

GAPS Soup and Starter Recipe Ideas

Take 2 Calcifood Wafers before each bowl of soup eaten.

Basic Chicken Stock - Simplified

- 1 whole chicken (“Mary’s Organic” or “Mary’s Natural Chicken” or as natural as possible meaning pastured, organic & antibiotic free). Ask the butcher to cut up the chicken into small size pieces (like for a stew), making sure to cut the leg bones to expose the marrow. Also, make sure to get back all the skin, giblets – heart, liver, organs, etc. The butcher will wrap this up in plastic and give it back to you. It only takes a moment for the butcher to do this for you. However, they usually only work during the day, so make sure not to miss them unless you prefer to cut up bones and chicken yourself.
- 3 tablespoons Apple Cider Vinegar (leaches out minerals). Or 1 tablespoon for each pound of chicken.
- As much clean filtered (preferably distilled) water as can fit into the cooking pot. The larger the pot, the more soup you will be able to make.
- Unprocessed, unrefined salt to your taste, or about 3 Tbls per chicken (Himalayan pink or Celtic Sea Salt)
- 1-2 tablespoon fresh organic whole black peppercorns, roughly crushed.



Place the cut up chicken with the giblets in a large pot with filtered cold water, covering the chicken about 4-5 inches, and add the Apple Cider Vinegar. Let sit for one to two hours. Then add the ground Himalayan pink sea salt and fresh ground organic pepper, and turn on the heat.

Bring to a boil. A few times through the cooking, remove the scum that is on the sides with knife rolled up in a paper towel. (The scum is not harmful to eat, but removing it simply makes the soup taste less “gamey” and looks better.)

Continue to simmer or lightly boil, for 2 to 3 hours or until the chicken isn’t pink anymore. (For very sick people, cook the soup much longer, 6-36 hours, to break down the bones – this is called bone broth, not chicken soup. It does not taste as good by any means, but it can bring a VERY sick person back from the dead.)

Remove the chicken & bones to a separate bowl, and strain the stock in a very fine strainer or cheese cloth to remove small or crumbled bones and peppercorns – the better you strain it, the better it will taste. Then put strained stock back into the cooking pot (this is the GOLD).

Separate the chicken meat from the bones and set aside.

Remove all the soft tissues from the bones as best as you can to a separate plate. Soft tissues is basically anything “soft” that could be blended, i.e., skin, ligaments, cartilage, etc. Also, cooking the gelatinous soft pieces for a longer cooking period will cause them to completely melt. Then, if you want more nutrients for healing your gut and your immune system etc, blend up these soft pieces and add them back to the soup – it will make it creamy looking. Or you can put them directly in the pot of broth on the stove and blend them with an immerseable blender. This adds more nutrition to the soup. Take care that you do not include any pieces of bone or hard pieces, as you will cause the texture to become grainy which can be unpalatable.

If you did not get the chicken bones cut by the butcher now is the time to remove bone marrow from bones while they are warm, for chicken bones this would be accomplished by cracking open the chicken leg bones and thigh bones with pliers. If they are cooked a long time, they will simply snap in your fingers, or crumble.

Put the broken chicken bones with the exposed marrow, back in the filtered broth, add a little vinegar, and cook a little while longer to leach out all the minerals and nutrients.

Strain this broth again with a fine sieve. Add the meat back in and warm up to a good soup temperature and enjoy! If you would like to add vegetables—remember only the ones allowed—you can. Remember vegetables are basically there to soak up the fat, but they have good nutrition for cleansing also. Cook them until they are very soft.

Beef Stock

- Ask the butcher for the “Long Bone” of a cow and be sure to include the knuckles, joints and all the cartilage on either end. Then ask the butcher to cut it up into 2 inch slices to expose the marrow. *“It is essential to use bones and joints, as they*

provide the healing substances.” – Dr. Natasha Campbell-McBride. For larger bones, you’ll have to cook them a long time, maybe 4-5 hours until you can tap them on a hard surface and the marrow falls out.

- 3 tablespoons Apple Cider Vinegar (leaches out minerals).
- Water to cover. Let sit for 1 hour.
- Unprocessed salt to your taste (Celtic or Himalayan Pink Sea Salt)
- 1 teaspoon fresh organic whole black peppercorns, roughly crushed

Cook the beef bones until you can take a large bone out of the broth and gently tap it on the counter and the marrow falls out. Make sure to not over cook the bones and broth or it will not taste as good.

Discard the bones and strain the broth through a very fine strainer. Then if you’d like to have some bulk in the broth, try these ideas: Fry up some very clean, grass fed hamburger with butter or olive oil and Himalayan Sea Salt, fresh ground organic pepper and throw it into the broth! Or better, go get some very clean beef liver, heart, kidney’s, etc and cook it very slowly in a crock pot for 5-6 hours and add that to the broth with some allowed veggies and fresh garlic (or whatever good clean spices you like – remember no MSG or anything synthetic) and you will have a wonderful stew!

Then, if you’d like to have FRESH broth available all the time, just “Can” the broth just like you “Can” any meats or veggies in a pressure cooker, etc. (not a hot water bath). The only difference is you cannot put the broth away in your pantry – it has to be kept in the fridge or freezer! Keeps for 5+ months unopened. But when you open it, it will be as fresh as the day you made it! Yum, yum! You will have fresh broth for soups, stews or as the base for many recipes and sauces!

