

the HEAL YOUR GUT cookbook

Nutrient-Dense Recipes for Intestinal  
Health Using the GAPS Diet

Hilary Boynton and Mary G. Brackett

Foreword by Dr. Natasha Campbell-McBride

## Praise for *The Heal Your Gut Cookbook*

“The GAPS Diet can change your life; the challenge is how to apply it. Hilary Boynton to the rescue! She is a busy mother of five and lives by the guiding principle of ‘let your food be your medicine.’ Along with photographer Mary Brackett, she has created this beautifully illustrated manual for creating delicious and nutritious GAPS meals. This book provides easy, mouthwatering recipes. It 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 of [Mercola.com](http://Mercola.com)

“If you think ‘healing diet’ means renunciation of delicious foods, you are in for a surprise. *The Heal Your Gut Cookbook* shows that you can enjoy every morsel while your body recovers from a lifetime of nutrient deficiencies and processed food. The recipes are delicious and the book beautifully illustrated. It is a wonderful contribution to the literature on the topic.”

—**Sally Fallon Morell**, president of the Weston A. Price Foundation

“More than half of American children are currently diagnosed with a chronic illness, and much of that statistic can be attributed to a long list of damaging exposures (from antibiotics to GMOs) that have destroyed the health of the American gut. For all the damage we have done to our gut and immune health, there is hope. Healing the gut through nutrient-dense, restorative diets like the GAPS Diet is absolutely foundational to recovery. Recovery is within reach, and *The Heal Your Gut Cookbook* is a terrific companion for that journey.”

—**Beth Lambert**, author of *A Compromised Generation: The Epidemic of Chronic Illness in America’s Children*, executive director of Epidemic Answers and executive producer of The Canary Kids Project

“Over my many years of healing through diet, especially healing the gut through diet, the problem has always been how to make the information and the food readily available to those in need. In the beginning, the food was not to be had, and the diet plans, recipes, and explanations were not to be found. Over the years this has begun to change. There are ever-expanding farmers markets, small businesses, and cooperative ventures that are filling the food-availability gap. Hilary’s and Mary’s book is a valuable addition to the question of what to do with the food and why. This book is another small step in my eventual fading away, as I can finally say ‘It’s all out there now. Just follow the advice and wonderful recipes; my work is done.’”

—**Dr. Thomas Cowan**, author of *The Fourfold Path to Healing* and coauthor of *The Nourishing Traditions Book of Baby & Child Care*

“If you feel enslaved to standard food and pharmaceutical remedies, *The Heal Your Gut Cookbook* provides a comprehensive can-do liberation plan. These pages scream

‘freedom to be healthy!’ As a farmer servicing wellness-lovers, I yearn for the kind of understanding and participation a recipe roadmap like this can offer. Wellness eaters create wellness landscapes.”

—**Joel Salatin**, Polyface Farm

“Hilary Boynton is a wife, mother of five, artist, amazing cook, health coach, and cooking teacher. She, along with Mary Brackett, has created a delectable cookbook, full of recipes that are very flavorful and yummy. *The Heal Your Gut Cookbook* is sure to be coveted by people on the GAPS Diet, as well as people looking for nutrient-dense, healthy, and delicious meals.”

—**Kristin Canty**, director of *Farmageddon: The Unseen War on American Family Farms*

“I couldn’t stop reading Hilary Boynton’s and Mary Brackett’s book on the GAPS diet, *The Heal Your Gut Cookbook*. I found myself famished for the amazing information and guidance they offer on how to improve gut health and ultimately restore optimum immune function. Hilary and Mary do a wonderful job of weaving their own personal and family stories of health redemption together with fantastic, mouth-watering recipes that build on Hilary’s food philosophy. Moreover, the recipes are easy to follow. I plan to make this book available to my friends and family, so they can all benefit from the important information here.”

