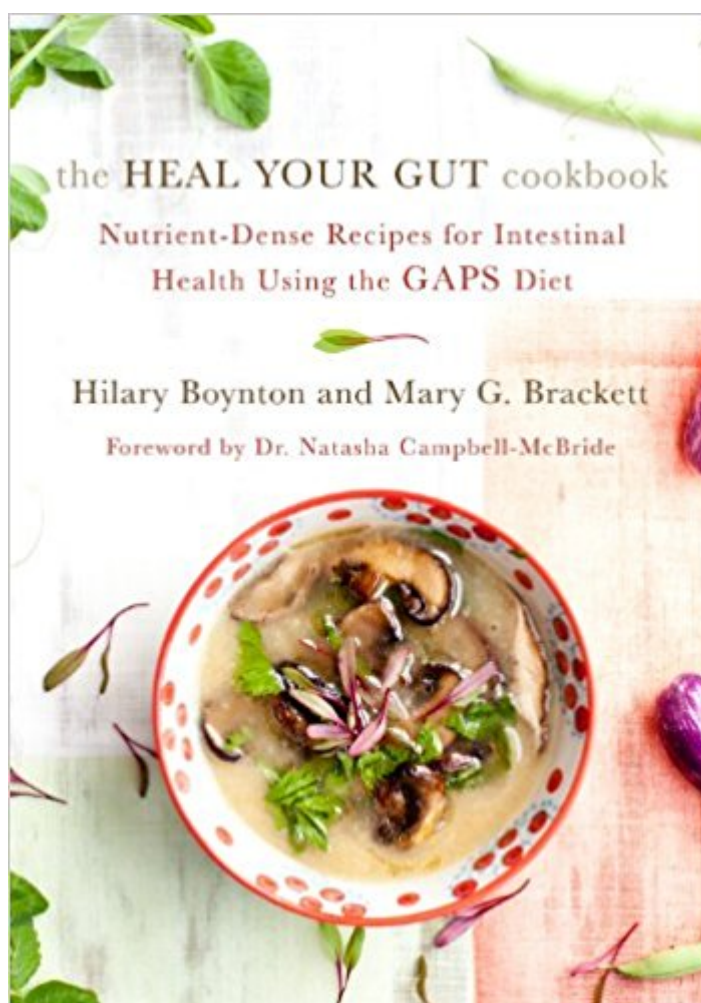


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# The Heal Your Gut Cookbook: Nutrient-Dense Recipes For Intestinal Health Using The GAPS Diet



## Synopsis

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.

## Book Information

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Over 200 Nutrient-Dense Recipes!

**Foods Allowed During Stage 1** Stage 1 is based on three components: stock and soups made with meats, fish, and vegetables; probiotic foods; and fats. When making your stock, be sure to use pastured meats and simmer only for a few hours to start out. Start every day with a glass of mineral or filtered water with fresh lemon juice. **Homemade Stocks and Soups. Meats and Chopped Liver. Well-cooked vegetables. Animal Fats and Coconut oil. Sea Salt and Peppercorns. Probiotic foods. Filtered water. Teas and Lemon juice. Raw honey. See Page 41-51 for details and recipes.**

**Foods Allowed During Stage 2** Continue with Stage 1 foods, especially homemade meat stocks with vegetables, meat, and chopped liver. In Stage 2 we add organic raw egg yolks. It is best to add them to every bowl of soup and every mug of stock. Start with just one per day and increase to at least one with every bowl of soup...(more on page 54). **In Stage 2, you can add: Fermented cod liver oil. Fermented fish and gravlax. Raw egg yolks. Stews and casseroles. Fresh herbs. Increased amounts of dairy products. Increased amounts of fermented juices. Homemade ghee. See page 53-63 for details and recipes.**

