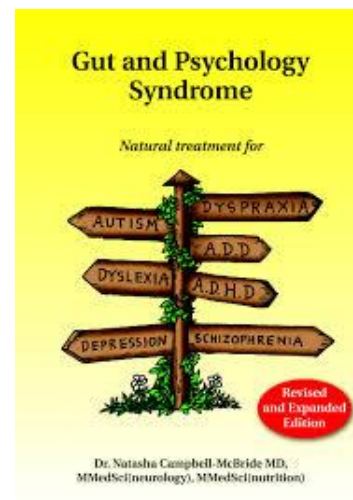


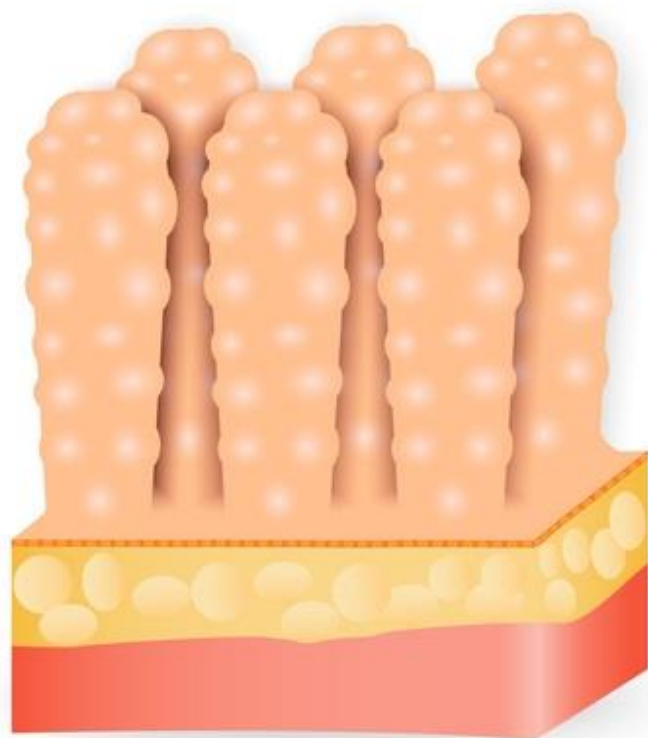
GAPS AND FODMAPS



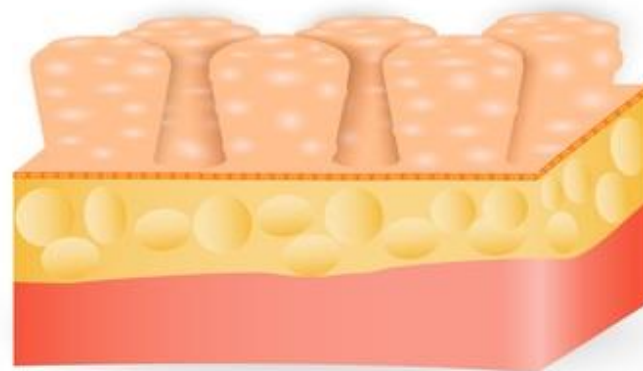
GAPS

- Gut and Psychology Syndrome
- Recommended for a host of conditions but is primarily known for autism, learning disabilities, ADD/ADHD, depression and schizophrenia
- An adaptation of the Specific Carbohydrate Diet
- Breaking the Vicious Cycle Diet by Elaine Gottschall
- Bases on the premise that carbohydrates larger than a monosaccharide flattens the villi and cause abdominal symptoms
- Was recommended for colitis, Crohn's and Celiac (autism now as well)





