

GAPS GUIDE

Simple Steps to Heal Bowels, Body and Brain

1st Edition



Gaps Guide Baden Lashkov

Dr Natasha Campbell-McBride



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GAPS Guide Baden Lashkov, 2013-05-16 A step by step guide to the program plus the stories of seven people's recovery
Back cover *GAPS Stories* Medinform Publishing, 2018-11-29 Dr Natasha Campbell McBride created the term GAPS Gut and Psychology Syndrome or Gut and Physiology Syndrome in 2004 to describe the plethora of health problems that stem from an unhealthy gut Since developing the GAPS nutritional protocol Dr McBride has received letters from GAPS sufferers all over the world stories written by real people who have overcome their real health problems Every one of these people has learned valuable lessons on their healing journey lessons they are keen to pass to others who may be struggling through the same difficulties These stories can be utilized as case studies for how to progress through personal healing and how to deal with problems that one may have to face along the way There is nothing more valuable than real life experience Those who have lived through something fought the battle and won know what is true and what is false what works and what doesn't Many of these stories are humbling the kinds of horrific problems that people have had to deal with are hard to imagine for the majority of us yet told with humor and grace *Perfecting Paleo* Ashley Tudor, 2014-04-01 With the perfect diet we thrive We are lean energetic and mentally and physically sharp But there isn't one perfect diet Our bodies and goals vary and so do the diets that best serve us On the surface it's simple Eat real food meats vegetables nuts seeds some starch some fruit no sugar But the perfect diet is not 100 percent compliant with those guidelines Rather these simple rules are a starting point for optimal health It is up to you to uncover the particulars that work for you This book is for you if you want to lose 50 pounds or the last 10 optimize your health or learn about cutting edge tools to monitor your body In these pages you will find an easy framework for understanding the body and practical tools to resolve issues with your weight and health You will find answers to questions such as Counting calories failed me now what I eat Paleo why am I still fat How do I lose these last 5 pounds How do I eliminate cravings What foods will most likely make me fat Which exercise is best for my body *A Legacy of Healing* Dr. Christopher Amoruso, Dr. Angelo Rose, 2016-10-29 This book was the brainchild of Dr Angelo C Rose After fifty years of practicing holistic care he wanted to leave his patients with a resource they could use as a guide in the natural healing of the more common health problems people typically face This book provides a wealth of information and includes dietary guidelines specific healing protocols remedies and valuable resources for myriad conditions The book is designed to be used as a reference for people of all ages even for those just looking to increase their knowledge of nutrition and diet **Histoires GAPS** Dr Natasha Campbell-McBride, 2017-01-01 J'ai créé le terme GAPS en 2004 pour décrire la pléthore de problèmes de santé causés par un intestin en mauvais état Il signifie Gut And Psychology Syndrome ainsi que Gut And Physiology Syndrome en français syndrome entéro-psychologique et syndrome enterophysologique Depuis que j'ai conçu le programme nutritionnel GAPS je reçois des lettres venues du monde entier C'est un honneur et un privilège pour moi de publier ces lettres Ces témoignages ont été écrits par de vraies personnes qui ont surmonté des problèmes de santé bien réels

Chacune d'elles a la conviction d'avoir appris des leçons essentielles sur la voie de la guérison des leçons qu'elle tient faire connaître d'autres personnes confrontées aux mêmes difficultés. Veuillez lire ces témoignages comme des études de cas qui vous aideront suivre votre propre progression vers la guérison et faire face aux problèmes susceptibles de surgir en chemin. Rien n'est plus précieux que l'expérience de la vraie vie. Quand on a vécu quelque chose quand on a lutté pour remporter une bataille on sait ce qui est vrai et ce qui est faux, ce qui fonctionne et ce qui ne fonctionne pas. On connaît la vérité pour aller la chercher et y avoir laissé des plumes. La plupart de ces témoignages ont de quoi remplir le lecteur d'humilité. Pour la majorité d'entre nous, il est difficile d'imaginer les terribles obstacles que ces patients ont dû franchir. Et pourtant, ils racontent leurs péripéties avec tant d'humour et de grâce. J'aimerais remercier chacun d'entre eux d'avoir partagé son témoignage si intime avec tous. C'est un acte d'altruisme d'intéresser du seul desir d'aider autrui sans rien demander en retour. Merci Dr Natasha Campbell-McBride, Auteur du livre Le Syndrome enteropsycho-logique ou GAPS (Gut and Psychology Syndrome).

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