**Foods Allowed During Stage 3** Continue with previous stage foods. Avocado is a wonderful addition in Stage 3. Start slowly and add it to every meal, mashed or diced. Start to incorporate sautéed onion with lots of animal fat, since it's great for the digestion and the immune system. Continue with fermented vegetables and juices with every meal. At this stage you can go ahead and eat the fermented vegetables along with the juice. Fermented ginger carrots, salsa, and pickles were the favorites in our house. Introduce therapeutic probiotics on an empty stomach, preferably 20 minutes before eating. **Ripe avocado. Pancakes (made with squash, nut butter (optional), eggs, honey. Almond butter. Eggs. Fully cooked vegetables. Sautéed onion. GAPS-legal, therapeutic probiotics (see resources). Fermented vegetables. See page 65-71 for**

details and recipes.

**Foods Allowed During Stage 4** Continue with previous stage foods. At this point you may start to simmer your stocks for longer, add roasted and baked meats, olive oil, and nut flour breads. Be sure to add plenty of ghee to each slice of bread. Roasted and baked meats (not barbecued or fried). Roasted and baked fish (not barbecued or fried). Cold-pressed olive oil. Fresh-pressed juices. Walnut and almond flour. Breads made with nut and seed flours. See page 72-81 for Stage 4 details and recipes. Order the book for Stage 5 and Stage 6 foods, the full GAPS diet, and many, many more recipes!

Library Journal- "Mind the GAPS! GAPS stands for either 'Gut and Psychology Syndrome'™ or 'Gut and Physiology Syndrome.'™ In either case, the GAPS diet is meant to address mental health and physical issues that arise from a 'leaky gut' and abnormal stomach bacteria. This combination cookbook and guide provides a road map and tools for those attempting to improve their intestinal biome. Beginning with a strict introductory program that also serves as an allergen screening tool, readers who choose to follow certified holistic health counselor Boynton and Brackett's program start with a severely limited diet and then add specific food categories every few days for about a month. After this initial period, the authors recommend a less restrictive (but still fairly limiting) diet to be followed for at least two years. Meat, eggs, and coconut products are heavily featured, so cholesterol may be an issue for some. **VERDICT** Not for the fainthearted, this serious dietary regime will nonetheless be embraced by those who feel they have not been helped by other medical solutions. Purchase where there is interest. More than half of American children are currently diagnosed with a chronic illness, and much of that statistic can be attributed to a long list of damaging exposures (from antibiotics to GMOs) that have destroyed the health of the American gut. For all the damage we have done to our gut and immune health, there is hope. Healing the gut through nutrient-dense, restorative diets like the GAPS Diet is absolutely foundational to recovery. Recovery is within reach and *The Heal Your Gut Cookbook* is a terrific companion for that journey. --Beth Lambert, author, *A Compromised Generation: The Epidemic of Chronic Illness in America's Children*, executive director, Epidemic Answers, and executive producer, The Canary Kids Project "The GAPS protocol is a particularly effective antidote to the standard American diet. But GAPS involves a big lifestyle change and a serious commitment to cooking from scratch. This change can be intimidating, even to experienced home cooks. Hilary Boynton's and Mary Brackett's new book makes GAPS accessible to a wide audience, both through

its no-nonsense narrative and through its wealth of straightforward, delicious, and healthy recipes. It's as if she is saying, "You are not alone . . . and here's what we're having for dinner."™ Anyone following GAPS, or even just thinking about it, will appreciate the recipes and ideas in this book.

—Alex Lewin, author, *Real Food Fermentation* "I couldn't stop reading Hilary Boynton's and Mary Brackett's book on the GAPS diet, *The Heal Your Gut Cookbook*. I found myself famished for the amazing information and guidance they offer on how to improve gut health and ultimately restore optimum immune function. Hilary and Mary do a wonderful job of weaving their own personal and family stories of health redemption together with fantastic, mouth-watering recipes that build on their food philosophy. Moreover, the recipes are easy to follow. I plan to make this book available to my friends and family, so they can all benefit from the important information here."