—**David Gumpert**, author of *Life, Liberty, and the Pursuit of Food Rights and The Raw Milk Revolution*

“The GAPS protocol is a particularly effective antidote to the standard American diet. But GAPS involves a big lifestyle change and a serious commitment to cooking from scratch. This change can be intimidating, even to experienced home cooks. Hilary Boynton’s and Mary Brackett’s new book makes GAPS accessible to a wide audience, both through its no-nonsense narrative and through its wealth of straightforward, delicious, and healthy recipes. It’s as if she is saying, ‘You are not alone... and here’s what we’re having for dinner.’ Anyone following GAPS, or even just thinking about it, will appreciate the recipes and ideas in this book.”

—**Alex Lewin**, author of *Real Food Fermentation*

“Hilary is an excellent cook and has mastered the GAPS Diet for her family. If you want to try the GAPS Diet, this book is a must-have. Her recipes are simple, nourishing, and delicious.”

—**Diana Rodgers**, author of *Paleo Lunches and Breakfasts on the Go*

“Hilary Boynton, busy and dedicated mother of five, has teamed with photographer extraordinaire Mary Brackett to create a beautiful book that accurately and elegantly lays out delicious, delightful, and fun recipes for the GAPS diet. No one will be bored again while cooking to heal. The highest kudos to Hilary and Mary: *The Heal Your Gut Cookbook* is a true gift to all of us!”

—**Monica Corrado**, MA, CNC, traditional food chef, GAPS cooking teacher, and certified nutrition consultant

“As a homeopath, this is now my recommended go-to guide for my clients and students. Instead of explaining what they ought not to eat, I now direct them to this little masterpiece. It offers freedom from worry and is loaded with satisfying meals. A must-own!”

—**Joette Calabrese**, homeopathic consultant and author of *How to Raise a Drug-Free Family System*

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With love and gratitude to my five beautiful children: Dossie, Cooper, Campbell, Wyatt, and Tanner. And to my amazing husband, Nick: You make it so much fun! —HB

To my Loves: Chris, the greatest partner a girl could ask for, thank you for being my inspiration, my cheerleader, my second opinion, and my rock throughout this wild (and delicious!) journey; and to Chet, the most amazing gift to have been bestowed upon my life ... your life gives my life purpose. I love you both more than you will ever know. —MGB



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# Foreword

Mothers are my heroes! A mother's love can overcome anything! This recipe book was created by two such heroes. Taking your family through the GAPS Nutritional Protocol and working through individual health problems takes a huge determination, self-discipline, and love. Then to share with the world what you have learned on the way, in order to help others to make this journey with more ease, is an act of kindness and generosity. The world can only be grateful to Hilary Boynton and Mary Brackett for this work! The recipes are wonderful, with beautiful pictures, and the book is full of useful tips and helpful guidance and inspiration. I thoroughly recommend it.

The concept of GAPS (Gut and Psychology Syndrome and Gut and Physiology Syndrome) establishes a connection between the state of the person's digestive system and the health of the rest of the body. We live in a world of growing epidemics of mental and physical illness. These epidemics are underlined by another big epidemic, which is increasingly recognized as the cause of those illnesses. This big epidemic is abnormal gut flora or gut dysbiosis. Recent research has established that around 90 percent of all cells and genetic material in the human body is our gut flora—myriad microbes that live inside our digestive systems. In order to be healthy, a person has to have a healthy gut flora dominated by beneficial species of microbes. In our modern world where people are regularly taking antibiotics and other pharmaceutical drugs, where food is laced with chemicals alien to the human physiology, an increasing number of people have damaged, abnormal gut flora dominated by pathogenic microbes. As a result, a person's gut is unable to nourish the body properly; instead it produces large amounts of toxins that absorb into the bloodstream, get spread around the body, and cause disease. This is GAPS. To understand this concept fully please read my book on this subject.

The list of GAPS conditions is long; I divided them into two groups:

1. Gut and Psychology Syndrome
2. Gut and Physiology Syndrome

Gut and Psychology Syndrome, or GAPS, includes learning disabilities and mental disorders such as ADHD/ADD, dyslexia, dyspraxia, autism, addictions, depression, obsessive-compulsive disorder, bipolar disorder, schizophrenia, epilepsy, eating disorders, and many other conditions, which stem from abnormal function of the brain. Many of these conditions have no established diagnostic labels and present themselves as a mixture of various so-called mental symptoms: mood alterations, memory and cognitive problems, behavioral and social problems, panic attacks, anxiety, involuntary movements, various tics and fits, sensory problems, sleep problems, and so on.

