



## **What is the Gaps Diet?: Find out if the Gaps Diet is the Right Diet for You (gaps diet, gaps diet book)**

*Susan White*

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When her three-year-old son was diagnosed with autism in 1998, Dr. Natasha Campbell-McBride, of the Cambridge Nutrition Clinic in England, decided that the underlying problem was connected with the digestive tract—a link that researchers are only beginning to prove today.

She developed the GAPS diet, a controversial health regimen that has two parts. First there is a very restrictive introduction diet that's intended to reduce intestinal symptoms quickly, detoxify the body, and start healing the lining of the digestive tract. Next, once the healing process is underway, comes the full GAPS diet which relies on meats, fish, eggs, dairy products like yogurt and kefir, and vegetables.

Dr. Campbell-McBride, who holds an MD and practiced neurology and neurosurgery in Russia before moving to the UK, says that many people who have tried the GAPS diet continue it lifelong, but it is designed to only be followed for a couple of years. After you finish it, you can return to your normal eating pattern as long as you watch your toxin load and avoid sugar and processed foods.

The diet has come under a lot of criticism from health experts, but Natasha says that it has helped her son. Other parents of children with autism spectrum disorder also report good results. Let's take a detailed look at what the fuss is all about.

What you will learn about:

- The Guts and Psychology Syndrome
- Detoxification
- Probiotics
- The GAPS Diet
- Life After GAPS
- Critics view of the diet

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