

Heal Your Gut Bread Cookbook Gluten Free Dairy Free Gaps Diet Leaky Gut Low Carb Paleo

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 compromising 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. Authors Gavin Pritchard, RD, CSSD, CD-N, CDE and Maya Gangadharan, NTP, are your well-practiced experts in the world of nutrition, healing, and cooking. With their help, you will soon be well on your way to healing, without having to leave your love of food behind.

Following the success of the bestselling Clean Gut and Wheat Belly comes this essential guide to improving digestive health from an expert in functional medicine—who reveals why everything that ails us, from fatigue to weight gain to bloating and bad skin, can be traced back to the gut, and shares his cleansing plan to help us reclaim our health. Dr. Vincent Pedre understands gut problems firsthand. He suffered from IBS for years before becoming an expert in functional medicine and learning how to heal his body from the inside. Dr. Pedre used his own experience to develop The Gut C.A.R.E. Program—an approach that draws from both Western and Eastern methodologies, combining integrative and functional medicine—that has a proven success record in his private practice in New York. Now, for the first time, Dr. Pedre makes his revolutionary plan for health and wellness available to everyone. Happy Gut takes readers step-by-step through Gut C.A.R.E.—Cleanse, Activate, Restore, and Enhance—which eliminates food triggers, clears the gut of unfriendly pathogens, and replaces them with healthy probiotics and nutrients that repair and heal the gut. Rather than masking symptoms with medication, he shows us how to address the problem at its core to restore the gastrointestinal system to its proper functioning state. By fixing problems in the gut, followers of Dr. Pedre's program have found that

their other health woes are also cured and have lost weight, gained energy, and improved seemingly unrelated issues, such as seasonal allergies, in addition to eliminating their chronic muscle and abdominal pain. Complete with recipes and meal plans including gluten-free, low-fat, and vegetarian options, a 28-day gut cleanse, yoga postures to help digestion, and testimonials from many of his patients, Happy Gut will help you feel better and eliminate gut issues for life.

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 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, 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 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 and Raisins, and offer gluten-free substitutions, if you need them, for good-for-you whole grains like barley and farro. In addition to 60 recipes that naturally fit low-FODMAP guidelines (the medically backed diet for common gut 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 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.

If you're managing gluten intolerance, a bread machine makes it easier to prepare your own loaves from scratch, so you can enjoy the food you would otherwise miss the most. Each recipe has been tested and retested to ensure delicious results every time.

The Beauty Chef Gut Guide is the practical companion to Carla Oates' acclaimed book, The Beauty Chef. It is a compelling resource for people who want to better understand the science underpinning the link between gut and skin health. The 8-week program includes information on the importance of gut functionality, weekly meal plans for repairing and reprogramming your gut, and more than 90 recipes. In addition to recipes and information about repairing your gut, it covers broader advice for wellbeing, from the importance of cleaning products to mindfulness and yoga. It is photographed and designed in the distinct style established by the The Beauty Chef cookbook. Recipes – across breakfast, lunch and dinner – include: Coconut Crêpes; Chicken, Flaked Almond & Sage Buckwheat Risotto; Lemongrass & Kaffir Lime Salmon Cakes; Panfried Cauliflower Gnocchi; Swedish Meatballs; Tamarind Fish Curry; and Vanilla &

Cardamom Chia Puddings.

From renowned cardiac surgeon and acclaimed author 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 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 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-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 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, 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 program designed to boost weight loss and recipes for smoothies, breakfasts, main meals, snacks, and desserts, *The Plant Paradox Cookbook* will show readers of *The Plant Paradox*—and more—how delicious it can be to eat lectin-free.

Heal Your Gut, Bread Cookbook Gluten Free, Dairy Free, Gaps Diet, Leaky Gut, Low Carb, Paleo

