

# Certified GAPS Practitioner Training Program

## Course Outline

**Course Lecturer:** Dr Natasha Campbell-McBride  
MD, MMedSci (Neurology), MMedSci (Nutrition)

**Course Coordinator:** Linda Paterson  
Certified GAPS Practitioner, Bch Health Science,  
Managing Director GAPS Diet Australia



# Certified GAPS Practitioner Training Program

## Course Outline

The training program is conducted over a two day classroom attendance presented by Dr Natasha Campbell-McBride.

### DAY ONE

#### Introduction to GAPS

- What is GAPS
  - An overview explaining the onset of GAPS and its relationship with the gut, brain and immune system
- Gut and Psychology Syndrome: Conditions, Symptoms and Prevalence:
  - IN CHILDREN: Autism, ADHD, Dyslexia, Dyspraxia, Learning and Behavioural Social Problems and Epilepsy
  - IN ADULTS: Substance Abuse, Depression, Eating Disorders, Obsessive Compulsive Disorders, Manic Depressive, Schizophrenia, Bipolar and Epilepsy
- A discussion on typical scenarios seen in both adults and children
- Digestive problems and a comprehensive explanation on the damaged gut wall seen in a GAPS patient.
- Autoimmunity and GAPS
- The effects of leaky gut on the blood Brain barrier
- Further discussions will focus on the body's difficulty to eliminate toxins, coupled with abnormal gut flora and its effects on Epilepsy, the Liver, Bile Stones, Lungs, Asthma, Eczema, Chronic Cystitis, Nephropathy and Bed Wetting.

#### Feeding Problems

- Fussy Eating Habits and it's strong relationship to gut disorders
- Failure to thrive in infants
- Eating disorders

#### The Treatment of GAPS: The GAPS Nutrition Protocol three part Program

- **GAPS Diet:** Focusing diet as the most important part of treatment. Foods to avoid and Recommended Foods will be outlined and their benefits discussed. The emphasis on Good Fats and the healing benefits will be a core element required for optimal healing. Reference to Dr Natasha Campbell-McBride's second book 'Put your Heart in your Mouth'.
  - The GAPS Introduction Diet will outline the 6 steps required with a focus on modifications required based on symptomology and individual patient needs. The requirements to introduce dairy and important components to identify with fermented enzyme rich dairy for GAPS patients. Learning how to identify the symptoms that will allow practitioners to know who needs to commence the diet on the introduction diet or whether they go directly to the Full GAPS Diet.

- The GAPS Full Diet and the introduction of more allowable foods.
- Coming off the diet and identifying how long the patient needs to continue on the diet or move onto other foods. The meticulous approach to introducing new foods and adapting to a new way of meal planning for the future.
- One man's meat is another man's poison: Healing goes through ups and downs, it is a process.

## DAY TWO

- **Supplementation**
  - Primary supplementation for GAPS
  - Targeted supplementation for GAPS
- **Detoxification, sunbathing and lifestyle changes**
  - Detoxification systems and pathways. How does a body become overloaded with toxins?
  - Reducing the toxic load with the GAPS Diet, Juicing, Detox Baths, Personal Care, Sunning and safe removal of heavy metals

## GAPS Practical Issues

- Vegetarianism
- Diarrhoea
- Constipation
- The emphasis on enemas and patient GAPS success
- Toxic metals and natural metal chelation
- Testing

## Working with GAPS Patients

- Running a private GAPS Clinic
  - First Consultation
  - Examination and analysis
  - Practitioner and GAPS Patient relationship and understanding of concepts
  - Deciding the right approach for your patient
  - Supplementation
  - Practitioner Resources and Patient Workbooks
  - GAPS Report Writing
  - Follow Up Consultations and managing adjustments and modifications required
- Running a local GAPS Group
  - Supporting your patients and community GAPS Members locally
  - GAPS Group Lessons and Power Point Slides

## GAPS Case Studies

- Group Work and Analysis

## Live Question Time with Dr Natasha Campbell-McBride

- A valuable opportunity for practitioners to ask Dr Natasha Questions directly via audio conference set up from the training conference room connected to Dr Natasha in the UK.

## Course Materials

- GAPS Practitioner Training Manual
- GAPS Workbooks
- GAPS Book (sent out prior to training)
- GAPS Group Lessons Power point on USB
- GAPS Cooking DVD
- GAPS Heart Book
- GAPS Stories
- GAPS Key Ring

## Upon Completion

- Practitioners receive a Completion Certificate, Certified by Dr Natasha Campbell McBride.
- Practitioners are qualified to register to be added to the worldwide listing of Certified GAPS Practitioners on Dr Natasha Campbell-McBride's website.
- Practitioners are invited to join Dr Natasha's closed group forum for Certified GAPS Practitioners only where information will be shared and questions can be asked directly to Dr Natasha herself.
- Certified practitioners will be added to the Australian Practitioner Listing at GAPS Diet Australia
- GAPS Practitioners may be granted a Wholesale Account with GAPS Diet Australia to access GAPS Resources. This will be approved upon completion and submission of the GAPS Diet Australia Wholesale Application form.
- GAPS Practitioners may join the Certified GAPS Practitioner Facebook Group to share local support and resources.