Fish Stock

- Whole fish or fish fins, bones and heads
- 3 tablespoons Apple Cider Vinegar (leaches out minerals)
- Water to cover
- Unprocessed salt to your taste (Celtic or Himalayan Pink Sea Salt)
- 1 teaspoon fresh organic whole black peppercorns, roughly crushed
- Fresh pressed garlic cloves, to taste.
- Cook only for 1-1.5 hrs



Recommended Vegetables for Intro Soups

“You can choose any combination of the vegetables listed below, avoiding very fibrous ones. All particularly fibrous parts of vegetables need to be removed, such as skin and seeds on pumpkins, marrows and squashes, stock of broccoli and cauliflower and any other parts that look too fibrous. Cook the vegetables well, so they are really soft.” --Dr. Natasha

- Onions
- Carrots (remove skin)
- Broccoli (remove the stock)
- Leeks
- Cauliflower (remove the stock)
- Zucchini
- Marrow
- Squash (remove seeds and in winter squash, the skin)
- Pumpkin (remove seeds and skin)

Know that: broccoli, turnip peels, cabbage (and related foods such as brussel sprouts), green peppers, collard greens, and mustard greens, will make your broth bitter



Vegetables to Avoid for Intro Soups

- Celery
- Cabbage

It’s so easy to make a pot of soup and get started on GAPS. The healing properties of broth are enormous and if you are interested in learning more please go here to read a white paper which will tell you all you ever wanted to know about broth: [Traditional Bone Broth in Modern Health and Disease](http://www.townsendletter.com/FebMarch2005/broth0205.htm) by Allison Siebecker (http://www.townsendletter.com/FebMarch2005/broth0205.htm). She defines what broth is, explains the basic method for making it, describes the nutritional content from the connective tissue, bones, bone marrow, cartilage, collagen, gelatin, and then explains the amino acid profile of broth, and she discusses the minerals and macrominerals in broth. She also gives an extensive list of conditions which can benefit from adding broth into the diet. Quite a complex and informative read about broth which is highly recommended.

Alphabetical Listing of Conditions that Broth Benefits*

Aging Skin	Dental	Hypertension	Joint Injury	Periodontal
Acid Indigestion	Degeneration	Hypochlorhydria	Kidney Stones	Disease
Allergies	Depression	Hypoglycemia	Leaky Gut	Pregnancy
Anemia	Detoxification	Immunodepression	Loss Of Appetite	Rapid Growth
Anxiety	Diabetes	Increased	Meat	Restlessness
Asthma	Diarrhea	Urination	Maldigestion	Rheumatoid
Atherosclerosis	Eczema	Infectious Disease	Memory	Arthritis
Attention Deficit	Fatigue	Inflammation	Muscle Cramps	Rickets
Bean	Food Sensitivities	Inflammatory	Muscle Spasms	Saggy Skin
Maldigestion	Fractures	Bowel Disease	Muscle Wasting	Seizure
Brittle Nails	Gastritis	(Crohn's Disease	Muscle Weakness	Shallow Breathing
Carbohydrate	Grain	And Ulcerative	Muscular	Stupor
Maldigestion	Maldigestion	Colitis)	Dystrophy	Virility
Celiac Disease	Heart Attack	Insomnia	Nausea	Vomiting
Colic	High Cholesterol	Intestinal	Nervousness	Weakness
Confusion	Hyperactivity	Bacterial	Osteoarthritis	Weight Loss Due
Constipation	Hyperchlorhydria	Infections	Osteomalacia	To Illness
Dairy	(Reflux, Ulcer)	Irritability	Osteoporosis	Wound Healing
Maldigestion	Hyperparathyroid	Irritable Bowel	Pain	Wrinkles
Delusions	ism (Primary)	Syndrome	Palpitations	
		Jaundice		

A cool thing you can do is freeze the broth in little ice cubes. Then take one or two out and warm them up in a ceramic or glass cup or use them as the base in other cooking dishes.



*These statements have not been evaluated by the United States Food and Drug Administration (FDA) and are not intended to diagnose, treat, cure or prevent disease. All information provided or any information contained on or in any product label or packaging is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional.

Sauerkraut

Traditional fermented foods like sauerkraut are usually bursting with **beneficial lactic acid bacteria that boost digestive health**. But because the FDA requires commercial sauerkraut to be pasteurized, which effectively destroys all the bacteria in it—including the beneficial bacteria—homemade sauerkraut is definitely a better choice to improve your digestive health.



Sauerkraut is sought after not only for its flavor but also its amazing health benefits. Recent research says that sauerkraut when eaten by women during pregnancy can prevent babies from developing certain types of childhood cancer. Earlier studies have indicated that sauerkraut is effective in preventing cancer of the breast. Sauerkraut is fat and cholesterol free and is a great source of fiber as it contains plenty of vitamins C and K, manganese and vitamin B6 and folate. This helps in treating peptic ulcers as well.

The following sauerkraut recipe is from Sally Fallon's book, **Nourishing Traditions**, and makes 1 quart. It contains numerous recipes, including not only sauerkraut, but also pickled cucumbers, garlic, beets, radish, corn relish, potatoes, various chutneys, Korean kimchi, and more.



- 4 cups of shredded cabbage, loosely packed
- 1 teaspoon juniper berries
- ½ teaspoon cumin seeds
- ½ teaspoon mustard seeds
- 2 teaspoons sea salt (Celtic is our favorite)
- 2 tablespoons liquid whey (if not available, add an additional 1 teaspoon salt)*
- 1 cup filtered water**

In a bowl, mix cabbage with juniper berries, cumin, and mustard seeds. Mash or pound with a wooden pounder for several minutes to release juices. Place in a quart-sized wide-mouth Mason jar and pack down with the pounder. Mix water with salt and whey and pour into jar. Add more water if needed to bring liquid to top of cabbage. There should be about one inch of space between the top of the cabbage and the top of the jar. Place a lid on the jar and close very tightly. Lacto-fermentation is an anaerobic (without oxygen) process and the presence of oxygen, once fermentation has begun, will ruin the final product. Keep at room temperature for about three days, then transfer to a root cellar or the top shelf of your refrigerator. The sauerkraut can be eaten immediately but it improves with age.

*If you use whey, it must be in the liquid form, not powdered. You can make your own whey by pouring yogurt into cheesecloth, a coffee filter, or a clean kitchen towel. Capture the whey liquid as it drips into another container. Using whey allows you to decrease the amount of salt needed and improve consistency. It is naturally rich in both lactic acid and lactic acid-producing bacteria.

**Don't use tap water if it is chlorinated. The chlorine can destroy the lactic microbial organisms and prevent the fermentation.

Tightly packed sauerkraut can be safely kept in the refrigerator for six months or more. It's normal for white spots or a white film to form on the surface of the liquid covering the sauerkraut. It's a form of yeast called kahm. Although it's totally harmless, it can impart a bad taste to the cabbage so we recommend simply removing it gently with a spoon before removing any of the sauerkraut.

Salmon Salad

Need mayo?

