



**Gaps Nutrition Consultancy**

**Kitsa Yanniotis GAPS Nutrition Consultant**  
*Psychotherapist / Counsellor and*  
*Fermentation Enthusiast*  
*Specialising in Autism & Anxiety*

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Kitsa has completed the GAPS Practitioner Training Program requirements set by 'GAPS Nutrition Consultancy' and was registered as a GAPS Nutrition Consultant on the 10<sup>th</sup> December 2010.

Kitsa brings a wealth of knowledge to the GAPS Consultancy Team, and also manages a business in fermenting foods in the Lower North Shore of Sydney.

She started her career as a Lawyer and then retrained in Psychotherapy and Counselling before starting her family. As a Psychotherapist Kitsa had always been interested in the treatment of anxiety and having suffered episodes of adrenal fatigue, could understand the emotional turmoil emanating from imbalances in the body. A founding member of the 'Anxiety Disorders Foundation of Australia' (ADFA), past Chairperson and Editor of their newsletter, she was also instrumental in setting up support groups and a telephone helpline.

Despite her training she wasn't convinced that negative thinking caused emotional problems, as she knew from personal experience that the wrong foods could evoke strong reactions in her. A picky eater as a child with lots of ear infections and tonsillitis meant lots of antibiotics were administered and so she coped with her gut issues by having a limited diet.

When her son was born she was forced to really look at her health issues in more detail as he had inherited her food intolerances as well as her gut flora imbalances but to a much greater degree. She was lucky enough to meet Dr Natasha Campbell-McBride on her first visit to Australia and was inspired by her depth of commitment to the GAPS protocol. This fuelled her passion for food as medicine.

Fermented foods have become an integral part of Kitsa's life and after seeing the wonderful benefits for herself and her son; she started a business specializing in fermented foods. Her son continues to be her greatest teacher and she loves to share her knowledge and invaluable experience gained "at the coalface."

Kitsa has also trained in the Body Ecology Diet and is a longstanding Patron of the MINDD Foundation. She is currently completing her studies for a Diploma of Nutrition in Mental Health and is a passionate advocate for nutrient dense "real" food.

Kitsa is available for consultations on the Lower North Shore of Sydney as well as by telephone.

#### **Contact Details**

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