GETTING YOU STARTED WITH GAPS:

BONUS: YOUR START UP SHOPPING LIST!

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GAPS Orientation
GAPS Protocol
The GAPS Protocol is a three part program

1. Diet & Nutrition
2. Supplementation
3. Detoxification

The GAPS protocol is designed to heal the gut lining, restore the gut with beneficial bacteria and relieve the body of an excess toxic load. The GAPS protocol emphasises Diet & Nutrition as the most important component of the program, supported by specific supplements with an emphasis on detoxification and avoidance of exposure to environmental toxins. Strict adherence to the Program requires persistence, perseverance and 100% commitment because complete healing can take up to 2 years. Some people may be able to complete the program sooner and others may require more time than this. The healing timeframe is individual and dependent upon your current state of health and compliance with maintaining the set program.

An overview of foods to avoid on the GAPS Diet:

All grains and anything made from them: Wheat, rye, rice, oats, corn, maize, sorghum, barley, buckwheat, millet, spelt, triticale, bulger, tapioca, quinoa, cous-cous (some of them are not strictly grains but commonly react as such. This removes starch and gluten from the diet.

All starchy vegetables and anything made out of them: Potato, yams, sweet potato, parsnip, swede, Jerusalem artichoke, cassava, arrourooot and taro.
Sugar and anything that contains it.

Starchy beans and peas: soybeans, mungbeans, garbanzo beans, bean sprouts, chick peas, faba beans.

Lactose and anything that contains it: fluid or dried milk of any kind, commercial yoghurt, buttermilk.

The GAPS book will provide a more detailed list of the allowable and non allowable GAPS food. Do not make the mistake in selecting the foods you like whilst avoiding the foods you don’t like from the list. It is important to maximise the benefits derived from the diet by consuming the staple foods referred to below.

Whether to start the GAPS introduction diet or the full GAPS Diet:

The introduction diet is designed for people who suffer with diarrhoea, food allergies and intolerances (which is most people who come to GAPS) and in some cases of stubborn constipation but enemas MUST accompany constipation or it will be toxic for the whole body (refer to ‘Constipation and the Emphasis on Enemas for GAPS’ in the GAPS Companion & read Constipation in the GAPS Book’).
My GAPS Preparation Check List

- Source Organic Suppliers and Health Food Stores
- Read through all material
- Order and Purchase GAPS Supplements
- Make Sauerkraut, yoghurt & whey so that it is ready for when you start.
  
  HINT: Ferment your yoghurt for 24 hours or longer between 40°C - 45°C. Make sure your yoghurt maker has the capacity to ferment this long.
- Buy Kitchen Item Supplies
- Buy Pantry Supplies
- Replace chemical cleaning agents & personal care items with safer alternatives
- Buy Food Supplies for GAPS Meals
- Make your own Animal Cooking Fats and order Butcher Soup Bones
- Practice cooking some GAPS meals
- Introduce GAPS Meals

START the Introduction Diet

For a comprehensive orientation checklist of supplies, preparations and resources, please read “The GAPS Companion”.

Your Notes:
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After the Introduction Diet is complete

After Stage 6 you can move onto the full GAPS diet for approximately 2 - 2.5 years, depending on the severity of your condition. See the GAPS Book for the Full GAPS Diet.
Introducing

Commence by exploring the GAPS recipes so that you can become familiar with them. You can adopt the following approach if you like or you can prepare and start with the introduction stages. Make sure you have all your condiments like dripping, sauerkraut, ghee, yoghurt and whey made before you start.

- Start by eating one gaps meal a day
  Then 2 gaps meals a day (when you are ready)
- Then 3 gaps meals a day
  Then include snacks and all beverages
  And then you are on your way

Planning Your Start Date

Plan a date that will prepare you to spend most of your time at home resting for two weeks. It is a good idea to spend a week at home when starting the introductory stages and stock up on DVDs as the GAPS patient may need some rest.

Implement the Introduction Diet

By now you should be ready to start. Progress through the introduction stages is always easier to achieve when family support is provided. We recommend most people start with the Introduction Diet.

Considerations

Diarrhoea

If a person has diarrhoea or ulcerative colitis for example, they will need to remain in stage one or two longer. When diarrhoea goes away and stools begin to firm up, you may begin to move onto the next stage. Progress slowly, introducing one new food at a time and backing off from that food if diarrhoea returns. Please refer to the legal GAPS Steps for diarrhoea in the chapter: “Constipation and the emphasis on enemas” in ‘The GAPS Companion’.

For those without diarrhoea, the patient can move through the first two stages quite quickly (in a few days), however due to the low fibre content in the meals, constipation may result.

Constipation

When a person is prone to constipation, they should not spend too long in the first two stages. A day or two in each stage will suffice and then more time can be spent in stage three to gain further benefits and better monitor their next move. Stage three provides all the staple foods required to optimise the healing of the gut wall so it is ok to spend more time here such as a week or a month or more, however it is important to monitor your stools and make appropriate adjustments to manage constipation if it continues.
**STAGE ONE**

The Introduction diet: The following food should be implemented in stage one and nothing else (unless otherwise specified due to ABA intervention modifications that apply the least restrictive alternative): Refer to ‘The GAPS Companion’ for fussy eaters: ABA strategies, tools and templates.

### Homemade Meat or Fish Stock

The recipe for the meat or fish stock is provided in the GAPS Companion ‘GAPS Recipes - Healing Foods section’ & the GAPS book. You may purchase freezer safe mason jars to store your stock in the freezer.

**Intervention instructions:** Drink warm meat stock (heated on the stove only) all day with all meals and in-between meals. Gradually add Probiotic foods to every cup of stock (see below).

