient-Dense Recipes for Intestinal Health Using the GAPS Diet HEAL YOUR ULCERS: Gastric Ulcers, Stress Ulcer, Ulcer Pain, Ulcers Relief, Food for Ulcers (Including Ulcerative Colitis) Leaky Gut: 25 Easy Homecooked Healing Recipes For Thanksgiving & The Holidays: It's Time To Heal Your Leaky Gut With Easy To Prepare, Delicious Food! Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) Resistant Starch Cookbook: Restore Your Health, Heal Your Gut, and Lose Weight Fast While Eating the Foods You Love! (dozens of recipes with pictures and a 28 day meal plan) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Dump Dinners: 101 Easy, Delicious, and Healthy Meals Put Together in 30 Minutes or Less! (dump dinners, dump dinner recipes, crockpot recipes, dump ... recipes, healthy recipes, healthy cooking) The Essential Handbook to a Healthy Gut: How a Leaky Gut Impacts Your Entire Body and How to Make It Healthy Once Again Dieta Cetogénica: 40 recetas seleccionadas

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