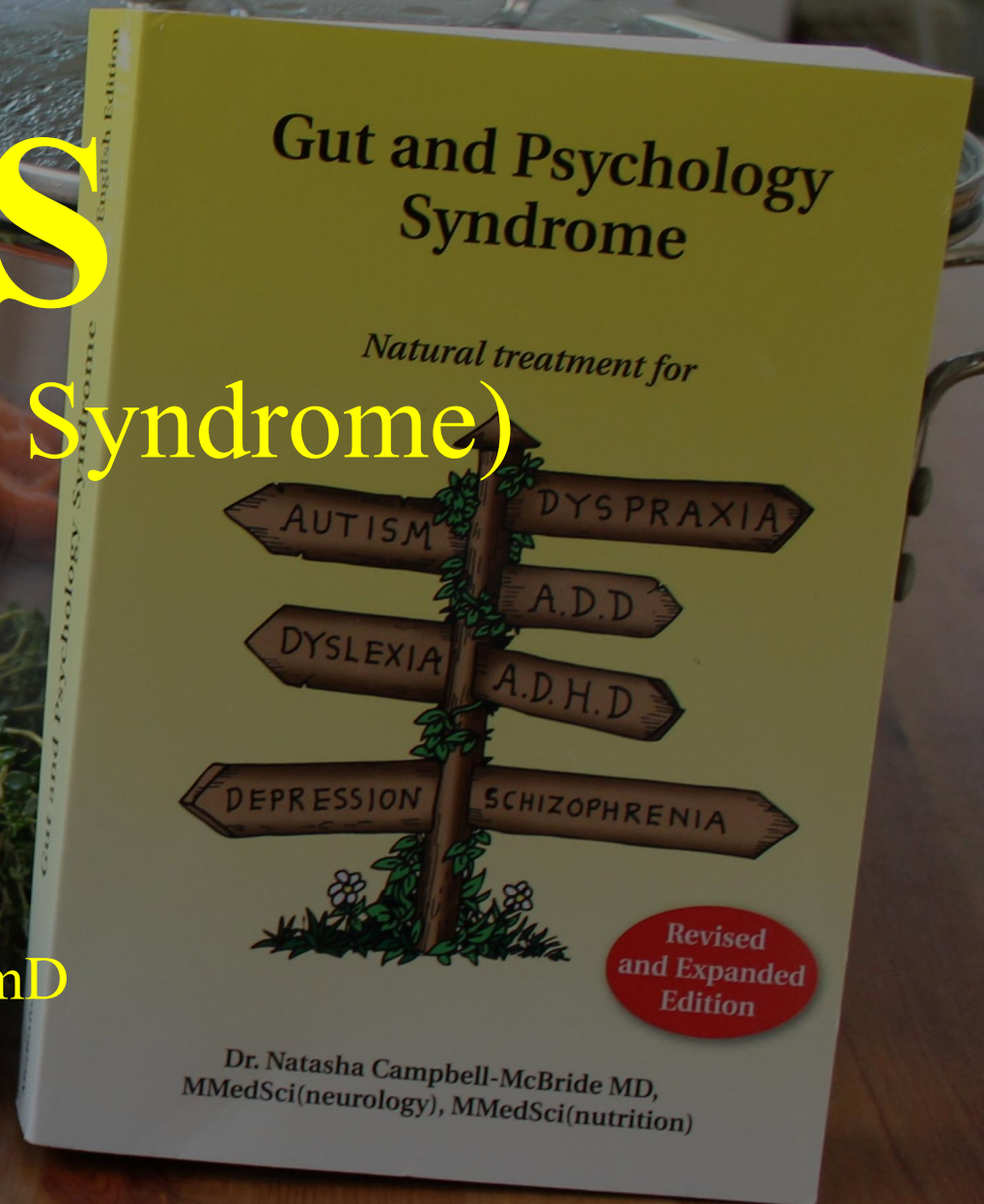


# GAPS

(Gut and Psychology Syndrome)

