

GUT AND PSYCHOLOGY SYNDROME

Dr. Natasha Campbell-McBride M.D.

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

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 (based on Specific Carbohydrate Diet)
- An Effective Probiotic
- Address Nutritional Deficiencies
- Detoxification

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**

APPROPRIATE DIET FOR
GUT AND PSYCHOLOGY
SYNDROME

Foods to avoid

- All grains
- Starchy vegetables
- Sugar, other commercial sweeteners
- Milk sugar Lactose
- Starchy beans including soy
- All processed foods
- All food additives

Recommended foods

- All meats cooked from fresh or frozen
- All fish cooked from fresh or frozen
- Organ meats
- Good quality eggs
- Non-starch vegetables
- All ripe fruit including dried fruit
- Nuts and seeds
- Fermented dairy
- Cold extracted honey

Natural fats

- All animal fats
- Butter and ghee
- Coconut oil and palm oil
- Cold pressed virgin olive oil

Avoid all margarines, butter replacements, vegetable oils and cooking oils

Breads, pies, cakes, muffins, pancakes, waffles etc.

- Nuts or seeds ground into flour
- Eggs
- Butter, ghee, coconut oil, goose fat, duck fat
- Carrot, winter squash, marrow, courgette
- Dried fruit: dates, figs, apricots, raisins
- Ripe banana
- Salt, sun dried tomato, tomato pure, spices
- Cheese and fermented cream

Dairy

Avoid for 4 weeks

Step 1: Introduce organic unsalted ghee

Step 2: Introduce organic unsalted butter

Step 3: Introduce home made kefir, yoghurt & fermented cream

Step 4: Introduce home made cheese

Step 5: Introduce mature traditional cheese

Step 6: Introduce double cream & clotted cream

Avoid all milk and milk substitutes

Meat & fish stock

- Home made meat & fish stock
- Soups and stews made with stock
- Meat jelly made at home
- Bone marrow
- Joints and cartilage
- Natural gelatine

Avoid commercial stock cubes or granules!

Fermented foods

- Sauerkraut
- Fermented vegetables with kefir starter
- Fermented fish with kefir starter or whey
- Fermented dairy
- Home made vinegar
- Fermented coconut water (Donna Gates)

Recommended reading: *Nourishing Traditions*
by S. Fallon and M.G. Enig

Low fibre diet for diarrhoea

- No raw foods, no fruit, no nuts or seeds
- Home made meat stock
- Meat and fish well cooked in water
- Soups and stews with vegetables & meats
- Well cooked vegetables
- Eggs
- Home made kefir, yoghurt and cheese
- Fermented vegetables

Natural chelation

- Freshly pressed vegetable & fruit juices
- Probiotics
- Fermented foods
- Sea greens
- Humic acids: fulvic acid, Humet, etc.
- Spirulina & algae
- NDF (Nano-colloidal Detox Factor)

Contact Details

Dr. Natasha Campbell-McBride M.D.

Tel 44 (0)1353 723234

nashcam@lineone.net

www.medinform.co.uk