

The Heal Your Gut Cookbook Nutrient Dense Recipes For Intestinal Health Using Gaps Diet

Hilary Boynton

The Heal Your Gut Cookbook is a must-have if you are following the GAPS Diet, considering starting the GAPS Diet, or simply looking to improve your digestive health and - by extension - your physical and mental well-being. This book is 320 pages in length. Low \$3.95 shipping charge on single book orders.

The Heal Your Gut Cookbook

Recipes – The Heal Your Gut Cookbook

This healing root contains compounds that have antiviral, anti-parasitic, and anti-fungal properties. In addition to being able to kill off the bad guys in our gut that can harm us, ginger is a powerful inflammation fighter and immune booster. When inflammation is reduced, and our immune system is strengthened, complete gut healing can take place.

The Heal Your Gut Cookbook

The Heal Your Gut Cookbook was created to inspire people to reclaim their health using honest-to-goodness food. This is your mission, should you choose to accept it: Heal your gut, forgo disease and live the authentic life you were made to live.

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