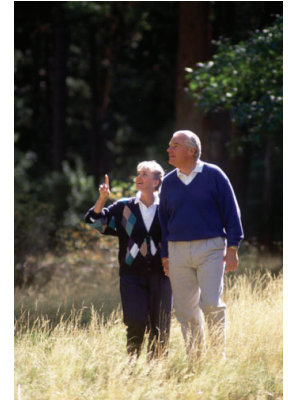


# *The full spectrum of GAPS*

Dr Natasha Campbell-McBride MD



## **GAPS Nutritional Protocol**

- Has been in use for 20 years, the first GAPS book has been translated into 23 languages
- Effective in mental and physical illnesses
- Training on [www.GAPStraining.com](http://www.GAPStraining.com)
- Thousands of ***Certified GAPS Practitioners*** around the world, listed on [www.gaps.me](http://www.gaps.me)
- ***Certified GAPS Coaches*** – new profession

# Healing with GAPS

- All digestive problems
- Mental illness and learning disabilities (autism, ADHD/ADD, epilepsy, schizophrenia, OCD, depression, addictions, alcoholism, narcolepsy, anorexia, more)
- Autoimmune illnesses (rheumatoid arthritis, multiple sclerosis, fibromyalgia, CFS, neuropathies, psoriasis, Crohn's disease, UC, celiac disease, more)
- Allergies, asthma, eczema, hay fever, food intolerances
- Hormonal & neurological problems
- Lyme disease, other chronic infections and cancer

GAPS stands for Gut And Psychology Syndrome and Gut And Physiology Syndrome. I have created this term in 2004 to describe the plethora of health problems which stem from an unhealthy gut.

Since developing the GAPS Nutritional Protocol I have been receiving letters from GAPS people from all over the world. It is an honour and a privilege for me to publish these letters! These stories were written by real people, who have overcome their real health problems. Every one of these people feels that they have learned very valuable lessons on their healing journey: lessons which they are keen to pass to others, who may be struggling through the same difficulties. Please, use these stories as case studies, to study how to progress through your personal healing, and how to deal with problems that you may have to face on the way.

There is nothing more valuable than real life experience! When you have lived through something, fought the battle and won, you know what is true and what is false, what works and what doesn't. You possess the truth, you have lived it and you have earned it the hard way!

Many of these stories are humbling: the kinds of horrific problems that people have had to deal with are hard to imagine for the majority of us. Yet, these wonderful people tell their stories with such humour and such grace!

I would like to thank every one of these people for sharing their very personal stories with the world! This is an act of selfless benevolence, born out of the desire to help others, without asking for anything in return. Thank you!

*Dr Natasha Campbell-McBride*  
*Author of Gut and Psychology Syndrome*

[www.gaps.me](http://www.gaps.me)

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GAPS Stories

Medinform

## GAPS Stories

Personal Accounts of Improvement and  
Recovery through the GAPS Nutritional  
Protocol



*Compiled by*  
Medinform Publishing

# **All diseases begin in the gut!**

*Hippocrates, 460-370 BC*

## **GAPS**

*Gut And Psychology Syndrome*

*Gut And Physiology Syndrome*

GAP Syndrome establishes a connection  
between the state of the gut and the  
health of the rest of the body

## **Human body is an ecosystem**

- Microbiome of human body
- Gut flora is the headquarters of our microbiome - its biggest and most important part
- Food is powerful: it changes gut flora rapidly, through it changing the whole body microbiome
- GAPS Diet, through healing the gut, brings health and healing to the whole body

# Where does gut flora come from?

- Uterus, ovaries and Fallopian tubes have flora
- Placental microbial flora
- Baby starts developing bodily flora *in utero*
- Major acquisition of flora during natural birth
- Both parents are a source of bodily flora
- C-section babies have lower diversity of microbes
- Breast milk is a major influence on gut flora
- Weaning brings the gut flora close to adult state

## Gut flora in modern humans

- Unhealthy gut flora is an epidemic, getting deeper with every generation
- Parents pass abnormal gut flora, large toxic load & epigenetic damage to children
- Modern environment adds toxins, malnutrition & abnormal microbiome
- Health of the population declines progressively from generation to generation
- The epidemic in abnormal gut flora underlines the epidemics in all degenerative diseases