Gut and Physiology Syndrome, also known as GAPS, includes various chronic

physical conditions that stem from an unhealthy gut, such as autoimmune conditions (celiac disease, rheumatoid arthritis, diabetes type one, multiple sclerosis, amyotrophic lateral sclerosis, systemic lupus erythematosus, osteoarthritis, Crohn’s disease, ulcerative colitis, autoimmune skin problems, chronic cystitis, nephropathy, neuropathy, et cetera), asthma, eczema, allergies, chronic fatigue syndrome, fibromyalgia, myalgic encephalomyelitis, multiple chemical sensitivity, arthritis, PMS and other menstrual problems, endocrine disorders (thyroid, adrenal, and other), and digestive disorders (irritable bowel syndrome, gastritis, colitis, and so forth). Many conditions do not fit into any diagnostic box and can present as a mixture of symptoms: digestive problems, fatigue, muscular weakness, cramps and abnormal muscle tone, pain and ache in joints and muscles, skin problems, neurological and hormonal abnormalities.

In almost every person the symptoms from both GAP Syndromes overlap: People with mental problems suffer physical symptoms (painful joints and muscles, fatigue, skin problems, asthma, hormonal problems, autoimmunity), while people with physical problems have mental symptoms (such as depression, “brain fog,” inability to concentrate, mood swings, sleep abnormalities, memory problems, anxiety, tremors, tics, fits, and more). When the digestive system is unwell, instead of being a source of nourishment it becomes a major source of toxicity in the body; nothing in the body can function well. Any organ, any system, any cell can show symptoms of distress—usually most of them respond with some symptoms. As a result GAPS patients are often the most difficult (if not impossible) for mainstream medicine to fathom and to help. The GAPS Nutritional Protocol is designed to treat all of those conditions starting from the roots.

Our digestive system holds the roots of our health. If those roots are not healthy, then the rest of the body cannot be healthy. So the treatment of any chronic disease has to start from the gut. The human gut is a long tube; what you fill that tube with has a direct effect on its well-being. Food—the person’s daily diet—is the number one treatment for any chronic disease, and the GAPS Diet is the most important part of the GAPS Nutritional Protocol. This book will help you to implement the GAPS Diet by providing you with a large variety of delicious recipes and ideas of how to serve food. It is the recipes that make any diet an enjoyable experience. I have no doubt that even a complete novice to cooking will become an expert cook after having followed advice in this book!

—Dr. Natasha Campbell-McBride, MD, author of  
*Gut and Psychology Syndrome*, Revised and Expanded Edition

# Introduction

## Hilary's Story

Looking back, it all makes perfect sense. Wow, if I had only known then what I know now. But if that were the case, I wouldn't be writing this book. I guess things really do happen for a reason.

Starting in high school, I lived completely “fat-free” for nearly a decade. During that time, years of playing intense Division One soccer (and having way too much fun in college) ultimately taxed my body to the brink. The cumulative effect of burning so much energy and then “replenishing” with bagels, pasta, cereal, and Butter Buds really did a doozy on my gut health. Not to mention being on the birth control pill and Accutane for bad skin.

I had no idea of the damage done until I was plagued by infertility as a young newlywed, which was quite possibly the most painful thing I'd ever endured. Why, at twenty-six, was I not able to carry a baby? Well, I think I know the answer to that now: I was malnourished. After years of trying, though, I was finally abundantly blessed, with triplets! Two boys and a girl. However, these blessings came with the help of modern intervention, not due to improved health, I'm sorry to say.

