THE GAPS DIET

Natural Digestive Healing

Simplified GAPS Outline

Here is a simplified outline of the GAPS Nutritional Program. Please refer to Gut and Psychology Syndrome for more detailed information.

THE NUTRITIONAL PROGRAM

1. Diet
2. Supplementation
3. Detoxification and Life-style Changes

1. Diet

The GAPS Diet is made out of three stages:

1. GAPS Introduction Diet
2. The Full GAPS Diet
3. Coming off the GAPS Diet.

Please, read in detail about these stages in the GAPS book.

2. Supplementation

The essential supplements for GAPS patients:

A. An effective therapeutic strength probiotic
B. Essential Fatty Acids
C. Vitamin A
D. Digestive enzymes
E. Vitamin and mineral supplements.

A. An effective therapeutic strength probiotic

Probiotics are most commonly used in the treatment of gastro-intestinal disorders:

- viral infections of the digestive tract
- necrotising enterocolitis in infants
- intractable pediatric diarrhea
- pseudomembranous colitis

- traveler's diarrhea
- *Clostridium Difficile enterocolitis* enterocolitis
- *Helicobacter* infection
- enteropathogenic *E. coli* infection
- inflammatory bowel disorders: Crohn's disease, ulcerative colitis and chronic pouchitis
- irritable bowel syndrome
- lactose intolerance
- prevention of colonic cancer in laboratory studied

In addition to digestive issues many other health problems have been shown to respond to treatment with probiotics:

- allergies including food allergy
- autism
- chronic viral infections
- urogenital infections
- hepatitis, liver cirrhosis and biliary disease
- tuberculosis
- meningitis
- malignancy
- arthritis
- diabetes
- burns of various degree
- perioperative care and intensive care in surgical patients and patients with massive blood loss
- clinical infections
- autoimmune disorders

While many conditions may benefit from the use of probiotics, the above list has had scientific papers published on the benefit of probiotics with the specific condition.

General Guidelines for choosing a good probiotic:

a. A good probiotic should have as many different species of beneficial bacteria as possible.

b. A mixture of strains from different groups of probiotic bacteria is more beneficial than just one group.

c. A good probiotic should have a concentrated amount of bacteria: at

least 8 billion of bacterial cells per gram.

d. The manufacturer of the probiotic should test every batch for strength and bacterial composition and should be prepared to publish the results.

(Bio-kult is the recommended probiotic and Dr. Campbell-McBride is one of the inventors)

B. **Essential Fatty Acids**

GAPS children and adults should have a group of essential oils supplemented:

a. A good seed/nut oil blend in the ratio of 2:1 of omega-3:omega-6 fatty acids.

b. Cod liver oil to supply EPA, DHA, vitamin A and vitamin D.

c. Fish oil with higher ratio of EPA to DHA, as more EPA seems to be beneficial for GAPS patients. There are no toxic levels for these oils.

C. **Vitamin A**

As listed previously, vitamin A is recommended in the form of Cod Liver Oil (CLO). Vitamin A deficiency can cause digestive problems.

Leaky gut and malabsorption are the typical results of vitamin A deficiency. Unfortunately, due to digestive problems, GAPS children and adults usually cannot absorb or use many forms of vitamin A, commonly found in supplements.

A natural form of vitamin A found in CLO appears to be the best form for these patients.

D. **Digestive Enzymes**

People with abnormal gut flora almost without exception have low stomach acid production. Toxins produced from bacteria such as *Candida* and *Clostridia* have a strong ability to reduce secretion of stomach acid.

Stomach acid is the first barrier for huge numbers of microbes arriving with every bite of food or drink we consume. If the stomach is not acid enough, these bad microbes may have a chance of colonizing in the stomach itself.

Dr. Campbell-McBride recommends that GAPS patients supplement with stomach acid. The most physiological preparation available is Betaine HCl with Pepsin.

Pancreatic Enzymes

These are the enzymes people generally think of when hearing the words "digestive enzymes". These enzymes are usually combinations of proteases, peptidases, lipases, amylase, lactase and cellulase.

In a healthy digestive tract, these enzymes are naturally produced by the pancreas. If normal stomach acidity can be returned, these enzymes should work efficiently.