**Points**
- You will notice a fine film of fat on the top of the stock which is essential for your patient to consume to speed up the healing process. Be sure to add naturally produced gelatine derived from gelatinous meats around joints and bones. Gelatine is famous for its digestive healing powers and can be produced from chickens feet, pig’s trotters, hooves and pigs ears. Do not buy commercial sachets of gelatine for this.
- The gelatinous soft tissues around the bones and the bone marrow provide some of the best healing remedies for the gut lining and the immune system and must be consumed with every meal.
- Salt can be added for flavour. Avoid regular table salt. Himalayan Crystal Salt and Celtic Sea Salt are best.
- Paper wax straws can assist in encouraging children to drink the stock however, ABA strategies will be the driving force for fussy eaters.

### Home Made Soup

The recipe for the homemade soup is provided in the GAPS Companion ‘GAPS Recipes Healing Foods section’ & the GAPS book. Intervention instructions: Consume the meat and vegetable soup all day with all meals and in-between meals. Gradually add Probiotic foods to every bowl of soup (see below).

**Points**
- You may add a spoonful of cooked ground liver to the soup (cooking whole pieces of liver in stock and processing it in the food processor will allow you to place meal portions into ice cube trays). You can add a frozen liver cube when heating the soup each day.
- It is important to consume bone marrow extracted from the bones when making the stock. This can be blended after extraction when still warm and eaten as is or added to soups. You may also freeze them into ice cube portions.
- You can blend the soup to make it heartier and easier for children to consume or serve it as is.
- When the GAPS Homemade soup is well tolerated you may try some of the other soups outlined in the GAPS book as follows:
  - The basic soup recipe
  - A spring nettle soup
  - Russian Borsch
  - Fish Soup
  - Meatball soup

**IMPORTANT NOTE:** The Introduction Diet is low in fibre. Therefore it is important to address constipation if it occurs – refer to relevant pages in the _GAPS Companion for the GAPS legal steps for Constipation and Diarrhoea._

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**STAGE ONE FOODS**

1. Homemade Meat or Fish Stock
2. Homemade Soup
3. Probiotic Foods
   - Juice from sauerkraut or fermented vegetables first – then followed by sauerkraut cabbage
   - Whey dripped from yoghurt first, then followed by sour cream (cultured from yoghurt and fresh cream), yoghurt and then kefir
4. Ginger tea, mint tea or camomile tea

**SUPPLEMENTS** Avoid taking any supplements in stage one to assist keeping the die off reaction to a minimum. Supplements can be introduced gradually when the initial Detox/die off symptoms have settled on the intro diet. This will usually occur around day 10. Some very sensitive people will need to wait longer, especially for people with seizures or chronic fatigue. Be sure to follow the guidelines when introducing the supplements and build the dose up slowly.

In extreme cases of profuse watery diarrhoea: exclude vegetables, drink warm meat stock with Probiotic foods (preferably whey or yoghurt) & eat well cooked gelatinous meats. Raw egg yolks should be added in small progressive amounts. Do not rush with re-introducing the vegetables because an inflamed gut wall cannot tolerate, even the smallest amount of fibre. The sauerkraut juice may be well tolerated but exclude the sauerkraut cabbage until diarrhoea has gone.

**Progression:** Those without serious digestive problems and food intolerances can move through each stage quickly. Depending on the severity of your patient’s condition, progression will be dependent upon the patient’s symptoms and reactions to the healing process. Some people may move from stage one after a few days but then find that they need to spend longer in stage two or three. Whether you move to the next stage or take a step back, will be determined by the improvement or regression of symptoms. These symptoms will be individual and will generally show themselves by getting worse before they get better in the early stages. Please refer to “Detox and Retracing” in “The GAPS Companion” .
Probiotic Foods: Vegetable & Dairy Ferments

The recipe for the following Probiotic foods are provided in the GAPS Companion ‘GAPS Recipes – Healing Foods section’ & the GAPS book.

Fermented foods are Probiotic foods and when introduced, will provide their own die off reaction. To help minimise these reactions, be sure to introduce the Probiotic foods slowly and gradually [whether they be vegetable or dairy based]. Make sure that the meat stock or soup is not too hot when adding any of the Probiotic foods because this will kill the good Probiotic bacteria. The general rule is: if you can put your finger in it and it does not burn, then the Probiotic food can tolerate the heat. It is best to add it just before you are about to consume it.

Sauerkraut & Fermented Vegies [only homemade]

- Sauerkraut
- Vegetable Medley
- Fermented Vegetables
- Beet Kvass [A good blood tonic and assists constipation. Avoid if diarrhoea is present].

Intervention instructions: Start with adding the juice from your homemade sauerkraut into the meat stock. Do not consume the cabbage yet as it is too fibrous [especially for those with diarrhoea].

1. Start from 1-2 teaspoons a day for 2-5 days [sometimes longer for sensitive people]
2. Then 3-4 teaspoons a day for 2-5 days and so on until you have a few teaspoons of sauerkraut juice in every cup of soup and meat stock.
3. Then start to add the sauerkraut cabbage itself to the soup starting with a teaspoon at a time and work up to two tablespoons with the first mouthfuls of every main meal.

Points
- The juice from sauerkraut will provide beneficial probiotic bacteria and assist in restoring normal stomach acid production.
- Then start introducing the juice from other fermented vegetables named above.
- You may use the juice from other fermented vegetables if you are unable to have sauerkraut or its juice.

Whey, Sour Cream, Yoghurt & Kefir

GAPS clinical experience has shown that most people can tolerate fermented dairy right from the beginning, however some cannot and the sensitivity test [shown in the sidebar] is recommended first. If there is no reaction to the sensitivity test, you may proceed with the following interventions. Intervention instructions: Start by introducing whey from your homemade yoghurt or sour cream [dripping will remove dairy proteins].

