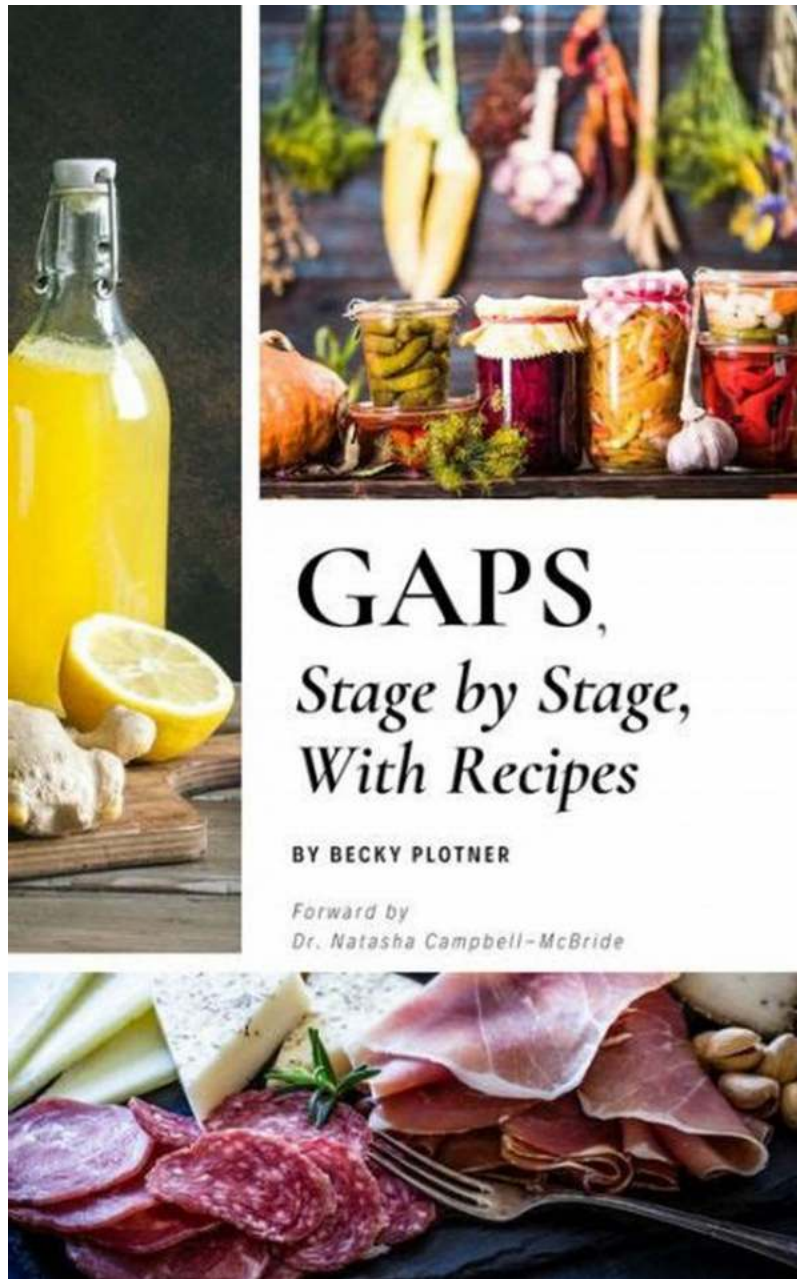


The Ultimate Guide to Gaps Stage By Stage With Recipes: Heal Your Gut and Improve Your Health



What is the GAPS Diet?

The GAPS diet was developed by Dr. Natasha Campbell-McBride, a neurologist and nutritionist, to treat patients with a range of health conditions associated with gut dysbiosis, such as autism, ADHD, depression, and autoimmune diseases. It focuses on healing and sealing the gut lining, restoring gut flora balance, and reducing inflammation in the body.

The diet consists of three main components: the Diet, the Full GAPS Diet, and the Maintenance Diet. These stages gradually introduce new foods while avoiding common allergens and refined carbohydrates. Each stage serves a specific purpose in the healing process.



GAPS, Stage by Stage, With Recipes

by Becky Plotner (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English
File size : 15581 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 478 pages
Screen Reader : Supported



The GAPS Diet Stages

1. Stage 1: Diet

The first stage of the GAPS diet is the most restrictive but also the most important. It is designed to quickly heal and seal the gut lining by eliminating any foods that may irritate the digestive system. During this stage, you will consume

homemade meat or fish broth, boiled vegetables, and probiotic-rich foods. Here is a recipe to get you started:



Gut-Healing Chicken Broth

“Ingredients:

- ***Whole organic chicken, preferably pasture-raised***
- ***Filtered water***
- ***Onion, roughly chopped***
- ***Carrots, roughly chopped***
- ***Celery stalks, roughly chopped***
- ***Garlic cloves***
- ***Sea salt and black pepper***

Instructions:”