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# Disclaimer

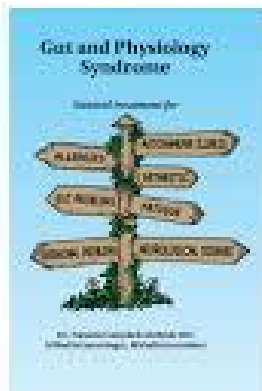
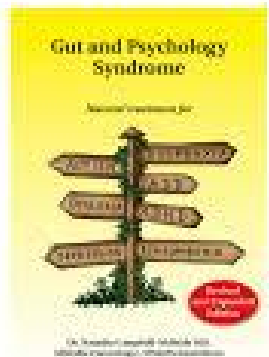
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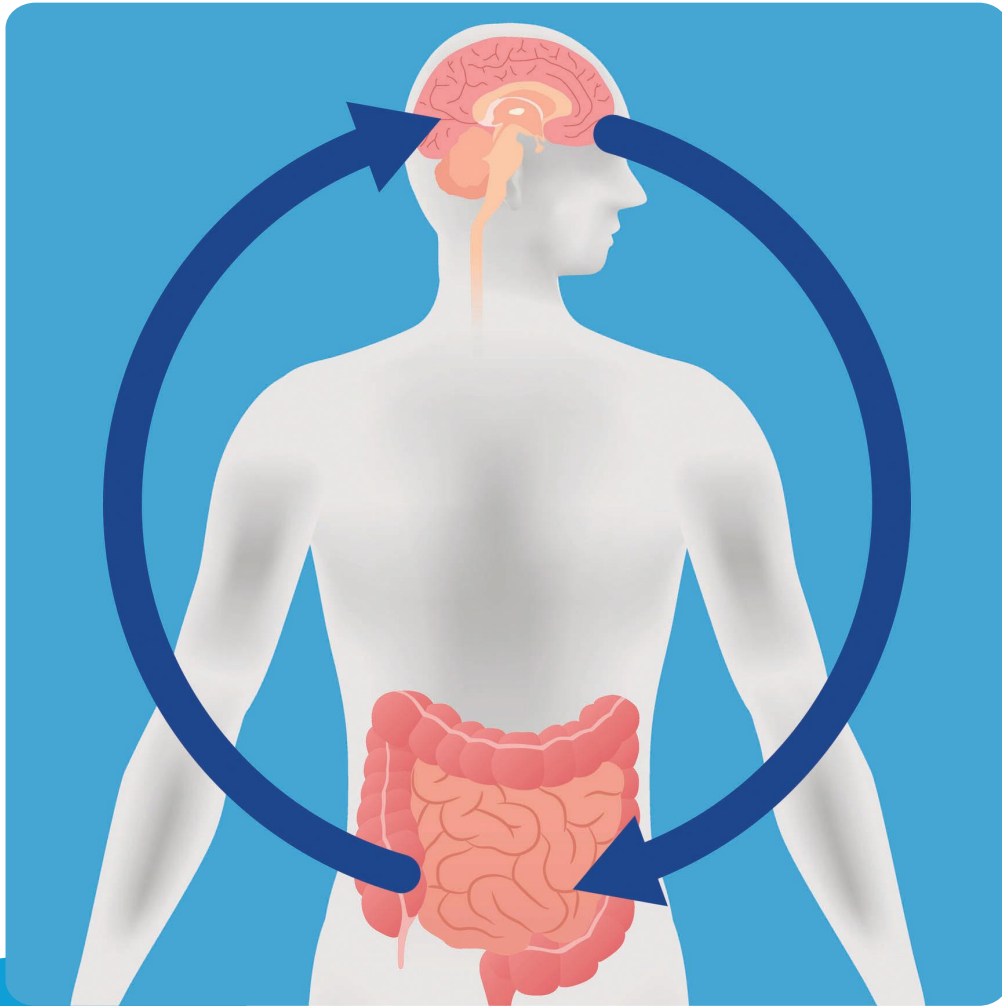
# Background