1. Do the Sensitivity Test first.
2. If no reaction to the Sensitivity Test, start with one teaspoon of whey added to the soup or meat stock for 3-5 days, then 2 teaspoons a day and so on until your patient is having half a cup of whey per day with meals.
3. Then try to add one teaspoon of homemade 24-hour fermented sour cream each day [without dripping] and gradually increase the amount.
4. When sour cream is tolerated, you can try yoghurt, followed by kefir.

Important: Be sure to make modifications to introducing the above mentioned dairy to accommodate constipation or diarrhoea because they both require a different approach. [refer to the chapter .Constipation and the emphasis on enemas for GAPS legal steps for constipation and diarrhoea. Kefir produces a stronger die off reaction and this is why yoghurt is introduced first. For those who react to dairy (usually 10% of people) refer to the .Dairy Introduction Structure in the GAPS book and read .When do I introduce dairy? in the “GAPS Companion”. All fermented dairy should be fermented for a minimum of 24 hours.

Probiotic Foods: are essential to introduce right from the beginning.

Dairy: Dr Natasha advises that her clinical experience shows that most people (90%) can tolerate well fermented homemade whey and yoghurt right from the beginning in the introduction stages.

How do I know if I am ready for dairy?
If you observe any kind of regression, reduced eye contact, self-harming, aggression, stimulation, sleep disturbance, hyperactivity, worsening of allergies, eczema or additional behaviour outbursts, then this would indicate that the person may not be ready to introduce this food yet and that more healing time is required.

*Sensitivity Test: If you suspect a real allergy [which can be dangerous] to any particular food before introducing it, do the sensitivity test first. Take one drop of the food in question [if the food is solid mash and mix with a bit of water] and place it on the inside of the wrist of the patient at bed time. Let the drop dry on the skin and let your patient go to sleep. Check the spot in the morning and if you see an angry red reaction, then avoid that food for a few weeks and then try again. If there is no reaction, then go ahead and introduce it gradually starting from a small amount.

Dairy Free Kefir: If you have concerns with introducing dairy too soon, try buying some young green coconuts and make some homemade coconut kefir [this can be introduced in stage 3 when die of symptoms have settled but start with tiny amounts].

Constipation should not be ignored: If your patient has not moved their bowels for more than 36 hours, it is essential to conduct an enema (refer to the Constipation chapter in the GAPS book & read the paper on .Constipation & the Emphasis on Enemas for GAPS in the GAPS Companion Appendix A. Enemas help to detoxify the body and can help alleviate the early signs of a seizure building up.

Epsom Salts: Magnesium and Sulphate baths assist in reducing the toxic load during the detox/introduction stages. Refer to the GAPS Hand book appendix for further reading.

If you run out of sauerkraut juice on the introduction diet: Fresh press some cabbage to make one litre of cabbage juice and add either a cup of whey dripped from your yoghurt or kefir or use some yoghurt starter. Ferment the juice on the bench for 24 – 48 hours. If your patient has not moved their bowels for more than 36 hours, it is essential to conduct an enema (refer to the Constipation chapter in the GAPS book & read the paper on .Constipation & the Emphasis on Enemas for GAPS in the GAPS Companion Appendix A. Enemas help to detoxify the body and can help alleviate the early signs of a seizure building up.
STAGE ONE Continued

Note: Stage one foods may be eaten together as soup or separately displayed as well cooked vegetables and meats on a plate accompanied by drinking stock.

Tea Beverages
The recipe or instructions for the following tea beverages are provided in the GAPS Companion 'GAPS Recipes - Healing Foods section' & the GAPS book. You may make your patient the following homemade (organic preferably) tea beverages with a teaspoon of organic cold extracted honey.

• Ginger tea
• Mint tea
• Camomile tea

Water
Water can be consumed in between meals but must be at room temperature and never consumed cold because it can irritate an already inflamed gut. Filtered or mineral water is best. There are no recommended litres, just drink when you are thirsty.

STAGE TWO

Continue with the previous staple foods from stage one:

• Soups with bone marrow and liver
• Boiled meats or fish & other soft tissues off the bone (gelatinous & fatty parts)
• Keep drinking the meat stock and ginger tea

Continue to add and progressively increase Probiotic foods into every cup of meat stock and bowl of soup:

• Introduce Sour Cream, Yoghurt or Kefir or continue with the gradual increase of whey if you are not up to half a cup a day yet.
• Juice from sauerkraut or juice from fermented vegetables or vegetable medley with every main meal

Eggs

Intervention instructions: Gradually add raw organic egg yolks to every bowl of soup and every cup of meat stock using the following method:

1. Start from adding one egg yolk a day to a bowl of soup, followed by a gradual increase in adding an additional egg each day until your patient has an egg yolk with every bowl of soup.
2. When egg yolks are well tolerated add soft boiled eggs to the soup instead of the yolk, making sure the yolk remains runny and the whites are well cooked.

Points
The gradual increase of eggs may be slower for some individuals than others and if symptoms of diarrhoea return, this would indicate that they are not ready for this food and need to stop and try again in another week or so.

Organic free range eggs are best.

If you have any concerns about egg allergies, be sure to do the sensitivity test first.

Egg yolks, particularly uncooked provide the best source of cholin which is a building block for a neurotransmitter called acetylcholin which the brain needs for cognitive learning processes and memory. Cholin is often prescribed to people with liver problems, memory loss or neurological damage. Majority of GAPS patients are deficient in B12 (anaemic) therefore emphasising the need for egg yolks.

