

Why GAPS?

Because we **can heal**. Because medications squelch symptoms which are warning signs that something isn't working right. Because we don't have to live with IBS, colitis and Crohns, ulcers and digestive problems, joint pain and skin problems, depression and anxiety, constipation and diarrhea. We can heal and seal our guts, rebalance our [microbiome](#), and live the healthy, pain free lives we were designed to live.

Is it easy? Well, it takes planning, preparation and commitment. Is it worth it? To answer that, you must ask yourself what price you would pay to have your body feel good. The testimonials around the world of people who have successfully healed from all the issues mentioned above tell me that it IS worth it. The fact that I personally no longer have any joint pain, which my family saw as hereditary, makes it worth it for me.

So, what is GAPS? The letters stand for [Gut and Psychology Syndrome](#). The acronym and diet were created by Dr. [Natasha Campbell-McBride](#) in 2004. Dr. Natasha has helped patients around the world heal from psychological issues such as autism, ADHD, depression and anxiety, as well as from physiological (body related) problems like autoimmune conditions, chronic fatigue syndrome and fibromyalgia, arthritis, headaches, PMS and all digestive disorders. Therefore, GAPS also stands for Gut and Physiology Syndrome.



The body gets nutrition to build and rebuild itself through the digestive system. Unfortunately, in the world today and especially in the United States, the standard American diet (SAD) not only cannot sustain the body, but it leads to the deterioration of it. Our lifeless processed food does not give our body what it needs to build new tissue. One of the first places to be damaged is our intestines which become permeable or otherwise known as “leaky gut”. In addition, our overabundance of sugar caramelizes in our blood vessels wreaking havoc on our brains, eyes and nerves (and elsewhere).

When we have a leaky gut, things that aren’t supposed to get into our blood stream do and these can cause issues all over the body. A major contributing factor to this is an unhealthy microbiome. I strongly encourage you to read [this article](#) to understand why our microbiomes are imperative to our health.

What do we do in GAPS? We heal and seal that leaky gut with a healthy diet including lots of meat stock, grass fed/wild meat and animal fats and probiotic rich fermented foods. As we’re healing and sealing, we’re working toward reducing the toxic load on the body. This second part is so important because, unfortunately, we live with an overabundance of chemicals that our bodies can no longer handle.

What is the end result of GAPS? A digestive system that takes

in what it needs to build healthy tissue while preventing the bad stuff from leaking through and causing dis-ease. We fix what's broken and the body works like it's supposed to.

Real food ~ it's the new medicine.

[Does it bug you that you're eating Roundup? It should.](#)

I watched this video last week and felt so sad knowing many of my loved ones are seeking help for illness from the medical field while they're eating foods that not only can't sustain them, but are literally harming them. In this interview, the actual mechanisms of harm are identified. I just had to share.

Many thanks to [Jeffrey Smith](#) and [Dr. Stephanie Seneff](#) for describing in detail what happens to the body as a result of exposure to Round-up. These destructive actions are contributing to most, if not all, of the diseases of our time. **If you or anyone you know has one of the concerns listed directly below the video, I urge you to take an hour and watch.** For those who can't, I've summarized key points below, along with the time reading from the interview so you can go directly to that topic if you like. This **IS** effecting you. It **IS** harming you.

[Jeffrey Smith interviews Dr. Stephanie Seneff about Glyphosate](#) from [Kristin Canty](#) on [Vimeo](#).

Problems influenced by glyphosate – the active ingredient in Roundup: anxiety, aggression, autism, ADHD, Alzheimers, cancer, depression, diabetes, fibromyalgia, gastrointestinal

problems, heart disease, infertility, multiple sclerosis, and Parkinsons. If you have any of these issues and your health care professional has not advised you to stop eating conventionally raised food, you have not been given the whole truth. That professional has likely not been made aware of the **danger**, but it is **real**.