*1 egg, raw
1 cup olive oil
1 teaspoon Celtic salt*

Using a food processor, drop a whole raw egg in and whir it for a couple minutes to bring it up to room temperature. Then slowly pour in 1 cup of olive oil, taking an entire minute to pour it in, then add salt and allow to mix. Reserve half of the mayonnaise in another dish for later.

Two 6-ounce cans of wild caught salmon

1 cucumber or celery
1 small red onion (optional)
(2 tablespoons capers, drained)

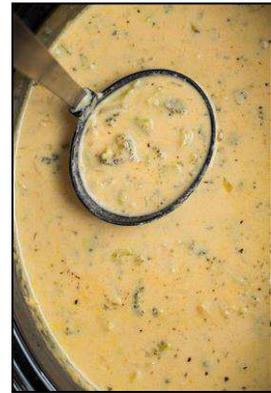
Drain the salmon and put the salmon in the food processor. Peel and then coarsely chop the onion, add that to the food processor, coarsely chop the cucumber (or celery) and add that. Put in ½ cup of the homemade mayo at left. Pulse the food processor a couple times to distribute the mayonnaise, onion, and cucumber (or celery) with the salmon. Maybe add some capers!

Serve.



Broccoli Beef Soup

1-2 quarts homemade chicken or beef broth
Filtered water
1-2 pounds grass fed beef, any cut
2 tablespoons Celtic salt
4 organic cloves garlic
2 organic onions, chopped
2 pounds fresh organic broccoli florets
1 cup heavy cream or raw milk
Shredded cheddar cheese



In a Crockpot, combine broth, filtered water to fill the crock pot ¾ full, salt, garlic, and broccoli. Cover, and allow to cook on low all day.

An hour before you are ready to eat, cut beef into ½ inch cubes, and brown in a skillet over medium high heat with butter until browned on the outside and partially cooked. Using an immersion blender, puree the soup, add some raw milk or heavy cream, leaving some chunks of well cooked broccoli and onion if desired. Add beef to pureed soup and allow to cook until dinner time.

Ladle into bowls and generously top with cheese to serve.

Deviled Eggs



6 Pastured eggs, hard boiled
3-4 tablespoons homemade mayonnaise
1 teaspoon or more homemade mustard
Celtic or Himalayan salt to taste
Organic Paprika for garnish

Gently peel eggs under running water. Slice in half lengthwise. Pop yolks into a sandwich-sized zip top bag (or a bowl). Add remaining ingredients and smash with your fingers in the zip top bag (or smash with a fork in the bowl). Add more mayonnaise if necessary. Once thoroughly mixed, cut a corner off the bottom of the zip top bag, approximately 1/2 inch up from the top of the corner. Pipe the yolk mixture into the egg whites, or use a spoon to drop the mixture into the egg whites, and then garnish with paprika. Keep covered in the fridge if you have leftovers.

Hard Boiled Egg Cooking Instructions

6 Pastured free range eggs
Filtered water

- Teaspoon olive or coconut oil
- Teaspoon Celtic salt.

Fill a large pot half full of filtered water and bring to a boil. Add oil and sea salt; the oil makes the shells easier to peel off, the Celtic salt helps prevent the white from leaking should the eggs become cracked while boiling. Gently put whole raw eggs in the water, using a slotted spoon if needed to prevent them from cracking.

Boil eggs on medium-high heat for exactly 10 minutes. After 10 minutes pour off excess boiling water and add cold water to the eggs to cool. As the water heats, replace with cold water 2-3 times; every couple minutes. Store eggs in the fridge or peel immediately.

Butternut Squash Soup

Large butternut squash or other winter squash. Peel squash, cut off neck and cut neck into 'squash fries' – fry shapes. Scoop out pulp from bulb, and chop into chunks for adding to soup, boiling, and mashing.



2 quarts homemade chicken stock
1 quart filtered water
4 cups pre-cut butternut squash cubes
1 tablespoon celtic sea salt and/or 4 turns fresh ground organic pepper (adjust to taste)
1 cup heavy cream or raw milk

Simmer all ingredients to make a soup. Puree with an immersion blender for a smooth soup. Pour in 1 cup heavy cream. Warm back up to desired temperature. Top with sour cream if desired, and serve.

Butternut Squash and Beef Casserole



2 pounds hamburger
1 large butternut squash (3 pounds)
½ teaspoon sea salt
1 tsp each fresh Thyme and Sage
2 cups stock
Tallow or fat to grease pan

Preheat oven to 350*. Mix hamburger with sea salt, 1 tbsp fat, and Thyme and Sage. Peel and remove pulp from butternut squash, and chop into bite-sized pieces. Grease a 9x13" pan with fat. Place squash in the pan and pour stock over the squash. Place pieces of the raw hamburger over the top of the squash, covering evenly. Bake uncovered for 45 minutes or until squash is soft and beef is cooked.

Boiled Meatballs with Garlic and Parsley

3 pounds hamburger
3 carrots and 1 cup cauliflower, shredded
3 cloves garlic, minced or crushed
3 sprigs fresh parsley, finely chopped
2 cups stock
½ teaspoon sea salt



Mix hamburger with vegetables, garlic, and parsley. Simmer in stock with added sea salt, gently turning as needed, until cooked through.

Crispy Walnuts



Soak nuts: Place 2-3 lbs raw nuts in a large bowl (they will swell, so only fill 2/3 full, using another bowl if needed). Add 2 tablespoons sea salt and cover the nuts with filtered water. Allow to soak overnight at room temperature (on the counter). No need to cover.

Drain in a colander and put in dehydrator; dehydrate all day. Or roast in a pan as low as your oven will go, 1 hr.

Summer Squash Pancakes with Walnuts

1 small crookneck squash or ¼ a butternut squash, peeled and chopped
1 cup crispy walnuts or organic nut butter
2 eggs
1 teaspoon tallow to fry in

In a blender, blend squash, walnuts, and eggs until smooth. Heat a skillet on medium-low heat and melt tallow. Make small pancakes with the batter, and carefully flip only once, after 90 seconds or so.