Cristina Curp, The creator of the popular food and wellness blog *The Castaway Kitchen*, delivers everything you need to do with the diet and discover the right nutritional path for you in her new book, *Made Whole*. *Made Whole* is a paleo approach with the low carb / ketogenic diet, using only whole, natural, unprocessed ingredients. Cristina includes all the tools you need to succeed on a unique diet, along with advice and how-tos for using the keto template to eat intuitively and develop a personalized nutrition plan based on your unique needs. Each recipe is free of grains, gluten, sugar, and dairy, along with nuts, starches, nightshades, and alcohol—making a perfect cookbook for those following keto, Paleo, low-carb, AIP, or allergen-free diets. Cristina's eclectic and mouthwatering recipes draw inspiration from international cuisine. You are looking for a gourmet chef with easy-to-make meals. *Made Whole* is a user-friendly guide to cooking beautiful food, eating and enjoying every last bit, while reaching your health and fitness goals. Sample recipes include: • Chewy Chocolate Chip Cookies • Turkey Falafel with Tzatziki Sauce • Spaghetti and Meatballs with Roasted Beet Marinara • Toasted Coconut Salmon • Savory Flax Waffles • and many more! *Made Whole* wants to teach you that healthy food does not have to fit into a certain label, box, or idea of what it should be. Once you begin to forget about what you can't eat and embrace the wonderful and delicious things you can eat, you will find freedom and pleasure in fueling your body with the most exceptional sustenance that nature has to offer.

Do you love bread but you have food 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 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.

MAKING THE PALEO AUTOIMMUNE PROTOCOL EASIER FOR YOU Like millions of other people, I had an autoimmune condition that just kept getting worse and worse. Through diet, nutrition, and learning to care for my body (and mind), I've sent my autoimmune condition into remission. And I'd love to help you do the same. The Paleo Autoimmune Protocol (AIP) is not an easy diet to implement. It's confusing what foods to avoid, and it's tough to find delicious recipes that don't include non-AIP ingredients. That's why this cookbook is designed to be 100% AIP-compliant so you don't have to worry about figuring out what to eat for your next meal! All the recipes are made with easy-to-find ingredients and don't include any eggs, nightshades, nuts, seeds, dairy, grains, soy, peanuts, other legumes, etc. So all the recipes in The Essential AIP Cookbook are also friendly to those looking for dairy-free, gluten-free, nut-free, or egg-free recipes. Inside the Essential AIP Cookbook, you'll find the following: 200+ Pages of Recipes (with over 115 recipes covering Breakfast, Appetizers, Entrees, Sides, Drinks, Snacks, Breads, and Desserts) Delicious healthy and allergen-free recipes like Banana Pancakes, Garlic Cauliflower Naan, Korean BBQ Beef, Beets Chili, Arrowroot Battered Fish, and 100+ more AIP-compliant recipes No Grains, Processed Foods, Soy, Peanuts, Other Legumes, Dairy, Eggs, Nuts, Seeds, Nightshades 100% compliant with Sarah Ballantyne's version of the Paleo Autoimmune Protocol (as described in The Paleo Approach book) Suitable for those on an Allergen-Free diet, Gluten-Free diet, Paleo diet, as well as the AIP diet If you're looking for an autoimmune paleo cookbook to help your body heal, then this is the book for you."

'I love working with Naomi. She is a force of nature and her brilliant books have the power to change lives.' Hugh Fearnley-Whittingstall Bestselling author of River Cottage Gluten Free, Naomi Devlin's second book, Food for a Happy Gut, is full of recipes that will calm your digestion, soothe your gut and delight your tastebuds. Giulia Enders' Gut, Michael Mosley's The Clever Guts Diet and the work of Tim Spector among others has helped us realise how vital gut health is to our body, brain and mental health. But a gut-friendly diet need not mean the elimination of favourite foods or hard-to-follow diets. Nutritionist and River Cottage teacher, Naomi Devlin will show you how to keep your gut happy. Move over clean food, this book will take you back to local produce, good home cooking and a wonderfully diverse range of ingredients. Naomi will help you turn your gut into a hub of microbial diversity with lots of plant food, a wide range of meats and fats, plenty of raw cheese, slow-cooking, fermented foods and of course prebiotic and probiotic foods. First calm your gut. If your gut is sensitive, the first section is full of low FODMAP ingredients, seafood, broths and probiotics to soothe your digestion. Then nourish your gut with beneficial foods full of fibre, pre- and probiotics. And finally there are herbs, pickles and teas full of healing properties to stimulate and regulate digestion when you need a little extra help. Neither strict plan or dogma, Naomi's recipes are based on plain good sense and proper science. Food for a Happy Gut is full of delicious, healthy recipes and advice and will feed both your tastebuds and your microbes, leaving you content both inside and out. Chapter breakdown: CALM: Breakfasts Soups Salads & Vegetables Meals Treats NOURISH:

Breakfasts Soups Salads & Vegetables Meals Treats HEAL: Pickled & Preserved Sprinkled Dressed Drinks & Tonics
40 Delicious & Nourishing Gluten Free, Dairy Free & Paleo Dessert Recipes Low in Natural Sugar These delicious recipes are simple to make and do NOT 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 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 lifestyle and has given me a whole new outlook on life. My own healing journey has inspired me to create content to help people like myself but also to help people who generally want to eat 'clean'. I 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 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 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-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 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 copy and start making these delicious desserts right away!