Ginger Tea: Ginger is well known for its relief of pain and inflammation and assists in soothing the digestive tract, reduces fluillence and eases symptoms of nausea.

Mint Tea: Mint has some interesting healing properties associated with settling a nervous tummy and ability to slow down the growth of harmful bacteria and fungi. The most interesting aspect is its well documented anti-fungal properties which are suggested to play a part in the treatment of asthma.

Camomile Tea: The camomile flower has been used for its health giving properties for centuries to help alleviate conditions such as sleep disorders, skin conditions, IBS, PMS and menstrual cramps, migraines and anxiety associated stress.

In cases of stubborn constipation: Introduce juicing earlier in stage 2 (rather than stage 4) first thing in the morning. Start with carrot juice diluted in water and take some Cod Liver Oil at the same time. Many cases of constipation are due to poor bile production and this is why we add the juice which will stimulate bile production. Fats in the food do not digest well when there is insufficient bile production and as a result, they react with salts and form soap in the gut causing constipation. The removal of dairy may also assist with this.

The soups and meat stocks are staple foods and must be consumed every day over the next 2 - 2.5 years.

Eggs:
Eggs are one of the easiest foods to digest. Raw eggs absorb almost 100% without needing digestion. Egg yolk is best and provides essential amino acids, (B1, B2, B6, B12, A, D & Biotin), essential fatty acids, lots of zinc, magnesium and other nutrients. B12 is essential in normal development of the nervous system & immunity.

Supplements: If die off symptoms have subsided, you may start to methodically introduce the GAPS Supplements gradually.
Stews and Casseroles made with both meat and vegetables
The recipe for the following stews and casseroles are provided in the ‘GAPS Companion Recipes - Healing Foods section’ & the Italian meat casserole is suggested in the GAPS book as the best and easiest option to start with.

Casseroles & Stews examples below
- Italian Meat Casserole (GAPS Book) POPULAR for any meat joint variety
- GAPS Staple Casserole (GAPS Companion)
- Osso Buco (GAPS Companion – Healing Foods section)
- Meat Jelly Slice & Fermented Vegetables (GAPS Companion)
- Chicken or turkey leg Casserole (GAPS Book)

Intervention instructions: Select an approved casserole or stew from the above sources or similar and introduce them as a main meal. The recipe guide will provide you with some hints with variety. Be sure to continue with at least 3 bowls of soup and stock each day. You may need to reduce the soup serving when introducing the next meal if served together.

Points
- The fat content of these meals need to be quite high: the more fresh animal fats your patient consumes the faster the recovery.
- Be sure to add fermented vegetables with every serving.
- Avoid spices at this stage and only use herbs, salt, and bay leaves.
- This meal is easy to cook and provides you with a variety of options to choose from. If you make a large batch, this meal is easily frozen and can be defrosted and heated in a glass Pyrex dish with a glass lid in the oven. Cooking several of these meals and freezing them will allow you to have a break in the kitchen.

Fermented Fish
The recipe for fermented fish is provided in the ‘GAPS Companion Recipes - Healing Foods section’ & the gaps.me website.

Intervention instructions: Introduce Fermented fish or Swedish gravlax starting with one piece a day and gradually increase. Serve with well cooked vegetables or fermented vegetables.

Points
- Start by fermenting a small amount until it is well tolerated because it will only last a few days in the fridge after fermentation is complete.

Introduce Homemade Ghee
The recipe for ghee is provided in the ‘GAPS Companion Recipes - Healing Foods section’ & the GAPS book.

Intervention instructions: Now you may introduce homemade Ghee using the following method (even if you have not introduced other fermented dairy products).

Do the sensitivity test first
If no reaction to the sensitivity test, start with one teaspoon a day and gradually increase the amount each day until you are regularly adding it to meals or cooking with it. Add the ghee to your soups and meals. When it is well tolerated, be extremely generous with the amount you use.

Points
- Ghee is virtually casein and lactose free and most GAPS people can tolerate it very well regardless of cases experiencing constipation or diarrhoea.

Introducing new food: If and when you introduce a new food, your patients symptoms of diarrhoea return or pain or any other digestive symptom is experienced then wait a week and try again after some more healing has taken place because this indicates that they are not ready for this food.

Fish: When selecting fish, choose fatty fish like mackerel or salmon and not large fish or farmed. Look at the GAPS Australia website for a true wild salmon supplier (NOT FARMED)

Sauerkraut: Be sure to provide enough sauerkraut juice to help stimulate digestion. Butter and ghee provide many valuable nutritional benefits that GAPS adults and children should not avoid forever unless there is a true allergy.

Butter and ghee provide Arachidonic Acid (AA) which makes up 12% of the brain’s fat and GAPS adults and children are deficient in it. Furthermore butter and ghee provide additional important fatty acids, vitamins A, D, E, beta-carotene and other nutrients that are easy to digest. Ghee virtually contains no milk proteins or lactose and is generally well tolerated.

Yoghurt & Kefir: Fermented dairy, especially kefir are vital components to GAPS (if you do not have a true allergy) so do not be afraid to re-introduce it and try again before deciding to give up on it all together. Kefir alone has over 30 different beneficial strains of good bacteria, including a variety of yeast killing bacteria essential for yeast overgrowth.

High Vitamin Butter Oil: When you have successfully introduced Ghee you may start to add X Factor Gold: High Vitamin Butter oil when you supplement your Fermented Cod Liver Oil.