Ginger Tea



1 inch ginger root, peeled and sliced into thin coins.
Simmer in 2 quarts water for about 10 minutes, covered.
Or grate about a teaspoon of fresh ginger root and pour boiling water over it and leave for 3-5 minutes. Pour through a small sieve. And add honey to taste and enjoy warm or cool. To easily peel ginger, use a spoon to rub off the skin.

Kimchi

- 1 Napa cabbage
- 1 bunch of Green onions
- 3 Carrots
- 1 bunch of Radishes
- 1 tablespoon fresh Ginger, grated
- 4 cloves of Garlic
- 4 chili peppers (mild or spicy, depending on your taste preference)
- 4 teaspoons sea salt
- 1 teaspoon Whey per Mason jar (optional)



Makes 4 pint jars full

Aside from the ginger and carrots, which you might want to grate smaller, thinly slice all the vegetables and mix with the salt. Place into jars, pounding down to release juice. Add whey over the top, cover with a lid, and set in a room temperature place to ferment for 2-3 days without opening. Transfer to fridge after that and enjoy now or later. Left unopened, it will last months in the fridge, but once you open them and use within a couple weeks.

Baked Salmon

This baked salmon is slow-baked right on the serving platter- no mess, no fuss!

- 2 wild-caught salmon filets - about a pound each
- 2 Tablespoons Dill
- 2 Tablespoons Thyme
- 1/2 teaspoon pepper
- 1/2 teaspoon sea salt
- 1 teaspoon olive oil



Directions:

Heat the oven to 200 F. (not a typo)

Mix dill, thyme, pepper, and sea salt. Grease an oven proof serving platter with olive oil. Place salmon filets on there, and drizzle with olive oil. Sprinkle with herbs.

Bake for about 40 to 45 minutes, until salmon flakes.

Egg and Summer Squash Bake

- 2 lbs. summer squash, unpeeled and shredded (about 2 medium-sized squash)
- 1 Tablespoon Celtic Sea salt, plus more for sprinkling
- 2 Tblsp + 1 teaspoon tallow to fry in, divided
- ¼ cup finely chopped onion
- 3 cloves garlic, minced
- 2 ripe large tomatoes, chopped
- 4 oz. goat cheese
- ¼ cup loosely packed basil, or 1 Tbsp. fresh thyme, minced.
- 4 fresh organic eggs
- Freshly ground pepper



Grate summer squash on a box grater and add to a colander. Add 1 Tblsp tallow to the shredded squash and toss to combine. Let squash sit and drain in the sink for 30 minutes.

Preheat oven to 275 degrees F.

In an oven-proof skillet (cast iron worked extremely well), heat 2 Tblsp tallow over medium heat. Add onion, garlic and paprika to the skillet and stir. Sauté until tender and fragrant.

Squeeze the squash by the handful to remove excess moisture and add to the onion and garlic. Add the chopped tomato and stir to combine. Cook, stirring occasionally, until the mixture is tender and no longer releasing liquid. This takes about 8-10 minutes.

Turn the heat off and stir in the goat cheese and basil (or thyme). Using a wooden spoon or spatula, smooth the mixture evenly in the skillet and create 4 wells for the eggs. In each well, add ½ teaspoon tallow oil. Crack each egg into a small bowl and add one at a time to each well. Sprinkle each egg with salt, pepper. Bake until egg whites are set and yolks are still soft, about 8-10 minutes.

Garnish with extra basil (or thyme).

*If you don't care to turn on the oven, poach the eggs directly in the skillet. After stirring in the goat cheese and herbs in step 5, return skillet to the low-heat, add the eggs to the wells and cover with a tight-fitting lid for 10 minutes.

Chicken Liver Pate



1 pound of chicken livers, washed
2 medium white or yellow onions, minced
3 cloves garlic, minced
1 teaspoon thyme
1/4 cup tallow + 2 tablespoons
1 two-ounce can of anchovies



Instructions:

Over high heat in a large saucepan, heat tallow until melted then add onions, stir, cooking for about 5 minutes, or until softened, add garlic and thyme, cook for a minute or two more. Remove from heat, drain excess liquid, and pour this into food processor.

Using the remaining two tablespoons of butter, melt over medium heat. Add liver and cook until the outside is done, but the inside is still pink. Drain.

To food processor add:

1 two-ounce can of anchovies

Process until well pureed and all of the ingredients are well combined.

Form pates by lining 3 custard dishes or small ramekins with plastic wrap. Spread in pate, and place two in the freezer for later, one in the fridge. Turn out, and remove plastic wrap to serve. Stir into soups, or use on top of nut flour bread.

Chicken Curry Soup

2 tablespoons tallow or ghee

1 Anaheim chili

4 onions, sliced

½ inch ginger root, peeled and grated



1 quart bone broth stock
1 quart filtered water
4 cups cooked chicken, diced
6 cloves garlic, crushed

In the bottom of a pot, sauté onions, ginger, and pepper in tallow until onions are soft. Add stock and water and bring to a simmer. Add chicken and cook 20 minutes, or until heated through. Top with garlic, decorate it as in the picture above and serve.

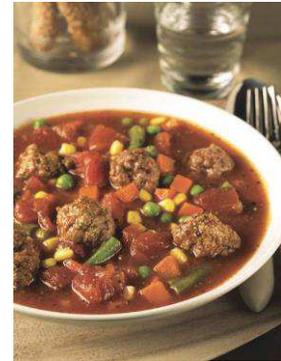
Meatball-vegetable soup

Ingredients:

1 quart chicken stock,
4 teaspoons sea salt,
1 quart filtered water,
8-10 meatballs,
4 cups of chopped vegetables (broccoli, carrots, onions, spinach, tomatoes, squash; whatever combination you'd like).

Directions:

Add stock, water, salt, tomato paste, vegetables to crock pot and cook on low all day. Add meatballs during the last 30 minutes of cooking to heat thoroughly. When serving, evenly distribute meatballs among bowls with the soup.



Meatballs

3 lbs of ground beef
1 teaspoon sea salt
1 tablespoon basil, diced
1 clove garlic, crushed

Fry in:

2 tablespoons beef tallow or coconut oil

Mix everything with a fork, or by hand. Shape into walnut sized balls and fry in a skillet with the fat over medium heat, gently turning the meatballs during cooking to make sure all sides get cooked. Fry until browned on the outside, cutting one open to make sure they are no longer pink on the inside.

