

# Healing with dietary intervention

Two moms with 14 children between us that  
have healed using the GAPS diet

# Healing with Dietary Intervention

Introducing Teresa, mom of 11 adopted children

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Cara from Health Home and Happiness Mom to three children, started GAPS when her oldest was 3 for autism symptoms

# Leaky Gut Overview

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.

The body may also pass food through the body too quickly, before nutrients can be taken out of the food as needed.

# The gut-brain connection

When food particles leak through the gut wall, they can act like foreign particles that the body attacks, having a 'food allergy' response.

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...

# The gut-brain connection

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...

- Food cravings/addictions (sugar, carbs, wheat, dairy)
- Brain fog
- Tiredness
- Anxiety
- Depression

# The gut-chronic condition connection

- This is also called 'the GAPS family' - seemingly unrelated things are all rooted in the gut
  - Eczema
  - Asthma
  - Lupus
  - Depression
  - Food allergies
  - Motion sickness
  - Seasonal allergies

# How the GAPS Diet Works

- Removes toxic 'foods'
  - Food dyes
  - Highly processed things like corn syrup
  - Gluten, which causes problems in many
  - Organic when possible to reduce pesticide residue

# How the GAPS Diet Works

- Eliminates starches, some sugar
  - By eliminating the carbohydrates that are digested low in the GI tract, you starve out pathogenic bacteria
  - And allow the gut to heal
  - Simple sugar that is in fruit is still allowed (allowed foods will be talked about later)

# How the GAPS Diet Works

- Inflammatory foods are eliminated, allowing the gut to rest
  - Dairy is introduced after intro
  - Gluten and grains are eliminated
  - An introduction protocol allows for intense healing by starting with only the most anti-inflammatory foods

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# How the GAPS {Intro} Diet Works

- Start with just meat, stock, and veggies
  - Slowly add in foods every 2-3+ days through the intro stages
  - Gives the digestive system a rest
  - All the broth has amino acids needed to rebuild gut
- When ferments are introduced, they repopulate the gut

# Transitioning off intro to full GAPS

Full GAPS allows more foods

- Coconut products
- Nuts
- Not as much soup, but still soup once a day
- It's not necessary to continue the juicing
- You can make baked goods, but it's still important to continue eating lots of healthy fats, meats, veggies