—David Gumpert, author, *Life, Liberty, and the Pursuit of Food Rights* and *The Raw Milk Revolution* "Hilary is an excellent cook and has mastered the GAPS diet for her family. If you want to try the GAPS diet, this book is a must have. Her recipes are simple, nourishing, and delicious."

—Diana Rodgers, author, *Paleo Lunches and Breakfasts on the Go* "Hilary Boynton is a wife, mother of five, artist, amazing cook, health coach, and cooking teacher. She, along with Mary Brackett, has created a delectable cookbook, full of recipes that are very flavorful and yummy. *The Heal Your Gut Cookbook* is sure to be coveted by people on the GAPS diet, as well as people looking for nutrient-dense, healthy, and delicious meals."

—Kristin Canty, director, *Farmageddon: The Unseen War on American Family Farms* "Hilary Boynton, busy and dedicated mother of five, has teamed with photographer extraordinaire Mary Brackett to create a beautiful book that accurately and elegantly lays out delicious, delightful, and fun recipes for the GAPS diet. No one will be bored again while cooking to heal. The highest kudos to Hilary and Mary: *The Heal Your Gut Cookbook* is a true gift to all of us!"

—Monica Corrado, MA, CNC, traditional food chef, GAPS cooking teacher and certified nutrition consultant "As a homeopath, this is now my recommended go-to guide for my clients and students. Instead of explaining what they ought not to eat, I now direct them to this little masterpiece. It offers freedom from worry and is loaded with satisfying meals. A must-own!"

—Joette Calabrese, homeopathic consultant, author, *How to Raise a Drug Free Family System* "If you feel enslaved to standard food and pharmaceutical remedies, *The Heal Your Gut Cookbook* provides a comprehensive can-do liberation plan. These pages scream 'freedom to be healthy!' As a farmer servicing wellness-lovers, I yearn for the kind of understanding and participation a recipe roadmap like this can offer. Wellness eaters create wellness landscapes."

—Joel Salatin, Polyface Farm "Over my many years of healing through diet, especially healing the gut through diet, the problem has always been how to make the information

and the food readily available to those in need. In the beginning the food was not to be had and the diet plans, recipes, and explanations were not to be found. Over the years this has begun to change. There are ever-expanding farmers markets, small businesses, and cooperative ventures that are filling the food-availability gap. Hilary's and Mary's book is a valuable addition to the question of what to do with the food and why. This book is another small step in my eventual fading away, as I can finally say it's all out there now. Just follow the advice and wonderful recipes; my work is done.

—Thomas Cowan, MD, author, *The Fourfold Path to Healing*, and co-author, *The Nourishing Traditions Book of Baby & Child Care*

“The GAPS diet can change your life; the challenge is how to apply it. Hilary Boynton to the rescue! She is a busy mother of five and lives by the guiding principle of ‘let your food be your medicine.’ Along with photographer Mary Brackett, she has created this beautifully illustrated manual for creating delicious and nutritious GAPS meals. This book provides easy, mouthwatering recipes. It offers practical ways to restore your gut to optimum function, and help you and your family take control of your gut health.”

—Dr. Joseph Mercola, founder, Mercola.com

“If you think ‘healing diet’ means renunciation of delicious foods, you are in for a surprise. The *Heal Your Gut Cookbook* shows that you can enjoy every morsel while your body recovers from a lifetime of nutrient deficiencies and processed food. The recipes are delicious and the book beautifully illustrated. It is a wonderful contribution to the literature on the topic.”

—Sally Fallon Morell, president, The Weston A. Price Foundation

Hilary Boynton, certified holistic health counselor, received a BA in psychology from the University of Virginia and was trained at the Institute for Integrative Nutrition. The devoted mother of five young kids, Hilary has seen the power of nutritional healing firsthand. Inspired by her own experience of ‘food as medicine,’ she has dedicated herself to helping others on their path to wellness as a cook, coach, and professional educator. Hilary supports her clients by integrating ‘Paleo’ and ‘Primal’ philosophies with the wisdom of the Ancestral Health Movement and the Weston A. Price Foundation. Hilary is a Weston A. Price chapter leader, runs several local food co-ops, teaches cooking classes out of her house, and helped to open a farm-to-table restaurant in Concord, Massachusetts. She lives in Marina Del Ray, California, with her family.

