

# GAPS Diet

## (Gut and Psychology Syndrome)

### **GAPS Diet for the Brain-Gut Connection**

The GAPS diet was created by Dr Natasha Campbell-McBride, a medical doctor who treated patients with a wide range of psychiatric and psychological disorders such as autism, ADD/ADHD, bipolar, schizophrenia, depression and more.

The GAPS diet addresses the connection between the brain and digestive functions, aiming to optimize this link. This nutritional protocol is targeted specifically towards patients with immunological and/or digestive issues, mood disorders, and learning disabilities.

### **GAPS Supports Good Bacteria in the Gut**

Our digestive system is essentially exposed to everything we put in our mouths and handles a lot more than we may think. Our digestive tract houses billions of live bacteria, which are very important for our overall health and well-being (both physical and mental). This bacterial colony is a large focus of the GAPS protocol. The bacteria in the gut are responsible for various functions including the digestion and assimilation of nutrients. Without this occurring properly, nutritional deficiencies can arise.

### **Good Nutritional Support for the Body**

Gut flora also aids in the formation of some very important nutrients, such as Vitamin K, which plays a crucial role in blood clotting. Digestive microflora helps to ward off harmful pathogens and toxins from entering the bloodstream through the gut wall. Acting like a protective barrier and lining for the gastrointestinal tract, the microflora also encourage the appropriate manufacturing of various cells which contribute to our immune function.

Over time, sub-optimal dietary and lifestyle choices, stress, and medications will affect gut bacteria negatively. This leads to compromised digestive health, and further systemic issues as well. These can include disturbances with the immune system and nervous system functions.

### **GAPS Diet to Optimize Health**

The GAPS nutritional protocol focuses on optimizing overall health by:

- Rebalancing micro-flora
- Healing the mucosal wall of the digestive tract (leaky gut syndrome)
- Reducing toxins from entering the bloodstream causing digestive and systemic inflammation
- Balancing immune function through these means

The protocol is broken down into two steps:

1. The introduction diet (with 6 steps)
2. The full GAPS diet

### **The GAPS INTRODUCTION DIET – 6 Steps**

It is recommended to follow the 6-stage introductory diet initially.

The 6 stages comprise:

- Homemade stock or bone broth
  - Quality protein (meat, fish, eggs)
  - Vegetables
  - Fermented dairy
1. Homemade stock or bone broth, which can be made from poultry or fish. Probiotic foods such as fermented vegetables are also eaten during this stage. Soups with vegetables made out of the stock



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as a base is allowed. Slowly add more and more fermented vegetables to meals, starting with one teaspoon per day. These broths are **soothing and healing to the gut** and help to reduce inflammation.

2. The second stage introduced raw organic egg yolks to what is already being eaten (eg: adding one raw egg yolk to a bowl of soup). Ghee (clarified butter) is also introduced.
3. Things that are added next are avocado, nut butter, zucchini, and squash.
4. Meats are added in, along with olive oil, freshly pressed juices, and bread made from nut flours.
5. Apple puree is introduced next if the above are well tolerated. Raw vegetables such as lettuce and cucumber, carrot, tomato, onion and cabbage are also introduced.
6. Raw apple (peeled), honey, dried fruit are allowed now.

It is also recommended to drink the homemade stock as a beverage in between meals and with meals.

The pace at which someone goes moves the stages depends on how they are tolerating the foods, and the symptoms they are experiencing. This will be guided by your practitioner.

The introductory diet may commence with eating only one GAPS meal per day, then move on to two and three GAPS meals per day.

### When to Transition to the Full GAPS Diet

When you have successfully followed through all six stages of the introductory diet, you can transition to the full GAPS diet. An example of one day of meals may look like this:

### The FULL GAPS DIET

#### Sample Menu

##### Breakfast:

- Mineral water (lukewarm)
- Fresh pressed carrot juice
- Lemon and ginger tea (hot water and fresh slices of ginger and lemon)
- A bowl of broth with chunks of meat, vegetables (i.e. broccoli, cauliflower, garlic, squash), 1 tsp of sauerkraut juice. 1 egg yolk.
- 1 piece of nut bread

##### Lunch:

- A bowl of broth with chunks of meat and vegetables.
- 3 tsp ripe avocado
- Scrambled eggs cooked with ghee/coconut oil, salt, sautéed onion.
- Carrot sticks