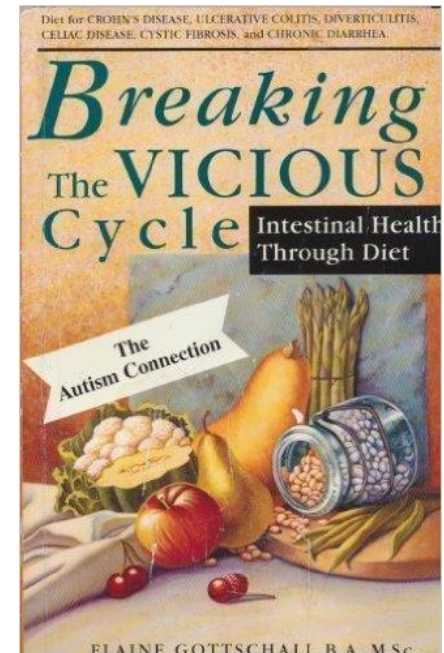
Health



Celiac disease

Flaws in the SC Diet

- Knowledge of the role of the gut bacteria and the health of the intestines was unknown when the book was written
- Little knowledge about fermented food, glutamine and other substances that are needed for a healthy gut
- Allowed fruits and vegetables that we now know have oligosaccharides
- Was a long protocol that did not benefit all who did it



GAPS

- Has a focus on fermented foods and bone broths
- Fibre is removed in phase I as it is assumed that it is irritating the intestinal tract
- Phase I (Introduction Phase) involves bone broths, and soups made with bone broths and meats and vegetables, fermented foods (which are started slowly), with other foods such as being introduced in stages like avocados and egg yolks – goal good bacteria, fats and glutamine
- Phase II – Continuation of Phase I but with much more foods except grains, corn, potatoes, certain types of cheese and processed meats products, soy, parsnips?

GAPS Sensitivity Test

- No scientific basis for this but here is:
- Put a drop of the food that is being tested onto the skin just before bed. Let it completely dry. Go to bed and see if there is a red mark on the skin in the morning.
- It may be worth testing yourself to see if it has any merit



Pros and Cons in GAPS

- Says we have a limited ability to digest plants and that vegetarian children are more prone to illness
- Difficult to follow
- A lot of people see no difference or see a difference for a while and then issue returns or get worse.
- It is supposed to be temporary but often people stay on it
- Does recommend fermenting grains when they are re-introduced into the diet
- Supplements are allowed – probiotics, EFAs, multi, vitamin A (Cod Liver Oil) and enzymes (which she sells)
- At least it has a focus on the gut and recommend foods that can support the repair

FODMAPs

- **F**ermentable: carbs break down by fermentation and produce gas
- **O**ligosaccharides: Short chain carbohydrates we do not digest
- **D**isaccharides: Lactose intolerance is an example of an issue
- **M**onosaccharides: Fruits – refers to excess fructose issues and or an inability to absorb fructose
- **A**: and
- **P**olyols; Sugar alcohols like maltitol, sorbitol, mannitol, xylitol and isomalt

FODMAPs

- Is recommended for IBS primarily
- Refers to poorly absorbed carbohydrates and as a result stay in the intestines and ferment
- It states clearly that FODMAPs are not the cause of IBS but may trigger symptoms, producing hydrogen and methane and causing distension in the intestines and can signal sensitive gut nerves (which can increase pain and symptoms)



FODMAPs

- [Sample List of Foods from Stanford University](#)
- Divides foods in Hi-FODMAPs and Low FODMAPs foods with recommendation to exclude completely Hi-FODMAPS or at least minimize
- Potatoes, spelt and gluten- free grains allowed. Wheat, rye, barley and chicory are not
- Cashews are high but many other nuts are low,
- Peanuts are low but many legumes are high
- Bananas are low and apples are high
- Most vegetables are low
- Do the diet for 6 weeks and then add Hi-FODMAPs back one at a time to see reaction

Issues with Both Diets

- Both presume the person has an issue with all the foods that are removed
- Resistant starches are not in the GAPS diet to produce SCFA which are essential for gut health, intestinal repair and lowering immune response and inflammation
- Any dietary removal will see benefits in the short term but if underlying cause is not addressed the problems return and/or get worse
- Does not teach the client the truth about their issues and may leave them full of fear about foods removed

