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The first cookbook created exclusively for the GAPS diet. Internal Bliss is a cookbook designed for individuals and families pursuing the difficult journey towards digestive healing. With the GAPS principles in mind, Internal Bliss provides recipes that will satisfy all palates.

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The GAPS diet was derived from the Specific Carbohydrate Diet (SCD) created by Dr. Sidney Valentine Haas to naturally treat chronic inflammatory conditions in the digestive tract as a result of a damaged gut lining. SCD gained great popularity after a mother, Elaine Gottschall, healed her own child of Ulcerative Colitis and became an advocate for SCD.

Home [www.gapsdiet.com]

The updated chapter on diet now contains all the elements of the GAPS diet: the GAPS Introduction Diet, the Full GAPS Diet and a section on how to come off the diet. The chapter on dairy includes more specific advice. The chapter Fats, the good and the bad has been re-written to include new research and information.

Gut and Psychology Syndrome - GAPSdiet

Internal Bliss. Recipes designed for those following the Gut and Psychology Syndrome Diet, you can buy it on GAPSdiet.com. The Heal Your Gut Cookbook. Nutrient-dense Recipes for Intestinal Health Using the GAPS Diet by Hilary Boynton and Mary G.Brackett. You can buy it on GAPSdiet.com

GAPS - Resources

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It's a restrictive diet, like the Specific Carbohydrate Diet, but it emphasizes eating nourishing foods that are proven to promote gut health — including homemade bone broth and lots of lacto-fermented goodies like sauerkraut. The GAPS diet is a healing diet.

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