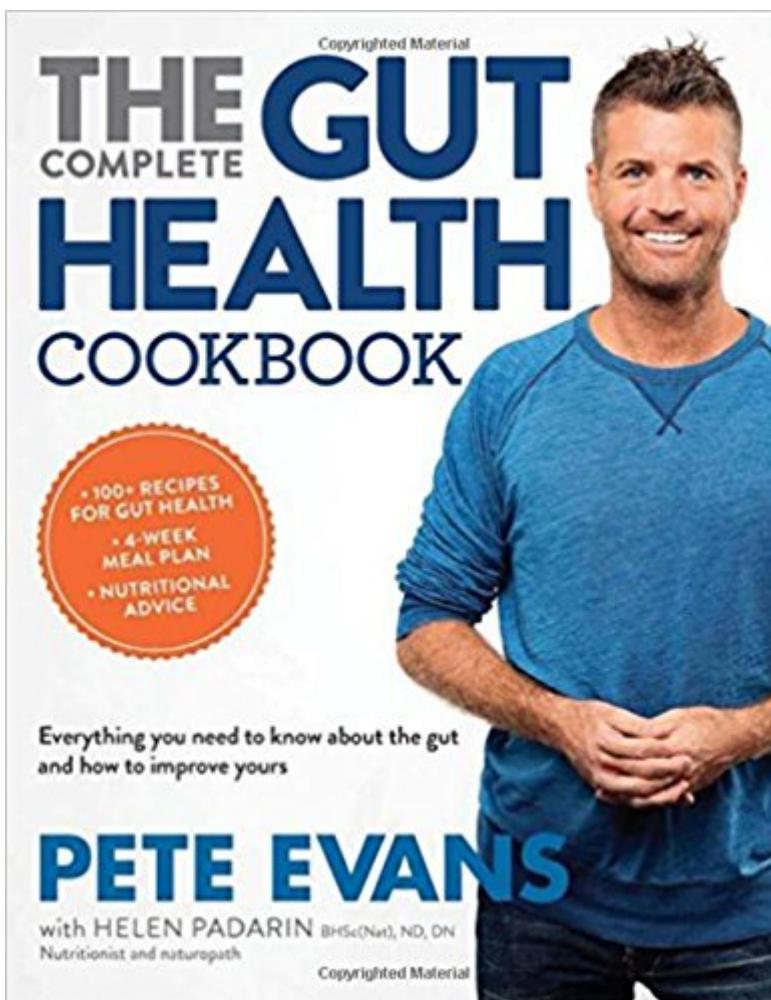


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# The Complete Gut Health Cookbook: Everything You Need To Know About The Gut And How To Improve Yours



## Synopsis

With more and more research pointing to gut health as a leading factor in overall wellbeing, the way we eat has never been more important. The Complete Gut Health Cookbook is your all-inclusive, 6-step guide for getting your gut right—complete with 100+ recipes for gut health and a 4-week meal plan. This gut check is brought to you by award-winning Chef Pete Evans, and trusted nutritionist Helen Padarin. As the title suggests, this book is all about good gut health and how to achieve it, following the simple but powerful premise that wellness stems from a balanced digestive system. But while you’re adhering to healthy cooking standards, you’re not sacrificing flavor with any of these great-tasting dishes. DELICIOUS RECIPES INCLUDE: Miso soup with chicken meatballs Summer kraut with pineapple and mint Shrimp cocktail with kimchi Lamb burger and lettuce wraps Roasted pumpkin, cashew cheese, and pomegranate salad Cinnamon ice cream Lavender panna cotta \*Many recipes include AIP (Auto Immune Paleo) alternatives Featuring basic information on the digestion process, a nutritional guide to healing your gut, the star ingredients for gut health, a 4-week meal plan, and more than 100 delicious new recipes, this definitive guide is a must for every health-conscious cook.

## Book Information

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## Customer Reviews

“The Complete Gut Health Cookbook allows us to leverage the words of Hippocrates that ‘All disease begins in the gut’ by providing us incredibly healthful and delicious recipes that will keep us healthy today and for a long time to come. This book is masterful as it goes

well beyond just providing recipes and explores the limitless health potential of nurturing our gut bacteria. Pete Evans is to be praised for changing the lives of so many with his empowering educational outreach. ( - David Perlmutter, MD Author, #1 New York Times Bestseller, *Grain Brain, Brain Maker, and The Grain Brain Whole Life Plan*) "The book contains more than just healthy and delicious recipes; it's a step-by-step guide to leading a healthier life...Written from a relatable and personal perspective, [Evans] reveals what he has learned on his health journey in the hopes that it will inspire and motivate others." (*Rewire Me*) "The Complete Gut Health Cookbook" is one of the most intriguing cookbooks to ever grace my desk! Beyond affording the reader with an impressive selection of restaurant-quality recipes, the book, as the title suggests, is all about cultivating a healthy gut. I found myself reading each page, each ingredient, like I would a compelling piece of fiction. I was captivated by every creation eager to see what would be on the next page, and restless to tackle each dish myself! Caught up in the creativity of the recipes, you might forget that they're written with an eye toward optimal health." (Paleo Magazine)

PETE EVANS is an award-winning Australian chef, restaurateur, author, television presenter, health coach, adventure seeker, and father. He's one of Australia's leading authorities on healthy cooking and lifestyle and is dedicated to improving people's lives through education about nutritional food and wellness. Pete is co-host of Channel 7's hugely successful show *My Kitchen Rules* and the host of his own series and online program *The Paleo Way*. HELEN PADARIN is a naturopath, nutritionist, and herbalist practicing from one of Australia's leading integrative medical centers in Sydney. She collaborates with Pete Evans on *The Paleo Way* and, together with Pete, is an ambassador for the Mindd Foundation. She provides post-graduate education for GPs, naturopaths, nutritionists, and other healthcare professionals, and contributes regularly to popular magazines and peer-reviewed clinical textbooks on food, healing, and nutrition.

I love this cookbook. I bought one for myself and two as gifts. Large book with nice heavy glossy paper and beautiful pictures of the recipes. Pete follows paleo principals with lots of veggies.

An excellent source for those trying to naturally fix an ailment and just eating real food! Great recipes, easy to prepare and delicious! I'm very pleased with it and highly recommend this book and The Paleo Chef!

I've just started reading it and find it very informative, have made one of the recipes which was excellent. Am looking forward to making others, there's quite a bit of reading to be done beforehand.

Has a lot of information with this cookbook. I found out several things that could be useful. Lots of recipes.

Good recipes good explanations good book

Very easy to understand to achieve the healing process

This book is great if you like to cook. Not for me.

lots of useful information.

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