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- GAPS (Gut and Psychology Syndrome)
  - Stems from the Specific Carbohydrate Diet (SCD)
  - Founded by Dr Natasha Campbell-McBride in 2004
    - Holds a degree in Neurology and Nutrition
    - Her own child was suffering from learning disability
    - Researched the relationship between food, nutrition, gut and ultimately brain health
    - Gut imbalance is the root cause of many neurological conditions



**WHAT IS GAPS™?**



# Why the Gut?

## o **Neurological and Psychological Disorders**

- o Autistic Spectrum Disorders, Attention Deficit Hyperactivity Disorder (ADHD/ADD), schizophrenia, dyslexia, depression, obsessive-compulsive disorder, bi-polar disorder, addiction and the list goes on

## o **Physiological conditions:** Clinical settings, these patients present with many "none-neurological" conditions

- o Digestive disorders, malnourishment, allergies, asthma, eczema, chronic cystitis, thrush and fussy eating habits, fatigue and so on

## o **The digestive system is linked to our psychology**

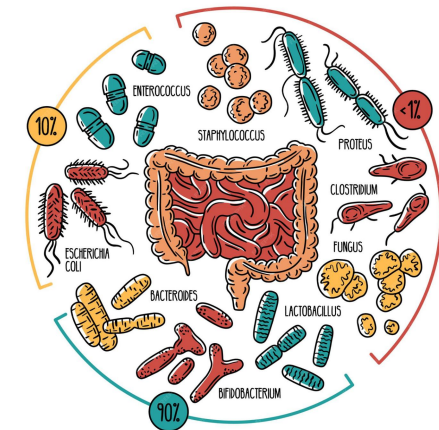
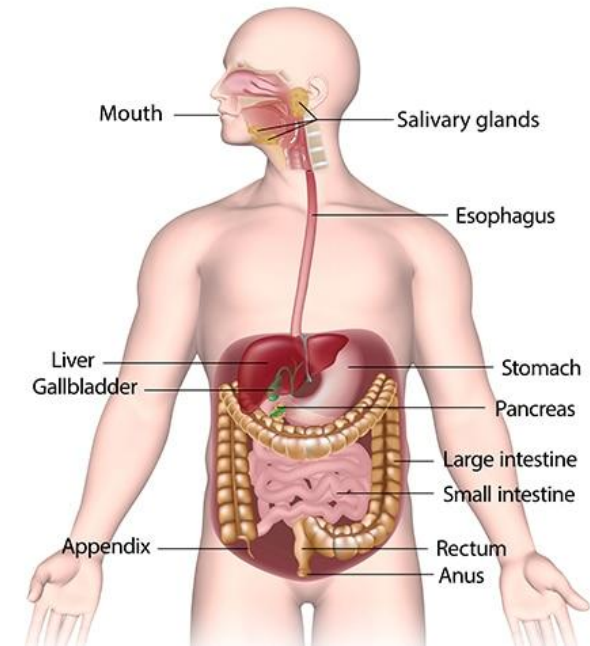
- o Physiological conditions may be a red flag alerting us before they become neurological disorders

# The Digestive System

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- Network of organs that facilitates the transformation of what is ingested into essential nutrients and energy for our bodies
- Human body is inhabited by huge amount of diverse micro-creatures (our flora!)
  - Symbiotic relationship which are required for our survival!
- Maintaining diversity and harmony of this system will serve us and protects the gut wall and hence our overall health
  - The Roots of a Tree

