

Health Issues Affecting Families Today

With Cara of Health Home and Happiness



Healing With Dietary Intervention – Notes Page

Cara from Health, Home and Happiness, mom of 3

Teresa, mom of 11

We both have used the GAPS diet and other dietary intervention to heal our children.

Teresa's story

How she found GAPS: At the time she had 7 children. Her 9yo at the time was a 'hard kid' – she thought she needed the right discipline program, was more consistent, he would behave.

1. She adopted 2 more girls that were 7 and 8 at the time, and things unraveled due to his behavior toward them
2. He was never officially ADHD diagnosed, but she didn't want to go the route to diagnosis and medication
3. There must be something going wrong – why are meds the solution so often?
4. Desperation – a friend had done gluten free for celiac disease and her friend told her that food can also affect behavior
5. Got Caleb tested for food allergy – he was very allergic to everything: Meat, dairy, soy, corn
6. First went gluten free/dairy free.
 - a. He plateaued
 - b. Her expectations and hope raised as his behavior improved on elimination diet

7. Was on gluten free/dairy free for a couple months, noticed a difference, but she thought there could be more healing
8. Went onto the GAPS diet to get further healing
9. Was on GAPS for 3 years

Cara's story

1. Hannah had delays at 4 months
2. At 12 months wasn't making eye contact, had repetitive 'stimming' behaviors, she couldn't be officially diagnosed yet due to age but she seemed to have autism behaviors
3. Someone suggested pecanbread.com – the SCD diet (specific carbohydrate diet) where there were great stories of healing with autism
4. Thought the diet was crazy, how do you limit a child's diet that much?
5. Started standard therapies – early intervention, speech therapy, occupational therapy
6. She was only sleeping in 2 hour stretches and was up in the middle of the night for at least an hour every night
7. Wasn't making progress in therapies, so tried gluten free/dairy free
8. She made huge progress in the first week or so on gluten free/dairy free
9. After a couple weeks she regressed back a lot while still strictly on gluten free/casein free
10. After googling 'regression after gluten free casein free diet' I found the GAPS diet, which is based on the same principals as the specific carbohydrate diet that I had heard about earlier
11. Started GAPS the next month, once you've started a special diet once it's easier to do it the second time around.
12. There wasn't as big of a change as when we had initially removed gluten and casein, but there was slow and steady improvement
13. Improvement was noted by occupational therapists, speech therapists, etc.
14. Extensive charting of diet
15. Even now, at 8, her teacher requested that she go back on GAPS after seeing what our little trial of intro over Christmas again – more about this in the later 'healing stories' later in the webinar.

Leaky gut

1. My kid has an autism problem, I have a depression problem, how can this be a gut problem?
2. I thought this about Hannah – her poops were always great. So I doubted it was a 'digestion' problem (spoiler: I was wrong)
3. When the gut isn't populated well with beneficial bacteria, or is damaged due to antibiotic use, heavy metals, or other pathogens, food can leak through into the bloodstream without being digested.

4. The body may also pass food through the body too quickly, before nutrients can be taken out of the food as needed.
 - a. Hard time gaining weight – failure to thrive
 - b. Affects their ability to pull nutrient out of foods if it moves through system too quickly

The gut-brain connection

5. When food particles leak through the gut wall, they can act like foreign particles that the body attacks, having a ‘food allergy’ response.
6. When pathogenic bacteria take up root in the gut, they send out toxins as part of the metabolic process that can act like drugs to the brain...
 - a. The ‘autism fog’ – the bad bacteria get imbalanced and your good bacteria aren’t keeping them in check
 - b. Chemicals are sent out as part of the metabolic process, the chemicals go through our gut wall and into our bloodstream and act like drugs
 - i. Aggression issues – it can look like they’re on meth
 - ii. Spaced out ‘foggy’ kids – can look like they’re on opium

The gut-brain connection

7. When pathogenic bacteria take up root in the gut, they send out toxins as part of the metabolic process that can act like drugs to the brain...
 - a. Food cravings/addictions (sugar, carbs, wheat, dairy)
 - b. Brain fog
 - c. Tiredness
 - d. Anxiety
 - e. Depression

The gut-chronic condition connection

8. This is also called ‘the GAPS family’ - seemingly unrelated things are all rooted in the gut
9. Eczema
10. Asthma
11. Lupus
12. Depression