# Transitioning off intro to full GAPS

Full GAPS allows more foods

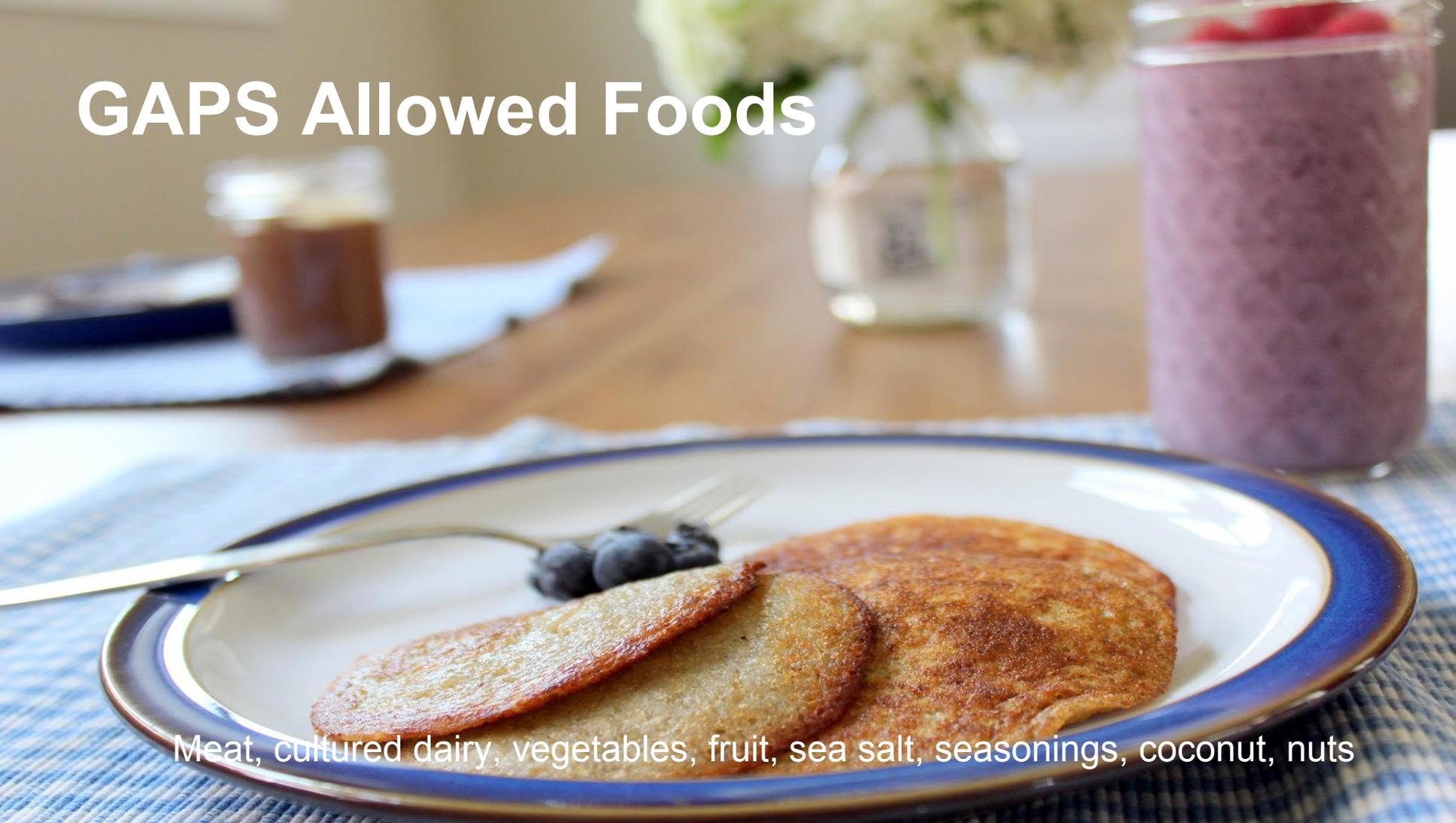
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# GAPS Allowed Foods

A photograph of a dining table set for a meal. In the foreground, a white bowl with a blue rim is filled with a smooth, yellow soup, topped with a dusting of red paprika. A silver spoon is tucked into the soup. The bowl sits on a dark blue, textured placemat. To the left of the bowl, a small glass jar with a green lid is labeled 'SAUCIERES PAPRIKA'. Behind the jar are two whole pumpkins. In the background, a lit candle in a glass holder provides a warm glow. To the right, a plate of golden-brown, round breads is visible. The table is made of wood, and a wooden chair is partially seen in the background.

Meat, cultured dairy, vegetables, fruit, sea salt, seasonings, coconut, nuts

# GAPS Allowed Foods

A photograph of a breakfast meal. In the foreground, a white plate with a blue rim holds three golden-brown pancakes, a small cluster of blueberries, and a silver fork. To the right of the plate is a tall glass filled with a purple smoothie, topped with fresh raspberries. In the background, a wooden table is set with a small glass of coffee, a white napkin, and a vase of white flowers. The scene is brightly lit, suggesting a sunny day.

Meat, cultured dairy, vegetables, fruit, sea salt, seasonings, coconut, nuts

# GAPS Allowed Foods

The image shows four glass jars filled with a yellow liquid, likely honey or a similar natural sweetener, arranged in a row on a wooden surface. The jars are sealed with metal lids. The background is softly blurred, suggesting an indoor setting with natural light.