Dr. Campbell-McBride recommends supplementation with stomach acid. If you feel benefit from the use of these supplements, make sure they do not contain fillers or binders which may interfere with the healing process in the gut.

E. Vitamin and Mineral Supplements

Dr. Campbell-McBride does not generally recommend any vitamin or mineral supplementation at the beginning of the program.

Some patients may require targeted supplementation but this is a matter for a

qualified practitioner to decide.

If you are going to use supplements:

a. Choose supplements without any ingredients which may aggravate the gut condition.

b. Choose supplements with a high absorption rate.

c. Keep supplements to an absolute minimum.

3. DETOXIFICATION AND LIFE-STYLE CHANGES

The first and most important thing is to remove the main source of toxicity, which means cleaning up and healing the gut.

Since this alone will not rid the body of years worth of toxic build up in the system, juicing is recommended. Juicing provides very concentrated fruit and vegetable nutrients to the body in an easily absorbed form.

Black Elderberry is also beneficial and has strong immune-stimulating properties and it is one of the most powerful anti-viral remedies known to man.

The General Toxic Load

An important part of the treatment is reduction of the general toxic load. Keep your house chemical free and avoid bringing anything into the home which will let off chemicals such as new carpet, furniture, and paints. Also remember that your skin absorbs just about everything it comes in contact with so be very cautious with the products you put on your skin. Household plants are great at reducing the toxic air in our houses. They consume the toxic gases and replace them with oxygen and other beneficial substances.

This is a brief summary of important points addressed in *Gut and Psychology Syndrome*. It is very important to read the sections devoted to these areas in the book for a clear understanding of each. Dr. Natasha Campbell-McBride also provides additional information on her website www.gaps.me.

Getting Started

Starting a new diet can seem very overwhelming. When you have digestive issues it is even worse. Here we provide some recommendations on getting started.

Essential Beginning Supplies

- *Gut and Psychology Syndrome* by Dr. Natasha Campbell-McBride

- Therapeutic strength probiotic (Bio-kult is recommended)
- Organic meats and vegetables including meat bones for stock
- Safer household and personal care products
- Cooking supplies for making meat stocks and fermented vegetables

(If finances are an issue, finish the products you have and replace them with more natural products. There are also some very inexpensive natural solutions you can find for household cleaners using vinegar, baking soda, and lemon. Search online for some fast and easy recipes that are just as effective and cost only pennies.)

Helpful (Non-essential) Beginning Supplies

- Food processor
- Juicer
- Grinder (for making nut flours and nut butters)
- Freezer containers

WHERE TO BEGIN

Read *Gut and Psychology Syndrome* **by Dr. Natasha Campbell-McBride.** It is very important to fully understand the GAPS Diet before you start. Starting the diet incorrectly may lead to unnecessary diarrhea, constipation, severe die-off symptoms, and hunger pains.

Be Patient! Please remember that this is going to be a slow process. You should not do the GAPS Diet unless you are willing to fully commit to doing it properly and are willing to stick it out for 2 years if necessary. While some people notice immediate improvements, all progress will be very individual.

Start Slow. Depending on your current diet and digestive health, transitioning to the GAPS Diet may be a dramatic change. The Introduction Diet will be a necessary first step for those with serious digestive problems and food intolerances.

Be Prepared. It may be beneficial to do a few trial runs before going into the Full GAPS Diet or Introduction Diet. Try making sauerkraut or fermented vegetables and meat or fish stocks. Once you have a good handle on these recipes, all other GAPS foods should seem relatively easy.

Once you are ready to start, we recommend starting with the Introduction Diet to allow your body to adjust to the changes gradually. If you do not have serious digestive problems or food intolerances, you should be able to move through the Introduction Diet in a matter of days.

GAPS Introduction Diet

Gut and Psychology Syndrome Introduction Diet

Dr. Natasha Campbell-McBride recommends that GAPS patients follow the Introduction Diet before going into the Full GAPS Diet. Depending on the severity of the condition, you can move through the Introduction Diet as fast or as slow as the condition will permit. Please find some helpful information below for getting started. Please reference Dr. Campbell-McBride's book *Gut and Psychology Syndrome* for detailed information. Please note: It is essential to have the book *Gut and Psychology Syndrome* to implement the GAPS diet effectively.

