

GAPS Facebook Questions:

1. How to know when to move to the next stage?

Due to biochemical individuality (genetics, heritage), age, health concerns, etc. each patient needs to tailor the GAPS protocol. Many people are coming to GAPS with a vast array of health concerns including digestive conditions, mood disorders, skin rashes, allergies, food intolerances, neurological conditions, etc. The Introduction Diet can be viewed as an elimination-style dietary protocol. Depending on what symptoms brought you to try the GAPS Diet should be your “base-line” of when to move to the next stage if you decide to start with the Introduction Diet (not everyone does). To get through all the stages, it generally takes people anywhere from 3-8 weeks. This does not mean that every food needs to be successfully introduced before moving to the next stage. If you know that eggs or nut flours pose an issue, focus on the foods that don't initiate a noticeable immune response and continue to move through the stages. Certain high-allergen foods including nuts, dairy, and eggs may take quite some time to be able to successfully introduce (others may never be able to successfully introduce certain foods that create an allergic response). Keeping a food journal and corresponding symptoms with newly introduced foods can be very helpful. It is important to remember that everyone handles foods differently and for every one step forward you may take two steps back. There is no one-size-fits-all “cure” to tackling your health concerns and healing truly is a journey. It is important to focus on the milestones and successes, no matter how small. Listen to your body as much as possible and if you experience negative symptoms, you may be moving too quickly with the foods you are introducing.

2. If you eat something not gaps approved -do you just get back to it or start back over somewhere?

The short answer is No, you don't necessarily need to start over if you have a “bad weekend” or a “bad day.” However, people react differently depending on individual health concerns. You may be able to occasionally “splurge” once a week, once a month, etc. and have no significant set-backs or symptoms. If you have ever heard of the 80-20 rule, some people follow this philosophy with GAPS – eating 80% GAPS-Friendly and 20% how they want. However, because patients are on a spectrum from mild skin issues to severe autism, some people may not be able to follow this philosophy. Any negative body symptom related to food is a type of inflammatory immune-response – inflammation in the body impacts the natural healing process. If you have a “cheat day” you may want to try and include some therapeutic anti-inflammatory foods/supplements for the next few days to assist with your detox organs. This may include fresh pressed vegetable juices, liver-supporting herbs including cilantro, ginger, turmeric, mint, and parsley. You may also want to include a broad spectrum digestive enzyme to assist your body in breaking down these “cheat foods” such as Total Gest (www.shop.gapsdiet.com).

3. I'm type 1 diabetic and I'm struggling with going low and I just started eating more gaps meals then not . What are gaps approved to bring sugars back up?

For patients with a diagnosed medical condition, it is imperative to work closely with your healthcare practitioner in order to monitor you. It is just as essential to be transparent with your physician when deciding to implement a new dietary and/or supplement protocol. Your dietary choices will not look the same as your friends, your children, your partner, or neighbors. Dr. Campbell-McBride only recommends natural sugars including honey and dried fruit. In recent years “natural” sugar replacements have popped up toting themselves as being “healthy.” However, sugar replacements such as agave and monk fruit are many times sweeter than natural cane sugar and can actually trick your body into thinking more sugar is coming in, causing a surge in insulin output. Your salivary glands are the first in line to start the digestion process and it is essential to re-train your taste buds to less sweet dietary items so the rest of the digestive process goes smoothly. Always talk with your physician prior to making any changes.

