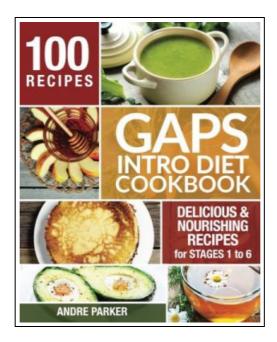
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Stretford Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are you keen to experience all the benefits of the GAPS diet but worried about complying with or getting through the challenging 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 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 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 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 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 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 important reset of Stages 1 to 6 to...



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