Mental Disturbances and the GAPS Diet
Kim Schuette, CN
Certified GAPS Practitioner

The Magnitude of Mental Disturbances
• “Just over 20 percent (or 1 in 5) children, either currently or at some point during their life, have had a seriously debilitating mental disorder.”
National Institute of Mental Health, a branch of the National Institute of Health
• According to the CDC, suicide rates among teens have nearly tripled since the 1940’s.
• Suicide is the third-leading cause of death among youth 10-24 year olds.
  http://www.cdc.gov/healthcommunication/ToolsTemplates/EntertainmentEd/Tips/SuicideYouth.html

What’s the Gut Got to do With It?
“All disease begins in the gut.” Hippocrates, the father of modern medicine (460 B.C. to 370 B.C.)

Inflammation in the gut begins the disease process.
Causes of inflammation:
• Nutritional deficiencies (impair methylation/detoxification)
• Bacterial and viral infections
• Toxic metal exposures
• Chemical toxins
• Antibiotics
• Structural imbalance
• Emotional trauma

Three Basic Steps to Restoring Gut & Brain Health
1. Nourish the digestive tract.
2. Detox the body.
3. Repair the nervous system.

1. Nourish
GAPS Introduction Diet using meat stock daily to heal gut lining via gelatin, amino acids and minerals along with cooked meats and vegetables, eggs, animal fat, lacto-fermented vegetables and cultured dairy.

Key Components of GAPS Diet:
• Fats: fat soluble A, D, E and K and phospholipids
• Bones (meat stock to start and then bone broth): gelatin, amino acids and minerals
• Organ Meats: vitamin B12, B6, folate, CoQ-10 and more
• Cultured Dairy (cow, goat, sheep): friendly bacteria, the guardians of the gut
• Lacto-fermented Vegetables: lactic acid, vitamin C

Fats
Fats are the foundation for healthy hormones. Cholesterol is the precursor to all sex and adrenal hormones. Fats are essential to building strong cell membranes. Cell membranes are composed of about 50% phospholipids.

Where do we get the fats?
• Ghee
• Butter
• Duck or Goose Fat
• Tallow
• Lard
• Organ Meats (liver, kidneys, heart, sweetbreads)
• Egg Yolks
• Cultured Sour Cream
• Coconut Oil

Bones
Minerals rock! Nothing happens without them. Minerals act as catalyst to assist the body in utilizing vitamins. Ionic form is ideal. Mineral rich water, bone broth and food are your best sources. Ample fat-soluble vitamins are needed in order to assimilate minerals. Lack of hydrochloric acid can inhibit absorption of minerals.

What are our Best Sources of Minerals?
Mineral rich water
Homemade bone broths
Raw dairy products, including cultured raw dairy products
Nutrient-dense vegetables grown on organic soil teeming with minerals and properly prepared
Unrefined Celtic sea salt

Organ Meats
Optimal source for vitamins B12, B6, folate, CoQ-10 and more. Ideally from grass fed animals.

Cultured Dairy
Provide friendly bacteria hence acting as the guardians of the gut; ideally made from raw milk from pastured animals. Repletion of friendly gut flora via lacto-fermented vegetables, cultured dairy and high quality probiotics. Flora is our best defense. As the old adage goes, the best defense is a strong offense. High levels of beneficial flora serve to eliminate pathogens that enter the GI tract. Friendly bacteria is essential to assimilating B vitamins and consequently, producing proper neurotransmitters like serotonin and dopamine to keep us happy. 90% of neurotransmitters are made in the gut. Terrain of the gut is the most physically influential factor on one’s state of well-being. The human body is made up of 10 trillion cells and approximately 100 trillion bacteria, weighing up to five pounds.

http://www.sfgate.com/health/article/100‐trillion‐good‐bacteria‐call‐human‐body‐home‐3683153.php

Lacto-fermented Vegetables
Sauerkraut, kim-chi, beet kvaas, fermented pickles and more; excellent source of lactic acid, vitamin C and beneficial bacteria. Ideal for those who lean towards constipation. Aw with cultured dairy, lacto-fermented vegetables assist the body in assimilating key nutrients and in producing neurotransmitters more efficiently.

