



25

# GUT HEALING RECIPES

HEALTHY RECIPES



# Gut Health Recipes 2025

**Matt Kingsley**



## **Gut Health Recipes 2025:**

The Glucose Diet Cookbook, Balance Blood Sugar, IBS Recipes, Irritable Bowel Syndrome, Gut Health, Recipe Book, 100 Recipes Matt Kingsley, Do you struggle with sugar cravings constant fatigue or energy crashes Many people live on a blood sugar rollercoaster without realizing it but you don't have to stay there This book shows you how to take control and restore balance In The Glucose Diet you'll discover an easy step by step plan with practical strategies to stabilize your blood sugar every day Inside you'll find 100 tasty recipes a hands on workbook and plenty of guidance and motivation from the Glucose Diet community to keep you motivated and consistent Thousands have used this method to transform their health with incredible results Imagine having steady energy fewer cravings clearer skin slower ageing reduced inflammation balanced hormones better sleep and a brighter mood all without counting calories or giving up the foods you love You'll build sustainable habits that last a lifetime

**Low Fodmap 2026 for Nerds Guide Book, Low FODMAP Recipes, IBS Recipes, Irritable Bowel Syndrome, Gut Health, Recipe Book** Matt Kingsley, 2025-11-16 Ready to ditch the panic the bloat and the endless guessing game This isn't another boring diet book or bland medical manual Low FODMAP 2026 for Nerds is the ultimate guide for those who want real results without losing their mind their joy or their social life in the process Imagine finally feeling confident around food eating out with friends and waking up every day without pain or fear of what breakfast might do to you Picture building a system that works for your life not the other way around This book doesn't promise perfection It gives you practical tools smart strategies and genuine freedom You'll break old habits that keep you stuck flip the script on restrictive eating and build a gut that's resilient not fragile Say goodbye to food rules and hello to food confidence You'll learn to bounce back fast enjoy your plate again and create a lifestyle where feeling amazing isn't the exception it's your new normal This isn't just about gut health It's about claiming your energy your confidence and your future one meal one win and one bold step at a time If you're tired of feeling limited if you want your life back if you're ready for real change that actually lasts this book is for you

New Beginnings: 14-Day Smoothie Challenge Delores Montgomery, Ready to Transform Your Health in Just 14 Days Imagine starting your day with a burst of natural energy feeling lighter more vibrant and on your way to a healthier you The NEW Beginnings 14 Day Smoothie Challenge is more than an e-book it's a program and road map to achieving that and more Whether you're looking to kick start a new wellness journey reset your eating habits reset your gut or simply add a nutritious routine to your day this guide has you covered Why This Challenge In just two weeks you can experience the incredible benefits of nutrient packed smoothies that are easy to make delicious and tailored to support your body's unique needs This e-book is designed to help you Boost Your Energy Say goodbye to sluggish mornings and mid day crashes with smoothies that provide sustained energy Support Digestive Health Each recipe is crafted to be gentle on your digestive system promoting gut health and reducing bloating Stabilize Blood Sugar Our recipes are balanced with healthy fats proteins and fibers to keep your blood sugar steady and reduce cravings Detox Naturally Cleanse

your body of toxins with smoothies that are loaded with fruits vegetables and super foods Enjoy Simple Delicious Recipes No complicated ingredients or hours in the kitchen Just quick easy and satisfying smoothies What s Inside 14 Days of Smoothie Recipes A variety of recipes that cater to different tastes and health goals including green smoothies protein packed blends and refreshing fruit options Grocery Shopping Lists Save time with pre planned shopping lists that make it easy to get started Daily Tips and Inspiration Stay motivated with daily wellness tips encouragement and reminders to keep you on track Written by an experienced holistic health coach with a proven track record from her own experience with shrinking her own fibroid tumors and finding her healthy blueprint Bonus Meal Plan Extend your health journey with a bonus three day meal plan designed to complement your smoothie routine and maximize your results Coaching Session A guided read along moment with Health Coach Delores Montgomery designed to uplift support and keep you focused as you journey through your 14 day challenge

[LOW-FODMAP DIET COOKBOOK](#) Deborah Hoglund,2025-06-05 Say goodbye to gut struggles get fast relief with a simple tasty low FODMAP plan If you re dealing with IBS or other digestive issues you ve probably heard about the low FODMAP diet but starting it can feel like a total maze That s where this book comes in It s your down to earth easy to follow guide to jump starting a happier gut in just one week This is the only low FODMAP diet book you will ever need Inside you ll get the scoop on how the low FODMAP diet works in real talk not science y jargon plus a several comprehensive meal plans packed with quick delicious recipes You ll feel supported every step of the way no stress no overwhelm just real food that helps you feel better fast Here s what makes this book a game changer 5 steps to gut peace You ll gently remove high FODMAP foods for one week then reintroduce them to figure out what your body loves and what it doesn t All the must know info Get the lowdown on which foods are safe how to track your symptoms batch cook like a pro and take control of your gut health Simple tasty recipes Think gluten free meals that are clearly labeled if they re also dairy free vegan vegetarian one pot or quick to whip up And much more Whether you re just starting out or looking to reset this plan makes the low FODMAP diet feel way less intimidating and way more delicious Don t wait until it s too late Click BUY NOW and start cooking meals that nourish your body and make you feel good about every bite

