

## GAPS Guide 2nd Edition: Simple Steps to Heal Bowels, Body, and Brain

Baden Lashkov



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**GAPS Guide 2nd Edition: Simple Steps to Heal Bowels, Body, and Brain** Baden Lashkov A practical, easy to implement, step-by-step guide to the program developed by Dr Natasha Campbell-McBride to heal "gut and psychology syndrome": an array of mental and physical symptoms arising from an imbalance in gut flora.

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