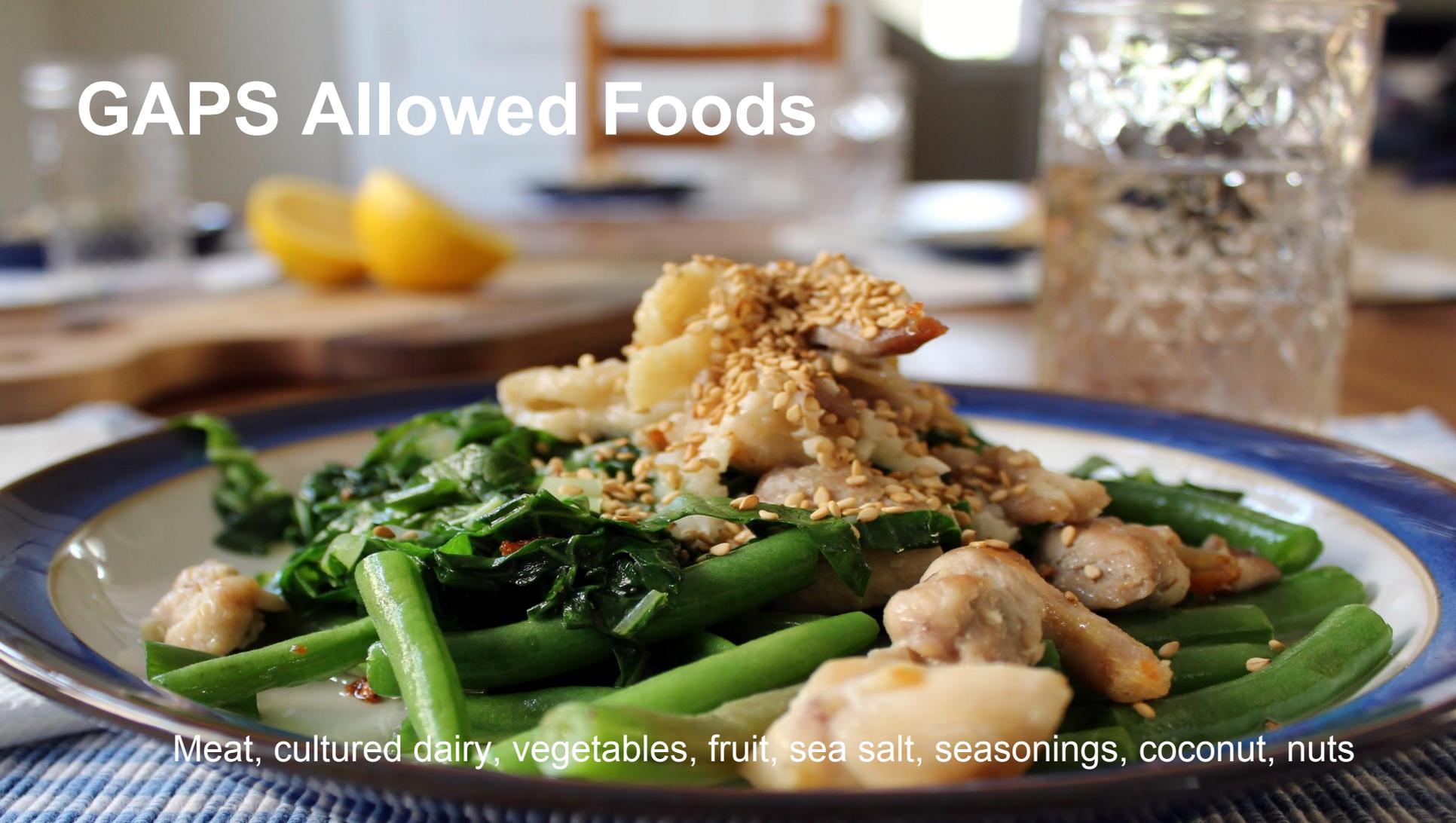
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# Getting kids to eat GAPS food

As we talked about in the Sensory Webinar, a lot of 'GAPS Kids' are super particular about food.

- GAPS Greatly helps sensory issues - fast
- Within 3-4 days most kids will eat way more food than they did before

# Getting kids to eat GAPS food

As we talked about in the Sensory Webinar, a lot of 'GAPS Kids' are super particular about food.

- Start getting rid of gluten and dairy, there are lots of GF/CF treats and subs now
- Then stick with GAPS for 3 days (apple sauce, jerky, whatever they will eat)

GAPS Reforms picky eaters

Sometimes I'm tempted to put my son on GAPS just to keep him from having so many 'opinions' about food

**GAPS Stories - how it's helped our kids and what we've seen in other people's kids/families**

**How Teresa found out about GAPS  
and why she decided to start her  
family on it**

**How they ate before GAPS**

# **How Cara's family got started on GAPS**

**Healing seen in other families**

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