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40 Delicious & Nourishing
Gluten Free, Dairy Free & Paleo
Dessert Recipes Low in Natural
Sugar These delicious recipes
are simple to make and do NOT

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require a ton of experience with baking. It's all about stress-free eating the healthier way! Life's too short not to enjoy the sweet stuff, so let's look at healthier alternatives that won't do us any harm if

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eaten every once in a while!

The recipes are not only low in sugar, but they are low in NATURAL sugar. Healing myself from years of gastrointestinal issues inspired me to change my diet and

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have always had a love affair with the sweet stuff. I had to abstain from all sugar for almost a year whilst I worked on repairing my gut issues however once I was back on track I decided to create a

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dessert cookbook to share my
healthy, clean and favourite
recipes - so here they are! The
recipes are for sweet treats
that are suitable for people like
me, people with dietary
restrictions, specifically for

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those who cannot tolerate gluten and dairy. Many of the recipes are also paleo friendly which is my current dietary lifestyle of choice. Since overcoming my gut ailments I have turned to a paleo/anti-

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inflammatory way of eating.
Only nature's sweeteners, like vanilla extract, pure maple syrup and coconut sugar are used in most of the recipes.
Having sensitivities or allergies to wheat and/or dairy can

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make having dessert nearly impossible but, while dessert every day may not be a healthy lifestyle choice for all, there is a way to enjoy the occasional sweet treat without cheating on your diet. Get your

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copy and start making these delicious desserts right away! Millions of people say they feel better when they eat lectin-free. Here at last is the cookbook that makes lectin-free cooking fun and delicious!

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For people who take their health and well-being seriously, gut health is a top priority. Optimum gut health means more than just a well-working gastrointestinal tract. It means you have more

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energy, you simply feel better, and, not least, you're not gaining unwanted pounds. Among diets that address gut health, lectin-free is the fastest-growing, mainly because following it means your

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intestines absorb more nutrients and your gut is populated by fewer bad bacteria. Its many adherents range from people with specific disorders, like irritable bowel syndrome (IBS), diabetes,

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rheumatoid arthritis (and other autoimmune disorders), and "leaky gut," to people who simply feel better without lectins. Easier weight loss or weight maintenance is an added benefit! Claudia Curici is

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the talented writer and photographer behind the pioneering lectin-free blog Creative in My Kitchen. The 125 nourishing and imaginative recipes she has created for this book are all sugar-, grain-, and

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lectin-free, and they are delectable and easy to make. Many are dinnertime main courses, from Chicken Coconut Soup with Shiitakes and One Beef Kebab Platter to vegetarian options like

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Cauliflower Gratin with Pecans
and Healing Vegetable Soup
with Kale and Broccoli. There
are lectin-free superfood
smoothies, too, among other
drinks and snacks, along with
soups, salads, sides, and even

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desserts, including an opulent but easy Lectin-Free Chocolate Strawberry Birthday Cake.

Nourish and protect your gut with these diverse and delightful dishes!

IBS & IBD are miserable

Read Free Heal Your Gut, Bread Cookbook: Gluten Free, Dairy Free, GAPS Diet, Leaky Gut, Low Carb, Paleo conditions. It can affect all aspects of your life. You may avoid socializing; it can affect your mood, sleep, confidence, and self-esteem in addition to uncomfortable and painful symptoms. If you have a gut-

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related condition, then I have great news for you. By following a low FODMAP plan, you could be feeling better in 2 weeks or less! The best part of my job is restoring a person's health. Some diets can be a

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real hardship and difficult to stick to - they can also take a long time to have results. So often, the sacrifice can outweigh the benefits. But that's not the case with a low FODMAP diet intended to

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reduce the symptoms of IBS significantly. When you suffer from IBS, you know when your symptoms have gotten worse or better. But it can be real detective work to pinpoint which food triggered it. For

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instance, you might have a meal of Spaghetti Bolognese and Garlic Bread with a dressed salad and find yourself with terrible symptoms the day after. But what caused the problem? Well, that meal

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consisted of meat, vegetables, salad, pasta, bread, and cheese on your pasta. So, you have no idea what was the cause of your misery. With a low FODMAP diet, you'll eat delicious recipes that eliminate

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all the foods that could be causing your gut to react. And trust me, you won't feel like you're on a diet. For so many high FODMAP foods, there are low FODMAP foods that you can swap, and you won't feel

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like you're missing out. ✓ Here Is A Preview Of What You Will Learn... What is the Low Fodmap Diet? Breakfast Recipes Lunch Recipes Dinner Recipes Snacks and Sides Recipes Desserts Recipes 7

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Day Meal Plan The recipes are not low-carb but instead have a healthy ratio of fat, protein, and carbohydrate. There is a full selection of recipes that includes pasta, chicken, meat, fish, and plenty of desserts for

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those with a sweet tooth. Many people with IBS and other gut-related illnesses suffer in silence for years, but for many, the problems can be solved quite easily. All the hard work and research has been

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conducted by scientists who have developed a low FODMAP diet at Monash University in New Zealand. With the help of these researchers, there is now a super-easy way for many people to get their symptoms

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Heal Your Body - Step by Step
Guide + 100 Recipes to
Nourish and Repair
My Journey of Finding Health
and Hope through the Power of
Food
Fiber Fueled

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A Plant-Based Digestive Health
Guide and Nourishing Recipes
for Living Well

The Paleo Gut Healing
Cookbook

The ultimate guide to gut
health - with 80 delicious

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recipes to feed your body and
mind

100+deliciously Satisfying
Recipes to Heal Your Ibs and
Soothe Your Gut (7-Day Meal
Plan)

Eat your way to health.