Mary Giordano Brackett is a whole-foods advocate and a creative visionary based out of Boston, Massachusetts. After receiving her BFA in photography from Massachusetts College of Art and Design, Mary went on to photograph hundreds of weddings, events, people, and places before recognizing her true passion: the healing power of real food. Combining a love of photography with a devotion to nutrition is her life's work, illustrating and illuminating the importance of our food choices. Mary's work

has been featured in many publications online and in print, as well as in numerous restaurants and cafes throughout the city. She is currently pursuing a master's degree in nutrition in hopes of helping people free themselves from the tyranny of Frankenfood and reclaim their birthright: health and happiness. Mary happily serves up three homemade meals a day to her husband and son in their Watertown, Massachusetts, home. Her work can be viewed at [MGBrackett.com](http://MGBrackett.com). After practicing as a neurologist and neurosurgeon in her Russian homeland, Dr. Natasha Campbell-McBride moved to the UK, where she developed her theories on the relationship between neurological disorders and nutrition. She completed her second postgraduate degree in Human Nutrition at Sheffield University, UK, and currently runs the Cambridge Nutrition Clinic. She specializes in nutritional treatments, and has become recognized as one of the world's leading experts in treating children and adults with learning disabilities and other mental disorders, as well as children and adults with digestive and immune disorders. She is the author of *Gut And Psychology Syndrome* (Revised Edition 2010), in which she explores the connection between physical state and brain function; *Put Your Heart in Your Mouth* (Revised Edition 2016), which reviews natural treatments for heart disease, and *Vegetarianism Explained* (2017), which compares the physiological benefits of animal- and plant-based foods. Dr Campbell-McBride frequently gives talks to health practitioners, and at professional conferences worldwide. She is a Member of The British Society for Environmental Medicine, and a Board Member of the Weston A Price Foundation, and is a regular contributing health editor to journals, magazines and newsletters in English speaking countries around the world.

I was diagnosed with ulcerative colitis and after doing a lot of internet research, settled on trying Natasha McBride's GAPS diet. Within a week my significant ulcerative colitis symptoms had subsided. I ordered the *Heal Your Gut* cookbook to try and get more ideas for meals, although I have to say there is a lot already on the internet - [lovingourguts.com](http://lovingourguts.com) and [healthhomeandhappiness.com](http://healthhomeandhappiness.com) were two of my staple sites. The book is pleasing in its layout and pictures, and does give a good number of recipes per introduction stage, as well as the full GAPS diet. However, I am only giving the book three stars because I found that the 'allowed' and 'not allowed' foods on each stage became a bit blurry. My understanding is that McBride wasn't entirely clear in her intro GAPS book about the exact foods allowed, so across the internet different individuals have a different understanding of what food to introduce at each stage of the introduction diet. This book introduces cabbage in the recipes in the second stage of the intro diet, while most other practitioners wouldn't introduce until stage 3. This might be fine, except the author doesn't