Baked Honey Mustard Chicken

2 pounds boneless chicken thighs (or breasts, or a combo)
 $\frac{1}{4}$ cup prepared mustard, natural
 $\frac{1}{3}$ cup natural honey
1 tablespoon lemon juice
2-3 tablespoons tallow
 $\frac{1}{8}$ teaspoon natural sea salt
 $\frac{1}{4}$ teaspoon crushed rosemary seasoning



Grease a 9x13 glass casserole with tallow. Preheat oven to 325 degrees. Arrange chicken in casserole dish, skin side up. In a saucepan over med-low heat, combine mustard, honey, sea salt and crushed rosemary in a shallow dish and coat chicken with it. Bake for 60-75 minutes, basting occasionally, or until juices run clear.

Zucchini Bread

2 cups almond flour
6 eggs
2-3 medium zucchini
½ teaspoon sea salt
2 tablespoons tallow



Puree all ingredients in a blender or food processor (you can keep the zucchini raw and just puree). Pour into greased muffin tins or a small loaf pan. Bake at 350* for 30-45 minutes, or until a knife inserted comes out clean.

GAPS Milkshake Recipe

If the person is not prone to diarrhea, they may introduce the GAPS milkshake from the beginning.



Vegetable juice ingredients:

1 Carrot
2 – 3 apples or equivalent in pineapple
1 stick of celery
Small wedge of beetroot
Small piece of white or red cabbage

Eggs: 1-2 raw eggs (yolks and whites) preferably use organic free range eggs.

Fats: 4-5 tablespoons of raw sour cream or yogurt (if sour cream has not yet been introduced, you may add ghee or raw butter (at room temperature – softened) or raw coconut oil.

Freshly press all vegetable items in your juicer and pour into the blender if you have one. To the juice add the eggs and fats. Blend the mixture together in the blender or mix by a hand held kitchen tool.

Comments:

This milkshake will provide valuable raw nutrients and beneficial fats. Some parents find it easier to add Cod Liver Oil to the milkshake, rather than on its own and children don't know it has been added. Dr Natasha suggests starting from 1/3 of a glass per day first thing in the morning. For optimal benefits, Dr Natasha encourages 4-5 glasses of the GAPS Milkshake per day, in-between meals and to chew every mouthful slowly.

Beet Kvass

2 lbs beetroot
1 ½ tbls salt added to water
1 tsp caraway seeds
3 Garlic Cloves



Place seeds and garlic in glass canning jar and place beetroot Slices (1/2 cm thick) on top until the jar is ¾ full. Add salt to water in a separate jug and stir well, making sure all the salt is dissolved. Pour salted water over beetroot and make sure to keep the brine level covering the beets. Put a clean plate or jar on it to keep them down. Ferment for 2-5 days (depending on temperature) in a warm place on the bench – turning the jar around a few times a day. Fermentation is faster in warmer weather. When fermentation is complete you may store the Beet Kvass in the fridge.

When most of the Kvass has been drunk and a quarter remains, you may top it up again with salt water brine and return it to the bench for another couple of days. When the water becomes pale, the beetroot is spent and it is time to make a new one.

Serving Suggestions:

1 – 2 tablespoons diluted in a glass of filtered water. Adding beet kvass to your homemade soups will provide valuable enzymes and lactic acid to aid with digestion. Remember to introduce in small amounts to reduce the die off reaction.

Beet Kvass is a wonderful digestive aid. It assists in correcting constipation whilst promoting regularity and adds to the body a variety of nutrients and cleansing qualities. Beet Kvass has great liver supporting properties that assist in reducing morning sickness in pregnant women.

Kefir

Fermented foods are essential to introduce to the GAPS diet from the beginning. Supplementing with probiotics alone will allow beneficial flora to do its job primarily in the upper parts of the digestive system, which does not generally reach all the way down to the lower bowel however, fermented dairy will carry probiotic microbes all the way down to the end of the digestive system. Whilst yogurt carries some very beneficial forms of beneficial flora, Kefir has been known to carry colonies as large as 27 different strains or more. Fermentation predigests the dairy, making it easy for our digestive systems to handle, that is why fermented foods are easily digested by people with a damaged gut. Fermentation releases nutrients from the food, making them more bio-available for the body.



Kefir is a fermented drink made from a kefir grain of symbiotic microorganisms wrapped up in a matrix of proteins, lipids and sugars. Kefir grains are white clumps that contain a wide variety of bacteria and yeast. Kefir is one of the best drinks for improving digestion and natural immunity.

Kefir is believed to have been first developed in the Caucasus Mountains of western Russia. The shepherds there used to carry milk in leather pouches. Sometimes the milk would sit for several days and ferment. The fermentation gave it an effervescent taste that was cool and refreshing. These cultures later found that kefir made a great natural medicine that was used to help digestive disorders, low energy, and compromised immune function. The Abkhazian people in the Western Russia Caucasus Mountains who developed and continue to utilize kefir are one of the longest lived cultures. They have a high percentage of centenarians. In John Robbins book, "Healthy at 100," he discusses Dr. Alexander Leaf's research on the Abkhazian people. Dr. Leaf observed how an extraordinary percentage of Abkhazians were living to a ripe old age while retaining their full health and vigor. About 80% of all Abkhazians over the age of 90 were mentally healthy and outgoing. Only 10% had poor hearing and fewer than 4% had poor eyesight. Dr Leaf stated in his journal, "Certainly no area in the world has the reputation for long lived people to match that of the Abkhazians in southern Russia."

Homemade Kefir



You can get a commercial Kefir starter in a sachet or use some live fresh kefir grains as a starter. If you make kefir from organic unpasteurized (raw) milk, then do not heat it, just add the starter and ferment it on the bench. Only pasteurized milk needs heating, as pasteurization makes milk vulnerable to contamination by pathogenic microbes. Raw milk is usually well protected by its own probiotic bacteria and other factors.

Making kefir with pasteurized milk, is a bit of an exact science with heating the milk properly, adding just the right amount of starter culture, blending it in, trying(!) to keep it at the right temperature for 12 hours or so. The results are usually less than satisfying: the

flavor is there, but the texture will always be too liquid, and if left any longer then you'll have cheese at the bottom and whey on top.