Along with the stress of new motherhood, my poor eating habits continued when—boom!—I got pregnant again. How could it be? Surely it wouldn't stick; I had been on birth control pills again for the past three years. Well, the excitement of having conceived naturally must have worked some kind of magic, because that baby was here to stay. But shortly after his arrival, the scratching began: He was an eczema baby. Itchy, fussy, and breaking my heart. Months of sleepless nights kept me searching for answers. What had caused this? And how could it be treated? As my desperate quest for answers continued, I found myself pregnant again. What the ... ? Had I even had sex in the past six months with four babies under three? Well, that little guy hung in there, too, and now we had five blessings under our roof. But still, my son's eczema flared.

One day, a year later, the answer finally came. I was at the grocery store with kids in tow, trying to make good choices for my family. If the label said organic, I assumed it was okay. Crackers, yogurt, fruit snacks. When I ran into an old friend, the film director and farm advocate Kristin Canty, I told her about my now-toddler's continuing plight. She gave me a recommendation that would change my life forever.

“You should try giving him raw milk.”

Huh? What was raw milk? Did she mean ... unpasteurized? Certainly that could not be good for us. But I was at my wit's end, so I went for it. And guess what? It worked! The eczema was subdued, with real food alone! So this is where my journey began.

Overcome with gratitude and amazement, I wanted to learn more and share the information. I attended conferences: Weston A. Price, Paleo, and the Fourfold Path to Healing. I purged our pantry and fridge: out with the cereals and skim milk, in with the raw milk and pastured eggs. Life was changing, and for five years we were great. No major sicknesses, and no trips to the doctor.

However, it takes time to undo the years of poor choices I had made in the past. Various problems began cropping up: My daughter Dossie with petit mal epilepsy, three kids with speech delays, and now, enamel was not forming correctly on my eczema baby's teeth (with seven cavities to boot). But outwardly my kids seemed healthy, so how could this be? They were never sick, and I fed them all nutrient-dense foods. Could it be related to their gut health?

When I heard Natasha Campbell-McBride speak at a Weston A. Price conference in the fall of 2012, I began to sense that it was time to take the nutrient-dense diet one step further. I read everything I could about GAPS. I scoured the web for information, inspiration, and confirmation. But I was overwhelmed and anxious. There were “stages” and restrictions. What exactly can we eat, and when? What can't we eat, and why? How would I prepare meals that my kids and husband would actually eat? I dreaded starting the diet because I knew that it was strict, and that there would be a lot of moving pieces with such a large family. I wondered if I had the brain power to not only learn everything there was to learn about GAPS, but put the diet into practice as well. And I expected doubts, if not downright refusal, from my husband, kids, and extended family.

But I was desperately searching for a way to manage Dossie's seizures. In March 2013, one of my clients introduced me to a medical intuitive named Laura Graye. My husband was skeptical and concerned at the amount of money I was spending as I investigated holistic therapies, so I asked Laura if she would consider meeting us to explain what she did before we invested money in yet another alternative treatment. She drove to our home, spent two hours with us at no charge, and—after looking at us and hearing our stories—said she was convinced that the GAPS Diet was our answer. She pulled out her markers and a dry erase board and proceeded to diagram a healthy gut and an unhealthy gut (see the sidebar “All Diseases Begin in the Gut” on [page 3](#)). My previously skeptical husband and I started the GAPS Diet the next day.

When we jumped into GAPS feetfirst, I started collecting, adapting, and creating recipes. I took notes about what the kids loved (and what they hated). I kept track of how everyone was doing, feeling, pooping, and sleeping and developed strategies for eating out, having sleepovers, and going to birthday parties. I'm happy to say that we all adapted with minimal fuss, and here's the best part: After nearly a year on the diet, we weaned Dossie completely off Depakote. She is presently weaning off Zarontin as well, her second of three seizure medications. As for our eczema baby, he is free and clear of symptoms, and there have never been any signs of the predicted allergies or asthma. Not to mention that we've survived two consecutive brutal New England winters without one trip to the doctor! Believe me, I don't take for granted the blessing of having not one but five strong, healthy children who are adventurous eaters. I count each blessing every day.

The other immense gift of the GAPS Diet is that it has empowered me to “go with my gut.” I have always sought the approval of others, seeking reassurance and

endorsement for everything I do. How often as a new mother did I run to the doctor's office for absolutely every little thing? The GAPS Diet gave me the power to have a direct impact on my own healing and that of my loved ones. It has made me a stronger person because I've often had to stand up to naysayers and their notions of "normal." Most important, it has taught our family to tune in to the subtle wisdom of our bodies as the ultimate authority.

