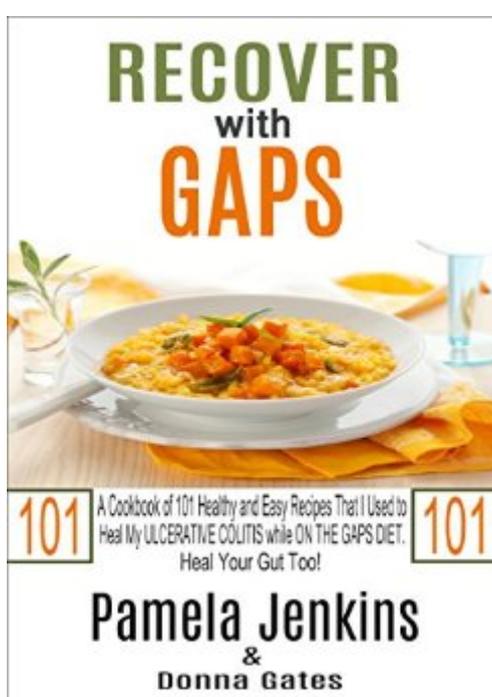


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# Recover With GAPS: A Cookbook Of 101 Healthy And Easy Recipes That I Used To Heal My ULCERATIVE COLITIS While ON THE GAPS DIET-Heal Your Gut Too!



## 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

As a long term sufferer of ulcerative colitis, I recently read the book Gut and Psychology Syndrome

and was thoroughly impressed with the material. My problem though, was my lack of creativity in the kitchen even though I wanted to strictly adhere to Dr. Campbell-McBride's protocols. I found this book recently and after using it for just a few days I can happily attest that it is exactly what I was searching for. The recipes are laid out in an easy to read and illustrative manner, making the process simple even for someone of my limited culinary abilities. Now, I know that by following these recipes I will further be able to recover and maintain my body appropriately. I loved the 7 stage layout and the fact that the recipes cover every meal of the day including dessert. So far my favorite has been the mixed squash soup but I look forward to trying so many other delicious choices that are waiting for me as well. In summary, if anyone else has gut issues and want to have delicious recipes that coincide with the GAP diet, you can't do better than this. I know that it is going to remain a staple in my kitchen for a long time to come.

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.

Since posting the first statement the author has contacted Dr Campbell-McBride and has co-operated in making changes to the original publication which address Dr Campbell-McBride's concerns, including changing the title from My GAPS Diet Cookbook to Recover with GAPS. Having reviewed the revised and retitled book, Dr Campbell-McBride is satisfied that the content will be of considerable value to those contemplating the GAPS Protocol and will provide a useful addition to her original work Gut & Psychology Syndrome.

I've been having really terrible issues with my stomach, and I suspected they were related to digestion. Picked up this book and absolutely love the variety of recipes inside. Directions are thorough and well described, I plan on using this one for awhile.

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

I am happy that I got this book which is also recommended by the author of the Gaps Diet. Recipes I tried already turned out great! Love it.

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

Recipes were ok. I like that they were laid out by stage, but it seemed like some of the later stage recipes could've been used earlier on so it was confusing as to when you can eat what. I wish there would have been a one page description at the beginning of each stage at least stating what you can and can't have. It wouldn't have been that hard to add. Of course, that's prob why I just need to crack down and get the gaps book...

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