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Cook with flavor and flair (and ease) with nutritious, high-fiber meals that promote gut health, including low-FODMAP recipes. There's good reason to eat with your gut in mind. A healthy gut optimizes digestion, but that's not

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where it ends; it's vital to helping us absorb nutrients, and plays a role in supporting our immunity and emotional health. We went to the kitchen to develop a collection of easy, satisfying ways to get in the vibrant vegetables, hearty grains,

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and optimal fiber that support the
gut in meals like Eggs with Sweet
Potato and Swiss Chard Hash,
Miso-Ginger Soup with Halibut and
Zucchini Noodles, and Turkey
Meatballs with Lemony Wild Rice
and Artichokes. These ATK recipes

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find creative ways to forgo often-irritating alliums without forgoing flavor, and can all be lactose-, dairy-, or wheat-free (or even gluten-free): We focus on ancient grains in dishes like Quinoa Taco Salad and Curried Millet Pilaf with Almonds

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Read Free Heal Your Gut, Bread Cookbook: Gluten Free, Dairy Free, GAPS Diet, Leaky Gut, Low Carb, Paleo disorders like IBS), a grand majority of the remaining recipes provide customization instruction so you can adapt them to be low-FODMAP as well. That means every recipe has an answer to the way your gut tells you to eat. Whether you're

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trying to calm occasional gastrointestinal symptoms, are among the 1 in 5 Americans who suffer from irritable bowel syndrome (IBS), or simply seek to nourish yourself with whole foods, this book's for you.

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A gut-friendly, plant-based approach to digestive health with delicious recipes you can feel good about eating. Understanding how our gut impacts our overall well-being has grown to the point that better digestive health is essential

Read Free Heal Your Gut, Bread Cookbook: Gluten Free, Dairy Free, GAPS Diet, Leaky Gut, Low Carb, Paleo for everyone—not just for those with digestive conditions. A well-functioning gut means a healthy body and a healthy life. Registered dietitian Desiree Nielsen explains the gut health and mind-body connection and guides you toward

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a deeper understanding of what it means to be healthy, with strategies to heal your gut when it's imbalanced. In Good for Your Gut, you'll discover how to fuel gut health with anti-inflammatory plant-based foods and lifestyle

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core area of digestive health. All the recipes are packed with flavour and delicious to eat, even if you don't have tummy troubles, and are ideal for a healthy plant-forward lifestyle. Inside you'll find delicious, gut-friendly recipes including: •

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- Pumpkin Oat Pancakes
- Chickpea Umami Burgers
- Lentil Walnut Loaf
- Sticky Sesame Tofu with Bok Choy
- Spiced Tahini Roasted Squash
- Amazing Seeded Grain-Free Bread
- Matcha Chocolate Cups
- Lemon Olive Oil Cake Along

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with expert advice and the latest research, Good for Your Gut is packed with information on the bestfoods to improve your digestion and the most effective ways to support your gut health.

'Master the art of sourdough with

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Vanessa and you will learn how to look after your own gut microbes and health.' - Tim Spector, author of The Diet Myth At her renowned Sourdough School, Vanessa has taught countless students the secrets of this healthy, more easily

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digestible bread, and now she has compiled her teachings for the home baker. From creating your own starter from scratch, you'll then move on to basic breadmaking techniques, before progressing to using sprouted grains and

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experimenting with flavours to produce Fig and Earl Grey and Cherry Plum loaves. With step-by-step photography, detailed instructions, specialist advice and Vanessa's indispensable encouragement, The Sourdough

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School celebrates the timeless craft of artisan baking.

Eat your way to better gut health, increased energy and happier moods. The research is in and the facts are undeniable: the gut has an immense influence over our health -

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Free, GAPS Diet, Leaky Gut, Low Carb, Paleo directly impacting immunity, weight, sleep, mood and overall wellbeing.

Yet many of us race through life ignoring this incredible ecosystem, until something wakes us up. The good news is that healing and maintaining a healthy gut is not

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difficult or time consuming. This simple two-day maintenance plan is supported by deliciously nourishing recipes, handy tips and information to enable you to enjoy the countless benefits of a happy, healthy gut, for life.

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The Plant-Based Gut Health
Program for Losing Weight,
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The Insider's Guide to Banishing
the Bloat with 75 Digestion-Friendly
Recipes

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125 Lectin-Free Recipes for
Low Carb, Paleo
Optimum Gut Health, Losing
Weight, and Feeling Great
Gluten Free, Dairy Free, Gaps Diet,
Leaky Gut, Low Carb, Paleo
A healing protocol and step-by-step
program with more than 90 recipes

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Free, GAPS Diet, Leaky Gut,
Low Carb, Paleo
to cleanse, restore, and nourish
Gut and Physiology Syndrome

Heal Your Gut, Change Your Life
Anti-Inflammatory Diet

'It is impossible to read this book without
wanting to scuttle off into the kitchen.'

Nigella Lawson The benefits of sourdough

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are well known - the slow fermentation process creates a healthier and lighter dough that is easier to digest - but until now they have been mainly linked to bread. If it rises, however, it can be made with sourdough, and in this ground-breaking new book, Vanessa Kimbell focuses on sweet sourdough bakes that not only nourish the

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gut but also improve your mood. Using a variety of flours, including chestnut, spelt and einkorn, as well as blends you can make up yourself, the classic recipes and new ideas for flavour combinations cover everything from cakes, tarts and biscuits, to doughnuts, brioche and pretzels, and rely on natural sweetness wherever possible. Recipes

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Free, GAPS Diet, Leaky Gut, Low Carb, Paleo include Morello Cherry Shortbread, Chocolate, Tangerine & Pistachio Cakes, Carrot & Walnut Cake, Doughnuts and Mille-feuille as well as vinegars, compotes, cultured creams, butters and ghee. There is even Chocolate, Almond & Hazelnut Spread and Sourdough Vanilla Ice Cream. Vanessa also explains how sourdough helps