The Digestive System



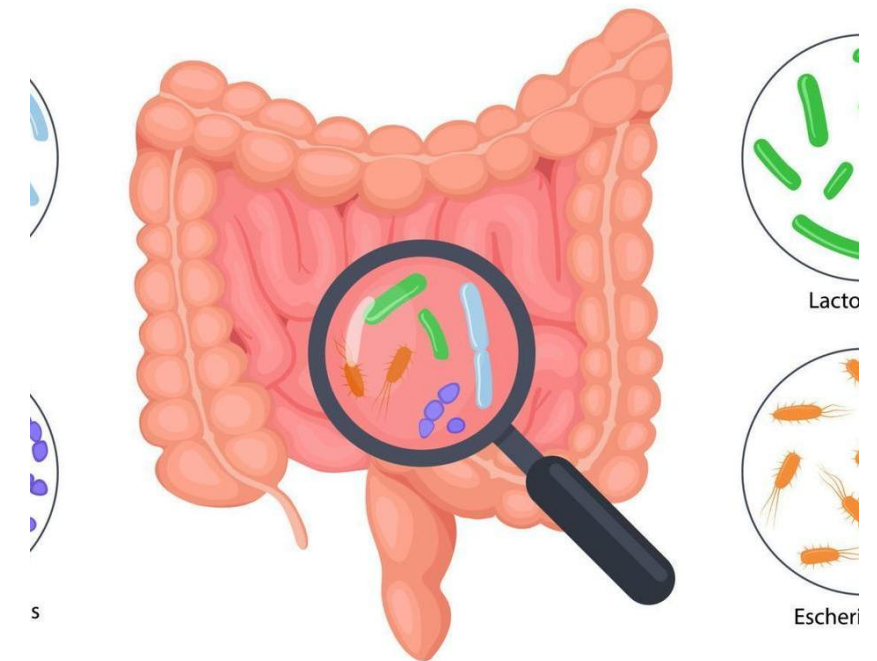
# Gut Microflora

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Three main groups

- **Essential (beneficial) flora**
  - Examples: Bifidobacteria, Lactobacteria,
- **Opportunistic flora**
  - In healthy individuals these numbers are limited and controlled by the beneficial flora (if these numbers goes out of control so does the health of the individual)
  - Example: Yeast
- **Transitional flora**
  - Encountered in our environment and harmful when beneficial bacteria are damaged or not functioning well
  - Usually non-fermenting gram-negative bacilli

## Normal Flora



# Gut Health and Integrity

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- **Digestive tract starts and ends with the outside world**
  - Direct access to harmful chemicals, foods, toxins and micro-organisms at every moment of the day...so how do we survive?!
- **Bacterial layer of the digestive tract provides natural barrier**
  - Physical barrier
  - Produce anti-bacterial, viral, fungal substances that protect us from invasion from these harmful pathogens
  - Acidic environment near the gut wall making it inadequate environment for growth and activity of undesirable pathogens
  - Neutralize nitrates, indoles, phenols and many toxic substances from harmful pathogens
  - Inactivate histamines
  - Chelate heavy metals
  - Absorb carcinogenic substances making them inactive



# What if the gut integrity is compromised?

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- We become vulnerable to outside invaders
- Environmental toxins, bacterial, parasitic and viral invaders gain access causing inflammation and havoc to our immune system
- Gut loses protection but also becomes malnutrition
  - Normal flora is a major source of energy and nourishment for the lining of the digestive tract. Further compromising the protective layers
  - Opportunistic flora can not be contained
- **A typical situation of a GAPS gut...**Leading to immune malfunction and malnutrition which get diagnosed as various disorders and diseases

# What is the Goal of the GAPS Diet?

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- Rebuild the integrity of the gut
- Eliminate all processed foods and detrimental foods
- Incorporate homemade fresh foods with no additives or toxins (reduce toxic load)
- Repopulate the gut with the essential and guardian flora (probiotics, fermented foods)
- Allow the gut to get back to its full potential to prevent further attack by outside invaders
- Optimize nutrition which will further re-establish mental health and immune function

# Who will benefit form GAPS Diet?

- Autism
- ADD/ADHD
- Schizophrenia
- Bipolar Disorder
- Eczema
- Food allergies
- Thyroid disorder
- Addiction
- Irritable Bowel Syndrome
- Celia disease
- Asthma
- Autoimmune diseases



# What do I need to know before starting the GAPS Diet?

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- There are Three phases of the GAPS diet
  - **Introduction phase**
    - 6 stages
  - **Full GAPS phase**
  - **Reintroduction phase**

