

30 Days On The Gaps Intro Diet: My Journey to Gut Health

THE GAPS DIET PHASES
WHAT TO EAT ON GAPS DIET?

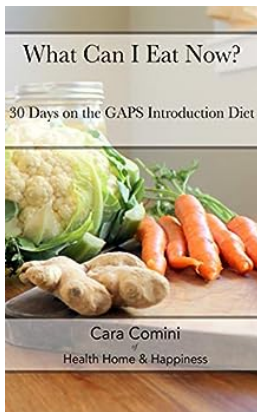
PHASE 1 INTRODUCTION PHASE: ELIMINATION (3 WEEKS - 1 YEAR)	PHASE 2 MAINTENANCE PHASE: THE FULL GAPS DIET (1.5-2 YEARS)	PHASE 3 REINTRODUCTION PHASE: COMING OFF GAPS
<ul style="list-style-type: none"> • STAGE 1: EAT AND DRINK: <ul style="list-style-type: none"> ◦ JUICES MADE FROM GINGER AND PROBIOTIC FOODS ◦ CHAMOMILE OR MINT TEA WITH HONEY ◦ HOMEMADE BONE BROTH ◦ UNPASTEURIZED, HOMEMADE YOGURT OR KEFIR (IF LACTOSE TOLERANT) • STAGE 2: ADD IN: <ul style="list-style-type: none"> ◦ STEWS MADE WITH VEGGIES & MEAT OR FISH ◦ RAW ORGANIC EGG YOLKS • STAGE 3: ADD IN: <ul style="list-style-type: none"> ◦ FERMENTED VEGETABLES ◦ AVOCADO ◦ GAPS-RECIPE PANCAKES ◦ SCRAMBLED EGGS MADE WITH CHEE, GOOSE FAT, OR DUCK FAT • STAGE 4: ADD IN: <ul style="list-style-type: none"> ◦ VEGETABLE JUICE ◦ COLD-PRESSED OLIVE OIL ◦ GRILLED AND ROASTED MEATS ◦ GAPS-RECIPE BREAD • STAGE 5: ADD IN: <ul style="list-style-type: none"> ◦ FRUIT JUICE ◦ COOKED APPLE PURÉE ◦ SMALL AMOUNTS OF RAW FRUIT (NOT CITRUS) ◦ RAW VEGETABLES BEGINNING WITH PEELED CUCUMBER AND LETTUCE • STAGE 6: ADD IN: <ul style="list-style-type: none"> ◦ MORE RAW FRUIT (INCLUDING CITRUS) 	<ul style="list-style-type: none"> • NON-STARCHY VEGETABLES : ONIONS, ASPARAGUS, CARROTS, BROCCOLI, BRUSSELS SPROUTS, CABBAGE, CAULIFLOWER, KALE, SWISS CHARD, LETTUCE, AND BEETS • MOST FRUIT (BANANAS MUST BE VERY RIPE. • EGGS (PREFERABLY ORGANIC) • FISH • SHELLFISH • FRESH MEAT AND POULTRY • ANIMAL FATS AND OILS SUCH AS: <ul style="list-style-type: none"> ◦ LAMB FAT ◦ DUCK FAT ◦ OLIVE OIL ◦ COCONUT OIL ◦ LARD ◦ TALLOW ◦ RAW BUTTER ◦ GHEE • FERMENTED DAIRY, PROBIOTIC BEVERAGES AND VEGETABLES SUCH AS: <ul style="list-style-type: none"> ◦ KEFIR ◦ HOMEMADE YOGURT ◦ CHEE ◦ OTHER FERMENTED BEVERAGES ◦ SAUERKRAUT ◦ OTHER FERMENTED VEGETABLES • FERMENTED FISH (USING GAPS RECIPE) • MODERATE AMOUNTS OF NUTS • MODERATE AMOUNTS OF GAPS-RECIPE BAKED FOODS 	<ul style="list-style-type: none"> • INTRODUCE EACH FOOD BACK INTO YOUR DAILY DIET SLOWLY • LITTLE BY LITTLE INCREASE YOUR PORTIONS ONLY IF YOU DONT NOTICE ANY DIGESTIVE PROBLEMS OVER 2-3 DAYS • THE FIRST FOODS TO INTRODUCE IN THE REINTRODUCTION PHASE INCLUDE: <ul style="list-style-type: none"> ◦ NEW POTATOES ◦ FERMENTED, GLUTEN-FREE GRAINS • CARRY ON WITH AVOIDING ALL: <ul style="list-style-type: none"> ◦ FOODS HIGH IN REFINED CARBS ◦ REFINED HIGH-SUGAR FOODS ◦ HIGHLY PROCESSED FOODS • RETAIN THE WHOLE-FOODS CONCEPT OF THE GAPS DIET PROTOCOL

Have you ever heard of the Gaps Intro Diet? It's a unique approach to healing the gut and promoting overall wellness. After struggling with digestive issues for years, I decided to embark on a 30-day journey with this diet. In this article, I will

share my experiences, challenges, and the incredible results I achieved. Get ready to dive into my personal journey with the Gaps Intro Diet!