## Mary's Story

It's hard to say exactly when my story began, because like so many Americans of my generation, my poor health started well before I was born. I was the fifth and last child born into the Giordano clan just outside Boston in the early '80s. My sibling Mark, born just three years prior to my arrival, was premature and didn't survive more than a few minutes past birth. My mother, like most middle-class women of the time, was simply following along with the dietary trends of the age, feeding herself and her family from the burgeoning selection of processed foods, rancid fats, and pesticide-laden fresh vegetables and fruits. Little did she know that her own health was in danger from the nutrient depletion of a poor diet and carrying so many children. When her own doctor told her to abort what turned out to be me, she found herself a new doctor. I was born via emergency C-section in early September 1982. Thus began my fight for life, for answers, and for health.

As a child I was always sick. Back then our local pediatrician practiced out of his home just up the road from us. He became such a figure in my young life, because I was always in his office! Ear infections, strep throat, flu, colds, viruses, chicken pox, ovarian cysts, mono—you name it, I had it. My health woes peaked when I was diagnosed at sixteen with an "unidentifiable virus." I lost fourteen pounds in two weeks, because everything I ate made my stomach burn in writhing pain. From there, life was a revolving door at the hospital. Two and a half years and thousands of dollars later, my doctors gave me a diagnosis of irritable bowel syndrome and sent me on my way. At that time there was no protocol for healing; the attitude was "good luck, don't let the door hit you on the way out."

Sickness always waited at my doorstep, along with anxiety and depression. As a young person in today's world, I simply couldn't cut it. In 2008, completely desperate and exhausted from every failed attempt to be healthy, I switched doctors for the fourth time in five years. I pleaded with my new doctor to figure out the root of all my health woes, not just how to manage my symptoms. He ran a series of blood tests, which showed that I was "fine" and then showed me the door. Enraged at the lack of care and understanding, I switched doctors (again!) and vowed to get to the bottom of what was wrong with me, uncover what systems in my body were broken, and actually heal them.

The universe has a funny way of opening itself up to you when you need it, and as serendipity would have it I learned of the Weston A. Price Foundation just days after leaving my doctor's office. It certainly made sense that real foods—vegetables, meats, and (gasp!) fats—should be the basis of our diet. I'd been a vegetarian off and on for many years and was reluctant to give up my beliefs, but I knew something had to give.

And so it began: my slow road off the Standard American Diet.

The years that followed were full of trial and error. I learned that although a food might be nourishing to one person, it could damage another. After years of being told to “listen to your doctor” for answers, it took me a while to learn to listen to my own body to determine what was actually my medicine and my poison. Not only that, but I had to reprioritize my life in order to afford real food. I learned that Americans spent approximately 43 percent of their income on food in 1900, versus an average of only 13 percent spent today. Processed food is incredibly cheap; food that is produced using time-honored traditions in farming and animal husbandry is not. And although I still have moments when it pains me to part with a solid chunk of cash for vegetables and meats, I remind myself of the nutritional investment I am making.

A few years into my health food journey, my son Chet was born. Within a month of his arrival, his doctors found blood in his stool. They informed me I had to come off all allergens— milk, eggs, soy, nuts, shellfish, and gluten (which I had already eliminated for myself). As a new mother in the throes of sleep deprivation and starvation, I became completely spooked by food. I foolishly decided that becoming a raw vegan was the way to go. After a short period of health, I began to feel my body breaking down once again. I entered a painful and dark time when I constantly felt awful, physically, emotionally, spiritually; I was broken and hopeless.