Following the Introduction Diet fully is essential for people with serious digestive symptoms: diarrhea, abdominal pain, bloating, some cases of constipation, etc. The Introduction Diet will reduce the symptoms quickly and initiate the healing process in the digestive system. Even for healthy people, following the Introduction Diet when experiencing a "tummy bug" or diarrhea will clear the symptoms quickly and permanently usually without needing medication.

Constipation
In cases of stubborn constipation, introduce freshly pressed juices earlier in the diet, from stage 2: start from carrot juice first thing in the morning and take your cod liver oil at the same time. The juice will stimulate bile production as many cases of persistent constipation are due to poor bile production. When there is not enough bile, the fats in the food do not digest well; instead they react with salts and form soap in the gut, causing constipation. Removing dairy may also help.

Food Allergies and Intolerances
People with food allergies and intolerances should go through the Introduction Diet in order to heal and seal their gut lining. The reason for allergies and food intolerances is so-called "leaky gut" when the gut lining is damaged by abnormal micro flora. Foods do not get the chance to be digested properly before they get absorbed through this damaged wall and cause the immune system to react to them. Many people try to identify which foods they react to. However, with damaged gut wall they are likely to absorb most of their foods partially digested, which may cause an immediate reaction or a delayed reaction (a day, a few days or even a couple of weeks later). As these reactions overlap with each other, you can never be sure what exactly you are reacting to on any given day. Testing for food allergies in notoriously unreliable: if one had enough resources to test twice a day for two weeks, they would find that they are "allergic" to everything they eat. As long as the gut wall is damaged and stays damaged, you can be juggling your diet forever removing different foods and never get anywhere. From my clinical experience it is best to concentrate on healing the gut wall with the Introduction Diet. Once the gut wall is healed, the foods will be digested properly before being absorbed, which will remove most food intolerances and allergies.

Those without serious digestive problems and food intolerances can move through the Introduction Diet quite quickly. However,**please do not be tempted to skip the Introduction Diet and go straight into the Full GAPS Diet,** because the Introduction Diet will give your patient the best chance to optimise the healing process in the gut and the rest of the body. Skipping the Introduction Diet may lead to long-term lingering problems, difficult to deal with.

If you have decided to go straight into the Full GAPS Diet, keep in mind that about 85% of everything your patient eats daily should be made out of meats, fish, eggs, fermented dairy and vegetables (some well-cooked, some fermented and some raw). Baking and fruit should be kept out of the diet for a few weeks, and then be limited to snacks between meals and should not replace the main meals. Homemade meat stock, soups, stews and natural fats are not optional - they should be your patient's staples.

*Note: Those who start with the Introduction Diet will introduce dairy earlier than those who go right into the full GAPS diet. Always do a sensitivity test prior to introducing dairy.

GAPS Introduction Diet - IMPLEMENTING THE DIET

Provided by Dr. Natasha Campbell-McBride

1. Introduction Diet
2. The Full GAPS Diet with the typical menu

INTRODUCTION DIET

EVERY MORNING

Start the day with a cup of still mineral or filtered water. Give your patient the probiotic. Make sure that the water is warm or room temperature, not cold, as cold will aggravate his or her condition.

Only foods listed are allowed: your patient must not have anything else. On the First Stage the most drastic symptoms of abdominal pain, diarrhea and constipation will quickly subside. If, when you introduce a new food, your patient gets back diarrhea, pain or any other digestive symptoms then he/she is not ready for that food to be introduced. Wait for a week and try again.

If you suspect an allergy to any particular food, before introducing it do the **Sensitivity Test**.

SENSITIVITY TEST

Take a drop of the food in question (if the food is solid, mash and mix with a bit of water) and place it on the inside of the wrist of the patient. Do it at bedtime. Let the drop dry on the skin, then let your patient go to sleep. In the morning check the spot: if there is an angry red reaction, then avoid that food for a few weeks, and then try again. If there is no reaction, then go ahead and introduce it gradually starting from a small amount.

