



Healthy Gut Cookbook: 150 Stage-By-Stage Healing Recipes to improve your digestive health

By Gavin Pritchard, Maya Gangadharan

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A soothing and flavorful collection of 120 recipes for broths, fermented foods, greens, salads, meats, and more, proving that healing your digestive system doesn't have to be bland and boring.

If you're seeking to alleviate Leaky Gut Syndrome—or if you follow a GAPS, Specific Carbohydrate Diet, Paleo, or gluten-free diet—you will find delicious relief within the pages of *Healthy Gut Cookbook*. With 120 recipes—and up to 30 variations—for bone broths, fermented foods, soups, yogurt, meat and fish dishes, appetizers, and desserts, you can heal yourself without having to compromise on flavor.

Go beyond the recipes themselves and learn more about Leaky Gut Syndrome and its stages of healing, as well as the Leaky Gut Diet program, how to prepare for it, and what to expect. *Healthy Gut Cookbook* includes tips on preparing your kitchen and pantry for the diet, how to save time and money in preparing recommended foods, and advice on choosing the right supplements to go along with the diet. Plans to target your specific health issue allow you to get the most out of the Healthy Gut Diet, and expert tips guide you in maintaining gut health beyond the intensive stages of the plan.

With the help of *Healthy Gut Cookbook*, you will soon be well on your way to healing, without having to leave your love of food behind.

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Editorial Review

About the Author

Gavin Pritchard, RD, CSSD, CD-N, CDE, is an Outpatient Registered Dietitian with Population Health and Prevention at Stamford Hospital in Connecticut. He has received advanced training in health-supportive cooking from the Culinary Institute of America in Hyde Park, and is also a Board Certified Sports Specialist Dietitian and a Board Certified Diabetes Educator. He is based in Stamford, Connecticut.

Maya Gangadharan, NTP, is a certified Nutritional Therapy Practitioner. After successfully using the GAPS diet to address her own digestive issues, she decided to concentrate her practice on gut health. She also teaches classes on nutrition and presents kitchen demonstrations on making probiotic foods and beverages. She is based in Detroit, Michigan.

Users Review

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Fred Ashman:

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