- 13. Food allergies
- 14. Motion sickness
- 15. Seasonal allergies

How the GAPS Diet Works

- 16. Removes toxic 'foods'
 - a. Food dyes
 - b. Highly processed things like corn syrup
 - c. Gluten, which causes problems in many
 - d. Organic when possible to reduce pesticide residue
- 17. Eliminates starches, some sugar
 - a. By eliminating the carbohydrates that are digested low in the GI tract, you starve out pathogenic bacteria
 - i. Fruit is digested high in the digested system, you give the lower intestines a break
 - ii. Pathogenic bacteria start to starve out
 - iii. Die off symptoms, health problems go away
- 18. And allow the gut to heal
- 19. Simple sugar that is in fruit is still allowed (allowed foods will be talked about later)

Inflammatory foods are eliminated, allowing the gut to rest

- 20. Dairy is introduced after intro
- 21. Gluten and grains are eliminated
- 22. An introduction protocol allows for intense healing by starting with only the most anti-inflammatory food

How the GAPS {Intro} Diet Works

You can stop with 'full GAPS'

- a. Take gluten, dairy, and all the other foods until you're on intro
- 23. Start with just meat, stock, and veggies
- 24. Slowly add in foods every 2-3+ days through the intro stages
- 25. Gives the digestive system a rest
- 26. All the broth has amino acids needed to rebuild gut
- 27. When ferments are introduced, they repopulate the gut

Transitioning off intro to Full GAPS

- 28. Full GAPS allows more foods
- 29. Coconut products
- 30. Nuts
- 31. Not as much soup, but still soup once a day
- 32. It's not necessary to continue the juicing
- 33. You can make baked goods, but it's still important to continue eating lots of healthy fats, meats, veggies
- 34.

GAPS Book – Gut and Psychology Syndrome by Dr Natasha Campbell-McBride

My intro book – What Can I Eat Now, 30 Days on the GAPS Intro

- 35. GAPS Allowed Foods
 - a. Meat, cultured dairy, vegetables, fruit, sea salt, seasonings, coconut, nuts
- 36. Sauerkraut
 - a. Cabbage is cheap – and it heals. This is amazing ☺
 - b. As much work as GAPS is, it's also a lot of work to have a child with special needs or with a chronic health condition
- 37. Dr Natasha says that juicing is important for detoxification
- 38. Baked goods – you can make a coconut flour cupcake with egg white frosting to help them to not feel as left out. It's important to focus on the fats, meats, and veggies though
- 39. Cultured dairy is allowed because the lactose isn't good for gut healing, by culturing the lactose is broken down in the culturing process.
 - a. 24-hour cultured yogurt
 - b. Kefir – culture for 24 hours
 - c. Use butter or ghee okay
 - d. Certain cheeses are okay
- 40. Butternut squash soup, smoked paprika
- 41. I mean pathogenic bacteria – I just said pathological, sometimes that's what it feels like ;)
- 42. Banana pancakes
- 43. Chicken stock- the staple of the GAPS diet
- 44. Lunchable type thing with sunflower seed crackers
 - a. Salami – applegate, watch package carefully

- b. Bubbie's pickles
- c. Banana
- 45. Stir fry
 - a. Instead of serving over rice, which is digested too low in the GI tract, serve stir fry over sliced kale and green beans
- 46. Elderberry and tart cherry gummies
 - a. Great Lakes Brand gelatin from grassfed cows
 - b. Like fruit snacks
- 47. Coconut/Cocoa truffles
 - a. Coconut milk, honey, cocoa powder, a little sea salt – these are great cravings busters.

GAPS Greatly helps sensory issues - fast

- 48. Within 3-4 days most kids will eat way more food than they did before
- 49. 'GAPS kids' – have one or more symptoms that stem in the gut
- 50. Getting kids to eat GAPS food
 - With 'sensory kids' – they will harm themselves by not eating so you have to do some creative feeding
- 51. As we talked about in the Sensory Webinar, a lot of 'GAPS Kids' are super particular about food.
- 52. Start getting rid of gluten and dairy, there are lots of GFCF treats and subs now
- 53. Then stick with GAPS for 3 days (apple sauce, jerky, whatever they will eat)
- 54. As the pathogenic bacteria die off, their brain won't get the 'only eat starch and sugar!' message so much

GAPS Reforms picky eaters

- 55. Sometimes I'm tempted to put my son on GAPS just to keep him from having so many 'opinions' about food
- 56. I sometimes will do intro quickly with myself if I find too many starch/sugar cravings
- 57. "Humans should eat food that is good for them" If we only want to eat junk food, which doesn't have nutrients, something is wrong
- 58. Teresa's son, adopted at 7, lived on macaroni and cheese from a box but now he eats everything, loves the GAPS food, not picky at all.
- 59. When kids are picky, every meal time is a battle and you don't even realize but mealtimes are too stressful when they should be a time of bonding.

GAPS Stories