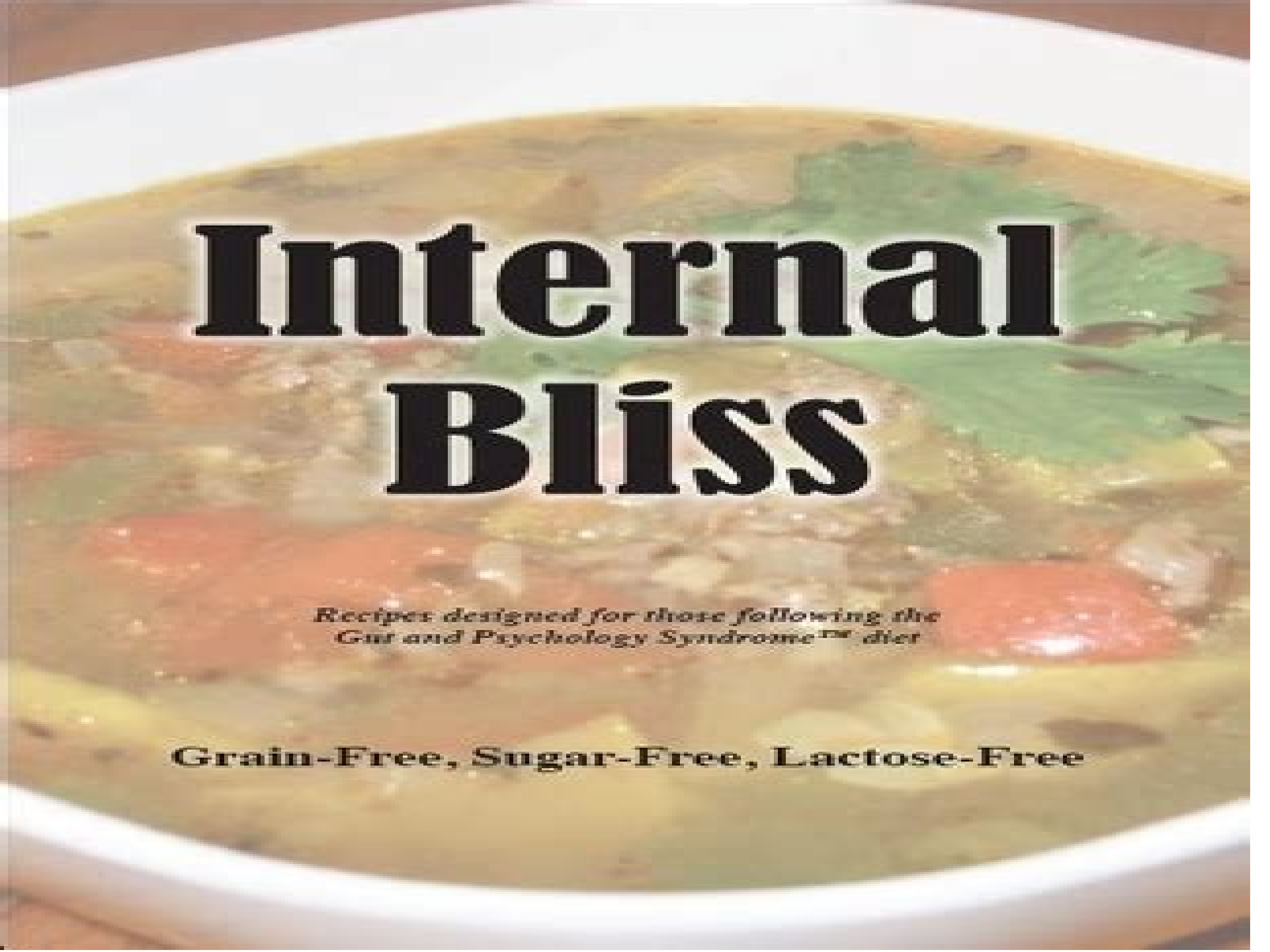


A close-up photograph of a white bowl filled with a light-colored soup. The soup contains various ingredients, including green leafy herbs (possibly cilantro), red bell pepper pieces, and yellow vegetable pieces. The text is overlaid on the center of the image.

Internal Bliss

*Recipes designed for those following the
Gut and Psychology Syndrome™ diet*

Grain-Free, Sugar-Free, Lactose-Free

Internal Bliss Gaps Cookbook

Pamela Jenkins, Donna Gates



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