4. How can a large family, or any families, afford to pay for food while staying faithful to GAPS?

Let's get real for a second – eating healthy is expensive! Boxed macaroni and cheese, cereal, donuts, cookies, and pasta are much cheaper alternatives because of how they are processed. Genetically modified corn and soy in addition to high fructose corn syrup, hydrogenated fats, and toxic preservatives allow companies to keep these foods on the shelves for months (if not years) without going stale. In turn, they are so cheap to mass produce and able to keep the sale price down. The end result of a diet laced with these highly refined and toxic foods? Auto-immune conditions, obesity, insulin resistance, cystic acne, severe eczema, chronic fatigue, depression, anxiety, etc. So the question becomes, what can we reasonably do to implement a healthy lifestyle while also not going broke? The first answer is choices. You have to evaluate what are the most important aspects in your life and where you are willing to make some sacrifices. Second, buy local! Purchasing fruits and vegetables that are local and/or organic is more important than purchasing meats that are organic – the reason is because animals have their own detoxification system to remove some of the antibiotics and hormones, while your plant sources can not. Maybe you can't afford organic meats, but you can look for antibiotic and hormone free. Try to buy in season produce as well – this will save a ton! Search online for Co-Ops or farms that you can split a quarter of a cow or a pig, find local eggs, etc. You may need to do a little bit more planning and get more creative. In the end, eating GAPS-friendly does take time to adjust but you can eat great while still staying on the plan – spaghetti squash with meat sauce, lettuce burgers, salads with salmon or chicken, stews in the winter, and stir-frys with diced veggies and meats are all great options that won't break the bank. Perhaps some of the implementations (ferments and bone broths) are overwhelming for you and your busy families – that's ok! Start with eliminating gluten and commercial dairy and fill your plates with veggies, meats, eggs, fish, and healthy fats. Once you get a routine, finding GAPS-friendly meals won't be so difficult and don't think you have to be perfect all the time. Do your best!

5. What about einkorn and spelt flour? They are ancient grains with many benefits and they are not genetically modified wheat. Are they OK on GAPS or like any other grains they are not? Also, is milk prohibited because it's pasteurized or milk in general is causing problems? What about good home milk?

Both of these grains contain gluten, first of all. Dr. Campbell-McBride extensively discusses the molecular weight of partially undigested gluten being able to cross the blood-brain barrier. In addition, those with compromised digestive systems lack the healthy cells that line the intestines in order to break down and absorb these food choices. The GAPS Diet was derived from the Specific Carbohydrate Diet in which specific foods were chosen that were the most easily digestible in order to give the digestive system a chance to heal and the gut lining to seal, as well as balance the bacterial ecosystem. Consuming these foods with an already compromised digestive system will only exacerbate symptoms and prolong the healing process..

Milk contains the protein casein, which, like gluten, can pose great issues for patients with a compromised digestive system and leaky gut. Commercial milk and dairy products are heated at high temperatures through pasteurization and alters the delicate chemical protein structures of these peptides. When ingested, the body can't recognize this structure or successfully utilize them and creates an immune response. Dairy has been linked to exacerbating symptoms of asthma sufferers, allergies, hives, psoriasis, eczema, acne, and sinus issues. If a patient has successfully gone through the dairy introduction structure and been following the GAPS diet with no present symptoms for 12-18 month, introducing unpasteurized, raw milk may be beneficial for those with no known dairy allergy.

6. How would I determine if this diet is appropriate for me?

Many of the GAPS principles of removing refined carbohydrates, refined sugars, commercial milk, and commercially refined vegetable oils is something everyone should try to follow in a day and age where our food supply is saturated with genetically-modified corn and soy products, high-fructose corn syrup, food colorings and additives, antibiotic/hormone laced meats, farm-raised fish, and glyphosate-ridden fruits and vegetables. However, the GAPS Diet is not a one-size-fits-all approach and many people need to tailor their dietary/supplement protocol to support individual healthcare and lifestyle needs. A HUGE misconception is the GAPS Diet is a high-fat high-protein diet. It's not! It is essential to find the right

macronutrients that support your body and reflect what is going on in and around you. Your body is constantly changing and you need to listen to it. Who wants a steaming hot bowl of soup or thick stew when it is summer and 100 degrees outside? Not me! A large salad with fresh salmon and lemon vinaigrette sounds much more appetizing! Someone who has their gallbladder removed or dealing with a toxic liver needs to adjust the amount of fats in each meal as well as how much they consume in one sitting. You may do better with eating multiple small meals a day, while someone else may do well consuming the classic three meals a day. No diet is a magic pill. It takes time to implement a plan and adjust as you gauge what your body is telling you. The problem today is you have “health experts” from every angle pushing what the optimal and “RIGHT” diet is. You may find that a protocol that was working for a few months is no longer working – that is your body telling you “hey, you cleansed or fed me enough and now we need to switch some things up!” The best advice Dr. Campbell-McBride gives is to listen to your body, eat as seasonally and locally as possible, and work with a health professional who understands your emotional and physical needs. This will be your greatest chance for success.

