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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 Syndrom book first would be better than jumping right into the recipe book. The Gut and Psychology Syndrom book gives a detailed overview of Gaps as well as ingredients to eat and avoid.

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~~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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