# Gut And Psychology Syndrome - GAPS

## Child

- AUTISM
- ADHD/ADD
- DYSLEXIA
- DYSPRAXIA
- LEARNING, BEHAVIOURAL, SOCIAL PROBLEMS
- EPILEPSY

## Adult

- SUBSTANCE ABUSE
- DEPRESSION
- EATING DISORDERS
- OBSESSIVE-COMPULSIVE
- MANIC-DEPRESSIVE
- SCHIZOPHRENIA
- EPILEPSY

## Gut and Psychology Syndrome

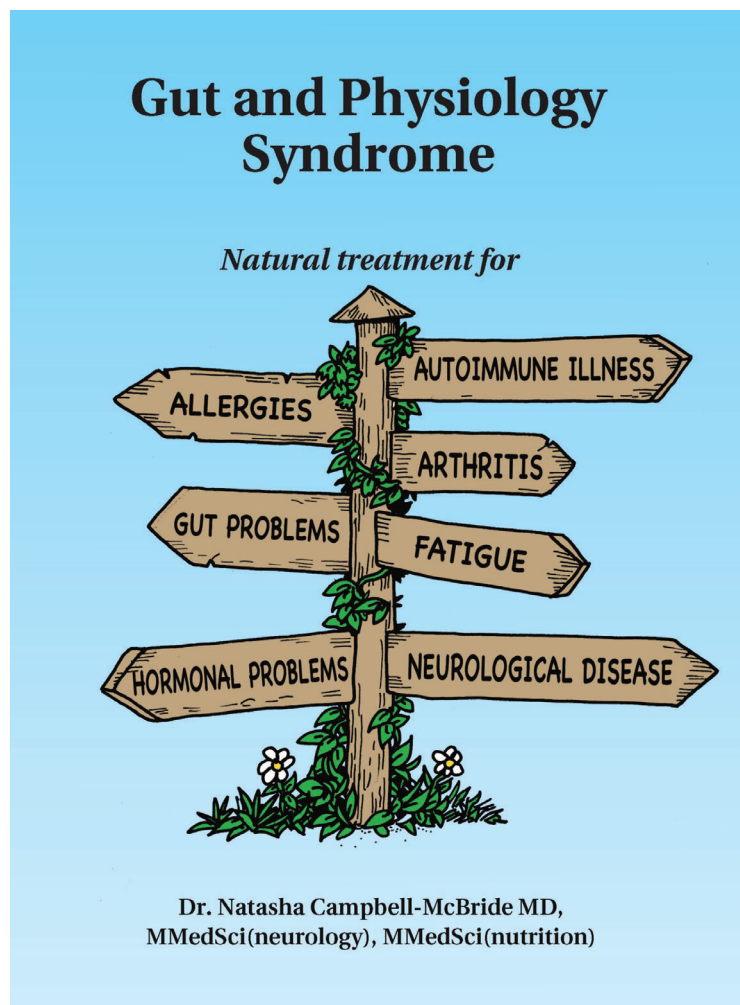
*Natural treatment for*



**Dr. Natasha Campbell-McBride MD,  
MMedSci(neurology), MMedSci(nutrition)**

# Gut And Physiology Syndrome - GAPS

- All digestive disorders: *IBS, IBD, gastritis, colitis, oesophagitis, celiac disease, etc*
- Autoimmunity: *multiple sclerosis, rheumatoid arthritis, diabetes type 1, osteoarthritis, lupus, interstitial cystitis, psoriasis, alopecia, etc* – *best part of 200 conditions*
- Arthritis of many kinds
- ME, fibromyalgia, chronic fatigue
- Allergies, asthma, eczema, hay fever, etc.
- Endocrine disorders (thyroid, adrenal, PMS, etc)
- Migraines, neuropathy, other neurological conditions
- Chronic cystitis, bed wetting, nephropathy
- Food intolerances, FPIES (Food Protein Intolerance Enterocolitis Syndrome), etc.



