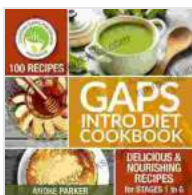


100 Delicious Nourishing Recipes for Stages to GAPS: Heal Your Gut, Change Your Life

The Stages to GAPS Diet is a revolutionary approach to healing the gut and restoring health. Developed by Dr. Natasha Campbell-McBride, the diet has been shown to be effective in treating a wide range of conditions, including:

- Autism and other developmental disorders
- Digestive disorders, such as Crohn's disease and ulcerative colitis
- Autoimmune diseases, such as multiple sclerosis and rheumatoid arthritis
- Mental health conditions, such as depression and anxiety

The diet involves eating a variety of nutrient-rich foods that are easy to digest and support the growth of beneficial bacteria in the gut. This helps to heal the gut lining and restore balance to the immune system.



GAPS Introduction Diet Cookbook: 100 Delicious & Nourishing Recipes for Stages 1 to 6 (Gaps Diet - Heal Your Gut, Change Your Life) by Andre Parker

★★★★☆ 4.3 out of 5

Language : English
File size : 394 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled

Print length : 142 pages
Lending : Enabled



This book provides 100 delicious and nourishing recipes that are perfect for the Stages to GAPS Diet. The recipes are all easy to follow and use simple, whole ingredients. They are also free of gluten, dairy, and eggs, making them suitable for people with a variety of dietary restrictions.

Here are a few of the recipes you'll find in this book:

- **Bone Broth:** This nutrient-rich broth is a great way to start your day or to soothe your gut after a meal.
- **Roasted Chicken with Vegetables:** This simple and flavorful dish is a great source of protein and vegetables.
- **Apple Cider Vinegar Salad Dressing:** This tangy dressing is a great way to add flavor to your salads.
- **Coconut Milk Yogurt:** This creamy and probiotic-rich yogurt is a great source of calcium and probiotics.
- **Homemade Kombucha:** This fermented tea is a great source of probiotics and antioxidants.

Whether you're new to the Stages to GAPS Diet or you're looking for some new recipes to add to your repertoire, this book is a must-have. With its delicious and nourishing recipes, you'll be on your way to healing your gut and changing your life.

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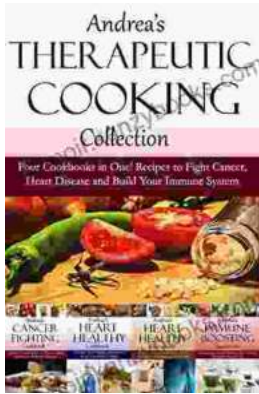


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