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Mary Brackett: — The Heal Your Gut Cookbook
The Heal Your Gut Cookbook is a must-have if you are following the GAPS Diet, considering the GAPS Diet, or simply looking to improve your digestive health and—by extension—your physical and mental well-being. Check out page 261 to see a recipe inspired by Radiant Life's very own blog!

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The Heal Your Gut Cookbook

The Heal Your Gut Cookbook was created to inspire people to reclaim their health using honest-to-goodness food. This is your mission, should you choose to accept it: Heal your gut, forgo disease and live the authentic life you were made to live.

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The Heal Your Gut Cookbook is a must-have if you are following the GAPS Diet, considering the GAPS Diet, or simply looking to improve your digestive health and—by extension—your physical and mental well-being. Awards. 2015 PubWest Book Design Awards - Bronze in Cookbooks Category;

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bones to get the added nutritional benefit of
bone marrow in your broth. Some people roast
bones in the oven for 15 to 30 minutes before
throwing them in the pot to improve the
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counselor, received a BA in psychology from the University of Virginia and was trained at the Institute for Integrative Nutrition. The devoted mother of five young kids, Hilary has seen the power of nutritional healing firsthand. ... The Heal Your Gut Cookbook: Nutrient-Dense Recipes for Intestinal ...

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Mary Giordano Brackett is a whole-foods advocate and a creative entrepreneur based out of Boston, Massachusetts. After receiving her BFA in photography from Massachusetts College of Art and Design, Mary went on to

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people, and places before recognizing her
true passion: the healing power of real food.

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