The interview begins by explaining that crops are now "Roundup Ready", meaning the plants actually drink up the pesticide which leaves more in the food end product. Smith points out that the allowable residues have gone up since the plants were made Roundup Ready. Initially we were told Roundup would make it so less pesticides would have to be used, but the pests became resistant, and now its use has more than doubled. In the first 16 years, 527 million pounds of Roundup has been used. Current studies show, in the Midwest {7:20}, 60% to 100% of ALL samples of air, water and rain contain glyphosate. This is call for alarm. It is even found in the blood of newborn babies.

In a [recent post](#) on my site, I talk about how disease is caused by exposure to toxins and not having enough nutrients to protect ourselves. These are exactly the concerns Dr. Seneff cites {2:45} that Roundup is responsible for. She relates that glyphosate depletes calcium, magnesium, iron, zinc, cobalt and other minerals causing nutritional deficiencies AND leaves toxins in the body.

Dr. Seneff points out that Monsanto was able to say that the active ingredient in Roundup didn't effect human cells because it works on a metabolic pathway called the shikimate pathway, which humans don't have. However, as I pointed out in [last week's post on the Microbiome](#), we have 10 times more bacterial cells than human cells, and those bacteria ARE negatively effected by glyphosate, causing inflammation and other harmful responses.

What does glyphosate do in the body?

1. Harms our good bacteria and then bad (pathogenic) bacteria can take over (autism {5:00}) and produce toxins (i.e. ammonia and formaldehyde) that can lead to encephalopathy (Alzheimers {20:00}) and DNA damage {13:00} (cancer {34:30}). Dr. Seneff stressed the #1 action to take for Alzheimers is to remove all sources of glyphosate (it is in processed food and used often in lawn/yard care).

2. Blocks the CYP 450 enzyme pathway {17:00} which harms the liver, enzymes that help us detoxify, hormones and our ability to make vitamin D.

3. Destroys amino acids in food as well as interrupting the body's ability to make aromatic essential amino acids {25:03} like tryptophan and tyrosine. We need these aminos to make serotonin (lack = depression, aggression, obesity) and dopamine (Parkinson's {32:00} and fibromyalgia).

4. Contributes to multiple sclerosis {41:00} both by destroying the myelin sheath and by causing leaky gut which leads to the body attacking itself (autoimmune disorders – of which we are seeing a dramatic increase). Leaky gut, or intestinal permeability, also leads to bowel inflammatory disorders {45:30} like Crohn's disease, colitis and IBS.

5. Since minerals like zinc, cobalt and manganese are no longer available in our foods and our body requires these to function, we keep eating more and more in our body's desperate attempt to get what it needs (Obesity {59:00}).

6. Disrupts our cells' ability to store sugar (Diabetes {59:00}).

What about safety studies? {36:20} Monsanto did do short term (90 day) studies for safety. However, when independent studies were done, in the fourth month of research, the female test animals (80%) developed mammary tumors (breast cancer) and the males developed tumors in their kidneys and liver problems. Much more on Monsanto's pseudo-science is available from the

[Institute for Responsible Technology.](#)

GM0 crops in this country include alfalfa, canola, corn, cotton, papaya, soy, sugar beets and squash (zucchini and yellow summer squash). And it's not just GM0s anymore, Folks. Smith points out {60:00} that glyphosate is now being sprayed on non GM0 crops such as barley, rice, wheat and rye immediately before harvest.

Bottom line...the mechanisms showing glyphosate/Roundup cause disease are now known and while you and I may not understand them in the detail Dr. Seneff does, we can take action to minimize their damaging effects on us. Eat NO GM0s. Eat organic. Do NOT spray your lawn and yard with Roundup or other toxic chemicals (that get on your shoes, your pets' feet, young children playing outside).

If you haven't already, I urge you to watch the film [Genetic Roulette](#) – The Gamble of Our Lives.

As always, wishing you **REAL** food, for **REAL** health so you can be **REAL** happy.