STAGE 1

Homemade meat or fish stock.
Meat and fish stocks provide building blocks for the rapidly growing cells of the gut lining and they have a soothing effect on any areas of inflammation in the gut. That is why they aid digestion and have been known for centuries as healing folk remedies for the digestive tract. Do not use commercially available soup stock granules or bullion cubes, they are highly processed and are full of detrimental ingredients. Chicken stock is particularly gentle

on the stomach and is very good to start from. To make good meat stock you need joints, bones, a piece of meat on the bone, a whole chicken, giblets from chicken, goose or duck, whole pigeons, pheasants or other inexpensive meats. It is essential to use bones and joints, as they provide the healing substances, not so much the muscle meats. Ask the butcher to cut in half the large tubular bones, so you can get the bone marrow out of them after cooking. Put the bones, joints and meats into a large pan and fill it with water, add natural unprocessed salt to your taste at the beginning of cooking and about a teaspoon of black peppercorns, roughly crushed. Bring to boil, cover and simmer on a low heat for 2.5-3 hours. You can make fish stock the same way using a whole fish or fish fins, bones and heads. After cooking take the bones and meats out and sieve the stock to remove small bones and peppercorns. Strip off all the soft tissues from the bones as best as you can to later add to soups or encourage your patient to eat all the soft tissues on the bones. Extract the bone marrow out of large tubular bones while they are still warm: to do that bang the bone on a thick wooden chopping board. The gelatinous soft tissues around the bones and the bone marrow provide some of the best healing remedies for the gut lining and the immune system; your patient needs to consume them with every meal. Take off all the soft tissues from fish bones and heads and reserve for adding to soups later. The meat or fish stock will keep well in the fridge for at least 7 days or it can be frozen. Keep giving your patient warm meat stock as a drink all day with his meals and between meals. Do not use microwaves for warming up the stock, use conventional stove (microwaves destroy food). It is very important for your patient to consume all the fat in the stock and off the bones as these fats are essential for the healing process. Add some probiotic food into every cup of stock (the details about introducing probiotic food follow).

Homemade soup with your homemade meat or fish stock.
Please look for some recipe ideas in the recipe section of the book. Here we will go through some details, specific for the Introduction Diet. Bring some of the meat stock to boil, add chopped or sliced vegetables: onions, carrots, broccoli, leeks, cauliflower, courgettes, marrow, squash, pumpkin, etc. and simmer for 25-35 minutes. You can choose any combination of available vegetables avoiding very fibrous ones, such as all varieties of cabbage and celery. All particularly fibrous parts of vegetables need to be removed, such as skin and seeds on pumpkins, marrows and squashes, stalk of broccoli and cauliflower and any other parts that look too fibrous. Cook the vegetables well, so they are really soft. When vegetables are well cooked, add 1-2 tablespoons of chopped garlic, bring to boil and turn the heat off. Give your patient this soup with the bone marrow and meats and other soft tissues, which you cut off the bones. You can blend the soup using a soup blender or serve it as it is. Add some probiotic food into every bowl of soup (the details about introducing probiotic foods follow). Your patient should eat these soups with boiled meat and other soft tissues off the bones as often as he/she wants to all day.

Probiotic foods are essential to introduce right from the beginning.
These can be dairy based or vegetable based. To avoid any reactions introduce probiotic foods gradually, starting from 1-2 teaspoons a day for 2-5 days, then 3-4 teaspoons a day for 2-5 days and so on until you can add a few teaspoons of the probiotic food into every cup of meat stock and every bowl of soup. If your patient is ready to introduce dairy, then use your homemade yogurt or kefir. If dairy is still out [by results of sensitivity test or negative reaction when introducing it], then into every cup of meat stock or soup add juice from your homemade sauerkraut, fermented vegetables or vegetable medley (please look in the recipe section of the book). Make sure that the food is not too hot when adding the probiotic foods, as the heat would destroy the beneficial probiotic bacteria.

Ginger tea with a little honey between meals.
To make ginger tea, grate some fresh ginger root (about a teaspoonful) into your teapot and pour some boiling water over it, cover and leave for 3-5 minutes. Pour through a small sieve and add honey to taste (optional).

STAGE 2

Continue with Stage 1.
Keep giving your patient the soups with bone marrow, boiled meats or fish and other soft tissues off the bones. He or she should keep drinking the meat stock and ginger tea. Keep adding some probiotic food into every cup of meat stock and every bowl of soup: juices from sauerkraut, fermented vegetables or vegetable medley, or homemade kefir/yogurt.

