

Gut and Psychology Syndrome

Natasha Campbell-McBride, MD

Gut and Psychology Syndrome (GAP Syndrome)

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GAP Syndrome

Child

- AUTISM
- ADHD/ADD
- DYSLEXIA
- DYSPRAXIA
- LEARNING, BEHAVIOURAL, SOCIAL PROBLEMS

Adult

- SUBSTANCE ABUSE
- DEPRESSION
- OBSESSIVE-COMPULSIVE
- MANIC-DEPRESSIVE
- SCHIZOPHRENIA

GAP Syndrome

digestive problems	allergies
asthma, eczema	malnutrition
bed wetting	thrush
chronic cystitis	

GAP Syndrome

- Colic
- Bloating/ Flatulence
- Diarrhoea
- Constipation
- Feeding Difficulties
- Malabsorption
- Faecal Compaction on X-rays
- Over-Spill Syndrome

Roles of Gut Flora

- Protection from Invaders
- Health and Integrity of the Gut
- Appropriate Digestion and Absorption
- Vitamin Production
- Detoxification
- Immune System Modulation

GAPS Patients & Gut Dysbiosis

- Reduced/Absent Populations of Normal Flora
- Candida Species Overgrowth
- Clostridia Species
- Sulphate Reducing Bacteria
- Viruses: Measles, Herpes, CMV, etc

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The Gut – Brain Connection

- Acetaldehyde & Alcohol
- Dermorphin & Deltorphin
- Gluteomorphins & Casomorphins
- Low Serum Sulphate
- Clostridia Neurotoxins
- Organic Acid Testing

A Typical Scenario

- Mother With Gut Dysbiosis
- The Baby does not Develop Normal Gut Flora
- Immune System Compromised
- Ear Infections, Antibiotics
- Chest Infections, Antibiotics
- Further Damage to Gut Flora & Immune System
- Vaccinations
- Usual Weaning Diet
- Gut Dysbiosis
- Toxicity
- Brain Dysfunction

Key Treatments: Re-establishment of Normal Gut Flora

- Diet (Specific Carbohydrate Diet, S.Haas, M.Haas)
- An Effective Probiotic
- Address Nutritional Deficiencies
- Detoxification

GAPS Diet

“Gut And Psychology Syndrome”
by Dr.N. Campbell-McBride

“Breaking the Vicious Cycle”
by Elaine Gottschall

www.gapsdiet.com www.gapsguide.com
www.gaps.me
www.pecanbread.com
www.scdrecipes.com

SUPPLEMENTATION

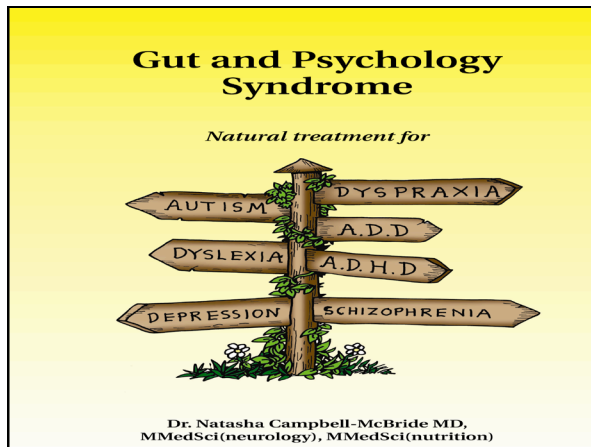
- AN EFFECTIVE PROBIOTIC
- VITAMIN A - COD LIVER OIL
- ESSENTIAL FATTY ACIDS (OMEGA-3, OMEGA-6, OMEGA-9)
- MULTI-VITAMIN, MINERAL AMINO-ACID SUPPLEMENTATION
- DIGESTIVE ENZYMES: HCl & PEPSIN, PANCREATIC ENZYMES

DETOXIFICATION

- JUICING
- BATHS WITH EPSOM SALT, SEA SALT, CIDER VINEGAR
- AVOIDING TOXIN EXPOSURE

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