



A comprehensive introduction and 175 tasty recipes to help you gain control of your health and intestinal flora.

You will find helpful information on the following topics:

- What is GAPS?
- The purpose of the GAPS diet
- Frequently asked questions
- What to eat
- Tips for grocery shopping
- Useful tools for the GAPS kitchen
- Pantry staples and meal plans
- 175 delicious recipes

SIGNE GAD is a self-taught food enthusiast, voice-over artist and Alexander Technique teacher. She spent four years researching and using the GAPS diet, as well as collecting and developing recipes for this cookbook. This is the book she wishes she had when she took matters into her own hands to help her daughter, who had been suffering from stomach pains for years.

Using the GAPS DIET

Coined by Dr. Natasha Campbell-McBride, "gut and psychology syndrome" — or GAPS — is a generic term used for a range of modern chronic diseases that have their roots in compromised intestinal flora. For many, GAPS is a battle that can be won in the kitchen, with a simple diet that is free of sugar, starch and processed food, including additives. For those living with chronic diseases like diabetes, behavioral disorders, depression and excess weight, the GAPS diet can address the root cause of your condition and allow you to heal your body. The diet doesn't merely subdue symptoms, but aims to heal your gut and free you from dependence on medication.

If you are a Gapster or interested in improving your overall health and wellness, this cookbook will be your new best friend. In addition to answering your questions on GAPS, it will guide you through the different phases of the diet and provide you with 175 tasty sugar-free and starch-free options. Recipes are both for everyday and for special occasions, and include light meals, dinners, snacks, beverages, desserts and breads. Armed with so many delicious choices, you are sure to enjoy the journey to healing your gut and gaining control of your health.

- Foreword by Dr. Natasha Campbell-McBride
- Introduction by Dr. Irene Hage

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\$24.95 CAN

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Introduction by Dr. Irene Hage, MD, ND

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