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to maintain the health and diversity of your gut microbiome. From understanding the benefits of having diversity in your diet to the amazing work of enzymes, this book is about understanding the connection between our food, gut microbiome and the potential impact on our mental health. New studies are unveiling links between the

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microorganisms in our gut and our mood and behaviour, and Vanessa is at the forefront of this research. 'Britain's queen of sourdough.' - Telegraph 'Vanessa Kimbell wants to change the bread we eat, one loaf at a time. She's the real deal: a total inspiration.' - Diana Henry 'Just five years ago if someone said to you that they were

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writing a book about sourdough bread and mental health, you would have thought they needed psychiatric help. Today nobody is laughing as the latest science tells us that microbes are the key link between food and the health of our mind and bodies.' - Tim Spector, author of The Diet Myth

If you are looking for a diet that will make a

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real difference to your health, this is the book for you. In fact, this should not be just a diet; it should be a way of life for everyone! James Beard Award Winner: A low-carb Indian cookbook “ with delicious, healthy, and healing recipes [and] wonderful stories ” (Mark Hyman, MD, New York Times – bestselling author of Eat Fat Get

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Thin and director of Cleveland Clinic Center for Functional Medicine). This blend of memoir and cookbook is a journey from old traditions to modern Indian cooking with deliciously simple, gut-healing recipes to leave you feeling fulfilled—rather than full. Upon learning that rice and bread were the culprits for her husband ' s Type 2

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diabetes, Deepa Thomas deconstructed and reinvented her native Indian cuisine. she made anew seventy slow carb recipes, incorporating time-saving Western cooking techniques, breaking-news research on gut health and weight loss, and Ayurvedic wisdom (“ When diet is right, medicine is of no need; and when diet is wrong,

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medicine is of no use.”). After six months of cooking and eating “ New Indian, ” Deepa lost twenty pounds and freed her husband from a ten-year routine of insulin shots. Deepa ’ s Secrets introduces breakthrough slow carb and gut-healing recipes that are simple and nutrient-packed, without sacrificing rich South Asian flavors.

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On a mission to demystify and make healthy an “exotic”, cuisine, Deepa shares shortcuts and techniques that will make New Indian everyday fare. Included are such East-to-West recipes as: Ralph ’ s Garlicky Spinach a la Dal * Ammachi ’ s Claypot Fish Molee * General Joseph ’ s Five-Star Chicken Batons * New Indian Cacciatore *

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Masala Omelet * and more! “ Engaging personal stories combined with artfully scattered notes and hints make this book reminiscent of the earliest Moosewood Cookbook in its tone and inviting narrative. ” —Publishers Weekly Winner, World Gourmand Cookbook Award * Finalist, IACP Awards *Shortlisted for the

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NCIBA Book Awards, Best Cookbook The author is donating her royalties to FoodCorps, a nonprofit that connects children to healthy food in American schools.

More than 100 fresh low-FODMAP recipes—the go-to diet for digestive issues, including IBS Recent studies have shown

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that a low-FODMAP diet—one that eliminates certain carbohydrates that can trigger gas, bloating, and other digestive issues—can help followers to feel better fast. Created by Monash University in Melbourne, Australia, the diet has become a worldwide sensation. Because the offending foods often seem like healthy choices

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(apples, cauliflower, and garlic can all cause tummy discomfort), it can be a challenge to pull together meals. Enter Alana Scott and her wonderful cookbook. Scott, who suffers from irritable bowel syndrome (IBS), began developing recipes so she could enjoy eating again. In The Gut-Friendly Cookbook, she shares more than 100 recipes for delicious

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dinners, breakfasts, lunches, and snacks, plus sweet treats, gorgeous photographs of each recipe, and plenty of easy-to-read background information on FODMAPs, a shopping guide, and advice on how to change your eating through the whole cycle of the low-FODMAP journey. The recipes have all been reviewed and approved by a

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FODMAP- trained registered dietitian.

Low Fodmap, Diet Cookbook

More Than 100 Natural Recipes to Balance
Your Gut Microbiome and Improve Your
Health.

The Good Gut Diet Cookbook

75 Nourishing Paleo + AIP Recipes & 10
Practices to Strengthen Digestion

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101 Recipes That Will Nourish, Delight
And, Most Importantly, Heal Your Leaky
Gut

Go with your Gut

Quiet Your Gut, Boost Fiber, and Reduce
Inflammation

Food Saved Me

Trust your gut--and heal it.

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**Discover how you can eat
your way to gastrointestinal
relief. The 4-Week Gut
Health Plan is your guide to
using food to help improve
your gut health and ease
the symptoms of a variety of**

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gut dysfunctions, including gastritis, small intestinal bacterial overgrowth (SIBO), and gastroesophageal reflux disease (GERD). Restore balance for a happy and

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healthy gut. Start things off right with a detailed meal plan packed with 28 days worth of gut health boosting foods, shopping lists, and prep tips. Then customize your diet with 75

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tasty and simple-to-make recipes--plus a heaping helping of handy food guides when you feel like going off-recipe. The 4-Week Gut Health Plan includes: A complete

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4-week plan--Take the guesswork out of gut health with a full meal plan that helps rejuvenate the microorganisms living inside you. Easy recipes, familiar ingredients--Keep

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things simple with 75 recipes that anyone can make and feature ingredients available at your local grocery store. Foods for better gut health--Learn to manage

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your own meals using helpful tables that let you know which foods to eat, which to skip, and why. Make sure your gut reaction is relief with the help of The 4-Week Gut

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Fifty Easy, Delicious Green Meals to Balance Your Gut and Treat Gastrointestinal Issues What should you eat if you have a sensitive stomach or suffer from

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irritable bowel syndrome (IBS)? The answer lies in a low-FODMAP diet—one of the most effective methods there is for alleviating the symptoms of stomach disorders. And while you're

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at it, eat anti-inflammatory and vegetarian meals to boost your healthy gut bacteria and heal your gastrointestinal issues! Learn how FODMAP works—it's not about a low-