Fermentation is a means of preservation and was the only means to store foods before refrigeration and the introduction of artificial preservatives. Fermentation increases bioavailability and digestibility. Nutritional content is increased when food becomes more bio-available through fermentation.
STAGE THREE

Continue with the previous staple foods
Continue to progressively increase Probiotic foods into every cup of meat stock and bowl of soup:

- Increase Yoghurt or Kefir
- Start to introduce the sauerkraut cabbage and fermented vegetables. Start from a small amount and gradually increase to 1-2 tablespoons of sauerkraut or vegetables with every main meal.

Most people are ready to start introducing the GAPS Supplements at this stage. Please refer to the end of this paper as to what order to introduce them.

Ripe Avocado

Intervention instructions: Add ripe avocado mashed into soups. Start from 1 – 3 teaspoons and gradually increase the amount.

Pancakes

The recipe for pancakes is provided in the recipe guide ‘GAPS Healing Foods’ & the GAPS Book.

Intervention instructions: add pancakes, starting from one pancake a day and gradually increase the amount.

Points

- Take care not to burn them
- If you are cautious in introducing nuts at this stage, you may find an alternative recipe in 'The GAPS Companion'.

Eggs: Fried or Scrambled with vegetables

Intervention instructions: Gently fry or scramble eggs with plenty of ghee, dripping, lard or coconut oil.

Points

- Serve with avocado (if well tolerated) and cooked vegetables.
- Add 3 tablespoons of duck dripping (or other) to the pan and sauté some onion quarters until soft, sweet and translucent (do not burn). You may cook them for 20–30 minutes on low heat covered.
- Try to eat eggs in a variety of ways and remember that eggs are best when the egg yolk is runny and whites are well cooked.
- Eggs are full of protein and should always be accompanied by alkaline foods.
- You can explore and make an omelette with the eggs and vegetables/onions etc.

The notion that eggs cause heart disease is a myth and this has been proven in many studies. If you have concerns with this: read Dr Natasha Campbell-McBride’s second book ‘Put your heart in your mouth.

STAGE THREE FOODS

1. Ripe Avocado
2. Pancakes
3. Fried or scrambled eggs
4. Sauerkraut and fermented vegetables

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Avocados contain oleic acid, a monounsaturated fat. Avocado is the first fruit to be introduced when doing the introduction diet. Avocado makes a lovely spread on nutrient breads, can be added to salads, creates a nourishing dip and mixes well in soups.

Fruit & Honey: Avoid fruit and honey in the early stages because they may encourage the growth of Candida Albicans in the gut. Candida alone creates toxins strong enough to suppress the production of stomach acid.

Protein and Vegetables: Try to make every attempt to ensure that protein foods [such as eggs and meats] are always consumed with vegetables.

Nuts: The introduction diet aims to heal the gut lining first; before adding the nuts. If you find that you are still a little sensitive you can leave the nuts out for a few weeks and try again in a couple of weeks to re-introduce them slowly. Nuts (especially almonds) are a good source of calcium. It is advisable to soak the nuts for 12 – 24 hours first so that they are easier to digest. Soaking also inactivates the enzyme inhibitors contained in nuts with brown skins like almonds. Some people go a step further and peel the almonds after soaking. This is called blanched nuts and is easy if you place them in boiling water for ten minutes then pinch them and the nut slips right out of its skin. Make sure that your nuts are raw and organic to avoid any dangerous chemicals. GAPS children and adults have an already existing toxic overload and we do not want to add to it.

Oxalates & Salicylates: For individuals who are extremely sensitive to oxalates, nuts may need to be introduced much later. Some people with severe food sensitivities may need to select vegetables low in salicylates also. ‘The GAPS Companion’ provides a full list of GAPS foods that correlate with high and low Oxalates and Salicylates.
STAGE FOUR

Continue with the previous staple foods

Meats cooked by Roasting or Grilling
General recipe provided in the ‘GAPS Companion Recipes - Healing Foods section’

Intervention instructions: Gradually add meats cooked by roasting or grilling (but not fried yet). Combine the meats with cooked vegetables and fermented vegetables or sauerkraut.

Points
• Avoid burnt or browned parts because these will provide extra work to digest.

Cold Pressed Extra Virgin Olive Oil (preferably organic)
Intervention instructions: Gradually start to add the olive oil to the meals.

1. Start from a few drops per meal 2. Gradually increase the amount to 1 – 2 tablespoons per meal

Points
• Avoid olive oil if you are experiencing diarrhoea
• Introduce olive oil earlier in stage two if you are prone to constipation

Fresh Pressed Juicing
Intervention instructions: Introduce fresh pressed juices using the following method.

1. Juice half a carrot and dilute a few spoonfuls of the carrot juice with water (room temperature or warmed). Make sure the juice is clear and well filtered 2. Drink the juice slowly and gradually increase to a full cup a day. 3. When this is well tolerated, add juice from celery, lettuce and fresh mint leaves.

Points
• You may add sour cream (cream fraiche), yoghurt or kefir to the juice because the fat content will help keep the blood sugar at a normal level.
• Juicing is best consumed on an empty stomach 20 – 25 minutes before food and 2 – 2 “ hours after a meal.
• Adding Black Elderberries to your juicing will provide you with strong immune support (1-2 tablespoons of berries in your juice for a family of four)
• Juicing may be introduced earlier in stage 2 if you are prone to constipation.

Baked Bread made from Nuts or Seeds
The recipe for bread is provided in the recipe guide ‘GAPS Healing Foods’ & the GAPS Book p142.

Intervention instructions: Try to bake some bread made from almond meal or other nuts or seeds ground into flour consistency. Start with one small piece of bread a day and gradually increase the amount.

