



The Heal Your Gut Cookbook

Nutrient-Dense Recipes for Intestinal Health
Using the GAPS Diet

Hilary Boynton, Mary Brackett

Foreword by Dr. Natasha Campbell-McBride

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“ This book offers practical ways to restore your gut to optimum function, and help you and your family take control of your gut health. — **Dr. Joseph Mercola, founder, Mercola.com** ”

“All disease begins in the gut,” Hippocrates instructed more than two thousand years ago. Today, more people than ever are struggling with gut-related chronic diseases and looking for ways to improve their health through the food they eat.

The Heal Your Gut Cookbook is a visually stunning cookbook created by GAPS Diet experts Hilary Boynton and Mary G. Brackett. The book gives readers more than 200 easy-to-follow, nutrient-dense, and appealing recipes designed to heal your gut and thereby manage the illnesses that stem from it. An evolution of the Specific Carbohydrate Diet, GAPS recipes also appeal to followers of the Paleo Diet.

Developed by pioneering British MD Dr. Natasha Campbell-McBride, Gut and Psychology Syndrome (GAPS) refers to disorders, including ADD/ADHD, autism, addictions, depression, and obsessive-compulsive disorder, stemming from or exacerbated by leaky gut and dysbiosis. Gut and Physiology Syndrome (also GAPS) likewise refers to chronic gut-related physical conditions, including celiac disease, rheumatoid arthritis, diabetes type one, and Crohn's disease, as well as asthma, eczema, allergies, thyroid disorders, and more.

Dr. Campbell-McBride designed the GAPS Diet to restore the balance between beneficial and pathogenic intestinal bacteria and seal the gut through the elimination of grains, processed foods, and refined sugars and the carefully sequenced reintroduction of nutrient-dense foods, including bone broths, raw cultured dairy, certain fermented vegetables, organic pastured eggs, organ meats, and more.

The Heal Your Gut Cookbook also walks readers through the key cooking techniques and ingredients that form the backbone of the GAPS Diet: working with stocks and broths, soaking nuts and seeds, using coconut, and culturing raw dairy. Boynton offers an encouraging perspective on the life-changing improvements to her family's health, as she, her husband, and their five children followed this challenging, but powerful, diet.

The Heal Your Gut Cookbook is a must-have if you are following the GAPS Diet, considering the GAPS Diet, or simply looking to improve your digestive health and—by extension—your physical and mental well-being.



Hilary Boynton, certified holistic health counselor, received a BA in psychology from the University of Virginia and was trained at the Institute for Integrative Nutrition. Hilary is a Weston A. Price chapter leader, runs several local food coops, teaches cooking classes out of her house, and is opening a farm-to-table restaurant in Concord, MA.



Mary Giordano Brackett, is a wholefoods advocate and a creative visionary based out of Boston, Massachusetts. With a BFA in photography from Massachusetts College of Art and Design, Mary illustrates and illuminates the importance of our food choices. Her work has been featured in many publications online and in print, as well as in numerous restaurants and cafes throughout the city.

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