##### Dinner:

- A bowl of broth with chunks of meat and vegetables.
- Roasted/Grilled meat, sauerkraut, salad of carrot, tomato, onion, cabbage
- Apple puree

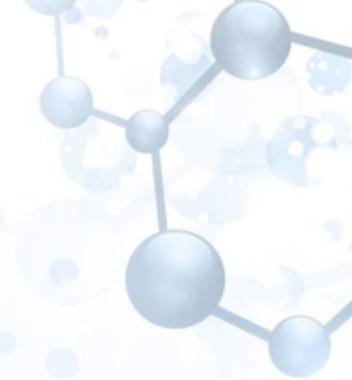
##### Snacks:

- GAPS friendly nut bread
- Apple puree
- Peeled raw apple
- Fresh pressed juice: carrot, mint, celery, lettuce, mango, pineapple.
- Homemade yoghurt



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### The GAPS Diet Pros and Cons

#### Conditions for GAPS:

ADD/ADHD  
Depression  
ASD  
Dyslexia  
OCD  
Schizophrenia  
Anxiety  
IBD (Crohn's/UC)  
Dyspraxia  
Leaky gut syndrome  
Allergies  
Auto-immune diseases

#### Pros:

-Encourages regular bowel movements and healthy digestion  
-Supports overall detoxification  
-Reduced food sensitivities  
-Boosts immunity  
-Improves cognitive function

#### Cons:

-Not suitable for vegetarians/vegans  
-Eating out is hard  
-Steps involved can be overwhelming  
-Can be difficult for kids at school  
-Long term protocol and commitment (2 years+)  
-May not suit those with histamine/glutamate sensitivity  
-A lot of preparation and cooking

### The GAPS Diet Guide – What's In and What's Out

#### What you can eat:

-Meat  
-Fish  
-Eggs  
-Nuts and seeds  
-Shellfish  
-Fresh Vegetables  
-Fresh Fruit  
-Healthy fats/oils

#### What foods to exclude:

-All grains (rice, wheat, rye, oats, buckwheat, millet, sorghum, quinoa, couscous)  
-Refined sugar  
-Root vegetables (Potatoes, parsnips, yams, sweet potato)  
-Milk  
-Commercial dairy  
-Beans (soybeans, mung beans, chickpeas)

### GAPS – Gut And Psychology Syndrome Diet | Dr Campbell-McBride

The GAPS diet is based on the SCD (Specific Carbohydrate Diet), but with a focus on restoring gastrointestinal health for neurological function.

GAPS was developed by Dr Natasha Campbell-McBride, a Cambridge UK neurologist with a degree in nutrition, who treated her son off the Autism Spectrum. It differs in that it does not allow dairy products, whereas SCD permits yogurt at later stages.

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1. Homemade stock or bone broth, which can be made from poultry or fish. Probiotic foods such as fermented vegetables are also eaten during this stage. Soups with vegetables made out of the stock as a base is allowed. Slowly add more and more fermented vegetables to meals, starting with one teaspoon per day. These broths are **soothing and healing to the gut** and help to reduce inflammation.
2. The second stage introduced raw organic egg yolks to what is already being eaten (eg: adding one raw egg yolk to a bowl of soup). Ghee (clarified butter) is also introduced.
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### Snacks:

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- Homemade yoghurt

**Conditions:** ADD/ADHD, Depression, ASD, Dyslexia, OCD, Schizophrenia, Anxiety, IBD, Leaky gut syndrome, Allergies, Autoimmune diseases

Diet PROS	Diet CONS
Encourages regular bowel movements and healthy digestion	NOT suitable for vegans/vegetarians
Supports overall detox	Steps involved can be overwhelming – a lot of preparation and cooking
Reduced food sensitivities	Difficult for kids at school
Boosts immunity	Difficult to eat out
Improves cognitive function	Longterm protocol and commitment (approx. 2 yrs+)
	May not suit those with histamine or glutamate sensitivity

ALLOWABLE FOODS	FOODS TO AVOID
Meat	All grains – rice, wheat, rye, oats, buckwheat, millet, sorghum, quinoa, couscous
Fish	Refined sugar
Eggs	Root veges – potatoes, parsnips, sweet potato
Nuts & seeds	Milk, dairy
Shellfish	Beans – soy, mung, chickpeas
Fresh veges	
Fresh fruit	
Healthy fats/oils	