Points
• Almond meal burns easily and must be cooked at a low temperature.
• Baking with almond flour and other nut and seed alternatives produces a heavier and coarser bread and therefore does not rise like wheat fours.
Continue with the previous staple foods

‘IMPORTANT: Many people choose to avoid introducing fruit at this stage so that they can optimise their chances in controlling Candida Yeast overgrowth. It is difficult to get Candida under control in the body, and requires a two facet approach: 1. Avoiding Fruit and cooked honey for approximately 6 months. 2. Adding good yeasts to the diet like kefir and S. Boulardii. People can continue through the stages without introducing fruit and when it comes time to introduce it they can start with pureed apple and berries (cranberries are a good start).

Pureed Apple
This recipe is provided in the ‘GAPS Companion Recipes - Healing Foods section’

Intervention instructions: If all the previous foods are well tolerated, try cooking and pureeing some apple with a tablespoon of added fat (lard, ghee or coconut oil).

1. Start with a few tablespoons a day.
2. Watch for any reactions and if no reactions, increase the amount.

Points
• Stewed apples can be added to yoghurt and kefir. Adding fats like kefir and ghee or lard will also assist in stabilising the blood sugar levels.
• Some people wait longer between 4 – 6 months before introducing fruit to help manage yeast overgrowth. If this is the case, you can skip introducing pureed apple for now and return to it when you are ready, followed by berries like raspberries and cranberries.

Raw Vegetables

Intervention instructions: Start to add raw vegetables starting from the following:

1. Softer parts of lettuce and cucumber
2. When the above two vegetables are well tolerated, start adding other raw vegetables such as carrot, tomato, onion, cabbage, capsicum, celery etc.

Points
• Monitor stools: If diarrhoea returns, your patient is not ready for this food. Make a salad and drizzle olive oil over the top.

More Juicing
Suggested Juicing Recipes are located in the ‘GAPS Companion Recipes - Healing Foods section’ and in the GAPS book

Intervention instructions: If the juice made from carrots, lettuce, celery and mint leaves are well tolerated, you can try adding the following fruit to it:
1. Apple, pineapple and mango (avoid citrus fruits at this stage)

Points
• Remember to try and drink the juice on an empty stomach. Drinking first thing in the morning and in the middle of the afternoon are the best times.
• You may explore other juicing recipes when the above is well tolerated.
• Try to manage juices that are 50% vegetable and 50% fruit [if you are introducing fruit at this stage]. Vegetables hold the greater therapeutic ingredients, however many children struggle to manage the vegetable juices on their own. The green juices are the most therapeutic.

Fats: It is crucial for gaps children and adults to consume plenty of natural fats. Many clinical studies have shown that proteins from meats need to be consumed with its fats in order to be properly digested and utilised by the body. It is encouraged to eat the fat off the meat or the skin of the chicken. Pour plenty of cold pressed extra virgin olive oil over the meal and supplement with good quality Cod Liver Oils, Fish Oils and nut/seed oils. Avoid all commercially available cooking oils and fats like margarine and butter replacements. Fats are important because the brain and the nervous system are largely made up of fats and fat are the preferred source of energy in the human body.

FAT FACTS: “Consuming fats like coconut oil reduces food cravings.” A good supply of fats in the body stimulates bile production and secreting bile is the natural way for the liver to rid itself of toxins. The bulk of detoxification occurs in the liver. Allowing the liver to drain by using liberal amounts of olive oil and lemon juice will help the patient to detoxify faster.

Cooking Fats: Lard from Pork Suet from Beef or Lamb tallow Dripping from Duck, Chicken or Goose Butter and Ghee

Baking Fats: Extra Virgin Coconut Oil Palm Oil

Non Cooking Fats: Extra Virgin Cold Pressed Olive Oil Nut & Seed Oils Extra Virgin Cold Pressed with a 2:1 omega 3-6 ratio

Choose ORGANIC where ever possible
Continue with the previous staple foods

Raw Fruit and Honey

Intervention instructions: If all the previous foods are well tolerated, try the following:
1. Some peeled raw apple.
2. If this is well tolerated gradually introduce other raw fruits starting with berries.
3. Introduce raw cold extracted honey if you feel that Candida is under control, otherwise try small amounts of Manuka honey with a high methylglyoxal count.

Points
- Choose ripe fruit like bananas with spots because ripe fruit will contain less starch.
- Consume fruit between meals because fruit interrupts with the digestion of meat.
- Manuka honey greater than 100+ milligrams per kilogram of methylglyoxal are required for effective control of bacteria. The Greater the methylglyoxal count, the more therapeutic.

Baking Cakes and other Sweets

Baking Recipes are located in 'GAPS Companion Recipes – Healing Foods section' and in the GAPS book.

Intervention instructions: Gradually introduce baking cakes and muffins and other baked goods allowed on the GAPS diet.

Points
- You can use dried fruit as a sweetener in the baking rather than honey.
- When converting recipes that contain sugar: substitute the sugar with honey and halve the amount of honey because honey is sweeter than sugar. It is also advisable to reduce the amount of liquid in the recipe by 1/4 cup for each cup of honey used. Reduce oven temperature by 25F (because honey will brown baking goods more than sugar). In liquid recipes such as salad dressings, drinks and shakes etc. You may replace sugar with the same amount of honey - but keep in mind that honey is sweeter than sugar!
- The GAPS diet uses nuts and seeds extensively, however they should not be introduced until diarrhoea has settled and consume in small quantity.
- Avoid commercially available nut, seed or bean flours as they are not usually pre-soaked. Soaking nuts, removes enzyme inhibitors. (Blanched organic nut flours are ok). Soaking beans, lentils and split peas removes lectins and starch. Soaking Seeds allow them to think they are becoming a tree and they begin to sprout and become easier to digest whilst enhancing their nutritional content.