# Introduction Phase

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- o Aimed to heal and seal the gut lining quickly to get the full benefits of the Full GAPS diet
- o Eating nutrient dense foods to nourish the gut lining and promote growth of healthy new cells
- o Remove fiber and other harsh foods allowing only gentle and non-irritating foods (allowing the gut to rejuvenate)
- o Aims to replenish with probiotics (cell regeneration is dependent on the beneficial bacteria that live on the surface of the gut lining)
- o Six stages (each stage can be variable based on tolerance and symptoms)
  - o Can be quick (3-5 days) or longer (4-6 weeks)
- o This phase can be skipped but is highly recommended
- o GOAL: optimize gut bugs, establish integrity of gut lining so digestive issues and inflammation is at bay



# Stages of the Introduction Phase:

- **Stage 1:** Homemade meat or fish stock; dairy- or vegetable-based probiotic foods; herbal tea
- **Stage 2:** Continue foods in Stage 1. Add raw organic egg yolks; stews or casseroles made with meats and vegetables; increase fermented foods as tolerated; homemade yogurt or kefir; juice from sauerkraut or vegetables; fermented fish; homemade ghee
- **Stage 3:** Add ripe avocado; GAPS pancakes (recipe in book); nut butters, eggs scrambled with ghee or animal fat; cooked fibrous veggies and onions
- **Stage 4:** Gradually add roasted and grilled meats; cold-pressed olive oil; freshly pressed juices; baked bread with ground nuts or seeds
- **Stage 5:** Add cooked apple puree and raw vegetables, starting with lettuce and peeled cucumber. Avoid citrus other than lemon.
- **Stage 6:** Add raw fruits from GAPS approved list, sweet baked goods and honey as tolerated.



# Full GAPS Diet

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- Allows all foods from introduction phase but expands to a variety of foods which further heal and restore the gut
- Recommended to followed for 18 months-2 years
- 85% of food intake should come from meat (including organ meats), fish, broths, eggs, fermented dairy/veggies, non- starchy veggies (raw, cooked, fermented)
- Some approved fruits are OK
- Homemade baked goods made with nut or seed flours

## **Foods to Avoid while on GAPS Diet:**

- Grains
- Sugar
- Potatoes
- Parsnips
- Soy
- Commercial yogurt
- Cottage cheese
- Rice
- Oats
- Coffee
- Corn
- Artificial sweeteners
- All processed foods in packages or tins
- Milk from any animal; soymilk, rice milk or canned coconut milk

## Reintroduction Phase

- After 6 months of normal digestion and bowel movements ok to move to reintroduction phase
- This is the phase to slowly (add foods every 2-3 days) add foods back to your diet as tolerated
- If no symptoms, then ok to increase proportions
- Go slow and systematically so that food which trigger a response can be identified
- It is recommended to continue to avoid highly processed foods and foods with added sugars

# Other GAPS Diet Recommendations

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There is a strong recommendation for the highest quality of foods and homemade preparations.