# *Most GAPS people have feeding problems!*

## **Food addiction**

- Addiction to foods which feed pathogens in the gut: sugar, starch, wheat flour, potatoes, sweet fruit, processed carbohydrates, beer
- Pathogenic microbes convert food into toxins (alcohol, ammonia, etc)
- Part of this toxicity is made in the form of endorphins and morphins, turning the person into a drug addict
- The person limits their diet to processed carbohydrates
- This situation leads to alcohol addiction & other addictions.  
Addictive personality forms
- All GAPS people have this problem to a different degree
- The person needs to understand this in order to recover!
- The parents of a child with this problem need to understand this and be ready to deal with this addiction in order to help their child
- It is difficult to treat an addict or an alcoholic!

# *The treatment of GAPS*

*The GAPS Diet is  
the most important  
treatment!*

## **Foods to avoid**

- All grains
- Starchy vegetables
- Sugar, other commercial sweeteners
- Milk sugar Lactose
- Starchy beans including soy
- Vegetable cooking oils
- All processed foods
- All food additives

## **Recommended foods**

- All meats cooked from fresh or frozen
- All fish cooked from fresh or frozen
- Organ meats
- Good quality eggs
- Non-starch vegetables
- All ripe fruit including dried fruit
- Nuts and seeds
- Fermented foods: dairy, vegetables, etc
- Cold extracted honey

## Meat & fish stock

- Homemade meat & fish stock
- Soups and stews made with stock
- Meat jelly made at home
- Bone marrow
- Joints and cartilage
- Natural gelatine

**Avoid commercial stock cubes or granules!**

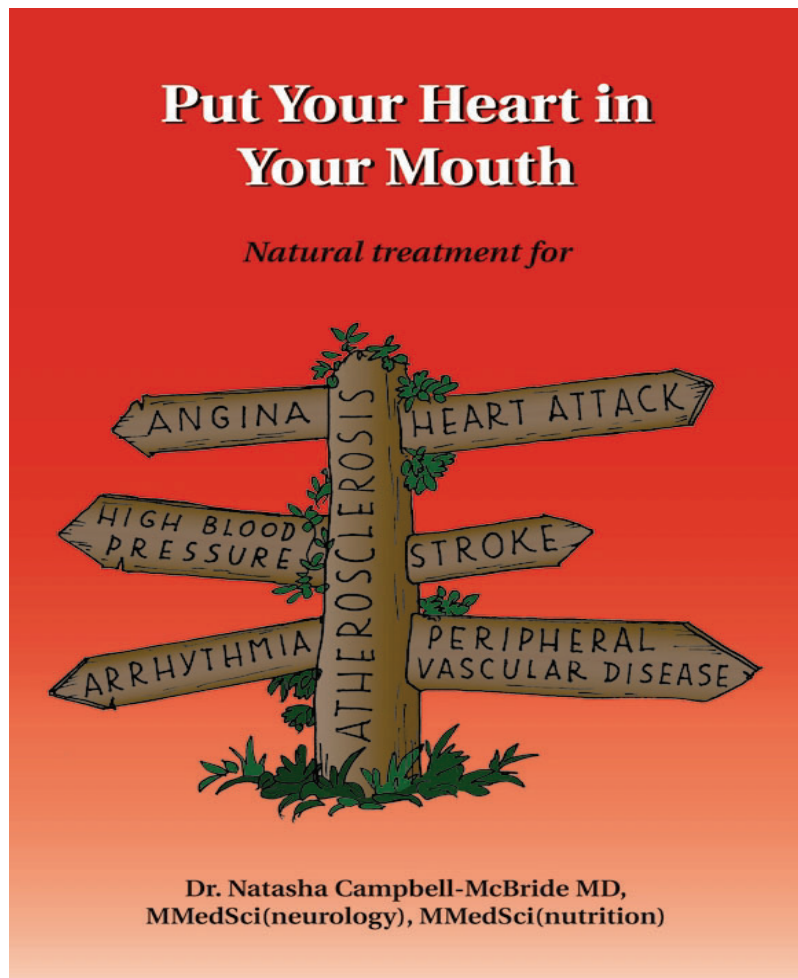
## Fermented foods

- Fermented dairy – yoghurt, kefir, sour cream, cheese
- Fermenting vegetables using sauerkraut – type fermentation
- Fermenting vegetables with yoghurt/kefir starter
- Fermented fish
- Fermented beverages
- Fermented beans and grains (when the patient is ready)

