

Recovery from Bipolar Disorder, Epilepsy and Type 1 Diabetes

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- I. Disease statistics
 - A. Over 20% of children in America diagnosed with a mental disorder
 - B. Suicide is third leading cause of death among 10-24 year olds in US
 - C. 3 million Americans are type 1 diabetics
 - D. Between 2001 and 2009, type 1 diabetes (T1D) rises by 23%

- II. Gut's relationship to inflammation and disease
 - A. *"All disease begins in the gut."* Hippocrates
 - B. Breached barriers in the intestinal epithelial tissue results in undigested proteins, parasites and bacteria crossing the intestinal barrier and entering the blood stream. The immune system response to these foreign invaders. The inflammatory process begins.
 - C. Causes of inflammation:
 1. Nutritional deficiencies
 2. Bacterial and viral infections
 3. Toxic metal exposures
 4. Chemical toxins
 5. Antibiotics
 6. Structural imbalance
 7. Emotional trauma

- III. Overview of the GAPS™ Diet's three prong approach to healing
 - A. Nourish
 1. GAPS Introduction Diet using meat stock daily to heal gut lining via gelatin, amino acids and minerals
 2. Repletion of friendly gut flora via lacto-fermented vegetables, cultured dairy and high quality probiotics
 3. Move into GAPS Diet; continue to nourish using via high quality animal fats and proteins as key building blocks
 4. Fats: fat-soluble A, D, E and K and phospholipids
 - a. 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 about 50% phospholipids.
 - b. Sources of fat:
 - Ghee
 - Butter
 - Duck or Goose Fat
 - Tallow
 - Lard
 - Organ Meats (liver, kidneys, heart, sweetbreads)
 - Egg Yolks
 - Cultured Sour Cream
 - Coconut Oil
 5. Minerals

- a. Nothing happens without them. Minerals act as catalyst to assist the body in utilizing vitamins.
 - b. Ionic form is ideal. Mineral-rich water, bone broth and food are your best sources.
 - c. Ample fat-soluble vitamins are needed in order to assimilate minerals.
 - d. Lack of hydrochloric acid can inhibit absorption of minerals.
 - e. Bones (meat stock to start and then bone broth): gelatin, amino acids and minerals
 - f. Organ Meats: vitamin B12, B6, folate, CoQ-10 and more
 - g. Cultured Dairy (cow, goat, sheep): friendly bacteria, the guardians of the gut
 - h. Lacto-fermented Vegetables: lactic acid, vitamin C
6. Sources
- a. Mineral-rich water
 - b. Homemade bone broths
 - c. Raw dairy products, including cultured raw dairy products
 - d. Nutrient-dense vegetables grown on organic soil teeming with minerals and properly prepared
 - e. Unrefined Celtic sea salt
7. Flora: our best defense
- a. 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.
 - b. Friendly bacteria is essential for assimilating B vitamins and consequently, producing proper neurotransmitters like serotonin and dopamine to keep us happy.
 - c. 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.
- B. Detox
- 1. Detox the home and office
 - a. Stop the onslaught of toxic exposures by eliminating (best done at the start):
 - b. Toxic personal care products
 - c. Toxic cleaning products
 - d. Synthetic lawn products
 - e. Minimize EMFs
 - 2. Detox the body
 - a. Liver: coffee enemas, castor oil packs, liver/gallbladder flushes, gemmotherapies
 - b. Kidneys: Epsom salt & baking soda baths, castor oil packs, gemmotherapies
 - c. Colon: castor oil packs
 - d. Lungs: deep breathing, exercise, castor oil packs, gemmotherapies
 - e. Skin: dry brushing, coffee enemas

Go to <http://www.biodynamicwellness.com/client-resources/> for instructions for home therapies.
- C. Repair
- 1. Continuing GAPS Full Diet with a transition to a Weston A. Price traditional diet
 - 2. Fats, fats and more fats to build strong cell membranes and neurons
 - 3. Bone broths daily to ensure adequate minerals; organ meats for CoQ-10
 - 4. Lacto-fermented and cultured foods daily to keep friendly bacteria high
 - 5. Gemmotherapies for regeneration of tissues
 - 6. Manipulations by experienced osteopathic physician; proper orthotropic or orthodontic treatment
 - 7. Qualified therapy for emotional trauma

8. Sane living by adopting healthy schedules and avoiding overcrowded schedules
9. Daily/nightly practice of forgiveness

IV. Case studies

- A. 9 year old bipolar girl
- B. 3 year old boy with epilepsy disorder
- C. 4 year old boy type 1 diabetes

V. Closing

- A. Early intervention is always best.
- B. This is going to be a marathon, not a sprint!
- C. Proper support is critical. Don't be shy to let those who love you know you need their help.
- D. 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."