In late winter of 2011, I met Hilary in Wayland, Massachusetts, at a Holistic Moms meeting, a casual monthly meeting for holistic-minded mamas. Hilary presented information on nutrient-dense foods and the Weston A. Price Foundation. She extended an invitation to one of her cooking classes, which I gratefully accepted. There I realized that this was how I needed to eat, but I had a hard time with a lot of ingredients, namely milk, butter, and eggs. I shared my story with a fellow student and was stunned to learn her experiences were similar to mine. She mentioned the GAPS Diet and her successes with it, so naturally I went home to research it. Within a week I had switched my family’s diet to Full GAPS, where we stayed for six months as I learned to cook and worked up the courage to begin the GAPS Introduction Diet. (Because my gut was so compromised at that point, I was concerned that the introductory portion of the diet would leave me bedridden as the toxins left my body—which happens to many people who go from the Standard American Diet right into the Intro Diet. I also needed to prepare myself for the limited food choices and the idea of eating for health, and health alone.) After a short time on the Intro Diet, I noticed that some foods still gave me stomach pain, so I recorded everything I ate—a key component in learning to see what works in your own body and what doesn’t.

Unfortunately, after starting the Intro Diet, I experienced major stomach distension from eating a bowl of butternut squash soup and ended up looking four months’ pregnant! It didn’t make any sense. I started going to a functional medicine doctor (a doctor who seeks out the root causes of illness) for both myself and my son. A slew of tests revealed that I had fructose malabsorption, virtually no hydrochloric acid in my stomach, and serious yeast overgrowth. The GAPS Diet helped me uncover these underlying issues in my gastrointestinal tract. The protocol for healing in my life and that of my son is different from that of Hilary and her family. So although I completely advocate for the GAPS Diet, I learned that my body won’t thrive on it if there are underlying issues such as yeast overgrowth, parasites, small intestinal bacterial

overgrowth (SIBO), fructose malabsorption, or lack of hydrochloric acid (HCL), digestive enzymes, or bile acids. Once those issues are recognized and addressed, the GAPS Diet can heal and seal your gut as it was intended to do.

My story is intended not to discourage you, but to give you an idea of what is happening if you are following GAPS and still not healing. It is discouraging and upsetting to spend vast amounts of time, energy, and money on a diet that isn't working. Take heed: It will work, but you may need to do a few things first. My advice is to make judicious records of what you are eating and the subsequent symptoms you experience, then seek out a functional medicine team (medical doctor, registered dietitian, and/or naturopathic doctor). If you are anything like me and have experienced gut dysbiosis for years, you may need to undergo various tests to determine what underlying issues you need to address before even starting on GAPS.

Here in 2014, I am happy to say that this is the best I've ever felt in my life. The stomach pain, anxiety, and depression that once plagued me have all but disappeared. My little man, Chet, is a happy and healthy three-year-old who thrives on real, whole foods. The GAPS Diet helped me uncover an abundance of joy and gratitude for life that I never knew possible.

This book is a labor of love; both Hilary and I hope that it serves you as a reference for truly remarkable health. As you embark on this journey, know that it may be frustrating and lonely at times, as going against the grain often is, but know also that you *will* heal. You can regain your health through patience, determination, and love in your heart. As insurance premiums skyrocket and many of our loved ones fall ill due to the Frankenfoods we have allowed into our lives, awareness of how our gut health controls the health of our bodies will grow. Have faith that you're doing the right thing and know that you're not alone.

## Authors' Note

Although *The Heal Your Gut Cookbook* is a labor of love for both of us, Mary and I decided, for simplicity's sake, that the book would tell my story, while visual inspiration comes courtesy of Mary's beautiful photographs.

—Hilary Boynton

# Before You Begin the GAPS Diet

The GAPS Diet is based on the principle that what we consume affects the health of our gut, and in turn what nutrients are absorbed into our bodies and what toxins stay out. In this way, gut function affects just about every function of the body. The GAPS Diet is specifically designed to heal digestive issues and disorders, and to ameliorate any conditions that might be related. It is a restricted (but delicious) program that will promote the healing and sealing of a compromised gut lining—commonly referred to as leaky gut—so that individuals with related illnesses, psychological and physical, can improve their health. It was conceived by Dr. Natasha Campbell-McBride as an evolution of the Specific Carbohydrate Diet by Dr. Sydney Valentine Haas, which was then popularized by Elaine Gottschall in her book *Breaking the Vicious Cycle*.