As the gut heals transition to the Full GAPS Diet with its emphasis on high quality animal fats and proteins as keys to repair.

2. Detox
Don’t Forget to Take Out the Trash!
• Pay attention to your body’s signs that toxins are building up.
• Get moving! This is one of the best ways to stimulate your lymphatic system to move toxins to the liver for elimination.
• Incorporate home remedies for cleansing, like castor oil packs, dry saunas and coffee enemas.

The Five Main Emunctories & Therapies to Support their Function
• **Liver**: coffee enemas, castor oil packs, liver/gallbladder flushes
• **Kidneys**: Epsom salt baths, castor oil packs
• **Colon**: castor oil packs
• **Lungs**: deep breathing, exercise, castor oil packs
• **Skin**: dry brushing, coffee enemas

*Instructions can be found at [http://www.biodynamicwellness.com/client-resources](http://www.biodynamicwellness.com/client-resources)*

3. Repair
Sealing the gut protects the brain.
• Continuing GAPS Full Diet with a transition to a Weston A. Price traditional diet with properly prepared grains
• Fats, fats and more fats to build strong cell membranes
• Bone broths daily to ensure adequate minerals
• Lacto-fermented foods daily to keep friendly bacteria high
• Gemmotherapies, botanical tonics and homeopathic remedies for regeneration of tissues
• Manipulations by experienced osteopathic physician; proper orthotrophic or orthodontic treatment
• Qualified therapy for emotional trauma
• Sane living by adopting healthy schedules and avoiding overcrowded schedules
• Daily/nightly practice of forgiveness

Useful Testing
• Organic Acid Test (Great Plains Laboratory)
• Comprehensive 3-Day Stool Analysis (Doctor's Data)
• Urine and fecal toxic metals tests (Doctor's Data)
• Allergy (IgE) and food sensitivity (IgG) testing (Metametrix and others; in presence of leaky gut IgE allergens are best avoided until gut is healed and sealed)
• Vitamin B-12 (urinary MMA/creatinine ratio test by Norman Clinical Laboratory)
• Energetic testing (ART, MRT, NRT, etc.)

GAPS Cases
Case 1: Mia, 4 ½ year old ADD girl
• Adorable 4 ½ year old hyperactive girl; very precocious and busy
• Averaged three temper tantrums per day
• Very distracted in her pre-K class
• School was encouraging ADD/ADHD medication
• Eczema present since birth; presented with eczema patch on nose
• Molluscum Contagiosum for one year
• Lactose intolerant

Mia’s Success
• After three weeks on the GAPS Full Diet Ava had only three tantrums (down from 60).
• Teacher thought she had been medicated.
• Mia announced to me that she LOVED her new diet. She felt so good and so smart!
After 6 weeks on GAPS Full Diet no tantrums, eczema gone and Mia is a delight in class.
Ava is now the healthy and happy big sister to two contented WAP sisters.
The family continues on the WAP Diet.

**Case 2: Mary, 9-year old with Bipolar Disorder**
- Born via emergency C-section (no inoculation of vaginal flora)
- All large motor skills development delayed
- Constipation set in at 5 months old despite being breastfed until 16 months.
- Began rice cereal at 6 months of age with mineral oil upon pediatrician’s advice
- First ear infection at 1 year old
- 10 rounds of antibiotics within a 5 year period
- Began biting parents/grandparents at age 2 years
- Removal of tonsils and adenoids by time she was 3 years old
- Two hour raging episodes daily
- Suspended from second grade due to aggressive behavior
- By the way, Mary’s IQ is 140.
- By age 8 Mary started “going dark”; diagnosed bipolar.
- Threatening suicide and homicide
- Multiple skin rashes
- 3-day stool analysis revealed high levels of MRSA (Methicillin-resistant *Staphylococcus Aureus*)

**Parents’ History**
- Both on Standard American Diet, Dean Ornish Diet, skim milk, low fat foods prior to conception and throughout life
- Mother had 10+ years of reoccurring bladder infections treated by antibiotics
- Father had subcutaneous dermatitis; used Acutane for one year; consumed Oreos and Cokes daily for years
- Mother was a veterinarian and avid hiker in the Sierras where Lyme Disease was widespread.
- Mary’s first stool test shows highest levels of MRSA.
- Mary’s stool results 10 months later indicate MRSA non-existent after botanical remedies and GAPS Diet.