1. ***Rinse the chicken under cold water, then place it in a large stockpot.***
2. ***Add enough filtered water to cover the chicken completely.***
3. ***Bring the water to a boil over medium-high heat, then reduce the heat and simmer for at least 1 hour.***
4. ***Add the onion, carrots, celery, garlic cloves, sea salt, and black pepper to the pot.***

5. ***Continue simmering for another 2-3 hours.***
6. ***Remove the chicken from the pot, let it cool slightly, and separate the meat from the bones.***
7. ***Strain the broth through a fine mesh sieve to remove any solids.***
8. ***Allow the broth to cool, then transfer it to airtight containers and refrigerate or freeze until needed.***

During Stage 1, it is recommended to consume the broth and boiled vegetables for at least a week or until digestive symptoms improve.

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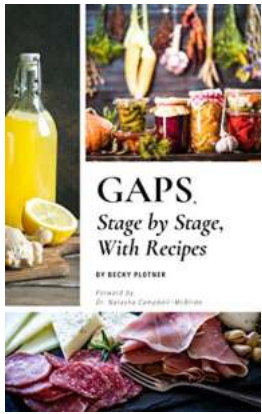
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The GAPS Diet

The GAPS diet offers a comprehensive approach to healing and improving gut health. By following the different stages of the diet and incorporating delicious recipes, you can finally experience relief from digestive issues and other related health conditions.

Always remember that each person is unique, and results may vary. It is important to work closely with a qualified healthcare professional when embarking on any new diet or healing protocol.

Start your journey to better gut health today with the GAPS diet!



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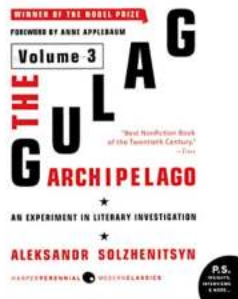
GAPS Gut and Psychology Syndrome, is a well known diet protocol which assists in rebuilding the microbiome, the foundation of health for the body. GAPS, Stage by Stage, With Recipes, takes a daunting task and lays it out piece by piece, which can greatly assist a sick person trying to navigate the protocol. Following the GAPS Diet (Gut and Psychology Syndrome) is made simple with this step by step guide which holds your hand and leads you through the Intro Diet, stage by stage and Full GAPS. Recipes are given at each stage, guiding you along the path.

GAPS, Stage by Stage, With Recipes is written by Becky Plotner, a Board Certified Naturopathic Doctor through the American Naturopathic Medical Association, who is also a traditional naturopath and Certified GAPS Practitioner. She serves on Dr. Natasha's GAPS Board of Directors and was chosen by Dr. Natasha in October of 2018 as "The GAPS Expert" to teach others about GAPS, including her Certified GAPS Practitioners.

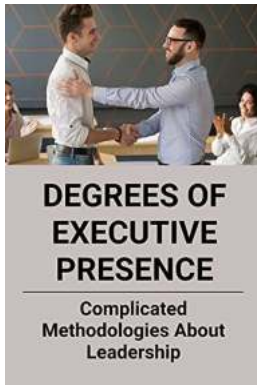
There is a great deal of information on GAPS available on the internet, getting the best information comes directly from Dr. Natasha Campbell-McBride, as showcased here in this book, in her own words on following GAPS at each stage. Learn how to properly make Meat Stock and all the variable ways it can be

prepared for each situation as well as learn what specific foods are used as each stage, and why. Following the recipes give you a guide and help you navigate your way through the protocol from what to add when to how long a person stays on each stage, this book answers the questions needed to properly use the protocol.

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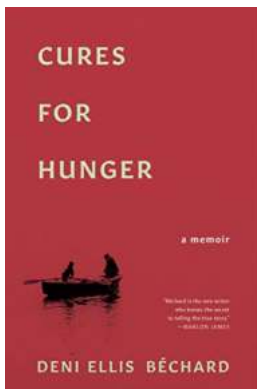


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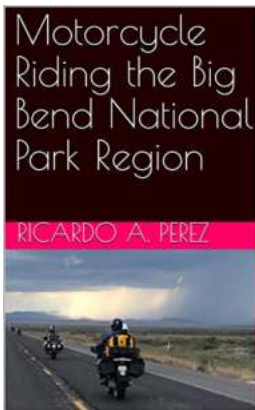
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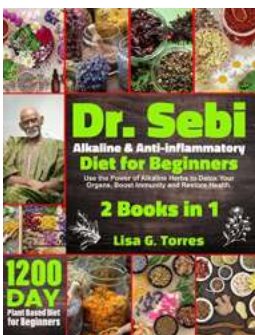
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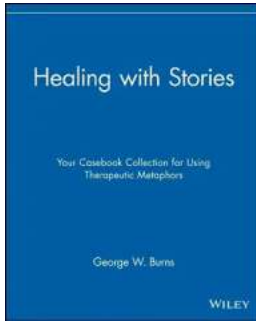
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