The GAPS Diet occurs in two phases. The Introduction Diet lasts eighteen to thirty days (roughly three to five days per stage) and involves removing all foods that might be gut irritants, such as dairy, from your daily intake. You then reintroduce certain foods slowly and look for adverse reactions. (This can include stomach pain, hand flapping, seizures, eczema, and the like.) If you're already comfortable in the kitchen and currently eat a whole-foods diet, starting with the Introduction Diet may not be such an adjustment for you. However, if you tend to eat more processed foods, consider giving yourself a little time on Full GAPS first so that you can wean yourself off the sugar, salt, fillers, and stabilizers your body has come to crave. Once you begin to feel familiar and comfortable with the foods allowed during each stage of the GAPS Introduction Diet, you may feel more ready to launch into the Intro. The Full GAPS Diet is the main portion of the diet and should last at least two years for maximum restoration of gut health. It includes a wide selection of foods that can be prepared simply and are easy to digest. Enjoying Full GAPS after the restrictions of the Intro Diet is like feasting every day.

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## Begin at the Beginning: The GAPS Sourcebook

Before you embark on the GAPS Diet, it is essential that you read Dr. Natasha Campbell-McBride's *Gut and Psychology Syndrome*, Revised and Expanded Edition, to understand this nutritional protocol and its application as a natural treatment for autism, ADD/ADHD, Crohn's disease, celiac disease, dyslexia, dyspraxia, depression, schizophrenia, and other chronic illnesses. The GAPS Diet is complex, and we cannot overstress the importance of reading Dr. Campbell-McBride's work.

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Most of us are not mindful of the importance of gut health, or just how far we in the modern world have been distanced from it. Many of us were not breast-fed; we received countless simultaneous vaccinations as children and were overprescribed antibiotics and medications from the start. Any one of these phenomena could contribute to an early imbalance of gut flora—not to mention subsequent years of consuming processed foods, artificial sweeteners, genetically modified foods, and heavily sprayed produce! Well, the notion of gut health is finally entering the mainstream. This is ironic, since Hippocrates, the father of modern medicine (460–370 BC), warned long ago, “All diseases begin in the gut.”

At birth, a mother’s gut flora is passed on to her baby. Good or bad, the baby gets what it gets. Think of your great-grandmother’s flora compared to yours. She was most likely breast-fed, with no obsessive hand sanitizing, GMOs, antibiotics, or drugs. Now, simply by being members of modern society, we have unknowingly diminished the birthright of our gut flora; over the past few generations, its quality and balance are believed to have deteriorated significantly. Today there are diseases that did not exist fifty years ago. Think of the diseases that will plague the next generation, and generations to come. We are facing an epidemic.

Still, if we adopt a glass-half-full attitude, we have an opportunity to turn things around. What’s done is done and we can’t go back, but think of the gift we can give to our children and grandchildren. We must all learn how to cook again! We must pass along nutritional lessons learned through recipes and the loving act of preparing a meal. It’s as simple as that. Although this book describes a diet designed to support special needs, it’s also a valuable resource for everyone, crafted in celebration of our ancestors’ traditional diets. Here you’ll learn the basics of stocking your pantry, planning a meal, and working in the kitchen; most important, you’ll come to enjoy and celebrate your own home cooking.

There is time and effort involved; the GAPS Diet is rigorous, but like anything, it gets easier with time and practice. The goal is worth it: your family’s perfect health. Dr. Weston A. Price discovered that this is possible in the 1930s when he was researching indigenous, nonindustrialized cultures who were eating whole foods—and living free from much disease. We cannot control everything in our environment, of course, but we do have a say in what we feed ourselves.