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carbohydrate diet, but rather about choosing the right kind of carbohydrates. Then, start off by eliminating the most common foods that cause symptoms and then slowly

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reintroducing them so you can pinpoint exactly which ingredients are causing you problems. From delicious smoothies and salads to gut-healthy pastas and wraps—and don't forget

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**dessert!— The Gut Health Cookbook includes fifty of dietitian Sofia Antonsson's best vegetarian recipes for people with sensitive stomachs, such as:
Blueberry and Spirulina**

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**Smoothie Roasted Pumpkin
Salad with Oatmeal Quinoa
Burger with Coleslaw Pasta
and Eggplant Meatballs
Butter Curry with
Chickpeas Pumpkin, Goat
Cheese, and Cranberry**

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**Risotto Kimchi Fruit Pops
And more!**

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Low Carb, Paleo Createspace
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**Wanting to start or
continue on the GAPS diet
but finding it too
complicated, too long-
winded or just a bit dull?
Increase your chances of**

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**GAPS success tenfold with
this invaluable guide to the
GAPS diet containing easy
to follow and delicious
recipes. Are you thinking of
starting the GAPS diet but
finding it all a bit daunting?**

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**Already started the GAPS
diet but found the
restrictions of the diet too
difficult to follow or just
downright tasteless? Author
Andre Parker has a very
personal understanding of**

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the difficulty of dealing with digestive health issues and following the GAPS diet. Just over six years ago, he was struggling with a long list of digestive health issues when he discovered

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the GAPS diet, which changed his life forever and completely turned his health around. Andre Parker has coupled his love of cooking with the knowledge and experience

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**he gained on his own GAPS
journey in order to produce
this user-friendly cookbook,
Heal Your Gut, Change Your
Life. He developed this
cookbook for people like
him - people balancing a**

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busy life with a sensitive digestive system. His aim is to make the GAPS diet simpler and easier to follow whilst following the strict rules that make this diet work wonders. His no-

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nonsense guide explains the diet in layman's terms and his range of delicious and gut-healing recipes will soon have you on the road to GAPS success! The guide and recipes will take you

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through each stage of the GAPS diet step-by-step, leading you by the hand through every gut-healing change to a much healthier version of yourself on the other side of the GAPS diet.

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This book includes: - Advice on starting out on the GAPS diet, including how to get your kitchen prepared and stocked to give you the best chances of success - 50 recipes organised

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chronologically, from Stage 1 through to Full GAPS.

Work your way through the recipes as you work your way through the GAPS diet.

- A wide range of recipes - from stock and homemade

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yogurt to almond bread and meatballs! - Everyday recipes with ingredients found in your local grocery store - A clear layout with just one recipe set out on each page and easy-to-

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follow directions - Helpful extras - a glossary of ingredients, a list of staple pantry items and a checklist of kitchen equipment required Heal Your Gut, Change Your Life is the very

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first book in Andre Parker's successful Heal Your Gut cookbook series. If you want to be inspired to start or continue on your GAPS journey with a motivating guide and cookbook that

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simplifies the process but conforms to the GAPS principles, Andre Parker's Heal Your Gut, Change Your Life is exactly what you have been looking for! Buy Heal Your Gut, Change Your

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The Gut Health Cookbook
***"Bloating. Heartburn.
Weight gain. Frequent
visits to the restroom.
It's no surprise: bad
gut health can have a
big impact on your daily***

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life. But what if there were quick and easy ways to improve your digestive system so you could feel your best every day? In Gut Health Hacks, you'll find 200

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practical tips and tricks to support good bacteria and achieve a balanced gut microbiome. From ways to hack your meals to simple lifestyle

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***changes, you'll find
tips and tricks like:
consuming ginger has a
calming sensation for
your digestive tract and
can relieve gas and
bloating; sipping some***

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ginger tea before bedtime can lead to a restful night's sleep; mental stress leads to digestive stress; and much more! From improved mental health to weight

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digestion issues,
balanced gut health can
make all the difference.
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Gut Health Hacks" - -

***When nutritionist Robyn
Youkilis began her
coaching practice, she
quickly realized that
the vast majority of
complaints she heard***

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*from clients were about
their digestion. This
exciting new book helps
to change your
relationship with food
and your body by
focusing on what your*

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symptoms are telling you. If your digestive system isn't functioning properly, you can gain weight and suffer from fatigue, insomnia, bloating, indigestion

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and IBS. This exciting new book helps you to change your relationship with food and your body by focusing on what your symptoms are telling you and building new habits

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into daily life at a manageable pace. From a Superhuman Breakfast to a good-for-you Chocolate Cake, from a Rose and Berry Smoothie to the Perfect Detox Salad,

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***Robyn shares more than
75 delicious yet simple
recipes to help you on
that path. Go With Your
Gut will help you become
your healthiest self.
Getting healthy and***

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***feeling great doesn't
have to be punitive.***

***Whether you're trying to
calm gastrointestinal
symptoms or if you just
want to feel your best
in your body-this book***

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offers a pathway to wellness via the gut. A happy equilibrium in the body's unique community of microbes promotes good health throughout the body, including a

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***stronger immune system,
better sleep, and lower
stress. With more than
100 straightforward,
nutrient-dense, and
appealing recipes, The
Healthy Green Gut***

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*cookbook was created to
help heal your gut and
to manage the illnesses
that stem from it.*

*Recipes cover any time
you eat, from quick
weeknight dinners to*

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party-worthy treats,
including: § Cranberry-
Walnut Quinoa (Oil Free)
§ Gut Healthy Vegan
Blueberry Banana Oat
Bread § Pepper Turkey
Caprese Meatloaf Cups §

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***Shirataki Pasta With
Avocado And Cream § Feta
Chicken With Zucchini §
Grilled Salmon With
Pineapple Salsa § Herb
Ground Beef § Sweet
Potato Rounds With Sour***