With raw milk from a pasture fed cow (read: healthy cow with healthy stomach flora = healthy milk with lots of Probiotic's) kefir making is as simple as setting the fresh milk on the counter. No joke.

Also, I warm the milk before adding the culture. You should mostly use raw milk, so you only warm it to about 100 degrees so the enzymes are still intact. If you use pasteurized, it's best to bring it to a boil to kill any bacteria, which has contaminated it since pasteurization, and then cool it to 100 degrees before adding the culture. This factor (raw milk protecting itself with the live immune cells in the milk) is the factor which anti-raw warnings often overlook. Pasteurized milk is actually much more risky, since there is no *internal protection* after it's been "killed".

Remember, that kefir contains more potent probiotic microbes than yogurt, as a result kefir will produce a more pronounced "die-off reaction." It is recommended to introduce yogurt first, then start introducing kefir. Both should be introduced slowly and gradually controlling the "die-off." Kefir, apart from probiotic bacteria, contains beneficial yeasts. That is why it is essential to introduce for people with "bad" yeast overgrowth. A healthy human gut contains plenty of beneficial yeasts, as well as beneficial bacteria and other microbes. In order to get rid of the "bad" yeast, we need to replace it with the "good" yeast.

By dripping your kefir through cheesecloth you can separate it into cottage cheese and whey. Pour the whey into a clean glass jar with a tight lid and keep it in the refrigerator to use as a starter for fermenting different foods, such as vegetables, fish, beans and grains (when your you are ready to have them). The cottage cheese is delicious with some honey, fruit, soups or as a savory snack.

Directions to make kefir:

1. Pour 1 qt. raw milk into freshly clean quart jars (straight from the dishwasher is best, don't use a dish-towel to dry, as this could introduce a negative bacteria)
2. Add 2-3 tablespoons kefir grains to milk.
3. Set open jars, covered completely with a clean paper towel or cheese cloth, on counter in an out-of-the-way area, protected from drafts is best. Make sure your house is warm enough that the counter isn't cold. They don't need to be in the kitchen, but should not be in an area where they could absorb fumes, such as a laundry room (detergent fumes) or garage (gasoline, etc.).
4. Wait 24-48 hours. You can check the culture and stir it during this time: this may be beneficial for the kefir to move the grains around. As a rule, less time will produce a sweeter, thinner kefir, whereas a longer fermentation will result in a thicker, more sour kefir. After some time you may also see the kefir separating into two layers – a thick, white curd at the top, with a thin, yellowy whey underneath. The kefir is OK to consume at this stage but will be quite sour, so as soon as you see any signs of separation it's probably best to move on to straining the kefir.
5. When it is finished, straining will be necessary to remove the grains. This can be done by putting a sieve over a glass pouring container as the picture shows. Gently push the grains with a spoon to strain out all the kefir. You can then plop the grains into more fresh milk to prepare the next batch, or put them back in a capped glass bottle and store in the refrigerator. Rinsing the grains is not necessary and could damage them. But if you really want to, you can "fast" the grains by placing them in filtered water for one day [one part kefir grains to 3 part water as a general rule]. The grains are then strained and placed directly in fresh milk to prepare kefir as per usual



Straining kefir grains from finished kefir

For Q & A about kefir, follow this link to some wonderful information:
<http://gapsaustralia.com.au/kefir-2/>

Strawberry Banana Kefir Smoothie



A deliciously fruity kefir smoothie, perfect for a quick breakfast or snack!

Ingredients:

1 large organic banana, broken into 4 chunks
1 cup frozen organic strawberries
1 cup homemade kefir
1-2 Tablespoons of SP Complete
½ to 1 Tablespoon of Calcifood Powder
Your Probiotic, however many capsules you are taking
Stevia/Raw Honey or other sweetener (optional)
For more protein, you can also add in a scoop of Whey Protein Complete powder.

Instructions:

1. Place banana, strawberries, kefir, and Stevia (if using) into a blender.
2. Blend for a minute or two, until smooth. Pour into a large glass or two smaller glasses and enjoy!

This is a favorite, quick-and-easy kefir smoothie. Always have strawberries and bananas on hand (or at least, almost always!) and the flavors combine for a lovely fruity and healthy kefir smoothie! :)

You don't always need to add the Stevia, especially if the banana is really ripe, but if you want a sweeter drink, the Stevia works well. If you're having this for breakfast, add the protein powder, so it will hold you over until lunch. Your children will love this recipe, and you will too!

Homemade MAYONNAISE

1 whole egg
1 egg yolk
1 teaspoon Dijon-type mustard
1 & ½ tablespoons lemon juice
1 tablespoons whey, optional
¾ - 1 cup extra virgin olive oil or expeller-expressed sunflower oil or a combination
Generous pinch sea salt



Homemade mayonnaise imparts valuable enzymes, particularly lipase & is so easy to make. The addition of whey will help your mayo last longer, adds enzymes and increases nutrient content. Use sunflower oil if you find that olive oil gives too strong a taste. Homemade mayonnaise will be slightly more liquid than store-bought versions.

In a large bowl—a food processor (or basic blender) can be used as an easier alternative to doing it by hand—whisk the egg.

In a thin, very slow stream, add the olive oil with one hand while continuing to whisk with the other hand.

Whisk in all remaining ingredients. You may want to add more salt or lemon juice to taste.

If you have added whey, let the mayo sit at room temperature, well covered, for 7 hours before refrigerating. With whey added, mayo will keep several months and will become firmer with time. Without whey, mayo will keep for about 2 weeks.

Store refrigerated.

Homemade KETCHUP

2 lbs of organic tomatoes, roughly chopped
½ cup white vinegar
1 organic onion, chopped
1 clove of organic garlic, crushed
¼ cup raw unfiltered honey
4 whole organic cloves
1 organic bay leaf

1 organic cinnamon stick
¼ tsp organic celery seeds
¼ tsp organic red pepper flakes
¼ tsp organic whole allspice
1 Anaheim chili, chopped (optional)
1 ½ tsp Celtic or Himalayan salt

In a small saucepan, combine vinegar, cloves, bay leaf, cinnamon, celery seeds, red pepper, and allspice. Simmer on low heat for 30 minutes.