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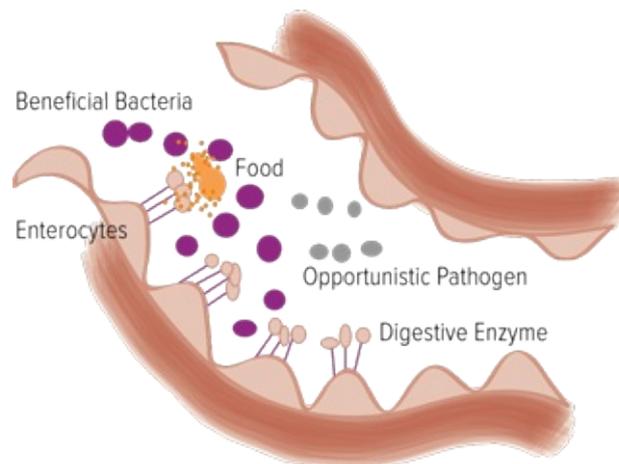
## All Diseases Begin in the Gut

Laura Graye, MS, CEM

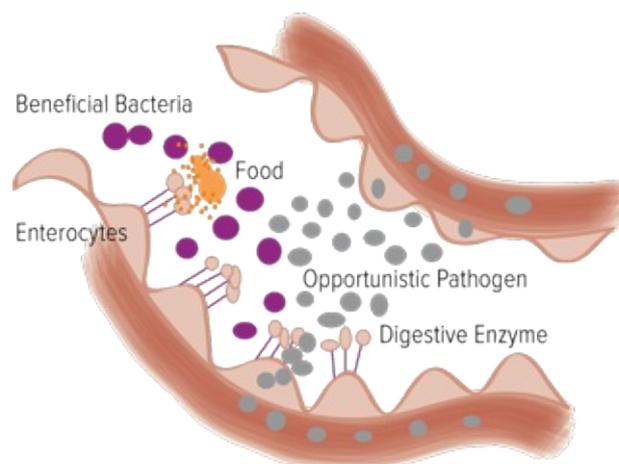
Approximately 88 percent of our body’s immunity is found in the lining of our gastrointestinal (GI) system. Its positioning there is primarily to stop invaders from moving out of the digestive tract into the body. Over time, without the beneficial bacteria and proper balance in the gut, toxins, opportunistic bacteria, and parasites chisel away at the physical barrier wall and can create leaky gut. Once there is an opening in the wall lining, pathogens escape from the GI, travel through the bloodstream, penetrate the blood–brain barrier, and wreak havoc on the specific functions of our cells, causing any number of diseases. What causes a healthy gut to

become imbalanced? Poor diet, antibiotic use, low digestive enzymes, alkalinity, acidity, chemical toxins, environmental toxins, radiation, blood sugar irregularity, stress, and pregnancy- and birth-inherited gut imbalances.

A healthy gut has an approximate ratio of 8:2 of beneficial bacteria to opportunistic bacteria. The beneficial bacteria feed on certain types of opportunistic fungi (candida and the like), create an internal wall of defense against pathogens escaping the intestine, and help digest foods to be transformed into energy.



When the proper ratio is out of balance, the beneficial bacteria can no longer protect the walls of the gut. Pathogens, including opportunistic bacteria, wear down the enterocytes and break through the intestinal lining. Having escaped the gastrointestinal system, the pathogens now enter the bloodstream as antigens. There they create an autoimmune response, attack cells, break through the blood–brain barrier, and create an environment conducive to disease.





# Stocking the Pantry

Though not required, the following utensils and tools are helpful when you are following the GAPS Diet.

- Slow cooker/Crock-Pot
- VitaClay (see resources)
- Blender/Vitamix
- Juicer
- Immersion blender
- Sharp knives
- Food processor
- Measuring cups and spoons
- Cookie sheets/jelly-roll pans
- Stainless-steel pots and pans
- Nut milk bags
- Dehydrator
- Teflex dehydrator sheets
- Metal or glass straws
- Gallon ziplock bags
- Parchment paper
- Tupperware
- Thermoses (Klean Kanteen)
- Reusable water bottles (Klean Kanteen)
- To-go reusable containers
- Salt and pepper grinders
- Widemouthed jars/Bormioli Rocco or Ball jars
- Grolsch bottles for fermented drinks
- Garlic press
- Ladle
- Strainers, large-mesh and fine-mesh
- Cheesecloth
- Labels
- Water filter system or attachments
- Cast-iron pan
- Zester