7. What are examples of common GAPS foods?

Some people who come to GAPS are turned off with the idea of fermenting their own dairy and vegetables, or making kombucha or water kefir from scratch. I don't blame you! Some of this stuff is so foreign to the normal American who is used to eating fast food a few times a week, cereal for breakfast, and pasta for dinner. But don't let these traditional food preparations completely steer you away from some foundational GAPS principles. Although making your own ferments at home and incorporating homemade meat stocks and bone broths are recommended staples to include throughout the GAPS program and beyond, you can still eat GAPS-Friendly without implementing these traditional foods if you are overwhelmed. Examples of common GAPS foods include:

Antibiotic/hormone-free (organic) chicken, turkey, pork

Grass-fed beef

Cold water fish including sardines, mackerel, trout, cod

Cage-free, organic eggs

Raw and Cooked vegetables (other than highly starchy ones in the beginning)

Raw and Cooked Fruits (starting with apples and berries – if you suffer from yeast issues, you may want to temporarily avoid fruit)

Nuts (raw – in moderation when no digestive symptoms are present)

Seeds (raw – in moderation when no digestive symptoms are present)

Healthy fats including coconut, olive, avocado, ghee, butter, red palm

Example meals include eggs, sausage, bacon, homemade pancakes with butter nut squash, muffins made from almond flour, sliced veggies and avocado for breakfast

Salads with meat and vinaigrette with olive oil, ACV, herbs, and lemon

“sandwiches” with lettuce wraps or coconut/nut flour wraps with nitrite/nitrate free lunch meats

Grass-fed burgers with parsnip fries

Spagetti squash with meat sauce, stir fries, tacos with lettuce wraps, roasted chicken with vegetables, crock-pot pulled pork with vinegar-based coleslaw, “fried” chicken coated in almond flour, stuffed turkey burger with white cheddar and jalapenos, for some dinner ideas. Many GAPS-friendly meals can be found online, as there is a lot of cross-over with the paleo and ketogenic-type diets.

8. Do you always start with Stage 1, regardless of symptoms?

No, you do not always need to start with the stage 1 in the Introduction Diet. Individuals who suffer from severe diarrhea and inflammatory bowel conditions, severe food intolerances, and neurological conditions may find starting with the Introduction Diet helpful in order to give the digestive system a break and bring inflammation down quickly. However, those suffering from mild food sensitivities, constipation, and skin issues may find starting with the Full GAPS Diet more

helpful. Each patient's food choices and GAPS path will look different, as you need to tailor it to support your own biochemistry and health needs.

9. How to do GAP for a child that was diagnosed with dairy and nuts allergies?

This is very common and it is recommended to simply avoid dairy and nuts and focus on the healing, nutrient-dense foods that don't create an inflammatory response. If a person has a "true" allergy to a specific food, you may never be able to re-introduce those foods into the diet. However, many people have sensitivities that create an inflammatory response due to leaky gut and poor digestive function. If your case is the latter, you may be able to very slowly go through the dairy introduction structure after being on the protocol for a few months. However, it is important to note, anaphylactic-type allergies are extremely serious and a patient should never consume foods that create a severe immune response. It is recommended to work with your child's physician while implementing new dietary protocols. Removing nuts and dairy still leaves plenty of nourishing foods on the diet including meats, fish, vegetables, fruits, healthy fats, eggs, and shellfish (in moderation).

10. Is there an active gaps fb page to walk through this journey with others?

In addition to our official GAPS Facebook page, we also have a GAPS Community page that is a private group. You can simply request to be a member. We also have a Yahoo Support Group by following this link : <http://www.gapsdiet.com/support.html>. If you need more assistance, you may want to work with GAPS Practitioners or one of our health coaches for individualized support and health recommendations. We also welcome general questions to ask@gapsdiet.com

11. My son has orange palm and feet since the time we have started gaps as he was eating carrots, pumpkin etc. How can we fix it?

This orange tinge is a result of the influx of beta-carotene, a precursor to Vitamin A, from foods like you mentioned. This in and of itself is harmless and comes from the high amounts of beta-carotene entering the blood stream. If this is causing you stress, temporarily avoid or limit carrots and pumpkin and focus on other green vegetables. The tinge should start to dissipate rather quickly.