Add raw organic egg yolks.
It is best to have egg yolks raw added to every bowl of soup and every cup of meat stock. Start from 1 egg yolk a day and gradually increase until your patient has an egg yolk with every bowl of soup. When egg yolks are well tolerated add soft-boiled eggs to the soups (the whites cooked and the yolks still runny). If you have any concerns about egg allergy, do the sensitivity test first. There is no need to limit number of egg yolks per day, as they absorb quickly almost without needing any digestion and will provide your patient with wonderful and most needed nutrition. Get your eggs from a source you trust: fresh, free range and organic.

Add stews and casseroles made with meats and vegetables.
Avoid spices at this stage; just make the stew with salt and fresh herbs (look for a recipe of Italian Casserole in the recipe section of the book). The fat content of these meals must be quite high: the more fresh animal fats your patient consumes, the quicker he or she will recover. Add some probiotic food into every serving.

Increase daily amount of homemade yogurt and kefir, if introduced. Increase the amount of juice from sauerkraut, fermented vegetables or vegetable medley.

Introduce fermented fish, starting from one piece a day and gradually increasing. Look for recipes in recipe section.

Introduce homemade ghee, starting from 1 teaspoon a day and gradually increasing. Look for recipe in recipe section.

STAGE 3

Carry on with all the previous foods.

Add ripe avocado mashed into soups, starting from 1-3 teaspoons and gradually increasing the amount.

Add pancakes, starting from one pancake a day and gradually increasing the amount.
Make these pancakes with three ingredients: 1) organic nut butter (almond, walnut, peanut,

etc); 2) eggs; 3) a piece of fresh winter squash, marrow or courgette (peeled, de-seeded and well blended in a food processor). Fry small thin pancakes using ghee, goose fat or duck fat. Make sure not to burn them.

Egg scrambled with plenty of ghee, goose fat or duck fat.
Serve it with avocado (if well tolerated) and cooked vegetables. Cooked onion is particularly good for the digestive system and the immune system: melt 3 tablespoons of duck fat or ghee in the pan, add sliced large white onion, cover and cook for 20-30 minutes on low heat.

Introduce the sauerkraut and your fermented vegetables (your patient has been drinking the juices from them for a while now).
Start from a small amount, gradually increasing to 1-2 tablespoons of sauerkraut or fermented vegetables per every meal.

STAGE 4

Carry on with all previous foods.

Gradually add meats cooked by roasting and grilling (but not barbecued or fried yet).
Avoid bits, which are burned or too brown. Let your patient eat the meat with cooked vegetables and sauerkraut (or other fermented vegetables).

Start adding cold pressed olive oil to the meals, starting from a few drops per meal and gradually increasing the amount to 1-2 tablespoons per meal.

Introduce freshly pressed juices, starting from a few spoonfuls of carrot juice.
Make sure that the juice is clear, filter it well. Let your patient drink it slowly or diluted with warm water or mixed with some homemade yogurt. If well tolerated gradually increase to a full cua a day. When a full cup of carrot juice is well tolerated try to add to it juice from celery, lettuce and fresh mint leaves. Your patient should drink the juice on an empty stomach, so first thing in the morning and middle of afternoon are good times.

Try to bake bread with ground almonds or any other nut and seeds ground into flour.
The recipe (please look in recipe section of the book) requires only four ingredients: 1) nut flour; 2) eggs; 3) piece of fresh winter squash, marrow or courgette (peeled, de-seeded and finely sliced); 4) some natural fat (ghee, butter, goose or duck fat) and some salt to taste. Your patient should start from a small piece of bread per day and gradually increase the amount.

STAGE 5

If all the previous foods are well tolerated try to add cooked apple as an apple pure.
Peel and core ripe cooking apples and stew them with a bit of water until soft. When cooked add some shee to it and mash with a potato masher. If ghee has not bee introduced yet add duck or goose fat. Start from a few spoonfuls a day. Watch for any reaction. If there is none gradually increase the amount.

Add raw vegetables starting from softer parts of lettuce and peeled cucumber.

Watch your patient's stool. Again start from a small amount and gradually increase if well tolerated. After those two vegetables are well tolerated gradually add other raw vegetables: carrot, tomato, onion, cabbage, etc.