# Natural fats

- All animal fats
- Butter and ghee
- Coconut oil and palm oil
- Cold pressed virgin olive oil

**Avoid all margarines, butter replacements, vegetable oils and cooking oils**



# Full spectrum of GAPS Diet

- GAPS Introduction Diet
- The Full GAPS Diet
- The No-Plant GAPS Diet
- GAPS Ketogenic Diet
- GAPS liquid fast
- More-plant GAPS Diet

## GAPS Introduction Diet

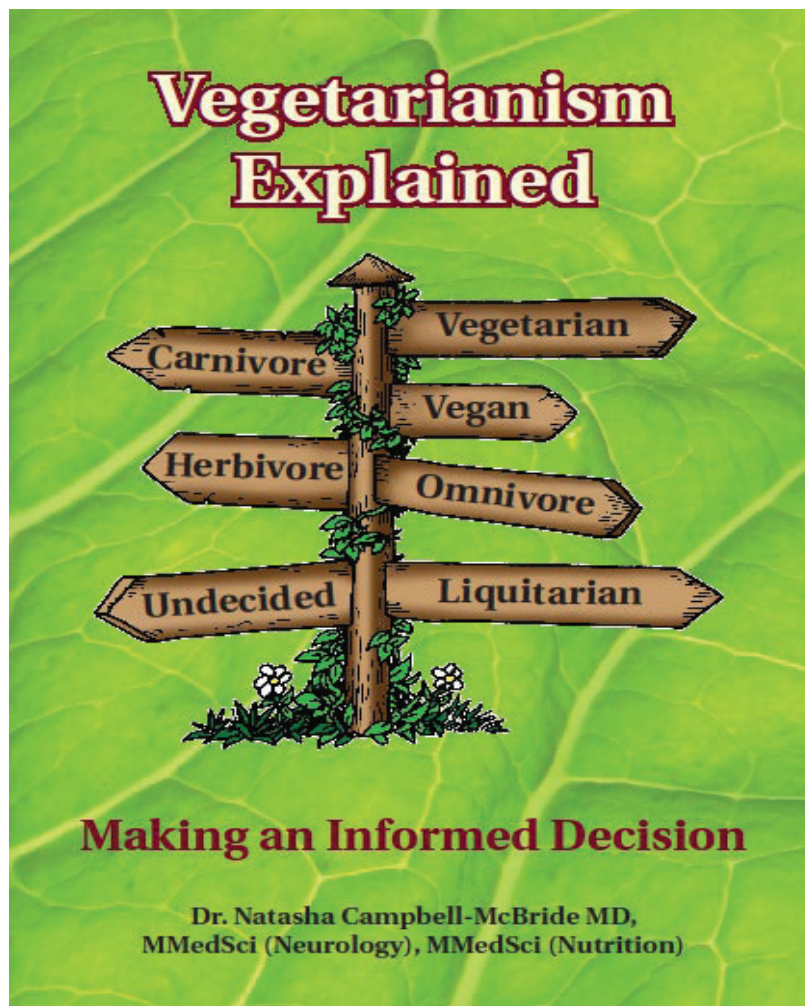
- Foods introduced gradually in six stages, from easy-to-digest to more difficult
- Provides building blocks for the enterocytes, re-builds the gut wall
- Provides beneficial microbes through fermented foods (dairy and vegetables)
- Low fibre - gentle and healing
- Removes food intolerances quicker
- Requires patience and perseverance !

# The Full GAPS Diet

- Should be followed for 2 years minimum
- Main meals should be made with eggs, meats, fish and vegetables and plenty of animal fats
- Meat stock, GAPS soups & fermented foods should be consumed every day
- Nut bread, pancakes, cakes and fruit should be consumed between meals, not instead of main meals
- If starting from the Full GAPS Diet, use Dairy Introduction Structure described in the GAPS books
- Easy to follow as a permanent life style
- Should become permanent diet for people recovering from serious chronic health problems

## No-Plant GAPS Diet

- For people with very damaged GI tract: ulcerative colitis, Crohn's disease, babies with FPIES, eosinophilic gastrointestinal disorders, severe mental illness, severe autoimmune illness and other
- The 1<sup>st</sup> stage of the GAPS Introduction Diet doesn't bring relief because the person cannot manage even a tiny amount of plant matter
- We have to remove all plants! The person eats meat stock, gelatinous meats and organ meats, fish and shellfish, fermented dairy and eggs
- When GI symptoms improve sufficiently, we reintroduce plant matter very carefully and slowly
- Humans can live without eating plants at all !



