

Full GAPS Diet

Comprehensive information regarding the Full GAPS Diet can be found in *Gut and Psychology Syndrome* and *Gut and Physiology Syndrome* books written by Dr. Natasha Campbell-McBride

The Full GAPS Diet is recommended to be followed after the Introduction Diet for a minimum of 18-24 months. After two years, Dr. Campbell-McBride addresses how to come off of GAPS properly in *Gut and Psychology Syndrome* and *Gut and Physiology Syndrome*.

Any sign of regression is an indication you're not ready or moving too fast with new foods. This could also be an indication you are consuming too many baked goods. Listen to your body, be patient, and introduce any new food gradually.

EVERY MORNING

Start the day with a cup of still mineral or filtered water with a slice of lemon or teaspoon of apple cider vinegar or fresh pressed juice. A good juice to start the day is 40% apple + 55% carrot + 5% beetroot (therapeutic ingredients should make up a minimum of 50% of your juice).

GAPS MILKSHAKE (Provided by Dr. Campbell-McBride)

If you find it difficult to digest fats due to poor bile flow, congested liver, or gallstones, drinking GAPS milkshakes on an empty stomach twice a day is recommended. Whisk 1-2 raw eggs and 2 tablespoons of homemade raw sour cream or coconut oil into your fresh pressed juice. Drinking GAPS shakes first thing in the morning and middle of the afternoon are great times. Including liver supporting herbs including dandelion, milk thistle, burdock, and garlic along with Oxbile supplements may also assist in poor fat digestion.

From 4 am to 10 am the body is in “detoxification mode.” It is best to consume GAPS milkshakes, fresh pressed juices, fresh fruit and vegetables, probiotic foods, lemon and apple cider vinegar water prior to 10 am to assist in this process. It is optimal to have your first nutrient-dense meal after 10 am once your body has stopped “detox” mode and is ready for “feeding.”

A TYPICAL MENU

Breakfast – Eggs cooked any way with meat and vegetables (cooked and raw). Avocado with olive oil, sprouted seeds, and homemade meat stock/bone broth on the side. Homemade pancakes, muffins, or baked goods.. Homemade soup/stew. Herbal tea.

Lunch and Dinner - Meat, fish, shellfish, with vegetables (raw, cooked, fermented). Salad with olive oil and lemon, avocado, and homemade soups/stews. Sea salt, pepper, garlic, chopped onion, and fresh herbs are encouraged.

Quick Tip

For snacks and in between meals, you can have fruit, nuts, seeds, and baked goods in moderation if diarrhea is not present. Do not over indulge in these foods. If you are hungry before bedtime, it is recommended to eat the most easily digestible food items such as homemade fermented yogurt, kefir, or sour cream, or a cup of hot meat stock.

Quick Start Guide

The GAPS Diet is designed to strengthen the gut lining and restore intestinal microbial balance. This is achieved by removing inflammatory triggers and replacing with essential nutrients to provide building blocks for healing.

Intestinal permeability (LEAKY GUT) is a major factor in immune dysfunction in poor health because contents that should be contained within the intestines until sufficiently digested are leaking through the gut wall into the blood stream partially digested. The body creates an inflammatory immune response against these undigested molecules. Chronic, low grade inflammation disrupts cellular energy production, cell-to-cell communication, autoimmunity, blood sugar irregularities, and overall stress on the body.

REMOVE

INFLAMMATORY TRIGGERS

Popular Supplements

Probiotics – provides beneficial bacteria essential for digestion, immune function, and gut lining support

Essential Fatty Acids – Cod liver oil, DHA, and EPA provide essential nutrients for immunity, skin health, brain function, and endocrine support

Betaine HCl with Pepsin – Low stomach acid is associated with GERD, reflux, and pathogenic bacterial overgrowth. Physiological preparation to mimic the body's own production of stomach acid

REPLACE

WITH HEALING NUTRIENTS

RESTORE

GUT MICROBIOME

Pancreatic Enzymes – Broad spectrum digestive enzymes assist the body in breaking down nutrients in the most easily absorbable forms

Oxbile – Physiological preparation to support fat digestion

Seagreens Seaweed – Pure, broad spectrum nutrition profile to “fill the nutrient gaps” and support detoxification.

Binding Agents – Activated charcoal and diatomaceous earth bind to toxic substances to avoid reabsorption.

Tips for Success

- ✓ *The GAPS Diet is a lifestyle change. It takes time to break old habits and create new routine so be patient with yourself.*
- ✓ *Keep a food journal. Food reactions can be immediate or delayed. Food combinations and quantity of food choices impact digestion and affect symptoms.*
- ✓ *Poor fat digestion and constipation are very common. Introduce fats gradually – nausea, alternating diarrhea with constipation, and skin eruptions are signs to cut back and slow down.*
- ✓ *Minerals act as cofactors for enzymes and support proper pH in the body. Sea or Himalayan salt, organic seaweed, bone broth, organ meats, and fresh pressed vegetable juices are great sources.*
- ✓ *Support detoxification pathways. Healing releases toxins for the body to remove through the liver, bowel, urine, lungs, and skin. Detox baths, liver-supporting herbs, probiotics, light to moderate exercise, sleep, meditation, and natural sunlight assist detox organs.*