*The Complete Zero Point Weight Cookbook for Beginners* Marie Simmon,2026-01-12 Lose Weight Naturally Eat with Confidence and Build Habits That Actually Last No Counting No Confusion No Burnout Are you tired of diets that feel restrictive exhausting and impossible to maintain Do calorie tracking apps complicated macros and rigid meal plans leave you feeling discouraged before you even begin What if weight loss could feel calm flexible and sustainable without giving up real food The Complete Zero Point Weight Cookbook for Beginners was created for people who want results without stress and structure without obsession This book introduces a smarter more forgiving approach to weight loss one that focuses on nutrient dense satisfying foods that support your goals naturally Instead of constantly tracking numbers you ll learn how to build meals around foods that keep you full energized and in control This isn t a quick fix diet It s a clear beginner friendly system that helps you change how you

eat step by step so progress feels realistic and sustainable WHY THIS ZERO POINT COOKBOOK WORKS WHEN OTHERS FAIL Designed for Absolute Beginners No prior experience required Everything is explained clearly from what zero point foods are to how to build balanced meals without second guessing yourself No Calorie Counting No Constant Tracking Learn how to eat freely from a wide range of foods that naturally support weight loss without logging every bite From Pantry to Plate Simplicity You ll discover how to stock your kitchen shop smarter and prepare meals easily even on busy days A 30 Day Roadmap That Builds Real Habits Instead of overwhelming rules this book gently guides you through your first month helping healthy routines stick Focuses on Abundance Not Restriction This approach encourages eating more of the right foods so hunger guilt and burnout no longer control your journey WHAT YOU LL FIND INSIDE A Clear Introduction to Zero Point Eating Understand how this method works and why it s so effective for beginners A Complete Guide to Zero Point Foods Learn which foods you can enjoy freely and how to build meals around them Smart Grocery Lists Pantry Essentials Know exactly what to buy and how to stay prepared for success A Simple 30 Day Plan Follow an easy flexible roadmap that supports consistency without pressure Hundreds of Easy Flavorful Recipes including Breakfasts that keep you full Simple lunches and bowls Satisfying dinners for busy nights Soups salads and comfort meals Snacks and light desserts that fit your goals Habit Building Guidance Learn how to stay consistent overcome setbacks and create a healthier relationship with food THIS BOOK IS PERFECT FOR Beginners who feel overwhelmed by traditional diets Anyone tired of tracking calories or macros Busy adults who want simple reliable meals People seeking sustainable weight loss without extremes Readers who want clarity structure and flexibility You don t need willpower You don t need perfection You don t need another restrictive plan You just need a method that works with your life not against it If you re ready to lose weight with confidence enjoy food again and build habits that last this cookbook will guide you every step of the way Click Buy Now and start your Zero Point journey today one satisfying stress free meal at a time

*The Vagus Nerve Healing Handbook* Lara M. Nina, 2026-01-08 I Tried Everything for My Anxiety Then I Activated This One Nerve and My Whole Body Changed Do you wake up exhausted spend your day in fight or flight mode and collapse at night only to lie awake with racing thoughts Are chronic anxiety digestive issues and poor sleep controlling your life no matter how many wellness trends you try Or maybe your body feels stuck in survival mode reacting to stress that isn t even there anymore Here s what most people don t know The root cause isn t in your head It s in your vagus nerve This single nerve controls whether you feel calm or chaotic safe or threatened rested or wired When it s dysregulated your entire nervous system stays locked in stress triggering anxiety inflammation insomnia and pain But when you know how to activate it correctly your body remembers how to heal itself The Vagus Nerve Healing Handbook gives you a proven research backed system to reset your nervous system in just 10 minutes a day without medication expensive therapy or complicated routines Here s what you ll discover inside The 10 Minute Foundation Practice that retrains your nervous system backed by clinical studies on heart rate variability 3 minute emergency techniques you can