In a large skillet or wok, combine all remaining ingredients except honey. Cook on medium-low heat, stirring occasionally, until onions and chilies are very soft, about 40 minutes.

Strain the vinegar mixture through a fine-mesh strainer and add the infused vinegar to the tomatoes and stir.

Puree the tomato sauce in a blender until smooth. Strain the sauce through a fine mesh strainer & return sauce to skillet.

Continue heating until the sauce is at desired thickness, about 2 hours.

When near completion, add the honey and stir until fully incorporated.

Taste and adjust salt, honey and vinegar as desired.

Homemade MUSTARD

1 large organic Onion
3 organic cloves of Garlic
2 cups of Dry White Wine
4 oz Dry Mustard
2 Tbsp raw unfiltered Honey
1 Tbsp Extra-Virgin Olive Oil
2 tsp Celtic or Himalayan Salt



Mince onion and garlic. Combine with wine in a saucepan and bring to a boil. Reduce heat and simmer for 10 minutes. Remove from heat and allow to slightly cool.

Pour mixture through a strainer to remove onion and garlic. (The leftover onion and garlic can be saved and added to soup.)

Combine dry mustard and strained liquid to form a paste. Add honey, oil and salt. Mix well. Return to cook over low heat until it thickens.

Cool to room temperature. Stir well. Store, covered, in the refrigerator. Let sit in the refrigerator for two weeks prior to consuming. Mustard will mellow with age. Ideal waiting period is one month.

Wonderful Olive Oil Salad Dressing

- 1 ½ cup Olive Oil
- 3 Garlic Cloves Minced
- 1 tsp. Celtic Sea Salt
- ½ tsp fresh ground pepper
- 1 Tbl. Organic Italian Seasoning
- 3 Tbl. Apple Cider Vinegar (with Mother)
- 3 Tbl. Red Wine Vinegar (or fresh squeezed lemon juice or Rice Vinegar or Fresh Cilantro, Lime and red pepper flakes for a Fiesta flare!)
- 2 Tbl. Balsamic Vinegar



Shake all together. Leave on counter – do not refrigerate. Can also be used to marinate meats!

Creamy Avocado Dressing

Makes about 18 ounces of dressing

- 1 large (or 2 small) ripe avocado
- 1/4 cup cold pressed extra virgin olive oil
- 1 handful fresh cilantro
- 1 jalapeño, stem and seeds removed (optional)
- 2-3 cloves garlic
- juice from 1 lime
- 1 tbs raw local honey
- 2 tablespoons apple cider vinegar
- 1/4 cup water (you may want more if you want it thinner)



Add all of the ingredients to a blender or food processor and blend until creamy. You can add more water for a thinner consistency, if you would like. I like to let it sit a bit in the fridge before eating, the flavors really come together.

Store in an air tight container or jar in the fridge. Keeps for about 5 days.

Homemade Bouillon or Portable Soup

Portable soup – AKA: Cup O’ Noodles, is true homemade stock. It has a rich array of minerals and amino acids deeply fortifying. Try to serve up a quart/pint of broth a day to each member of your family. If you travel a lot, this is also an excellent way to stay on top of your nutrition. It’s tough to eat real, homemade foods on the road.



So, make your own portable soup – a homemade bouillon that’s compact, stores well for a long time, and dissolves instantly in hot water for a beautiful mug of rich, homemade broth.

Portable soup was the first bouillon. And, like all foods, it was homemade. Cooks would stew bones in water for hours and hours, reducing the gelatin-rich stock down to a thick, viscous liquid that solidified when cooled. Later, the thick, gelled broth would be cut and dried on flannel during the cool months where it could be stored indefinitely.

So when traveling, grab these nuggets of portable soup – dissolve them in hot water, sprinkling in salt and any herbs or vegetables you have access to, and in an instant, you will have a meal – but unlike the instant meals of today, this is real food.

The store bought bouillon cubes are powdery, salty cubes, containing a slew of nasty ingredients: processed fat, MSG, refined salt. Even “Better than Bouillon,” sold in health food stores, is loaded with refined, industrial ingredients like maltodextrin; further, it lacks one of the most nutritionally valuable aspects of a true broth: gelatin.

Gelatin in broths, and also in homemade bouillon, soothes the digestive tract, and supports skin health. Homemade bouillon, made from long-simmered bones, is rich in all the same nutrients found in a good stock: minerals, amino acids and gelatin. Only it’s compact – easy to bring on the road.

A good bouillon depends on good bones. Most traditional recipes for portable soup – the original homemade bouillon – call for **veal knucklebones**, which typically produce a beautiful, strong gel, veal bones aren’t always available. So, you can make homemade bouillon with any good quality bones: chicken, beef, veal, pork, etc. Bones can usually be purchased for as little as \$1/lb from your local ranchers, so ask around at your farmer’s market.

Using a good quality, purchased gelatin (<http://www.vitalproteins.com/collagen/collagen-protein-gelatin.html>) helps to achieve the strong gel that is so essential in producing homemade bouillon. A purchased gelatin also acts as a bit of insurance policy – helping you to achieve that solid gel even if your stock was soft or you were unable to find bones that produce a firm gel like **veal knucklebones or chicken feet**.

Homemade Bouillon Recipe (Cont'd)

COOK TIME

10 hours 45 mins

Homemade bouillon or portable soup is a simple, traditional way to keep stock always on hand without having to make it fresh every time. While the bouillon can be made without purchased gelatin, gelatin ensures that the bouillon comes together easily and firms up properly for long-term storage. Do not use vegetable scraps to flavor your stock as they may decrease the length of time you can store the bouillon and they will take much-needed space in your stock pot for gelatin-producing bones.

INGREDIENTS

10 lbs bones, preferably a combination of **veal knucklebones, chicken feet**, or chicken, beef, lamb, pork, etc. bones
2 tablespoons organic black peppercorns, freshly ground
2-3 fresh organic bay leaves
2 teaspoons unrefined sea salt
Other fresh organic spices such as Rosemary or other's you prefer
2 tablespoons gelatin, (optional)



INSTRUCTIONS

Preheat the oven to 425 F.

Place the bones in a large baking dish, and roast them for 45 minutes.