Trust your gut--and heal it. 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 gut dysfunctions, including gastritis, small intestinal bacterial overgrowth (SIBO), and gastroesophageal reflux disease (GERD). Restore balance for a happy and 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 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 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 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 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 Health Plan.

"Author Mee McCormick cooked her way back to health when Crohn's disease, rheumatoid arthritis, and Hashimoto's disease knocked her down. Through relentless recipe testing, she healed her gut issues with a diet of organic whole foods, anti-inflammatory oils, and nutrient-rich foods. In My Pinewood Kitchen, she shares 130+ of her gut-friendly, gluten-free recipes. From breakfasts and salads, to soups and smoothies, to dinners and desserts for weeknights or company. She also includes the science behind why gut health is important, how to stock a gut-friendly pantry, and tips for how to eat for optimal gut wellness"--

An introduction to the Gut and Psychology Syndrome (GAPS) diet, followed by 50 recipes.

Achieve perfect gut health and optimise your wellbeing with this revolutionary 30-day healing programme. It is now widely recognised that gut health is critical to our overall health and that many major health concerns can be linked to an irritated or unhealthy gut. In fact, an unhealthy gut contributes to a wide range of chronic health disorders such as autoimmune conditions, Crohn's syndrome, irritable bowel, allergies, arthritis, chronic fatigue syndrome, depression and mood swings. What's worse, gut health issues affect a huge proportion of people and are often on-going and difficult to resolve. But it does not have to be this way. In this revolutionary 30-day programme, Christine Bailey shows you how, instead of treating the symptoms as they arise, you can tackle the root causes with five simple steps: Remove, Replace, Repopulate, Repair and Rebalance. This programme will help you to remove the underlying factors wreaking damage to your gut, restore digestive health, quench inflammation, heal the gut for good – and achieve true, long-lasting health.

The essential guide to fight inflammation, heal your gut, and reset your body with detox and clean eating After suffering for a decade from a range of ailments like Lyme Disease, Hypothyroidism, and Leaky Gut Syndrome, Amie Valpone, creator of TheHealthyApple.com, healed herself through clean eating and detoxing. In *Eating Clean*, Amie provides guidance on how to fight inflammation and reset your body, including a 21-Day Elimination Diet, instructions for food reintroduction, a 2-week meal plan, and an extensive pantry list. The book has over 200 recipes that are vegetarian and free of gluten, dairy, soy, corn, eggs, and refined sugar to keep tummies healthy and satisfied—such as Velvety Pear and Fennel Soup, Carrot “Fettuccine” with Sun-Dried Tomatoes and Pumpkin Seeds, and Vanilla Bean Coconut Ice Cream. With this book, readers are able to get the support they need on their path toward wellness.

Dr. Natasha Campbell-McBride set up The Cambridge Nutrition Clinic in 1998. As a parent of a child diagnosed with learning disabilities, she is acutely aware of the difficulties facing other parents like her, and she has devoted much of her time to helping these families. She realized that nutrition played a critical role in helping children and adults to overcome their disabilities, and has pioneered the use of probiotics in this field. Her willingness to share her knowledge has resulted in her contributing to many publications, as well as presenting at numerous seminars and conferences on the subjects of learning disabilities and digestive disorders. Her book *Gut and Psychology Syndrome* captures her experience and knowledge, incorporating her most recent work. She believes that the link between learning disabilities, the food and drink that we take, and the condition of our digestive system is absolute, and the results of her work have supported her position on this subject. In her clinic, parents discuss all aspects of their child's condition, confident in the knowledge that they are not only talking to a professional but to a parent who has lived their experience. Her deep understanding of the challenges they face puts her advice in a class of its own.