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***Cream Each recipe
includes nutritional
calculations so you can
confidently choose
dishes that fit your
dietary needs. Eat
Better, Feel Better is***

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proving that healing
your digestive system
doesn't have to be bland
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***seeking to alleviate
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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,

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and desserts, you can heal yourself without compromising on flavor. Go beyond the recipes themselves and learn more about Leaky Gut Syndrome and its stages

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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

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***kitchen and pantry for
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time and money in
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foods, and advice on
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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

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health beyond the intensive stages of the plan. Authors Gavin Pritchard, RD, CSSD, CD-N, CDE and Maya Gangadharan, NTP, are your well-practiced

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food intolerances and
nourish your body by
starting with your gut!
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beautifully designed and
photographed step-by-
step protocol for

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restoring your inner gut health, via a treatment program and detox regime--supported by 90 anti-inflammatory recipes to heal and nourish. Whether you're

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suffering from a health
issue aggravated by diet
and a poorly functioning
digestive system, or
whether you have an
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will provide you with
information, meal plans,
and anti-inflammatory
recipes to really heal
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back on track with your health. By following the protocol you'll feel more vibrant and alive, and have energy to burn. This book isn't just another fad diet: it

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Supercharged Food is a simple and inspiring guide to eating for optimum health. It features more than 90 recipes that are gluten, wheat, dairy, yeast and

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that will jump-start
your immune system,

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boost your energy levels and maintain your long-term wellbeing.

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intolerances? Do you have a sensitive or even damaged digestive system? Are you tired of buying commercially made bread, even though it may be 'healthy'? Or do

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you simply want to eat clean, healthy breads?

If the answer was "Yes" to any of the above then you are in the right place. Let's face it, bread is a vital part of

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every person's meal and
this cookbook will show
you how to bake
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breads that will be in
harmony with your
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overall health. The Heal Your Gut Bread Book caters to several special diets including: GLUTEN FREE DAIRY FREE GAPS (Gut and Psychology Syndrome) LEAKY GUT LOW

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CARB PALEO Learn how to
make delicious
traditional sandwich
breads, sweet breads,
muffins, bagels and
pretzels all without the
need for a bread

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or being on any special diet DOES NOT mean that you can't enjoy your favourite foods. We just have to be smarter about the ingredients and combinations we choose

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food's ability to help
the body heal itself
from cancer, dementia,
and dozens of other
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meals that support the
body's defense systems,
including: Plums
Cinnamon Jasmine tea Red
wine and beer Black

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When doctors told Danielle Walker that food didnt cause her autoimmune disease and couldnt help control it, she set out to prove them wrong. Diagnosed with an extreme form of ulcerative colitis

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at 22, Danielle was terrified shed never be able to eat all the wonderful, great-tasting foods she loved growing up or host warm, welcoming gatherings with family and friends. So when the medicine she was

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prescribed became almost as debilitating as the disease itself, Danielle took matters into her own hands, turned her kitchen into a laboratory, and set to work creating gut-healthy versions of the foods she

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thought shed never be able to enjoy again. Three New York Times bestselling cookbooks later, Danielle has become a beacon of hope for millions around the world suffering from autoimmune diseases, food

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allergies, and chronic ailments. Now for the first time, with stunning transparency about the personal toll her illness took on her physically, emotionally, and spiritually, Danielle

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reflects on everything shes learned during her decade-long journey toward healingincluding the connection between gut health and overall well-being, the development of her favorite recipes, and

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the keys for not simply surviving her autoimmune disease but thriving despite it. Through her resilience, Danielle tells a story that provides hopehope that despite your ailments or hardships, you can live a

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full, happy, and healthy life without ever feeling excluded or deprived. Food saved Danielle Walker. And it can save you, too. Includes six fan-favorite recipes and the stories behind them!

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Companion volume to the
bestselling Gut & Psychology
Syndrome—the book that
launched the GAPS diet—which
has been translated into 22
languages and sold more than
300,000 copies. Since the
publication of the first

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2004, the GAPS concept has
become a global phenomenon.
People all over the world
have been using the GAPS
Nutritional Protocol for
healing from physical and

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mental illnesses. The first GAPS book focused on learning disabilities and mental illness. This new book, Gut and Physiology Syndrome, focuses on the rest of the human body and completes the GAPS concept.

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degenerative illnesses are covered. Dr. Campbell-McBride believes that the link between physical and mental health, the food and drink that we take, and the condition of our digestive system is absolute. The

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clinical experience of many holistic doctors supports this position.

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Low Carb, Paleo healthy cookbooks of the year! 'Each page oozes wisdom and insight, mirrored with realistic tips and advice on nurturing your digestive health' Get the Gloss 'The most relevant and provocative nutritionist

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I've ever met' Nick Barnard,
founder of Rude Health 'In a
world of food fads, Eve's
approach is grounded,
sensible and do-able' Suzy
Greaves, Editor,
Psychologies 'Eve is smart
and practical; her advice is

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spot on and her recipes are distinctive and easy to make' Ian Marber, nutritional therapist and author 'Each chapter leaves you feeling enlightened and fired up to make real change' Healthista.com In Be

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nutritional therapist Eve
Kalinik shows you the path
to better digestion and
reveals the far-reaching
effects of good gut health -
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system and balanced hormones

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to a greater resilience to stress and reduced inflammation. The real work on getting your gut to be as healthy and happy as it can be starts with what you feed it. Eve's advice is complemented with over

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eighty enticing, nourishing
recipes you'll want to eat
over and over again,
including Miso Cod with
Wasabi Broccoli, Chocolate
Chia Fudgy Pancakes, Matcha
Banana Bread, Turmeric
Chicken with Laksa Zoodles,

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Amandino Ice Cream and Happy Cow Burgers. If you simply want to improve your gut health and overall wellbeing but don't know where to start, or you are looking for further insight into digestive conditions such as

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IBS, the advice in Be Good to Your Gut will help you feel fantastic, and proves that being good to your gut is great for your taste buds, too.