12. Some people say don't introduce fruits like apple banana in intro if you have yeast overgrowth but in the book it is there in the book and it also add some variety. What should we do exactly?

It is true that if a patient is suffering from candida overgrowth and high levels of yeast, temporarily avoiding sugars (even natural ones) may be of benefit. This would include eliminating fruits high in sugar as well as honey. Some patients have also benefited by temporarily avoiding foods that are categorized as fungi such as mushrooms and supplementing with a specific strain of probiotic called S. Boulardii. However, depending on the severity, Dr. Campbell-McBride has stated that even if a patient is suffering from candida, occasionally consuming fruit, such as berries that contain very little sugar as a snack in between meals while consuming probiotics daily may not be of much concern. Juicing with fresh pressed greens with liver supporting herbs and temporarily supplementing with natural antifungals such as olive leaf extract, oil of oregano, caprylic acid, black walnut, and pau D'arco may also be helpful in the meantime while you give your body the chance to heal and rebalance.

13. Which are the foods which feed only good bacteria like bifidobacteria and lactobacillus?? Does staying on intro for long kill these good bacteria too?

Fermented foods including kimchi, sauerkraut, homemade yogurt and sour cream, water kefir, probiotic supplements, and dietary fiber all feed beneficial bacteria. However, depending on the state of your digestive health, dietary fiber from raw fruits and vegetables including artichokes, asparagus, green banana, garlic, and onion can be difficult on the digestive system and should be introduced once all serious digestive symptoms have cleared. Staying on the Introduction Diet for an

extended period of time may be helpful for those suffering some chronic and severe conditions including Ulcerative Colitis and Crohn's. However, for the average individual, staying on the beginning stages of Intro for excessive amounts of time can actually start to starve your good bacteria, as they feed on dietary fiber and in turn form short-chain fatty acids that have many beneficial functions.

14. Is prebiotic better than probiotic? Which is preferable?

Prebiotics in the form of natural foods can be very beneficial. However, in supplement form (such as inulin) without the presence of probiotics can actually feed pathogenic bacteria in your GI tract if you already suffer from gut dysbiosis. It is recommended to introduce probiotic foods and/or supplements including fermented vegetables along with a probiotic that may contain a prebiotic. Some people find they only do well with natural sources of probiotics while others (like those who suffer from histamine issues) find supplementing with a probiotic that contains specific strains more helpful until deeper healing has occurred.

15. How to deal with painful trapped gases especially after every meal? (crohn's patient)

You are not alone! Feeling uncomfortable after meals is the worst and can almost make you feel like a prisoner in your own body – fearing to eat, afraid to go out to meals with friends or colleagues, unintentionally starving yourself on days you need to get things done, are only some of the unfortunate scenarios that can negatively impact your life. The first thing every patient with a chronic digestive condition should do is keep a food journal and correspond your symptoms daily with the foods you consume. Large meals, high-fatty meals, nuts, seeds, grains, and dairy can all be difficult on the digestive system, especially you have low stomach acid and enzyme deficiency. Spicy condiments and foods, alcohol, and coffee can also cause irritation of the digestive lining and residual discomfort. One of the best things you can do is start to eat smaller meals at each sitting. If you have gallbladder or liver issues including blocked bile ducts, keep fats (even healthy ones) to a minimum with each meal until your liver is able to produce enough. High levels of yeast and other “unfavorable” bacterial strains at high levels can feed/ferment on your meals, releasing by products including histamine and ammonia. If you suffer from dysbiosis, limiting or temporarily avoiding foods that feed yeast and other fungi in the gut including fruits high in sugar, nuts, and honey may be helpful. Temporarily supplementing with a broad spectrum digestive enzyme with each meal will assist your own digestive system in breaking down food in order to avoid prolonged fermentation in the gut. In addition, if you suffer from fecal compaction, cold-pressed castor oil packs (rubbing castor oil on the lower abdomen and setting a warm towel over for 15-20 minutes), enemas, and detox paths may be helpful. To stimulate stomach acid and boost your digestive juice power, you might want to try sipping on ginger or mint tea prior to meals and use digestive bitters. Juicing with fresh parsley, dandelion, celery, and cucumber can also be beneficial. Try to avoid chewing gum as well, as this can increase gas and bloating when meal time comes.