What is the Gaps Intro Diet?

The Gaps Intro Diet, short for Gut and Psychology Syndrome Intro Diet, is a therapeutic diet created by Dr. Natasha Campbell-McBride. It aims to heal and seal the gut lining, restoring optimal digestive function and overall health. This diet is especially beneficial for individuals with conditions such as irritable bowel syndrome, leaky gut syndrome, autoimmune diseases, and allergies.



What Can I Eat Now: 30 Days on the GAPS Intro Diet by Cara Comini ([Print Replica] Kindle Edition)

★★★★☆ 4.4 out of 5

Language : English

File size : 14285 KB

Text-to-Speech : Enabled

Print length : 87 pages

Lending : Enabled



My First Week: A Challenging Start

The first week of the Gaps Intro Diet was undoubtedly the most challenging. As I transitioned from my regular eating habits to the strict protocol of the diet, my body went through a detoxification process. I experienced symptoms like fatigue, headaches, and cravings for foods I could no longer have.

However, I persevered through this initial discomfort, reminding myself of the long-term benefits I was seeking. The diet primarily consists of nourishing bone broth, pureed vegetables, homemade fermented foods, and gut-friendly animal

proteins. I followed the recommended meal plans and slowly reintroduced foods as I progressed through the stages of the diet.

Midway Through: Signs of Improvement

By the middle of my 30-day journey, I started noticing positive changes in my well-being. One of the most significant improvements was my digestion. Bloating and constipation, which had plagued me for years, were gradually diminishing. I also experienced increased energy levels and a clearer mind.

The Gaps Intro Diet encourages the consumption of nutrient-dense foods, which are essential for healing the gut and nourishing the body. By eliminating processed foods, refined sugars, and grains, I was able to provide my body with the necessary nutrients it needed to thrive.

Final Days: A Transformed Gut

As I reached the final days of the Gaps Intro Diet, I felt like a whole new person. My gut was well on its way to being healed, and my overall health had significantly improved. Not only had my digestive symptoms almost disappeared entirely, but my skin was also glowing, and my immune system felt stronger than ever.

The Gaps Intro Diet had not only provided relief from my initial digestive issues but had also positively impacted other aspects of my well-being. This holistic approach to healing the gut had far-reaching benefits that extended beyond digestion.

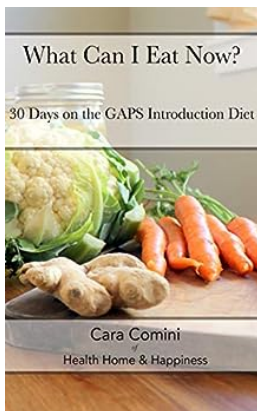
: My Journey to Gut Health

The Gaps Intro Diet was undoubtedly a life-changing experience for me. It taught me the power of targeted nutrition and the influence of a healthy gut on overall

well-being. This 30-day journey allowed me to heal my gut, improve my digestion, increase my energy levels, and enhance my overall quality of life.

If you're struggling with digestive issues or other gut-related problems, I highly recommend considering the Gaps Intro Diet. However, it is essential to consult with a healthcare professional before embarking on any strict dietary regimen.

Remember, taking care of our bodies starts from within, and the Gaps Intro Diet can be the key to unlocking optimal gut health and overall wellness. Are you ready to transform your gut? Take the first step towards a healthier you today!



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What Can I Eat Now? 30 Days on the GAPS Diet is your full color day-by-day guidebook, complete with over 100 delicious and nourishing recipes, to the 6 progressively healing and restoring stages of the GAPS Intro diet.

Anyone can start getting relief from chronic conditions caused by leaky gut with this book because it gives you step-by-step meal-by-meal instructions and takes all the guesswork out of the incredibly effective GAPS protocol for you so that you

get the healing you deserve. Notes, recipes, and directions guide you daily with helpful recipes and encouragement.

