

# GAPS NUTRITION CONSULTANCY

## GAPS Supplementation Protocol

- **Probiotic:** Bio-Kult, Nordic Naturals Pro-EFA
- **Essential fatty acids:** Nordic Naturals Pro EFA Fish Oil
- **Vitamin A & D:** Green Pastures Fermented Cod Liver Oil
- **Digestive Enzymes:** Betaine HCL with added Pepsin or Sauerkraut

**Bio-Kult** is the recommended probiotic by Dr. Natasha Campbell-McBride.

### General GAPS Guidelines:

*Build the dose up slowly. Start from a very small amount. Observe the patient for any "die-off" symptoms (including, but not limited to fatigue, nausea, bloating, diarrhoea, constipation, low grade fever, headache, and flu like symptoms). If there are none then, increase the dose. When you see a reaction, let your patient settle on this dose until the "die-off" symptoms disappear. Then increase the dose again and let the patient settle on it. Keep increasing the dose until a therapeutic level is reached. This period of building up the dose can take from a few weeks to a few months in different patients.*

- An adult should have around 15-20 billion of bacterial cells per day (8-10 capsules).
- An infant up to 12 months of age can have 1-2 billion of bacterial cells per day (1 capsule).
- A toddler from 1 to 2 years of age can have 2-4 billion of bacterial cells per day (1-2 capsules).
- A child from 2 to 4 years of age can handle 4-8 billion of bacterial cells per day (2-4 capsules).
- A child from 4 to 10 years of age can have 8-12 billion of bacterial cells per day (4-6 capsules).
- From the age of 12 to 16 we can increase the dose to 12-15 billion per day (6-8 capsules).

*Once the patient has reached the therapeutic dose level it should be maintained for around six months on average. It takes at least this length of time to remove the pathogenic flora and start re-establishing normal gut flora. Adhering to the diet is absolutely essential in this period. If you carry on feeding your pathogens in the gut with sugar and processed carbohydrates then the probiotic will not have much chance of helping you. After 6 months GAPS clients should take a maintenance dose of probiotics for the rest of their life. Example: A four year old would take up to 6 capsules for the first 6 months and then maintain the dose with 4 a day from then onwards.*

### Nordic Naturals Pro-EFA Fish Oil

Dr. Campbell-McBride recommends that GAPS patients receive more EPA than DHA. In the body DHA can be made from EPA. DHA is considered to be essential for building the brain structure, where EPA is considered more important for the functioning of the brain.

### General GAPS Guidelines:

There are no toxic levels for these oils. Start from a small amount added to your child's food (not hot) and slowly build the dose to 1-3 teaspoons a day (up to 1 teaspoon for children under the age of 24 months). An adult should start from a small amount and build the dose up to 3-4 teaspoons a day or an equivalent in capsules.

### Pro-EFA

Omega 3: (total 1412mg) EPA 675mg, DHA 450mg

Omega 6: (total 560mg) GLA 165mg

Omega 9: (total 610) OA 400mg

### Green Pastures Blue Ice Fermented Cod Liver Oil

Vitamin A deficiency can cause digestive problems. In fact gut disease is one of the symptoms of vitamin A deficiency, because the gut lining is one of the most active sites of cell production, growth and differentiation. Neither of these processes can happen properly without a good supply of vitamin A. Leaky gut and malabsorption are the typical results of vitamin A deficiency. Unfortunately, due to digestive problems, GAPS children and adults usually cannot absorb or use many forms of vitamin A, commonly found in supplements. A natural form of vitamin A found in cod liver oil appears to be the best form for these patients.

Fermented CLO is far easier to digest than regular CLO, absorption is increased and the nutrients are easier to assimilate. It contains 2 ½ times more of the therapeutic Vitamins A and D, and uses no heat during production therefore retaining the precious enzymes, vitamins and other nutrients that would usually be destroyed by food processing. Fermentation not only concentrates nutrition, but it also makes that nutrition more bio-available. Blue Ice Fermented Cod Liver Oil is a tremendous source of EPA, DHA, Vitamins A, D, E, & K, Omega 3, 6, 7, & 9, as well as Price Factor X (Vitamin K<sub>2</sub>).

Blue Ice Fermented Cod Liver Oil manufacturer recommends taking it with High Vitamin Butter Oil for maximum effectiveness.

### Dosage for children 3 months to 12 years

Dr NCMB recommends 4ml a day for the first month and then cut back to 2ml for your child's maintenance dose. Build up to the 4ml slowly – 1 ml at a time.