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The first cookbook created exclusively for the GAPS diet. Internal Bliss is a cookbook designed for individuals and families pursuing the difficult journey towards digestive healing. With the GAPS principles in mind, Internal Bliss provides recipes that will satisfy all palates.

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The GAPS diet was derived from the Specific Carbohydrate Diet (SCD) created by Dr. Sidney Valentine Haas to naturally treat chronic inflammatory conditions in the digestive tract as a result of a damaged gut lining. SCD gained great popularity after a mother, Elaine Gottschall, healed her own child of Ulcerative Colitis and became an advocate for SCD.

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I found that as a new comer to the Gaps diet, reading the Gut and Psychology Syndrome book first would be better than jumping right into the recipe book. The Gut and Psychology Syndrome book gives a detailed overview of Gaps as well as ingredients to eat and avoid.

~~Amazon.com: Customer reviews: Internal Bliss — GAPS ...~~

Internal Bliss. Recipes designed for those following the Gut and Psychology Syndrome Diet, you can buy it on GAPSdiet.com The Heal Your Gut Cookbook. Nutrient-dense Recipes for Intestinal Health Using the GAPS Diet by Hilary Boynton and Mary G. Brackett.

~~GAPS — Resources~~

We live in a world of unfolding epidemics: Autism, ADHD, asthma, allergies, anxiety, depression, epilepsy, diabetes, celiac these conditions overlap with each other and are related by similar underlying causes.

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