use anywhere at work in the car or during a panic attack Vocal exercises and humming protocols that directly stimulate vagal pathways Cold exposure strategies proven to activate your body's natural calm response The 28 Day Reset Plan with progressive protocols that build lasting vagal tone Targeted solutions for anxiety chronic pain PTSD and insomnia each backed by peer reviewed research Gut healing recipes that work through the vagus gut connection Herbal allies and adaptogens that support nervous system regulation Sleep restoration rituals that stop racing thoughts and restore deep rest Every technique is grounded in neuroscience research from Johns Hopkins Cleveland Clinic and the Polyvagal Institute No pseudoscience No extreme lifestyle changes Just practical tools that work with your body's built in healing system While other books overwhelm you with theory or complicated protocols this handbook gives you clear simple practices that fit into real life even if you're exhausted overwhelmed or time starved Your nervous system has been working against you It's time to take back control Scroll up and click Buy Now to start your transformation today

*Vegan Diets* Dr. Antonio Silvestro, Narrative and systematic comparative review between Vegan Diet VD and omnivorous one with descriptive and inferential statistical analyses with which we tried to offer a guide towards a diet without faunal sources mentioning its advantages such as increased animal welfare reduced environmental impact and various diseases cancer fatty liver diabetes obesity cardiovascular etc and disadvantages such as bulky and fibrous protein meals potential hypovitaminosis A B12 and D3 microelement deficits e.g. Ca and Fe2 and deficiencies of essential polyunsaturated fatty acids 3 EPA and DHA due to the absence or poor availability of these biochemical resources in kingdoms other than the animal one which requires mandatory supplementation with food supplements vegan multivitamin and algal 3 in order to avoid them and fiber excess that can cause intestinal dysbiosis A paragraph dedicated to food alternatives will illustrate simply what to replace prohibited foods such as meat fish milk and eggs The possibility of using the Vegan Diet in critical age groups pregnancy breastfeeding weaning and aging and athletes has been evaluated A comparative review was performed between the composition of the vegan herbivorous and omnivorous microbiota generally finding a prevalence of the genus *Prevotella* in the first while *Bacteroidetes* in the second Multiple diets used to treat pathologies Low FODMAP for dysbiosis DASH for hypertension MIND for neurodegenerative and VLCKD for type 2 diabetes can be veganized

**Happy Leons: Leon Happy Guts** Rebecca Seal, John Vincent, 2021-06-24 The new LEON cookbook Big Flavours is out in Spring 2025 LEON the home of healthy fast food brings you more than 100 simple colourful delicious new recipes to recharge your gut boost your immune system and transform your health So excited to get cooking with Rebecca Seal's new book LEON Happy Guts Some incredible microbiome friendly recipes Professor Jack Gilbert PhD world renowned microbiome scientist at the University of California San Diego LEON was founded on the principle of nourishing the soul with food that nourishes the body making us happy as a result In the latest book in the bestselling LEON Happy series the LEON team have created more than 100 recipes on eating for a happy healthy gut and a boosted immune system This is not about eating a restrictive diet or

depriving yourself of delicious food but instead incorporating gut friendly ingredients into your daily diet with recipes loaded with fibre live microbes omega 3 and the colours of the rainbow but less sugar In addition to recipes LEON Happy Guts offers the latest advice on improving your gut health including why we should all use extra virgin olive oil in abundance and how wine and cheese might actually be good for you [The Dog's Table](#) Joelle Jay,R. A. Young,2025-12-09 Treat your furry best friend to the joy of real food with 120 bark worthy recipes made with easy to find ingredients to improve their health and keep that tail wagging every day of their joyful life Dogs love food and just like human diets the best canine diets feature natural whole food ingredients and homemade meals Backed by extensive research on dog health The Dog s Table is the definitive guide to feeding your canine companions Real food is not just tastier and fresher it will help your dog live better for longer Creators of dog foodie sensation TheCedLife Joelle Jay and R A Young share 120 delicious healthy recipes for dog chefs seeking to create an enriching food forward lifestyle for dogs Combining the latest nutrition science convenience and common pantry staples The Dog s Table is a comprehensive guide to an optimal canine diet You ll discover Simple daily one pot meals like Chicken Pup Thai and Bison Barkshuka Pup friendly versions of your own favorites including Chicken Doodle Soup Lapawgna and Puptato Gratin Pie Festive foods and low carb desserts for special occasions like Diner Burger and Fries Bark Wellington Soft Carob Chip Cookies and Frosted Layer Cake Plus tips for creative meal planning and key nutrition guidelines for dogs from all walks of life from puppies to working adult dogs and seniors Backed by extensive research on dog health and accompanied by full color recipe photographs The Dog s Table is the definitive guide to feeding your canine companions Real food is not just tastier and fresher it will help your dog live better for longer **The Gut Feeling** Naomi Devlin,2019-03-21 This is a black and white edition of Food For a Happy Gut previously published in hardback in 2017 by Headline Home If you would like the original colour illustrated version of Food For a Happy Gut it is available in hardback Both me and my trillions of gut microbes love these great recipes Tim Spector I love working with Naomi She is a force of nature and her brilliant books have the power to change lives Hugh Fearnley Whittingstall The Gut Feeling is full of recipes that will calm your digestion soothe your gut and delight your tastebuds Nutritionist bestselling author and River Cottage teacher Naomi Devlin has distilled everything she knows about keeping your gut healthy into 100 delicious recipes A gut friendly diet need not mean the elimination of all your favourite foods In this book Naomi will show you how you can turn your gut into a hub of microbial diversity with lots of plant food a wide range of meats and fats plenty of raw cheese slow cooking fermented foods and of course prebiotic and probiotic foods The Gut Feeling is full of tasty healthy recipes and advice and will feed both your tastebuds and your microbes leaving you content both inside and out CALM Breakfasts Soups Salads Vegetables Meals Treats NOURISH Breakfasts Soups Salads Vegetables Meals Treats HEAL Pickled Preserved Sprinkled Dressed Drinks Tonics [Journal of the American Dietetic Association](#) ,1991 **Forthcoming Books** Rose Army,1998-06 **Food and Nutrition Quarterly Index** ,1986 [101 Best Gut-Friendly Recipes](#) Moseley Road Inc,2021