stipulate at the start of the stage 2 chapter that you can actually introduce cabbage - she has a whole lot of other foods you can introduce, but doesn't list cabbage. Nor is it listed in stage 3 as something you should introduce. So I'm left unclear. This may seem like a small thing, but when you're trying to understand what you can and can't eat this kind of discrepancy is confusing. My bigger issue is the way that the author sometimes suggests add-ons at the bottom of a recipe (e.g. you could add coriander and avocado) but doesn't always stipulate that the food she is suggesting isn't allowed until a later stage (page 60, avocado to beef stew is an example of this). This can make matters more confusing, and a bit disheartening if you realise you've just had stage 5 food in stage 2 and your symptoms reappear. I hope the author re-releases the book in future, but with these sorts of important issues ironed out. What's the point of having an elimination cookbook if the elimination foods aren't clearly mapped out? On a more personal note regarding the actual diet, not the book (as I assume a lot of people reading this have their own digestive difficulties), it is a significant change to usual 'Western' diet but if you have moderate self-control and resolve (which I think is often heightened and helped by major health issues) it shouldn't be too hard to follow. Many people only stay on each of the intro stages for a few days so the severity of it doesn't have to be tolerated for too long. If you have never made broths before, you may find it oily to begin with. I found [wellnessmama.com](http://wellnessmama.com) invaluable - her post and the 100s of comments and questions regarding bone broth can be life-saving when you are starting out trying to cook broths. I became nauseous drinking the broth at the beginning, so took out the hardened fat at the start before drinking and this helped. Now I can tolerate the fat - I think building up might be the key. All in all, I would buy this book again for the recipes and just supplement with my own research.

This book has been amazing! I had read the actual GAPS book cover to cover, took notes, underlined, highlighted, and read and re-read. It wasn't until I had this book, *Heal Your Gut*, that I was actually able to follow through with the intro diet. This book is just what I needed! Having attempted the GAPS diet 3 times and being unable to get further than a few days, I was about ready to call it quits. I just couldn't figure out what to eat and was getting tired of boiled meatballs. I preordered this book without knowing anything about it, but not really having any other gaps books available to me. I am so glad that I did!! I read the book cover to cover! It's beautiful, well laid out, and perfectly structured to walk you through the GAPS diet. I can't thank these women enough for writing it! Not only has it helped me, but it has also helped my 22 month old son in healing our guts and finally being able to properly absorb all the nutrients from the foods we've been eating. After a few rounds of antibiotics as a newborn, my sons gut was wrecked and he needed major gut repair.



He ate every single meal that I made for him after following these recipes!! That is huge for a toddler!! He rarely ate anything I'd try to feed him without putting up a fight. With this book.. Success!! The recipes in this book are delicious and very easy to follow. You will be flying through the gaps intro with ease if you take the time to read this book and follow along with each stage. I can honestly say I never felt deprived. And I actually felt like it was Thanksgiving each day with all the great meals my son and I were getting to eat each day. My particular favorites on the intro were the turmeric and mushroom leek soups. I'd never cooked with either and now I really love those foods. So thankful for this book!! :) can't say thank you enough!!

Appreciate the good recipes! But a little confusing about the stages of when I can eat them.

This was a good book to help get me started on the GAPS diet. Pros: Lays out the GAPS diet. Gives a lot of information about the GAPS diet to help get you started. Great recipe ideas. Cons: The author has not gone into all the foods allowed on the Full GAPS diet so there may be some holes as you progress (this is not the end of the world but just so you know) It is a good book overall. I used it to get me through the beginning of the GAPS process and enjoyed seeing the different foods to make it helped during that time when I was really feeling "blah" in the detox period. I didn't use all the recipes but I did enjoy seeing how things could be prepared. It was nice to know she has used these foods on her husband and kids. I consulted this book more than my GAPS book and I would definitely would buy this again and recommend it to my friends that are trying the GAPS diet.

Meal planning or at the very least suggestions of what to eat for breakfast, lunch and dinner would have made this much more helpful. You do have to watch out for added ingredients that you can't have yet depending on where you are in the diet. You must have the Gut and Psychology Syndrome by Natasha Campbell-McBride to go along with this book.

My son is trying to heal himself in the best ways he can without doctors and drugs. This book gave him some great ideas and he says, after reading it, that he's "healing" and already feeling much better in just a couple of months. He's learned that he's the one who needs to take control over his own eating habits - and this book has been the beginning of a healthy journey. He's lost 20 lbs., is exercising more, and isn't eating all those donuts cops are famous for. He has thanked me several times for sending this book. Good luck to those of you in the same situation!

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