100+ recipes for each stage of the GAPS diet including:

- Healing meats that are fork-tender and a treat to eat, even on the first stage.
- Creamy vegetables for every stage, without using dairy.
- Soups, soups, soups, in many varieties, for accelerated healing.
- Easy craveable ferments to populate the gut with good bacteria, add enzymes to meals, and give a pop of bright color.
- Over a dozen juicing recipes for easily absorbable nutrients to detoxify and provide needed vitamins and minerals from plants, without irritating your brand new repaired gut lining.
- Nutbutter 'breads' and pancakes made with activated nuts to prevent digestive distress and eliminate bitterness.
- Beginning dairy recipes once you are ready for ghee and yogurt.

Is the GAPS Diet right for you?

Do you find your digestion is off, seemingly randomly, no matter what you eat?

Do you or someone you love have other signs of leaky gut such as food intolerances, mild food allergies, eczema, mysterious skin conditions, or even psychiatric conditions like anxiety, depression, or autism?

Did you know all of those maladies are related?

The GAPS Diet is an amazing gut-healing protocol that works to heal the digestive tract and rebalance the gut flora so that your digestive system is restored to its original healthy state to work with and support your body's immune system, feel-good hormones, and ability to truly get all the nutrition out of the food you eat.

Maybe you have heard of the GAPS Diet, and you might be in the same boat that I was...

Yes. I was overwhelmed with the GAPS diet too! ... But our family has found so much help by using the GAPS diet for autism, eczema, food allergies, ADD, and more that I knew I wanted to help others with this intensely healing protocol.

I made this helpful guide for anyone who is overwhelmed with the GAPS Intro and needed a little more hand-holding to get started. Checklists keep you on track, recipes give you fresh ideas for what you can eat when, and detailed instructions help even those who are very new to cooking cook this delicious nourishing food with confidence.

Why do you need this book?

* You want simple and straightforward instructions that won't have you searching through books and trying to figure out what comes next.

* You feel like you would benefit from the GAPS Diet but don't know how to start.

I know what it's like and I'm here to help you every step of the way through this book.

Read what others are saying:

Hello Cara, THANK YOU, THANK YOU, THANK YOU for the GAPS Intro e-book! Today is day 13 for my sons and me (2 1/2 and 7yo) and I think we are turning the corner for the better with my 7 year old, who is on the autism spectrum. Your e-book is exactly what I have needed for preparation, encouragement, hope, options, helpful hints, etc. It is an answer to my prayers.

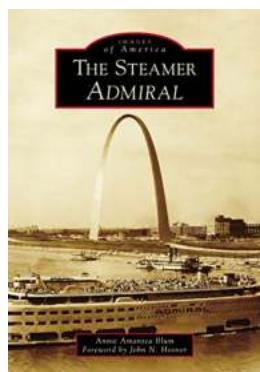
Use solid nutrition and your body's own wisdom to heal with the GAPS Intro diet and this guidebook.

Looking for the printable ebook version? It's on my website under Ebooks and Classes - HEALTHHOMEANDHAPPINESS.COM



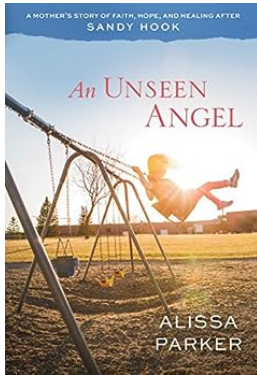
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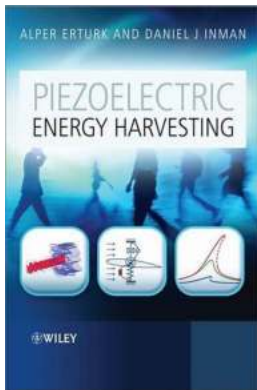
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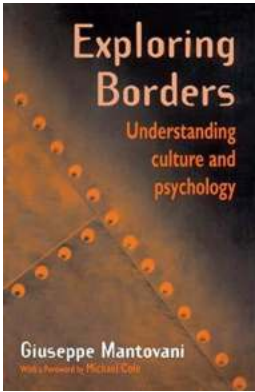
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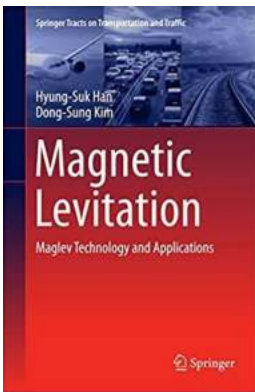
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what can i eat now near me

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