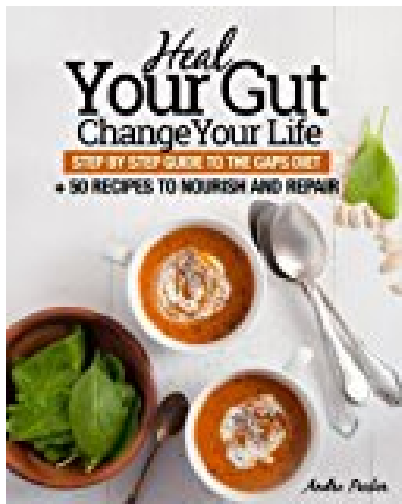


Heal Your Gut Change Your Life Step by Step Guide to the GAPS Diet + 50 Recipes



BOOK DETAILS

- Author : Andre Parker
- Pages : 100 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1544270607

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BOOK SYNOPSIS

Are you or someone you love suffering from a gastrointestinal issue? Are you or someone you love suffering from a neurological or psychiatric condition such as autism, schizophrenia, ADHD, OCD, dyslexia, dyspraxia, depression, anxiety, bipolar or any other gut related issue? Or are you simply looking to improve your gut health through a proven diet that has helped thousands of children and adults overcome their health issues? If the answer was "Yes" to any of the above then you are in the right place. Hippocrates was not wrong when he said: "all disease begins in the gut" and "let food be thy medicine and medicine be thy food" almost 2500 years ago. Dr. Natasha Campbell-McBride (Gut & Psychology Syndrome - GAPS Diet Creator) could not be more right when she said: "I don't believe that there are any situations or any person on this planet who cannot be helped, whose life cannot be made better. And many of these situations can be cured. If your doctor does not know something, it does not mean that the knowledge does not exist elsewhere. No body is beyond hope. No body!" The key to a happy, healthy life is a HEALTHY GUT! Your health and your life are your responsibility, and I firmly believe that because over the years I have struggled with my gut health issues and it wasn't until I came across the GAPS Diet did I solve my health issues once and for all. Here is a LITTLE of what you will find in this book: *Introduction to the GAPS Diet *How the GAPS Diet can help you heal your gut and therefore provide you with a happy life *The base foods that you will require on GAPS *Necessary equipment *Staple Ingredients and pantry items *Step by step guide through each of the seven key stages *50 delicious and nourishing recipes. *Glossary of ingredients My personal journey on the road to recovery has inspired me to share my knowledge and experience and capture all that in this step by step guide with 50 delicious recipes. Take action now, start your healing journey today, be your doctor and find out how to finally get relief from common but debilitating health issues such as: *Gas/bloating *Constipation/Loose Stools *Inflammation *Acid Reflux *Leaky gut *Weak, unbalanced immune system *Food and general allergies I have healed myself by using food as medicine and if I have done it you can too! Download the book now and start your gut healing journey and change your life forever.

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