300 gluten- and dairy-free recipes from popular food blogger Audrey Roberts to reset your eating habits to live a healthier life. Millions of people now suffer from celiac disease and food sensitivity. But switching to a diet without gluten or dairy not only benefits those with gluten sensitivity or lactose intolerance, but benefits anyone who needs more energy, wants to lose weight, or simply craves a much healthier lifestyle. And now cooking without them is simple! You no longer need to give up the foods you love because with easy substitutions, some creative cooking, and the recipes in this book, you will still enjoy all your favorite foods. The *Everything Gluten-Free & Dairy-Free Cookbook* includes 300 gluten- and dairy-free recipes that your whole family will enjoy—from eggs benedict casserole to coconut cream pie. These easy and delicious recipes make it painless to start living a healthier life and feel better. Audrey Roberts, founder of the popular food blog *Mama*

Knows Gluten Free, teaches you how to make the most satisfying recipes from breakfast to dinner and snacks in between meals. The Everything Gluten-Free & Dairy-Free Cookbook makes it easy to meet your family's dietary needs while keeping them happy and healthy. This collection of 60 set-it and forget-it recipes aims to support a variety of wellness goals for optimal health. From Detox and Calm to Rebuild and Strengthen and more, each chapter's recipes utilize specific ingredients that help lower stress, decrease inflammation, and improve gut health. Combining the convenience of a slow cooker with accessible ingredients like ginger, mushrooms, chocolate, and turmeric, these dishes are simple enough for home cooks of any skill level. Each chapter comes with a detailed guide to the featured healing ingredients, making it easy to explore how they benefit the body. Start the journey to healthful eating with the flip of a switch!

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 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 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-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 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 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 Smoothie Roasted Pumpkin Salad with Oatmeal Quinoa Burger with Coleslaw Pasta and Eggplant Meatballs Butter Curry with Chickpeas Pumpkin, Goat Cheese, and Cranberry Risotto Kimchi Fruit Pops And more!

Winner of the 2018 James Beard Foundation Book Awards Winner of the World Gourmand Cookbook Awards Finalist for the IACP Awards Shortlisted for the NCIBA Book Awards, Best Cookbook A journey from old traditions to modern Indian cooking with deliciously simple and gut-healing recipes that leave you feeling fulfilled—rather than full. Upon learning that rice and bread were the culprits for her husband's Type 2 diabetes, Deepa Thomas deconstructed and reinvented her native Indian cuisine. Deepa made anew seventy slow carb recipes, incorporating time-saving Western cooking techniques, breaking-news research on gut health and weight loss, and Ayurvedic wisdoms ("When diet is right, medicine is of no need; and when diet is wrong, 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. Part cookbook and memoir, Deepa's Secrets introduces breakthrough slow carb and gut-healing recipes that are simple and nutrient-packed, without sacrificing its rich South Asian flavors. On a mission to demystify and make healthy an "exotic" cuisine, Deepa shares shortcuts and techniques that will make "New Indian" everyday fare. Bold and intimate, Deepa's Secrets will undoubtedly change your cooking, and quite possibly your life, featuring East-to-West recipes such as: • Ralph's Garlicky Spinach a la Dal • Ammachi's Claypot Fish Molee • General Joseph's Five-Star Chicken Batons • New Indian Cacciatore • Masala Omelet The author is donating her royalties to FoodCorps, a nonprofit that connects children to healthy food in American schools.

Packed with easy-to-follow advice, the latest science and accessible and nourishing recipes and meal plans, nutritionist Jeannette Hyde's radical new approach will help you: · Lose weight with a tried and tested four week plan · Transform the look of your skin and hair · Address any long-standing digestive problems including bloating and IBS · Strengthen your immune system · Experience fewer mood swings and less anxiety · Sleep better · Eat for a healthy mind and body with over 50 delicious recipes The Gut Makeover is based on revolutionary new

science that reveals that the state of our gut is central to our weight and health. Learn how to rebuild your microbiome – the bacteria living in the human gut – which is the key to every single aspect of our health. The great news is there is a lot you can do to cultivate a healthy gut. The Gut Makeover is the only book you'll need for a whole health overhaul – to control your weight, improve your skin, lift your spirits and strengthen your immune system for good. This is more than another fad diet. This is a lifestyle you'll want to adopt for life.

