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# GAPS

The GAPS Diet, an extension of Natasha Campbell-McBride's Specific Carbohydrate Diet, is a comprehensive nutritional program for people who suffer from Gut and Psychology Syndrome or mental disabilities due to improper gut function. Campbell-McBride, a neurologist and nutritionist, created the GAPS diet in response to her findings that many brain-related conditions, such as autism, ADD/ADHD, dyspraxia, dyslexia, and schizophrenia, might be treated by healing the gut.

In addition to a specific way of eating, Campbell-McBride recommends probiotics, essential fatty acids, digestive enzymes, vitamin A, and other vitamin and mineral supplements to alleviate GAPS symptoms. Detoxification makes up the third part of this plan: In order to heal the gut, it's necessary to cleanse the body of the toxins that have accumulated over time – juicing and other methods of purifying the body are suggested. Depending on the severity of GAPS, patients may need to follow the diet for two or more years.

Most patients enter the six-part introduction diet before moving onto the full GAPS diet. This serves as an initiation to the healing process and is recommended for all patients, especially those with severe digestive symptoms or food allergies. During the introduction diet, specific guidelines are given in terms of which foods may be consumed. Broth, quality fats, easy-to-digest vegetables, fermented vegetables, and boiled meats are most common. Once a patient begins to experience relief from digestive symptoms, other foods (such as raw vegetables, juices, nuts, fruit, and nut flours) can be slowly added to the diet.

Once a patient reaches the full GAPS diet, more variety may be consumed, though the guidelines are patient-specific. All phases exclude grains, starchy vegetables, sugars, dairy, legumes, and processed foods.

## **Foods to include:**

- Non-starchy vegetables
- Fruits
- Meat
- Poultry
- Fish
- Eggs
- Beans
- Some dairy
- Nuts and seeds
- Healthy oils

## **Foods to avoid:**

- Grains
- Most dairy
- Sugar
- Agave
- Sugar replacements
- Baking powder
- Yeast
- Beer
- Potatoes
- Chocolate
- Instant coffee
- Processed foods
- Trans fats

## **Pros:**

- Emphasizes whole foods

- May heal lifetime ailments
- Can be a lifestyle rather than a diet

**Cons:**

- Very restrictive
- Some may be opposed to eating meat
- May be difficult to plan meals

**Sources:**

*Simplified GAPS Outline* [www.gapsdiet.com](http://www.gapsdiet.com) [\\_\(http://www.gapsdiet.com\)\\_](http://www.gapsdiet.com)

*What is the GAPS diet* [www.nourishedkitchen.com](http://www.nourishedkitchen.com) [\\_\(http://www.nourishedkitchen.com\)](http://www.nourishedkitchen.com)