If the juice made from carrot, celery, lettuce and mint is well tolerated, start adding fruit to it: apple, pineapple and mango. Avoid citrus fruit at this stage.

STAGE 6

If all the introduced foods are well tolerated try some peeled raw apple. Gradually introduce raw fruit and more honey.

Gradually introduce baking cakes and other sweet things allowed on the diet. Use dried fruit as a sweetener in the baking.

As I mentioned before, your patient may be able to move through the Introduction Diet faster or slower depending on the stool changes: let the diarrhea start clearing before moving to the next stage. You may have to introduce some foods later than in the program depending on his/her sensitivities. Make sure that you carry on with the soups and meat stock after your patient has completed the Introduction Diet at least once a day.

After the Introduction Diet is completed and when your patient has more or less normal stools move into the Full GAPS Diet.

THE FULL GAPS DIET

A Typical Menu:

Start the day with a glass of still mineral water or filtered water with a slice of lemon. It can be warm or cold to personal preference.

If you have a juicer your patient can start the day with a glass of freshly pressed fruit/vegetable juice diluted with water.
A good juice to start the day is 40% apple + 50% carrot + 10% beetroot (all raw of course). You can make all sorts of juice mixes, but generally try to have 50% of therapeutic ingredients: carrot, small amount of beetroot (no more than 5-10% of juice mixture), celery, cabbage, lettuce, greens (spinach, parsley, dill, basil, fresh nettle leaves, beet tops, carrot tops), white and red cabbage, and 50% of some tasty ingredients to disguise the taste of therapeutic ingredients: pineapple, apple, orange, grapefruit, grapes, mango, etc. Your patient can have these juices as they are, with some yogurt or diluted with water.

Every day our bodies go through a 24 hour cycle of activity and rest, feeding and cleaning up (detoxifying). From about 4 am til about 10 am the body is in the cleaning up or detoxification mode. Drinking water and freshly pressed juices will assist in this process. Loading the body with food at that time interferes with the detoxification. That is why many of us do not feel hungry first thing in the morning. It is better to have breakfast

around 10 am when your body has completed the detox stage and is ready for feeding. At that stage we usually start feeling hungry. Children may be ready for their breakfast earlier than adults.

BREAKFAST CHOICES

A variation of English breakfast: eggs cooked to personal liking and served with sausages and vegetables, some cooked, some fresh as a salad (tomato, cucumber, onions, celery, and fresh salad greens, etc.) and/or avocado and/or meat. The yolks are best uncooked that the whites cooked. Use plenty of cold pressed olive oil as a dressing on the salad and eggs. Mix a tablespoon of pre-soaked or sprouted sunflower and/or sesame and/or pumpkin seeds with the salad. Sausages (full fat) should be made of pure minced meat with only salt and pepper added. Make sure that there are no commercial seasonings or MSG (Monosodium Glutamate) in the sausages. I recommend finding a local butcher, who would make pure meat sausages for you on order

Avocado with meat, fish or shellfish, vegetables raw and cooked, lemon and cold pressed olive oil. Serve a cup of warm meat stock as a drink with food.

Pancakes made with ground nuts. These pancakes are delicious with some butter with honey, or as a savory snack. If you blend some fresh or defrosted berries with honey, it will make a delicious jam to have with pancakes. Weak tea with lemon, ginger tea or mint tea.

Any of the home baked goods: muffins, fruit cake and bread.

LUNCH CHOICES

Homemade vegetable soup or stew in a homemade meat stock.

Avocado with meat, fish, shellfish and raw and/or cooked vegetables. Use olive oil with some lemon squeezed over it as a dressing. Serve a cup of warm homemade meat stock as a drink.

Any meat/fish dish with vegetables.

DINNER CHOICES

One of the dishes from the lunch or breakfast choices.

There are many recipes found in the book. You can also take old recipes and give them your own GAPS diet update.

The Diet

THE FULL GAPS DIET

For many GAPS patients, the diet should be followed for two years at least. The book *Gut & Psychology Syndrome* **will provide recipes and more explanation about the diet.**

The best foods are eggs (if tolerated), fresh meats (not preserved), fish, shellfish, fresh vegetables and fruit, nuts and seeds, garlic and olive oil. Apart from eating vegetables cooked, it is important to have some raw vegetables with meals, as they contain vital enzymes to assist digestion of the meats. Fruit should be eaten on their own, not with meals, as they have a very different digestion pattern and can make the work harder for the stomach. Fruit should be given as a snack between meals.