The unique and powerful Gut Reset diet plan for sufferers of IBS and digestive disorders that works to restore healthy gut function in 21 days. After years of severe struggles with IBS and gut dysfunction and finding no relief from the conventional methods of treating IBS (following a low-FODMAP diet, taking medications, managing stress), Bethany Ugarte took matters into her own hands. She changed her diet with the help of a holistic doctor, eliminating all gut irritants and eating nutrient-dense, easily digested foods like Greek yogurt, bone broth, collagen, and pureed protein for maximum nutrient absorption. Her painful, debilitating symptoms disappeared. Now she's synthesized her hard-won wisdom into a 21-day Gut Reset protocol and maintenance plan that works to heal and seal your gut, restoring digestive health. Her Gut Reset program includes powerful techniques that help to ensure maximum absorption from foods, cutting out little-known irritants and integrating foods that your gut needs to heal. She offers meal plans, stress reduction techniques, and creative recipes that deliver maximum flavor and nutrients with minimal ingredients. Recipes include Cookie Dough Milkshake, Blueberry Protein Scones, Carrot Bacon and Eggs, Chili-Stuffed Spaghetti Squash Pasta, Paleo Spinach Dip, Pecan Pie Bread, and Sea Salt Butternut Fudge. No matter how severe your symptoms may be, Digest This will help you eat without stress or fear in just 21 days.

'It is impossible to read this book without wanting to scuttle off into the kitchen.' Nigella Lawson Foreword by Tim Spector The benefits of sourdough 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 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 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 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 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 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

A healthy gut almost always results in a healthy you. 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 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 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 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 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 book *Eat Dirt* (a book all about gut health) as well as *The Real Food Diet Cookbook*.

From the bestselling author of *Eat More Plants* comes 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 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 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 strategies—from movement to managing stress—for a truly holistic approach to health and wellness. Featuring 100 delicious plant-based recipes created to protect, heal, or soothe your gut, with meal plans for each 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. Recipes include: • Pumpkin Oat Pancakes • Chickpea Umami Burgers • Lentil Walnut Loaf • Sticky Sesame Tofu with Bok Choy • Spiced Tahini Roasted Squash • Seeded Grain-Free Bread • Matcha Chocolate Cups • Lemon Olive Oil Cake Along with expert advice and the latest research, *Good for Your Gut* is packed with information on the best foods to improve your digestion and ways to support your gut health.

With more than two hundred straightforward, nutrient-dense, and appealing recipes, *The Heal Your Gut Cookbook* was created by GAPS Diet experts Hilary Boynton and Mary G. Brackett to help heal your gut and to manage the illnesses that stem from it. Developed by pioneering British MD Dr. Natasha Campbell-McBride, who provides the book's Foreword, Gut and Psychology Syndrome (GAPS) refers to disorders, including ADD/ADHD, autism, addictions, depression, and obsessive-compulsive disorder, stemming from or exacerbated by leaky gut and dysbiosis. GAPS also 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, and more. An evolution of the Specific Carbohydrate Diet, the GAPS Diet will appeal to followers of the Paleo Diet, who

are still struggling for optimum health, as well as anyone interested in the health benefits of fermentation or the Weston A. Price approach to nutrition. In *The Heal Your Gut Cookbook*, readers will learn about the key cooking techniques and ingredients that form the backbone of the GAPS Diet: working with stocks and broths, soaking nuts and seeds, using coconut, and culturing raw dairy. 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. The GAPS Diet is designed to restore the balance between beneficial and pathogenic intestinal bacteria and seal the gut through the elimination of grains, processed foods, and refined sugars and the carefully sequenced reintroduction of nutrient-dense foods, including bone broths, raw cultured dairy, certain fermented vegetables, organic pastured eggs, organ meats, and more. *The Heal Your Gut Cookbook* is a must-have if you are following the GAPS Diet, considering the GAPS Diet, or simply looking to improve your digestive health and—by extension—your physical and mental well-being.

More than 125 gut-healthy recipes, plus advice and strategies to relieve inflammation-induced symptoms such as fatigue, weight gain, mood swings, and chronic pain

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 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? 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 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 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 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 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-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 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. 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 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 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-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 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 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 Life* today and allow it to do exactly that - help you to heal your gut and change your life!

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! 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 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 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, 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 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 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 *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 desserts, including an opulent but easy *Lectin-Free Chocolate Strawberry Birthday Cake*. Nourish and protect your gut with these diverse and delightful dishes!

Named one of *Vogue's* 'Best New Healthy Cookbooks'! Named 'Best Book for Improving Gut Health' in *Healthista.com's* 13 best 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 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 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 Good to Your Gut*, nutritional therapist Eve Kalinik shows you the path to better digestion and reveals the far-reaching effects of good gut health - from a stronger immune system and balanced hormones 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 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*, *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 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.

Gut and Psychology Syndrome (GAPS) refers to disorders, including ADD/ADHD, autism, addictions, depression, and obsessive-compulsive disorder, stemming from or exacerbated by leaky gut and dysbiosis. GAPS also 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, 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.