Place the roasted bones, peppercorns and bay leaves in a large heavy-bottomed stockpot. Cover with filtered water and bring to a boil over moderately high heat, reduce the heat to medium low and simmer, uncovered, for eight to ten hours.

Strain the stock into a large mixing bowl through a fine-mesh sieve. Refrigerate for at least eight and up to twenty-four hours. You should have about one gallon of stock.

The stock should gel in the refrigerator, but it's not necessary. The fat will rise to the top of the stock. Pick it off and reserve it for another use such as frying vegetables or braising meat.

Transfer the stock to a shallow, wide-mouthed pot, stir in salt and bring to a boil over high heat. Continue simmering until the stock is reduced to 1 cup, about forty-five minutes depending on the surface area of your pot. Please note that the amount of time it takes to reduce 1 gallon of stock to 1 cup will depend on the size of your pan. A very wide and shallow pan will allow the stock to reduce in about 45 minutes; a traditional stockpot will take several hours.

Whisk gelatin into the hot stock and pour into a small container about 4 inches by 4 inches. Refrigerate for at least eight hours, cut into cubes about 1-inch by 1-inch. You can further dry out the cubes by setting them gently on a cotton cloth or napkin in the refrigerator or other cold place in your kitchen for a further eight to twenty-four hours.

Each cube of bouillon will produce one cup of stock. Simply drop the homemade bouillon cube into one cup of hot water, stir to dissolve and serve. The bouillon cubes can be stored in an airtight container at room temperature for at least six months.

Yummy Beef Stew!



2 lbs of organic beef liver
2 lbs of organic beef heart
Cut into 2-inch chunks

Himalayan Pink Sea Salt
Freshly ground organic black
peppercorns

¼ cup almond flour

2 tablespoons cold pressed extra
virgin olive oil

4 cloves organic garlic, smashed

1 and ½ cups (12 fl oz) organic red
wine

1 cup fresh homemade beef or
chicken broth

3 sprigs fresh organic thyme

3 organic bay leaves

3 large organic carrots, peeled,
halved lengthwise and cut into
chunks

½ lb cremini mushrooms, brushed
clean and quartered, or dried
organic mushrooms

Organic pearl onions, to taste

Makes 6 servings

Season the beef generously with salt and pepper, then place in a plastic bag with the flour and shake the bag to coat the beef evenly. Remove from the bag and tap off the excess flour. In a large, heavy frying pan over medium-high heat, warm the oil. When the oil is hot, working in batches if necessary to avoid crowding, add the liver and heart and sear, turning as needed, until golden on all sides, 8-10 minutes total. Transfer to a slow cooker.

Add the garlic and cook for about 1 minute. Pour in the wine and stir to dislodge any browned bits on the pan bottom. Add the stock, thyme sprigs, and the bay leaves and pour the contents of the pan over the beef. Stir in the carrots, cover, and cook on the low setting for 6 hours.

Stir in the mushrooms and pearl onions, re-cover, and cook for 1 hour more. The meat and vegetables should be very tender.

Remove and discard the bay leaves and the thyme, let the stew stand for a few minutes.

Ladle the stew into your freshly cooked long beef bone broth. Strain the rest of the liquid and drippings and include in the broth.

Enjoy!



Mary H. Stockwell, MSAS, CGP

PERSONAL HEALTH CONSULTANT, DIRECTOR
Host of "The Forbidden Doctor Podcast"
Certified GAPS Professional
Meridian Stress Assessment Specialist

Mary, started the BioMeridian department in 2004. It has evolved into the Personal Health Profile and consulting department, to give people personalized nutritional help. After helping thousands of patients, from Fibromyalgia to Crohn's disease, she has reached a level of results that few have achieved. Mary is one of only five other GAPS Certified Practitioners in the State of Utah, and one of only 40 in the United States.

She is in constant demand and is booked out typically a couple of months. But it's worth the wait! She typically spends four or more hours with you on your first consultation, then follows up with just as much care on all the following visits. It is an experience like no other. She is able to give the most amazing personalized recommendations that fit your lifestyle and budget.

She doesn't try to change you, she just tries to add to your life. Read "Mary's Story" on our website at: www.TheForbiddenDoctor.com.



Ambrosia Tuft, BA, ACN, MSAS

Applied Clinical Nutritionist,
Meridian Stress Assessment Specialist

After completing her undergrad at the University of Utah, Ambrosia became a Meridian Stress Assessment Systems (MSAS) professional in January 2006. She graduated from the Applied Clinical Nutrition (ACN) program in February 2008.

Ambrosia has been passionate about health & wellness since she was a little. When she was a teenager she began studying and learning to treat any health issue with a natural apothecary of foods and herbs. Still to this day, she is thrilled how quickly the body can respond to nutrients. She gets so much pleasure helping people prevent illness & those suffering with ailments & diseases, as she knows the only other alternative is drugs and surgery. Along with Mary, she is always delighted and excited to see the truly wonderful & quick response from the GAPS diet, supplements and soup.

She is so grateful to be in such a progressive & inspiring clinic environment. "The team of people we have in the clinic now go beyond and above & we have so much fun! I'm so thankful to go to work everyday."

Ambrosia's favorite things in life are holistic healthcare, music, filmmaking, dancing, yoga, art, traveling, reading, researching, writing, & celebrating life. She's a free spirit who often takes the road less traveled. "I always try to be the change I want to see in the world. Ambrosia is mother to her beloved 5-year-old, Roman Wesley.



Jill Christiansen

Licensed Massage Therapist
Meridian Stress Assessment Specialist

Jill is a central Utah native. She has lived in SLC for 18 years with her wonderful husband and beautiful son. Her interests are in cooking, music, color, the outdoors, skiing, and traveling to learn about different cultures. However, her passion is the human body and all its amazing processes & physiology. At an early age, Jill knew she belonged in the health/fitness field.

She graduated from the Utah College of Massage Therapy and became a licensed Massage Therapist in 2001. Through her experiences, she has witnessed amazing progression in the health & healing field. She has witnessed so many people improve their quality of life by incorporating lifestyle changes, activity, and most importantly nutrition. It is her greatest desire to promote true health and healing. She believes in making life worth every breath, through compassion, service and love. Carpe Diem!