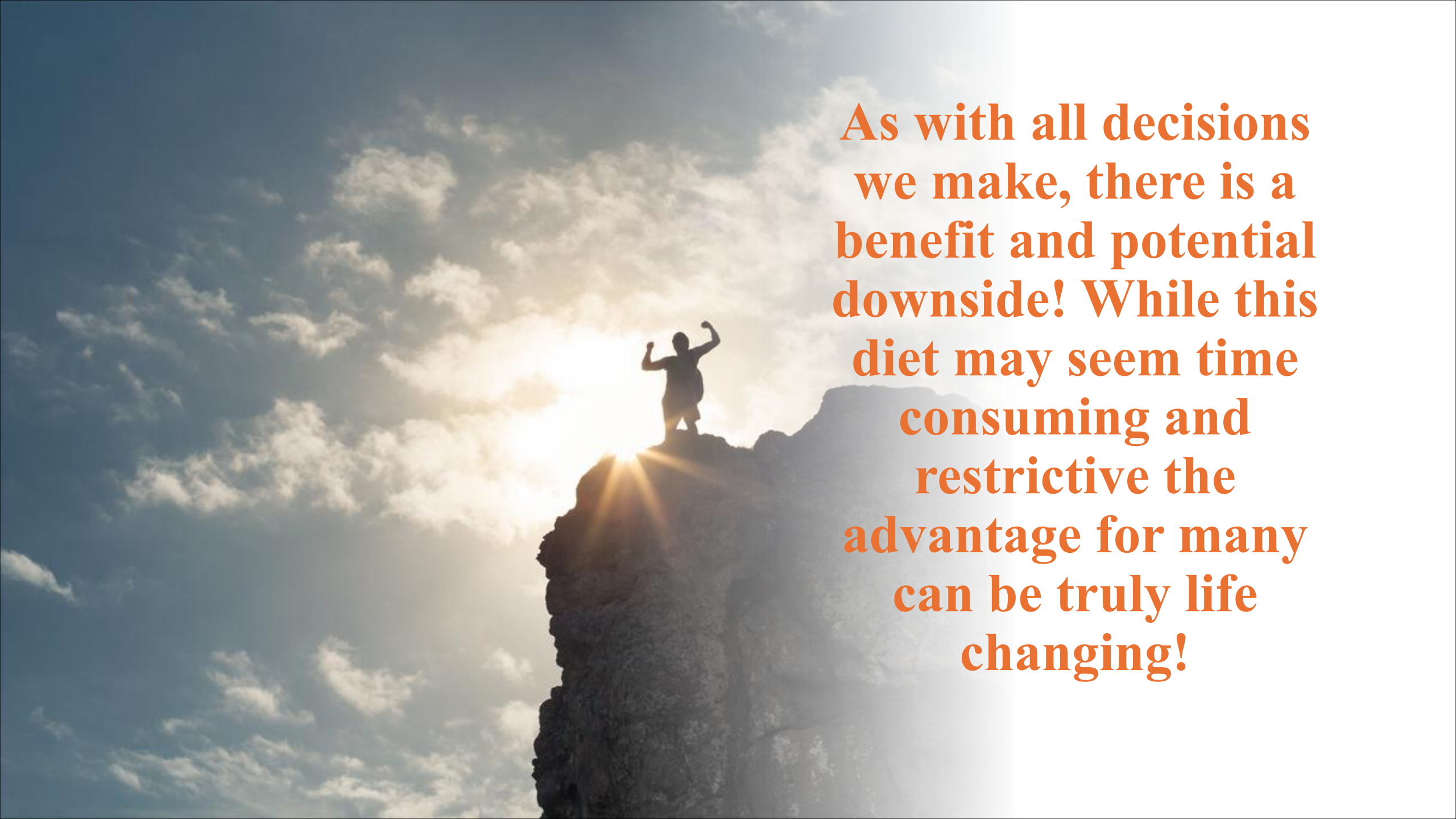
1. Fresh and frozen meat from high quality sources only, no canned, smoked or processed meats
2. Consume wild caught fresh or frozen fish only
3. Consume only cold-pressed, organic, raw plant oils
4. Cook only with animal fat, coconut oil or ghee
5. Do not microwave food

# Am I ready for the challenge?

## **Downside to GAPS Diet:**

- Very restrictive
- Highly time consuming
- Can be costly
- May be difficult for those who travel often





**As with all decisions we make, there is a benefit and potential downside! While this diet may seem time consuming and restrictive the advantage for many can be truly life changing!**



**"Children with GAP Syndrome often fall into the gap – the gap in our medical knowledge"**

**Dr. Natasha Campbell-McBride**



**Thank you  
for your  
time....  
Questions?**

# Resources

1. Campbell-McBride, N. (2010). Gut and Psychology Syndrome. Cambridge, UK.
2. Campbell-McBride, N. (2020). Gut and Physiology Syndrome. Cambridge, UK.
3. Younkin, Lainey. (2023). What is the GAPS Diet, and Should you Try It? Here's What a Dietician Has to Say. (2024). Retrieved from: What is the GAPS Diet, and Should You Try It? (eatingwell.com).
4. International Nutritional INC. (2024). Retrieved from: Home - GAPS