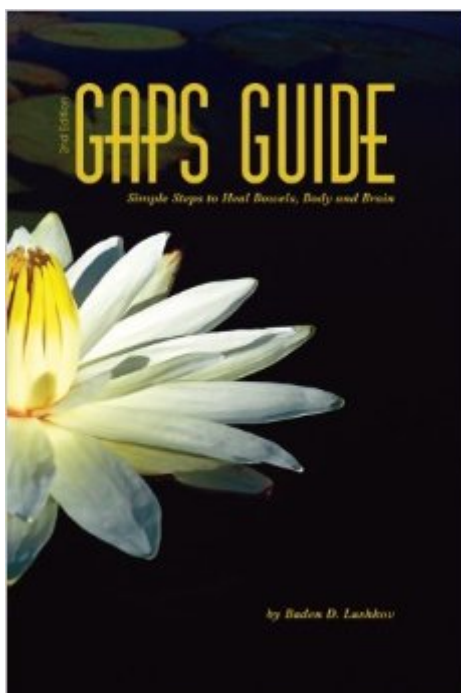


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# GAPS Guide 2nd Edition: Simple Steps To Heal Bowels, Body, And Brain



## Synopsis

A practical, easy to implement, step-by-step guide to the program developed by Dr Natasha Campbell-McBride to heal "gut and psychology syndrome": an array of mental and physical symptoms arising from an imbalance in gut flora.

## Book Information

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Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (42 customer reviews)

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## Customer Reviews

I bought the first edition of GAPS Guide years ago when our family was first trying to heal allergies with the GAPS protocol and there wasn't nearly the information and experience available online that there is now. I found it very helpful. Our family did the GAPS protocol for a few months, and then we stopped for various reasons. When I wanted to come back and do GAPS again, I saw that Baden had published a 2nd edition, and I bought the new edition. She has clearly put in a huge amount of love and work -- it's about twice as long, with so much more information. It's NOT just a little update here and there. I have since recommended it to anyone who is trying to implement GAPS. Badens own story of healing herself and her son is inspiring, and her clear advice to preparing for and implementing GAPS makes it so much less overwhelming. Her writing is like an encouraging and gentle yet firm friend who takes you by the hand and guides you along this path of healing. If you're exploring GAPS or ready to leap in, buy this book!

The way to cure the causes of health issues; starting from the guts! There is no better way to cure yourself but it is a lot of work. I've been doing it for 2 months and my health has improved a little already. The "motto" here is to go very, very slowly with incorporating food and most of all

fermentation/probiotics otherwise the die-off is way too strong. every bit of food you try out is a go low and slow. Before starting the diet, read the book at least twice, it is a lot of information to take in all at once and to put in practice. The author is wonderful and you can communicate with her on her site if you have any issues or question. Many thanks to Baden Lashkov's support!

I wouldn't have believed it possible but this book has given me a healthier body, I feel stronger and more energetic. I plan to continue until I am totally on GAPS and all of my symptoms have been eliminated.

Very easy to read and understand, the author really breaks down the diet and includes great ideas and organization tips.

Chock full of info in user friendly format. Makes GAPS easier to understand & follow. Recommend!

I would 100% recommendation this book to anyone who is serious about doing something to heal their digestive issues, diarrhea, colitis, constipation, etc. written by someone who did this eating plan with her son. She makes it much easier to understand follow.

I started reading this book with scepticism, however, I decided to finish and I am ready to give it a try for the sake of my health and my loved ones. We all have various issues with food allergies. I can't wait to see results.

Very helpful and an easy read. Recommend to anyone embarking on the GAP diet/lifestyle.

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