Achieve gut health naturally with fermented foods,

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Free, GAPS Diet, Leaky Gut,
probiotics and prebiotics,
with advice and tempting
recipes.

75 Recipes to Help Restore
Your Gut

Gut Health Hacks

The Fiber Fueled Cookbook

The Heal Your Gut Cookbook

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Free, GAPS Diet, Leaky Gut,
Step by Step Guide to the
Gaps Diet + 50 Recipes

Supercharge Your Gut

The Gut Repair Cookbook

Good for Your Gut

Gluten Free Bread Recipes!

Eating gluten free needn't

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mean you have to give up your favorite thing! You can still enjoy all your favorite breads but in a gluten free version! No sacrificing of taste. Get the best gluten free bread recipes in this

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book! Discover delicious gluten free bread recipes the whole family will love! Great recipes for those with gluten intolerance, celiac disease, or who are eating a gluten-free diet for other reasons.

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Each Gluten Free Bread recipe in this cookbook is easy to prepare with step-by-step instructions. So if you have a wheat allergy or have gluten intolerance, there are many wonderful recipes in

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this book to give you lots
and lots of options to enjoy!

Recipes Include: Preventing
Contamination Gluten Free
Brown Rice Flour Blend
Gluten Free White Bread
Gluten Free Banana Bread

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Gluten Free Pumpkin Bread

Gluten Free Zucchini Bread

Gluten Free Beer Bread

Gluten Free Irish Soda Bread

Gluten Free Champion

Sandwich Bread Gluten Free

Sesame Bread Gluten Free

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Granola Bread Gluten Free
Oatmeal Maple Bread Gluten
Free Mock Rye Bread Gluten
Free Tropical Bread Gluten
Free Pumpernickel Bread
Gluten Free Challah Bread
Gluten Free Millet Bread

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Gluten Free Corn Bread

Gluten Free Sourdough Flat

Bread Gluten Free Apple

Bread Gluten Free Matzah

Bread Gluten Free Cranberry

Orange Bread Gluten Free

French Bread Gluten Free

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Multigrain Bread Gluten Free

Paleo Bread Gluten Free

Flaxseed Focaccia Bread

Gluten Free Hamburger Buns

or Focaccia Gluten Free

Cottage Dill Bread Gluten

Free Orange Chocolate Swirl

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Bread Gluten Free Rosemary
Coconut Bread Gluten Free
Garlic Bread Gluten Free
Brazilian Cheese Bread
Created by the expert hosts
of the popular Well-Fed
Women Podcast, a step-by-

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step food and fitness plan for women, that teaches them how to improve their health by changing the quality—not the quantity—of the food they eat. To eat your way to better health, you don't need

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to limit your calorie intake,
or cut out carbs or fat. You
don't need to count "points."
Better health doesn't come
from limits. It comes from
focusing on the quality of
food that you eat—not the

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quantity. Instead of limiting your food intake you should be enriching it, argue Noelle Tarr and Stefani Ruper. The popular hosts of the Well-Fed Women Podcast want you to focus on the good things you

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eat. They want to make sure you get enough food so that your body has the fuel and nourishment it needs to support a healthy, long, and energetic life. Noelle and Stefani know about eating

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for health firsthand. They, too, struggled with confusing and frustrating medical conditions, including infertility, digestive issues, acne, polycystic ovarian syndrome, hypothyroidism,

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and anemia. They discovered that the secret to improving wellness was actually more food: they ditched the diet books, calorie counters, and scales, and started eating their way

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Free, GAPS Diet, Leaky Gut, Low Carb, Paleo to health. In Coconuts and Kettlebells, you'll eat at least 2,000 calories a day thanks to a delicious selection of dishes that are all gluten-free, grain-free, and paleo.

Within those 2,000 calories,

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setting a minimum intakes of protein, fat, and carbohydrates instead of the usual maximums will ensure that your diet is full of nutrients, while also providing flexibility to enjoy

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what you're eating. Noelle and Stefani identify the Big Four foods—grains, dairy, vegetable oils, and refined sugar—that cause the most health problems among women. While many diets

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require you to eliminate these foods entirely,

Coconuts and Kettlebells provides an easy-to-follow step-by-step program to test these foods and determine which you need to cut back

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on—and which you don't—to feel better. To help you discover how your body responds to the Big Four, you'll choose from two simple 4-week meal plans: one for the Butter Lover

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(people who tend to feel more satisfied eating higher ratios of fats) and one for the Bread Lover (people who tend to feel more satisfied eating higher ratios of carbs). Each meal plan

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comes with a weekly shopping list, a guide to kitchen tools and equipment, and instructions on how to batch cook, meal prep, and stock the pantry. In addition, you'll have access to over 75

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gluten-free and paleo-friendly flavor-packed recipes (free of the Big Four foods) for every meal of the day, including: Coconut Chai Latte Kale and Bacon Breakfast Skillet Apple Pie

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Smoothie Thai Coconut Curry
Shrimp Moroccan Lamb
Meatballs Shrimp and
Cabbage Stir Fry Parsnip and
Carrot Fries Mango Jalapeno
Salsa Chocolate Cherry
Energy Bites Lemon

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Raspberry Mini Cheesecakes
To go along with the meal
plans, Noelle and Stefani
also provide three 4-week
fitness plans tailored to three
experience levels: beginner,
intermediate, and advanced.

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All of the workouts can be done anywhere—at your home or on the road—and take no more than thirty minutes. A comprehensive whole body program to get and keep you healthy inside

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and out, Coconuts and Kettlebells provides the knowledge and tools you need to heal in a way that is effortless, rewarding, confidence-boosting, and everlasting. Coconuts and

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Kettlebells is illustrated with color photos throughout.