## Ketosis

- No-plant diet can be ketogenic! This is a normal safe ketosis!
- The dangerous ketosis everybody knows about is diabetic ketoacidosis: combination of high blood sugar and ketones
- In ketoacidosis the body cannot use sugar as a source of energy, which leaves sugar to do damage in the body
- Excess sugar leaves through kidneys causing dehydration
- Dehydration causes and increases acidosis in the body
- It is not ketones that cause trouble but high blood sugar, but ketones are blamed and are seen as dangerous
- Fat is a preferred source of energy for most tissues in the body
- Ketogenic diets are now used for treating many severe health problems: epilepsy, diabetes, morbid obesity and cancer

## GAPS Ketogenic Diet

- For majority of GAPS people there is no need to get into ketosis! Can be useful for cancer and severe stubborn illnesses
- Move into ketosis from the No-Plant GAPS Diet, reducing carbohydrates and protein, while eating large amounts of fat
- Ghee, sour cream and coconut oil (medium-chain fats)
- Measure ketone levels in blood or breath. Urine is less reliable
- A cup of meat stock hourly with sour cream, ghee or coconut oil
- Plenty of natural salt! Ketosis removes sodium out of the body
- The best plants to eat in ketosis are fermented vegetables
- Snack on high-fat cheese adding a good slab of butter to it
- Drink plenty of water with lemon and cider vinegar
- Don't forget that we are healing the gut!

## GAPS Liquid Fasting

- Fasting gives the GI tract a rest, allows it to cleanse and heal
- Severe Crohn's disease, ulcerative colitis, other IBD, toxic people with no appetite, overweight, 'stuck' in healing progress, nausea at the start of pregnancy, stubborn symptoms
- No solids! Only liquids are consumed: meat stock, bone broth (if introduced and tolerated), veg stock, veg medley, homemade fresh whey, brine from fermented veg, herbal teas, spring water, green juices
- Start from 1 day at a time, then try 3 days. No more than 21 days!
- Cleansing enemas every 1-3 days, coffee enemas with whey. No enemas when diarrhoea with blood in the stool (Crohn's disease, UC, other IBD)
- Urine should be clear and light in colour. If too concentrated, drink more and do a warm enema with salt (1 teaspoon per 1L of water)
- Underweight, slim people, pregnancy – no more than 1 day at a time!
- Rest, sleep, go for a walk: fasting is a parasympathetic activity
- Come out into the GAPS Introduction Diet or GAPS No-Plant Diet

## More-Plant GAPS Diet

- After recovery, some people need more plants for their constitution.

Make sure your gut healed enough: no diarrhoea, gas or pain!

- Increase amounts of cooked vegetables and fruit; cook with plenty of animal fat, and fermented vegetables and fruit. Cooking and fermenting makes vegetables more digestible and nourishing
- Winter squashes, turnips, swede, other root veg give more carbs
- Beans, lentils, peas, nuts and oily seeds: prepare properly!
- Continue with meat stock and soups daily!
- Baking breads and cakes with properly prepared nuts and legumes
- Use plenty of spices to make plants more digestible
- Continue eating meats, fish, eggs and fermented dairy – More-Plant GAPS Diet is not vegetarian! Just reduce their proportion
- Some meals can be vegetarian, but plenty of ghee & coconut oil

## GAPS Nutritional Protocol

1. GAPS Diet - [www.gaps.me](http://www.gaps.me)
2. Supplements
3. Detoxification, sunbathing  
& life style changes

## The rest of the GAPS Nutritional Protocol

- Keep supplements to a minimum
- Reduce general toxic load
- Sunbathing is essential
- Swimming in natural waters
- Walk barefoot when possible
- Reduce electro-magnetic exposure
- GAPS Protocol restores the detoxification system, so toxic metals and other toxins are removed naturally

***[www.gaps.me](http://www.gaps.me)***

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