It is very important to have plenty of natural fats in every meal from meats, butter, ghee, coconut (if tolerated) and cold pressed olive oil. Animal fats on meats are particularly valuable. Fermented foods (sauerkraut, yogurt, and kefir) are also a very important part of this diet in addition to homemade meat or fish stock. It is recommended to take a cup of warm meat or fish stock with every meal as a drink as well as soups and stews made with the meat or fish stock. The stock, kefir and fermented vegetables will over time restore the stomach acid production, which will improve digestion.

It is best to avoid processed foods (any packet or tinned foods). They are stripped from most nutrients that were present in the fresh ingredients used for making these foods. They are a hard work for the digestive system and they damage the healthy gut flora balance. On top of that they usually contain a lot of artificial chemicals, detrimental to health, like preservatives, colorants, etc. Try to buy foods in the form that nature made them, as fresh as possible.

RECOMMENDED FOODS

Almonds, including almond butter and oil
Apples
Apricots, fresh or dried
Artichoke, French
Asiago cheese
Asparagus
Aubergine (eggplant)
Avocados, including avocado oil
Bananas (ripe only with brown spots on the skin)
Beans, dried white (navy), string beans and lima beans properly prepared
Beef, fresh or frozen
Beets or beetroot
Berries, all kinds
Black, white and red pepper: ground and pepper corns
Black radish
Blue cheese
Bok Choy
Brazil nuts
Brick cheese

Brie cheese
Broccoli
Brussels sprouts
Butter
Cabbage
Camembert cheese
Canned fish in oil or water only
Capers
Carrots
Cashew nuts, fresh only
Cauliflower
Cayenne pepper
Celeriac
Celery
Cellulose in supplements
Cheddar cheese
Cherimoya (custard apple or sharifa)
Cherries
Chicken, fresh or frozen
Cinnamon
Citric acid
Coconut, fresh or dried (shredded) without any additives
Coconut milk
Coconut oil
Coffee, weak and freshly made, not instant
Collard greens
Colby cheese
Courgette (zucchini)
Coriander, fresh or dried
Cucumber
Dates, fresh or dried without any additives (not soaked in syrup)
Dill, fresh or dried
Duck, fresh or frozen
Edam cheese
Eggplant (aubergine)
Eggs, fresh
Filberts
Fish, fresh or frozen, canned in its juice or oil
Game, fresh or frozen
Garlic
Ghee, homemade (many store varieties contain non-allowed ingredients)
Gin, occasionally
Ginger root, fresh
Goose, fresh or frozen
Gorgonzola cheese
Gouda cheese
Grapefruit
Grapes

Haricot beans, properly prepared
Havarti cheese
Hazelnuts
Herbal teas
Herbs, fresh or dried without additives
Honey, natural
Juices freshly pressed from permitted fruit and vegetables
Kale
Kiwi fruit
Kumquats
Lamb, fresh or frozen
Lemons
Lentils
Lettuce, all kinds
Lima beans (dried and fresh)
Limburger cheese
Limes
Mangoes
Meats, fresh or frozen
Melons
Monterey (Jack) cheese
Muenster cheese
Mushrooms
Mustard seeds, pure powder and gourmet types without any non-allowed ingredients
Nectarines
Nut flour or ground nuts (usually ground blanched almonds)
Nutmeg
Nuts, all kinds freshly shelled, not roasted, salted or coated (any roasting must be done at home)
Olive oil, virgin cold-pressed
Olives preserved without sugar or any other non-allowed ingredients
Onions
Oranges
Papayas
Parmesan cheese
Parsley
Peaches
Peanut butter, without additives
Peanuts, fresh or roasted in their shells
Pears
Peas, dried split and fresh green
Pecans
Peppers (green, yellow, red, and orange)
Pheasant, fresh or frozen
Pickles, without sugar or any other non-allowed ingredients