The instant New York Times, USA Today, and Publisher's Weekly bestseller A bold new plant-based plan that challenges popular keto and

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paleo diets, from an award-winning gastroenterologist.

The benefits of restrictive diets like paleo and keto have been touted for more than a decade, but as renowned gastroenterologist

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Dr. Will Bulsiewicz, or "Dr. B," illuminates in this groundbreaking book, the explosion of studies on the microbiome makes it abundantly clear that elimination diets are in fact

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hazardous to our health.
What studies clearly now
show--and what Dr. B
preaches with his patients--is
that gut health is the key to
boosting our metabolism,
balancing our hormones, and

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Free, GAPS Diet, Leaky Gut, Low Carb, Paleo taming the inflammation that causes a host of diseases.

And the scientifically proven way to fuel our guts is with dietary fiber from an abundant variety of colorful plants. Forget about the fiber

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your grandmother used to
take--the cutting-edge
science on fiber is incredibly
exciting. As Dr. B explains,
fiber energizes our gut
microbes to create
powerhouse postbiotics

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called short-chain fatty acids (SCFAs) that are essential to our health. SCFAs are scientifically proven to promote weight loss, repair leaky gut, strengthen the microbiome, optimize the

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immune system, reduce food sensitivities, lower cholesterol, reverse type 2 diabetes, improve brain function, and even prevent cancer. Restrictive fad diets starve the gut of the critical

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fiber we need, weaken the microbes, and make our system vulnerable. As a former junk-food junkie, Dr. B knows firsthand the power of fiber to dramatically transform our health. The

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good news is that our guts can be trained. Fiber-rich, real foods--with fruits, vegetables, whole grains, seeds, nuts, and legumes--start working quickly and maintain your

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long-term health, promote weight loss, and allow you to thrive and feel great from the inside out. With a 28-day jumpstart program with menus and more than 65 recipes, along with essential

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advice on food sensitivities,
Fiber Fueled offers the
blueprint to start
turbocharging your gut for
lifelong health today.

Gut and Psychology
Syndrome (GAPS) refers to

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disorders, including
ADD/ADHD, autism,
addictions, depression, and
obsessive-compulsive
disorder, stemming from or
exacerbated by leaky gut
and dysbiosis. GAPS also

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refers to chronic gut-related physical conditions, including celiac disease, rheumatoid arthritis, diabetes type one, and Crohn's disease, as well as asthma, eczema, allergies, thyroid disorders,

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and more. The authors offer encouraging, real-life perspectives on the life-changing improvements to the health of their families by following this challenging, but powerful, diet.

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The Gut-Friendly Cookbook:
Delicious Low-FODMAP,
Gluten-Free, Allergy-Friendly
Recipes for a Happy Tummy
A Personalized 4-Week Food
and Fitness Plan for Long-
Term Health, Happiness, and

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Low-FODMAP Vegetarian
Recipes for IBS and Sensitive
Stomachs

The 4-Week Gut Health Plan
Eat to Beat Disease

The Sourdough School

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100 Delicious Recipes to
Help You Lose Weight, Heal
Your Gut, and Live Lectin-
Free

Heal Your Gut, Bread
Cookbook

The instant New York Times, Wall

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Street Journal, and USA Today bestseller! New York Times bestselling author Dr. Will Bulsiewicz offers a groundbreaking cookbook packed with delicious plant-based recipes, as well as a targeted plan for overcoming food

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sensitivities. Leading gastroenterologist Dr. Will Bulsiewicz, or “Dr. B,” introduced readers to the wonders of fiber with the New York Times bestseller Fiber Fueled—a guide to optimizing the gut microbiome, sharpening

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immunity, lowering cholesterol, and promoting weight loss through a diet rich in diverse fruits, vegetables, nuts, seeds, and legumes. Rather than restriction, Dr. B's solution is abundance and variety. Now he applies all the principles of the

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Fiber Fueled diet in a cookbook that's as beautiful as it is practical. This must-have cookbook will inspire you with deeply flavorful, satisfying plant-based recipes that make the Fiber Fueled lifestyle delicious and inviting. But The Fiber

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Fueled Cookbook is also a revolutionary treatment program for food sensitivity sufferers who have struggled to get a handle on their symptoms. In it you will learn the GROWTH strategy, a groundbreaking approach that helps readers break down what's

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causing their GI problems, and discover real solutions that are personalized to their individual needs. Whether you are well on your plant-based path, or excited to get started, the 100+ irresistible recipes in this book, including Lemon Lentil Salad,

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**Cheezy Broccoli Potato Soup,
Maple Peanut Granola, and
Chocolate Cookie Milk, will get
you ready to embrace the power
of being Fiber Fueled!**

**With a 14-day meal plan, 75
delicious recipes, food lists, and
gut-healing strategies, The Paleo**

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Gut Healing Cookbook is a your gut-reset guidebook. Restoring gut health is one of the key tenets of the Paleo diet. By removing allergy-provoking, nutrient-devoid foods such as grains, legumes, dairy, sugar, and artificial ingredients,

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generalized inflammation in the body is reduced, gut health is restored, and autoimmune symptoms symptoms are alleviated. However, what to eat is only part of the equation; to restore digestive health, we also need to replicate how our

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paleolithic ancestors ate. Modern-day eating habits such as: eating quickly, eating while stressed, eating too many different types of foods at one meal, and eating at the wrong times of the day can negate even the most nutritious diet. This book gives readers the

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whole equation for restoring gut health. The Paleo Gut Healing Cookbook combines flavorful, nourishing Paleo and AIP recipes with 10 key digestive strategies to address both the “what to eat” and “how to eat,” including: Rhythmic Eating/Interval Fasting