One year after beginning the GAPS Diet Mary is free of all symptoms of bipolar disorder. Family and friends are pleasantly shocked. Mary continues to mature and experience all the joys of a young healthy teenager. Her parents are my heroes.

**Case 3: Connor, 2 years 9 months with chronic seizures**
- 2 years, 9 months when he came to me
- C-section birth
- Projectile vomiting plus reflux started within days of birth. Given Zantac for reflux.
- Seizures since day 2, up to 100 per day as documented during hospital stays
- Vision lost
- Fed via a G-tube
- In chronic writhing discomfort to the point of not wanting to be held
- Completely bedridden

**Parents’ History**
- Both on SAD diet for entire lifetime with mother being a vegetarian since childhood
- Mom was on prophylactic use of antibiotics through entire pregnancy for urinary tract infections.
• Mom was given opiate-based prescription pain medication during entire pregnancy.
• Mom had severe anemia requiring 4 pints of blood prior to C-section.
• Mom put him on a commercial refined ketogenic diet prior to coming to my clinic. Commercial ketogenic diet brought seizures down to 10 per day; rest of his condition remained unchanged; commercial ketogenic diet contained rancid and denatured oils adding to his toxic load.
• 9 days after started a GAPS-based formula via his G-tube, he was down to 1 seizure per day.
• Osteopathic manipulation ended seizures on Day 10.
• Vision returned when seizures stopped.
Connor continues to improve.
• Began having BMs on his own for the first time in over a year.
• No fish oils for those with seizures. After two months we added marine (seal) oil, which is very similar to the fatty acids found in breast milk.
• Five days later, Connor spoke his first word.
• Connor begins making constant eye contact, laughing and rolling over.

Connor’s progress over the past 6 months:
• Generating fevers now as his body detoxifies.
• Occasional rashes clear quickly.
• Responds to all family members and those caring for him.
• No digestive distress.

Connor continues to heal
• Currently using complex homeopathic drainage remedies to establish vitality in his gut, liver, kidneys and brain.
• Chronic constipation has cleared.
• Connor makes constant eye contact.
• Connor’s family began emotional healing therapy called Recall Healing. As the parents heal Connor’s development continues to progress forward.
• Family is elated and the entire family is on the GAPS Diet.

WRAP UP: Nourish, detox and repair
• Early intervention is always best.
• This is going to be a marathon, not a sprint!
• Proper support is critical. Don’t be shy to let those who love you know you need their help.
• Seek out experienced practitioners and counselors.

And as you and your loved ones heal, honor Dr. Price’s words, “You teach, you teach, you teach.”

Further Your Understanding
• Gut and Psychology Syndrome by Natasha Campbell-McBride, M.D.
• Filling in the GAPS by Kim Schuette, CN
• Nourishing Traditions by Sally Fallon
• Nutrition and Physical Degeneration by Weston A. Price, D.D.S.
• Food & Behavior by Barbara Reed Stitts
• Mood Cure by Julia Ross, M.A.
• The defective, delinquent, and insane by Henry Andrews Cotton
• The Killers Within: The Deadly Rise of Drug-Resistant Bacteria by Michael Shayerson & Mark J. Plotkin
• Ritalin Nation by Richard de Grandpre (this is not nutrition-based or related)
Additionally

Infant colic is commonly associated with cranial somatic dysfunction, probably a result of birth trauma. One cranial manipulation is often all that is required to give the baby (and her parents) complete relief. Presumably normalizing the tissue tension at the cranial base removes the irritation of one or both vagus nerves. Pediatric cranial osteopaths are very familiar with the first category.

http://www.neuraltherapybook.com/newsletters/3-6.php

The human microbiome: Me, myself, us  The Economist
http://www.economist.com/node/21560523

Taking Stock of the Human Microbiome and Disease by Michael Balter
http://www.sciencemag.org/content/336/6086/1246.summary

An Immune Disorder at the Root of Autism by Moises Velasquez-Manoff