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Internal Bliss Cookbook will satisfy all palates. The first cookbook created exclusively for the GAPS diet. Internal Bliss - GAPS Cookbook by GAPSdiet.com 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 Page 6/24

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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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