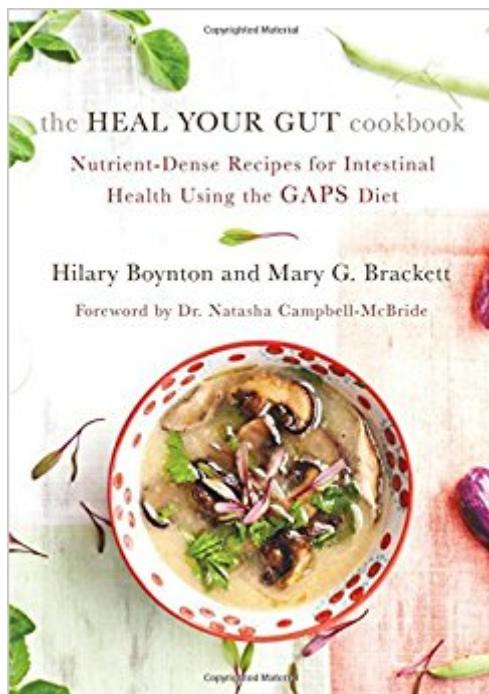


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# The Heal Your Gut Cookbook: Nutrient-Dense Recipes For Intestinal Health Using The GAPS Diet



## Synopsis

With more than two hundred straightforward, nutrient-dense, and appealing recipes, *The Heal Your Gut Cookbook* was created by GAPS Diet experts Hilary Boynton and Mary G. Brackett to help heal your gut and to manage the illnesses that stem from it. Developed by pioneering British MD Dr. Natasha Campbell-McBride, who provides the book's Foreword, Gut and Psychology Syndrome (GAPS) refers to disorders, including ADD/ADHD, autism, addictions, depression, and obsessive-compulsive disorder, stemming from or exacerbated by leaky gut and dysbiosis. GAPS also refers to chronic gut-related physical conditions, including celiac disease, rheumatoid arthritis, diabetes type one, and Crohn's disease, as well as asthma, eczema, allergies, thyroid disorders, and more. An evolution of the Specific Carbohydrate Diet, the GAPS Diet will appeal to followers of the Paleo Diet, who are still struggling for optimum health, as well as anyone interested in the health benefits of fermentation or the Weston A. Price approach to nutrition. In *The Heal Your Gut Cookbook*, readers will learn about the key cooking techniques and ingredients that form the backbone of the GAPS Diet: working with stocks and broths, soaking nuts and seeds, using coconut, and culturing raw dairy. The authors offer encouraging, real-life perspectives on the life-changing improvements to the health of their families by following this challenging, but powerful, diet. The GAPS Diet is designed to restore the balance between beneficial and pathogenic intestinal bacteria and seal the gut through the elimination of grains, processed foods, and refined sugars and the carefully sequenced reintroduction of nutrient-dense foods, including bone broths, raw cultured dairy, certain fermented vegetables, organic pastured eggs, organ meats, and more. *The Heal Your Gut Cookbook* is a must-have if you are following the GAPS Diet, considering the GAPS Diet, or simply looking to improve your digestive health and, by extension, your physical and mental well-being.

## Book Information

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## Customer Reviews

I was diagnosed with ulcerative colitis and after doing a lot of internet research, settled on trying Natasha McBride's GAPS diet. Within a week my significant ulcerative colitis symptoms had subsided. I ordered the Heal Your Gut cookbook to try and get more ideas for meals, although I have to say there is a lot already on the internet - lovingourguts.com and healthhomeandhappiness.com were two of my staple sites. The book is pleasing in its layout and pictures, and does give a good number of recipes per introduction stage, as well as the full GAPS diet. However, I am only giving the book three stars because I found that the 'allowed' and 'not allowed' foods on each stage became a bit blurry. My understanding is that McBride wasn't entirely clear in her intro GAPS book about the exact foods allowed, so across the internet different individuals have a different understanding of what food to introduce at each stage of the introduction diet. This book introduces cabbage in the recipes in the second stage of the intro diet, while most other practitioners wouldn't introduce until stage 3. This might be fine, except the author doesn't stipulate at the start of the stage 2 chapter that you can actually introduce cabbage - she has a whole lot of other foods you can introduce, but doesn't list cabbage. Nor is it listed in stage 3 as something you should introduce. So I'm left unclear. This may seem like a small thing, but when you're trying to understand what you can and can't eat this kind of discrepancy is confusing. My bigger issue is the way that the author sometimes suggests add-ons at the bottom of a recipe (e.g.

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