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to allow gut-repair time between meals Mindful Eating to activate the parasympathetic nervous system (“Rest & Digest” state) for more efficient breakdown of food Food Combining to optimize absorption and assimilation of nutrients. The restorative recipes

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**include: Creamy Ginger, Pear,
and Butternut Squash Soup**

Teriyaki Salmon and Bok Choy

Bone Broth Garlic Kale Rosemary

**Parsnip Purée Chicken Pad Thai
with Green Papaya Noodles**

Smoked Salmon Salad with

Jammy Eggs No-churn Blueberry

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**Cardamom Nice Cream Cranberry
Orange Flourless Muffins Heal**

**your gut for good with the
recipes and strategies in The
Paleo Gut Healing Cookbook.**

**Are you keen to experience all
the benefits of the GAPS diet but
worried about complying with or**

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**getting through the challenging
introductory stages of the diet?
This cookbook will make it easy
and simple with its 100 recipes
set out according to the stage
you are on so you can just focus
on getting through each stage
instead of what to eat for each**

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meal. Are you searching for a cookbook that specifies exactly what options are available for breakfast, lunch and dinner for each stage of the introductory stages of the GAPS diet? Or have you been surviving off soups and just need some more creative

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and substantial meal ideas that comply with each stage? Author Andre Parker has a very personal understanding of the difficulty of dealing with digestive health issues and following the GAPS diet. He knows exactly how tough the introductory stages of the

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GAPS diet are so he wanted to produce a cookbook that helped people get through the most difficult part of the diet with easy-to-follow recipes. For six years, Andre Parker was struggling with a long list of digestive health issues when he discovered the

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GAPS diet, which changed his life forever and completely turned his health around. He has gone on to couple his love of cooking with the knowledge and experience he gained on his own GAPS journey to produce this user-friendly cookbook, GAPS

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Intro Diet Cookbook. He developed this cookbook for people like him - people balancing a busy life with a sensitive digestive system. His aim is to make the introductory stages of the GAPS diet simpler and easier to follow, allowing the

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important reset of Stages 1 to 6 to be completed and put you on the path to better health. His easy-to-follow, delicious and gut-healing recipes, set out by stage and meal type, will soon have you effortlessly negotiating the tricky take-off to GAPS success

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This cookbook will take you through each and every one of the six introductory stages of the GAPS diet - with at least 15 recipes for each stage It includes 100 recipes in total, organized chronologically from Stage 1 through to Stage 6 - so that you

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**can work your way through the
recipes as you work your way
through the introductory stages
of the GAPS diet. Each stage is
broken down into breakfast,
lunch, dinner and snack - making
it easier to plan your day The
recipes are made with everyday**

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ingredients - simple, delicious dishes that require minimum effort and just a trip to your local grocery store for the ingredients It has a clear layout - with just one recipe set out on each page with a list of ingredients and easy-to-follow directions Helpful

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extras are included - from a glossary of terms to tips on special dietary considerations for specific recipes. GAPS Intro Diet Cookbook is the 6th book in the highly acclaimed Heal Your Gut cookbook series. If you need a cookbook that simplifies

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**everything by setting out the
recipes stage-by-stage, Andre
Parker's GAPS Intro Diet**

**Cookbook could be exactly the
boost you need to get you over
the hurdles of the introductory
stages of the GAPS diet.**

A healthy gut almost always

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Unfortunately, though, most of us are walking around with a damaged digestive system, which can lead to many other serious health concerns. So while poor health often begins in the gut, with the right foods prepared the

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right way, you can heal it. Fortunately, this gut-healing cookbook doesn't mean dull, flavorless recipes. Quite the opposite. 130+ delicious recipes include:* chocolate raspberry shake* bison hash with peppers and kale* sweet potato

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**pancakes* curried cauliflower
soup* chicken pot pie* lamb-
stuffed cabbage rolls* pumpkin
bread* coconut cocoa
cheesecake**Inside, you'll also be
given a 7-day meal plan to get
your gut-healing process well
under way. You'll learn about

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what foods to remove from your diet right away along with what foods to double-down on. Finally, you'll be walked through relatively simple yet delectable, satisfying recipes for each meal, including snacks and desserts. Dr. Josh Axe, DNM, DC, CNS, is a

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doctor of natural medicine, nutritionist and author with a passion to help people get well using food as medicine and operates one of the world's largest natural health websites at www.DrAxe.com. He's the author of the recent smash-hit

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**book Eat Dirt (a book all about
gut health) as well as The Real
Food Diet Cookbook.**

Deepa's Secrets

Be Good to Your Gut

The Healing Slow Cooker

Slow Carb New Indian Cuisine

Heal Your Body, Dessert

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Healthy Gut Cookbook
A Cookbook for Wheat Free
Baking
Gluten Free Bread Recipes
From renowned cardiac
surgeon and acclaimed author

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Dr. Steven R. Gundry, the
companion cookbook to New
York Times bestselling The
Plant Paradox, offering 100
easy-to-follow recipes and
four-color photos. In the New
York Times bestseller The

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Plant Paradox, Dr. Steven

Gundry introduced readers to
the hidden toxins lurking in
seemingly healthy foods like
tomatoes, zucchini, quinoa,
and brown rice: a class of
plant-based proteins called

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lectins. Many people are familiar with one of the most predominant lectins—a substance called gluten, which is found in wheat and other grains. But while cutting out the bread and going gluten-

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free is relatively straightforward, going lectin-free is no small task. Now, in The Plant Paradox Cookbook, Dr. Gundry breaks down lectin-free eating step by step and shares one hundred of his

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favorite healthy recipes. Dr. Gundry will offer an overview of his Plant Paradox program and show readers how to overhaul their pantries and shopping lists to make delicious, simple, seasonal,

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lectin-free meals. He'll also share his hacks for making high-lectin foods safe to eat, including methods like pressure-cooking grains and peeling and deseeding tomatoes. With a quick-start

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