Pigeon, fresh or frozen
Pineapples, fresh
Pork, fresh or frozen
Port du Salut cheese
Poultry, fresh or frozen
Prunes, dried without any additives or in their own juice
Pumpkin
Quail, fresh or frozen
Raisins
Rhubarb
Roquefort cheese
Romano cheese
Satsumas
Scotch, occasionally
Seaweed fresh and dried, once the Introduction Diet has been completed
Shellfish, fresh or frozen
Spices, single and pure without any additives
Spinach
Squash (summer and winter)
Stilton cheese
String beans
Swedes
Swiss cheese
Tangerines
Tea, weak, freshly made, not instant
Tomato puree, pure without any additives apart from salt
Tomato juice, without any additives apart from salt
Tomatoes
Turkey, fresh or frozen
Turnips
Ugly fruit
Uncreamed cottage cheese (dry curd)
Vinegar (cider or white); make sure there is no allergy
Vodka, very occasionally
Walnuts
Watercress
White navy beans, properly prepared
Wine dry: red or white
Yogurt, homemade
Zucchini (courgette)

FOODS TO AVOID

Acesulphame
Acidophilus milk
Agar-agar
Agave syrup - main carbohydrate is a complex form of fructose

Algae - can aggravate an already disturbed immune system
Aloe Vera - please go to "FAQs" for additional information on when it can be introduced
Amaranth - is a grain substitute, contains starches
Apple juice - usually has sugar added during processing
Arrowroot - is a mucilaginous herb and loaded with starch
Aspartame
Astragalus - contains polysaccharides
Baked beans
Baker's yeast - contains saccharamyces cerevisae
Baking powder and raising agents of all kind - baking soda can be used for specific medical issues, please view the "FAQs" section
Balsamic vinegar - most found in stores have added sugar
Barley
Bean flour and sprouts
Bee pollen - irritating to a damaged gut
Beer
Bhindi or okra
Bicarbonate of soda
Bitter Gourd
Black-eye beans
Bologna
Bouillon cubes or granules
Brandy
Buckwheat
Bulgur
Burdock root - contains FOS and mucilage
Butter beans
Buttermilk
Canellini beans
Canned vegetables and fruit
Carob
Carrageenan - is seaweed and high in polysaccharides
Cellulose gum
Cereals, including all breakfast cereals
Cheeses, processed and cheese spreads
Chestnuts and chestnut flour
Chevre cheese
Chewing gum - contain sugars or sugar substitutes
Chick peas
Chickory root - contains high amounts of FOS
Chocolate
Cocoa powder - please see "FAQs" for more information
Coffee, instant and coffee substitutes
Cooking oils

Cordials
Corn
Cornstarch
Corn syrup
Cottage cheese
Cottonseed
Cous-cous
Cream - contains lactose
Cream of Tartar
Cream cheese
Dextrose - in commercial products it is not the pure form
Drinks, soft
Faba beans
Feta cheese
Fish, preserved, smoked, salted, breaded and canned with sauces
Flour, made out of grains
FOS (fructooligosaccharides)
Fructose - extracted from corn and has a mixture of other trisaccharides
Fruit, canned or preserved
Garbanzo beans
Gjetost cheese
Grains, all
Gruyere cheese
Ham
Hot dogs
Ice-cream, commercial
Jams
Jellies
Jerusalem artichoke
Ketchup, commercially available
Lactose
Liqueurs
Margarines and butter replacements
Meats, processed, preserved, smoked and salted
Millet
Milk from any animal, soy, rice, canned coconut milk
Milk, dried
Molasses
Mozzarella cheese
Mungbeans
Neufchatel cheese
Nutra-sweet (aspartame)
Nuts, salted, roasted and coated
Oats
Okra - mucilaginous food
Parsnips
Pasta, of any kind

Pectin
Postum
Potato white
Potato sweet
Primost cheese
Quinoa - 60% starch
Rice
Ricotta cheese
Rye
Saccharin
Sago
Sausages, commercially available
Semolina
Sherry
Soda soft drinks
Sour cream, commercial
Soy
Spelt
Starch
Sugar or sucrose of any kind
Tapioca - starch
Tea, instant
Triticale
Turkey loaf
Vegetables, canned or preserved
Wheat
Wheat germ
Whey, powder or liquid
Yams
Yogurt, commercial

Please view the FAQs for additional food and supplement items not listed above.