Heal yourself of nasty food intolerances and nourish your body by starting with your gut! Heal Your Gut is a beautifully designed and photographed step-by-step protocol for 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 suffering from a health issue aggravated by diet and a poorly functioning digestive system, or whether you have an autoimmune or digestive disorder, food allergies or intolerances, IBD, IBS, Crohn's disease, celiac disease, leaky gut, inflammatory issues, thyroid problems, neurological disorders, obesity, diabetes, arthritis or fibromyalgia, this book will provide you with information, meal plans, and anti-inflammatory recipes to really heal your gut and get you 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 contains recipes that have been specifically created to heal and also deliver vital nutrients, vitamins, and minerals to get your body systems functioning optimally.

Boost gut health and immunity with a delicious approach to wellness that nourishes mind, body, and spirit. Get an inside look at Giada's approach to healthy, balanced living. In her newest book, Giada walks you through how to select food that can actually make you feel better and curate a personalized wellness routine to support a healthy mind and body. Find out how reconfiguring her diet to control inflammation can turn your life around and how to use complementary wellness tactics like intermittent fasting, meditation, and other self-care routines to optimize your well-being. Giada devotes an entire chapter to her 3-day reboot (that she follows several times a year) and offers more than two dozen dairy-free, sugar-free, and gluten-free recipes to accompany the plan as well as a 21-day menu outline that makes cooking for good easy to implement at home. Eat Better, Feel Better features more than 100 new recipes like Quinoa Pancakes; Sheet Pan Parmesan Shrimp and Veggies; Roasted Cauliflower and Baby Kale Salad; Grilled Strip Steak with Scallion Salsa Verde; and Chocolate and Orange Brown Rice Treats along with plenty of Italian-influenced recipes fans will look forward to, from Fusilli with Chicken and Broccoli Rabe to Easy Chicken Piccata and Pan-Roasted Pork Chops with Cherry and Red Wine Sauce. Eat Better, Feel Better is the perfect jumpstart to wellness. Your path to feeling better begins now.

A New York Times-bestselling author helps readers "unlearn" everything medical experts have been teaching about healthy eating for the last three decades and reveals the true path to digestive health through proper diet supported by nutritional supplements.

Recipe cookbook including delicious grain-free and gluten-free bread recipes, perfect for those following the ketogenic diet.

The instant New York Times, USA Today, and Publisher's Weekly bestseller A bold new plant-based plan that challenges popular keto and 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 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 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 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 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 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 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 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 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 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 advice on food sensitivities, Fiber Fueled offers the blueprint to start turbocharging your gut for lifelong health today.

??? If you have made the decision to start an ANTI-INFLAMMATORY DIET, you really have to get your hands on this book.??? The Anti-Inflammatory Diet for Beginners is here to make an anti-inflammatory diet easy and accessible, with simple recipes, planning guides, and some brief medical background that helps you understand the relationship between inflammation and food. This book walks you through an effective and complete anti-inflammatory diet?no prior knowledge is required. ??? Special Deal - Buy The Paperback Version and Get The E-book For FREE! ??? The Anti-Inflammatory Diet for Beginners makes inflammation a thing of the past by offering: Understanding Inflammation List of foods to eat Top-15 anti-inflammatory foods, and inflammation-fighting superfoods List of foods to avoid Anti-Inflammatory Diet Action Plan Easy and super healthy recipes that can help you to follow this diet You will definitely find something to suit your needs and tastes in this cooking guide! Start a new life today and enjoy all the benefits this diet can bring to you! **Filled with Pictures and Nutritional Info** Give your immune system a hand and discover the difference this anti-inflammatory diet can make in how you feel, inside and out. Tags: anti-inflammatory, anti-inflammatory diet, anti-inflammatory cookbook, anti-inflammatory diet for beginners, anti-inflammatory book, anti-inflammatory diet cookbook, anti-inflammatory made easy, anti-inflammatory recipes, anti-inflammatory recipe book.

25 Delicious & Nourishing Bread Recipes Do you love bread but you have food 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 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 every person's meal and this cookbook will show you how to bake delicious and nourishing breads that will be in harmony with your digestive system and 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 CARB PALEO Learn how to make delicious traditional sandwich breads, sweet breads, muffins, bagels and pretzels all without the need for a bread machine. Each recipe is clearly categorised for compatibility to each of the above diets allowing you to navigate through the book with ease. Having food intolerances 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 which is what this book is all about. Get your copy now and start baking away!

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