AB Bookman's Weekly ,1993      Food for a Happy Gut Naomi Devlin,2018-06-12 I love working with Naomi She is a force of nature and her brilliant books have the power to change lives Hugh Fearnley Whittingstall Bestselling author of River Cottage Gluten Free Naomi Devlin s second book Food for a Happy Gut is full of recipes that will calm your digestion soothe your gut and delight your tastebuds Giulia Enders Gut Michael Mosley s The Clever Guts Diet and the work of Tim Spector among others has helped us realise how vital gut health is to our body brain and mental health But a gut friendly diet need not mean the elimination of favourite foods or hard to follow diets Nutritionist and River Cottage teacher Naomi Devlin will show you how to keep your gut happy Move over clean food this book will take you back to local produce good home cooking and a wonderfully diverse range of ingredients Naomi will help you turn your gut into a hub of microbial diversity with lots of plant food a wide range of meats and fats plenty of raw cheese slow cooking fermented foods and of course prebiotic and probiotic foods First calm your gut If your gut is sensitive the first section is full of low FODMAP ingredients seafood broths and probiotics to soothe your digestion Then nourish your gut with beneficial foods full of fibre pre and probiotics And finally there are herbs pickles and teas full of healing properties to stimulate and regulate digestion when you need a little extra help Neither strict plan or dogma Naomi s recipes are based on plain good sense and proper science Food for a Happy Gut is full of delicious healthy recipes and advice and will feed both your tastebuds and your microbes leaving you content both inside and out Chapter breakdown CALM Breakfasts Soups Salads Vegetables Meals Treats NOURISH Breakfasts Soups Salads Vegetables Meals Treats HEAL Pickled Preserved Sprinkled Dressed Drinks Tonics      **Beat Disease & Restore Gut Health with 30 Quick Food Recipes** Wilson Campbell,2020-11-30 If you re struggling with IBS constipation acid reflux anxiety and depression autoimmune disease skin issues inflammation and stomach ache chronic fatigue and have tried everything in the past and given up then you need to should consider fixing your gut The strategies you will be learning in this book will help you to be able to Restore your body s health Awaken your inner healer And recover your health and well being In this book Beat Diseases and Restore Gut Health you will discover The Number Reason why You keep experiencing IBS Constipation Acid Reflux Anxiety and Depression Autoimmune Disease Skin issues Inflammation Chronic Fatigue and Stomach Ache even after Eating Clean Why all the Doctors you ve been to in the past could only heal you How to Beat IBS Constipation Acid Reflux Anxiety and Depression Autoimmune Disease Skin issues Inflammation Chronic Fatigue and Stomach Ache without the Help of a Doctor The One Thing you need to do to stop CHRONIC FATIGUE and Regain Back your Energy How you can Cure Anxiety and Depression without taking Anti Depressant or Anti Anxiety Meds Now note that this book isn t one of those books that are jam packed with CRAZY and EXPENSIVE supplements pills or diet that will only manage your symptoms This book is packed with PRACTICAL SECRETS AND TIPS that you need to be able to work on your gut and heal your body holistically There is no complicated advice in this book All the stuff in this book are easy to follow This cookbook 30 GUT HEALTH RECIPES VEGETERIAN AND GLUTEN FREE contains delicious gluten free food and mouth



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