SUPPLEMENTS

Introduce each supplement in the following order from stage 3
1. Probiotics and Fermented Cod Liver Oil. Start both in stage 3 and in tiny amounts, gradually increasing the daily dosage until you have reached the desired level.
2. Fish oils: When the full Cod Liver Oil dosage has been reached, you can start to introduce the fish oils.
3. Nut / Seed Oil Blends & Olive Oil: When you have introduced olive oil gradually (as per intro or constipation intervention strategy), you may introduce the nut/seed oil blends with meals gradually.
4. Betaine HCl & Pepsin: Introduce as required as per instructions in the Supplementation criteria.

This display of the GAPS Introduction Diet is a modified extract from Dr Natasha Campbell-Mc Brides book ‘Gut and Psychology Syndrome’ and has not been designed as a replacement for the GAPS book, but as a source of helpful and additional information. Please read the GAPS book to better understand the diet fully.
<table>
<thead>
<tr>
<th>VEGETABLES</th>
<th>FRUIT</th>
<th>GENERAL</th>
<th>MEAT AND Poultry</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artichoke (French)</td>
<td>Apricots fresh or dried</td>
<td>Nut butter (no additives)</td>
<td>Lamb</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Apples</td>
<td>Almond flour or other nut flour or seed flour</td>
<td>Pork</td>
</tr>
<tr>
<td>Avocado</td>
<td>Banana (ripe with brown spots)</td>
<td>Canned fish (in oil or water)</td>
<td>Beef</td>
</tr>
<tr>
<td>Beans</td>
<td>Berries (All kinds)</td>
<td>Coconut milk or cream</td>
<td>Goat</td>
</tr>
<tr>
<td>String beans</td>
<td>Capers</td>
<td>Coconut (fresh or dried)</td>
<td>Chicken</td>
</tr>
<tr>
<td>Lima beans</td>
<td>Cherries</td>
<td>Honey (raw cold extracted)</td>
<td>Goose</td>
</tr>
<tr>
<td>Beets</td>
<td>Coconut (fresh including milk)</td>
<td>Coconut oil (cold pressed, organic, virgin)</td>
<td>Duck</td>
</tr>
<tr>
<td>Beetroot</td>
<td>Custard Apples</td>
<td>Olive Oil (cold pressed, organic, extra virgin)</td>
<td>Pigeon /Quail</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Dates (fresh - dried no additives)</td>
<td>Palm Oil</td>
<td>Kangaroo</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>Grapefruit</td>
<td>Almond oil</td>
<td>Buffalo</td>
</tr>
<tr>
<td>Cabbage (green or purple)</td>
<td>Grapes</td>
<td>Avocado oil</td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Kiwi-fruit</td>
<td>Pepper black/red or red pepper corn</td>
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</tr>
<tr>
<td>Citrus</td>
<td>Kumquats</td>
<td>Pickles (without sugar or any other non-allowed ingredients)</td>
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<tr>
<td>Celery</td>
<td>Lemons</td>
<td>Prunes (dried without any additives or in their own juice)</td>
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<tr>
<td>Collards</td>
<td>Mangoes</td>
<td>Raisins (dried without any additives or oils)</td>
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<tr>
<td>greens</td>
<td>Melons</td>
<td>Tomato Puree (pure - without any additives apart from salt)</td>
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<tr>
<td>Eggplant</td>
<td>Nectarines</td>
<td>Vinegar (white)</td>
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<tr>
<td>Garlic</td>
<td>Oranges</td>
<td>Himalayan salt / Celtic salt</td>
<td></td>
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<tr>
<td>Ginger</td>
<td>Papayas (PAW /Paw)</td>
<td>Young green coconut water for fermenting kefir</td>
<td></td>
</tr>
<tr>
<td>Kale</td>
<td>Peaches</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lettuce</td>
<td>Pears</td>
<td></td>
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<tr>
<td>Lime (dried &amp; fresh)</td>
<td>Pineapples (fresh)</td>
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<tr>
<td>Mushrooms</td>
<td>Rhubarb</td>
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<tr>
<td>Olives (preserved without sugar or any other non-allowed ingredients)</td>
<td>Satsuma (citrus fruit)</td>
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<tr>
<td>Onions</td>
<td>Tangerines</td>
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<tr>
<td>Peaks (fresh green, dried or split)</td>
<td>Ugly fruit (citrus fruit)</td>
<td></td>
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<tr>
<td>Peppers (capsicum)</td>
<td>*Soak nuts for 24 hours</td>
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<tr>
<td>Pumpkin (butternut)</td>
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<tr>
<td>Spinach</td>
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<tr>
<td>Squash</td>
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<tr>
<td>Tomatoes</td>
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<tr>
<td>Turnips (purple &amp; white)</td>
<td>Watercress (leafy green)</td>
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<tr>
<td>Zucchini</td>
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<table>
<thead>
<tr>
<th>HERBS</th>
<th>DAIRY</th>
<th>BEVERAGES</th>
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</thead>
<tbody>
<tr>
<td>Fresh or homemade dehydrated</td>
<td>Aslago cheese</td>
<td>Almond Milk</td>
<td></td>
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<tr>
<td>Cayenne pepper</td>
<td>Camembert cheese</td>
<td>Coffee (week, freshly made)</td>
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</tr>
<tr>
<td>Cinnamon</td>
<td>Cheddar cheese</td>
<td>Juices (freshly pressed and homemade)</td>
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<tr>
<td>Citric acid</td>
<td>Colby cheese</td>
<td>Tea (Herbal, not Instant)</td>
<td></td>
</tr>
<tr>
<td>Coriander (fresh or dried)</td>
<td>Cottage cheese (un-cured - dry cured)</td>
<td>Tomato Juice (pure - without homemade)</td>
<td></td>
</tr>
<tr>
<td>Dill (fresh or dried)</td>
<td>Edam Cheese</td>
<td>Scotch (occasionally)</td>
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</tr>
<tr>
<td>Nutmeg</td>
<td>Havarti Cheese</td>
<td>Vodka (very occasionally)</td>
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</tr>
<tr>
<td>Oregano</td>
<td>Humburger cheese</td>
<td>Wine (dry, red or white)</td>
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<tr>
<td>Parsley</td>
<td>Monterey Jack cheese</td>
<td>Beet Kvass</td>
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<tr>
<td></td>
<td>Muirster cheese</td>
<td>Sauer Kraut Juice</td>
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<tr>
<td></td>
<td>Parmesan cheese</td>
<td>Apple Cider Vinegar</td>
<td></td>
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<td></td>
<td>Prot du Salutio cheese</td>
<td>Pure Bicarbonate of Soda (aluminium free)</td>
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<tr>
<td></td>
<td>Roquefort cheese</td>
<td>Kefer – Dairy and Coconut</td>
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<tr>
<td></td>
<td>Romano cheese</td>
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<td></td>
<td>Stilton cheese</td>
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<td></td>
<td>Swiss cheese</td>
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<tr>
<td></td>
<td>Blue cheese</td>
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<td></td>
<td>Brie cheese</td>
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<tr>
<td></td>
<td>Homemade Ghee</td>
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<tr>
<td></td>
<td>Organic/ Raw butter</td>
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<tr>
<td></td>
<td>Yoghurt (homemade – 24 hour fermented)</td>
<td></td>
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<tr>
<td></td>
<td>Kefir</td>
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</tbody>
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<table>
<thead>
<tr>
<th>SEEDS</th>
<th>Fish</th>
<th>Meals to avoid:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mustard Seeds (pure powder &amp; gourmet types without any non-allowed ingredients)</td>
<td>Fresh fish</td>
<td>* All grains: Wheat, rye, rice, oats, corn, maize, sorghum, barley, buckwheat, millet, spelt, triticale, bulger, tapioca, quinoa, couscous</td>
<td></td>
</tr>
<tr>
<td>Sunflower seeds</td>
<td>Try to choose small oily local fish like: herrings, mackerel, wild salmon, sardines and anchovies.</td>
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</tr>
<tr>
<td>Sesame seeds</td>
<td>Shellfish (fresh or frozen &amp; sulphite &amp; preservative free!!)</td>
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<tr>
<td>Pumpkin seeds</td>
<td></td>
<td>* Sugar &amp; anything that contains it.</td>
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</tr>
<tr>
<td>Flax seeds (can be too fibrous for some)</td>
<td></td>
<td>* Starchy beans and peas: soybeans, mungbeans, garbanzo beans, bean sprouts, chick peas, fava beans.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>* Lactose and anything that contains it: fluid or dried milk of any kind, commercial yoghurt, buttermilk, sour cream, processed foods and added lactose.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>* Soy and any products containing it should be avoided</td>
<td></td>
</tr>
</tbody>
</table>

