



# **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!**

*Pamela Jenkins, Donna Gates*

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GAPS DIET COOKBOOK for Everyone on the Gaps Diet. Perfect cookbook for: **GAPS Diet Recipes -- Gut Healing Recipes -- Autism Fighting Recipes -- Bland Diet Recipes -- Gastrointestinal Health Recipes -- Digestive Health Recipes**

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)*

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 Cookbook 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!

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**John Hagen:**

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