* Seeds should be soaked for 12 hours

From www.gapsaustralia.com.au
More Templates and Resources for GAPS

This Ebook provides you with only a glimpse of supportive tools to aid you on your GAPS Journey. There are many more components associated with Fussy Eaters, Preconception, Pregnancy, Eating Disorders and more. Knowing how to navigate the program can often be daunting, however the GAPS Companion has been compiled with this in mind and an extensive list of tools and templates are provided to assist you. Please read the below review outlining the "GAPS Companion: A Handbook for Beginners".

The GAPS Companion: A Handbook for Beginners accommodates the “Gut and Psychology Syndrome” (GAPS) Protocol written by Dr Natasha Campbell-McBride. The GAPS Companion comprises of many valuable resources and tools to assist individuals to prepare, implement and navigate their progress on their GAPS Journey.

You will find:

• Easy to use templates to record and monitor progress, meal planners, menus, recipes and shopping lists.
• The GAPS Orientation, the Introduction Diet and Full GAPS explains and provides tips on how to progress through the stages.
• Understanding what to expect when detoxing and how to manage constipation or diarrhoea.
• Fridge sheet templates for each stage will make it easier to navigate.
• Templates for school intervention Support Plans and how to write a letter to the school regarding the diet and support requested.
• Fussy eaters and ABA programs – this also includes many ABA eating tools and templates to help your child. Testimonials written by parents about their child’s transformation from fussy eating on the Introduction Diet.
• A list of all allowable GAPS foods with indicators showing which foods are high in salicylates and oxalates.
• Resource lists and information on valuable GAPS health topics.
And Much More!

The GAPS Companion emerged from Linda’s own personal experience in applying and implementing the GAPS Protocol for her own son who was diagnosed with Autism and who has since restored his health and reversed his many symptoms associated with Autism. It was through this experience that Linda acknowledged the limited support to coach and guide her through the protocol. As a result the "GAPS Nutrition Consultancy Services emerged and the GAPS Companion came to light. With a Bachelor of Health Science and studies in Nutrition, Linda has since become a Certified GAPS Practitioner, consulting both nationally and internationally and now supports Dr Natasha in the delivery of the "GAPS Certified Practitioner Training Program. To learn more about what causes Gut and Psychology Syndrome, please read the GAPS Book.

GAPS and Gut and Psychology Syndrome are the trademark and copyright of Dr. Natasha Campbell-McBride. The right of Dr. Natasha Campbell-McBride to be identified as the author of this work has been asserted by her in accordance with the Copyright, Patent and Designs Act 1988.