



# GAPS MASTERCLASS

# BONUS MODULE

## THE GAPS ATHLETE

## The Legal Part

**GAPS MASTERCLASS** Copyright© 2015 Honest Body, LLC. All Rights Reserved.

No part of this publication may be reproduced or distributed in any form or by any means. Duplicating, sharing or uploading product files to sharing sites is not lawful.

This guide is protected by copyright, trademark, and other intellectual property laws and is provided solely for your personal, noncommercial use.

More specifically, unless authorized by me, please do not modify, copy, reproduce, republish, upload, post, transmit, translate, sell, create derivative works, exploit or distribute in any manner or medium (including by email or other electronic means) any material from this e-course.

You may download or print for your personal use.

This work is the result of my own time, and intellectual property. I share it with those who recognize the value and who are willing to compensate for that value. Please respect this.

Please note that much of this guide is based on my understanding and training as a Nutritional Therapy and GAPS Practitioner, as well as personal experience . I make every attempt to ensure accuracy of the content, I take no responsibility for errors or omissions.

You should use this information as you see fit, and at your own risk.

Nothing in this guide is intended to replace common sense, legal or other medical advice, it is meant to inform the reader. Apply it to your own set of circumstances with care.

Any health recommendations are based on my experience as a GAPS Practitioner and of those I trust. Any recommendations are from sources that I would use for my own family or clients but I make no guarantees about the service or rates you will receive from these providers.

I think you will receive great value from this guide. Please email me at [melanie@honestbody.com](mailto:melanie@honestbody.com) with any errors or incorrect links so that I can update the materials.



*Welcome to:*

# MASTERCLASS BONUS MODULE

with guest contributor, Eoin Miller, CGP

In this workbook we will be discussing:

1. What is a GAPS Athlete?
2. Peak fat oxidation
3. What to eat for athletics
4. Eoin's keto-GAPS hypothesis

<b>INTRODUCTION</b>	<b>5</b>
<b>WHAT IS A GAPS ATHLETE?</b>	<b>5</b>
Health Status And Performance	6
Peak Fat Oxidation (% VO2 max)	6
<b>FOOD</b>	<b>7</b>
The Ultimate 3-Headed Monster	7
What Should I Eat?	8
<b>RECIPES</b>	<b>9</b>
Ketogenic Adaptation	12
<b>FUTURE OF ENDURANCE EXERCISE</b>	<b>12</b>
Ketogenic State -	12
Very Low Carb, High Fat, Moderate Protein	12
Unexplored Territory in Sport Science	13
<b>TRAINING ADAPTATION V 'RACE DAY'</b>	
<b>PERFORMANCE</b>	<b>13</b>
<b>CONCLUSION</b>	<b>14</b>
Reference Material	15

# INTRODUCTION

Greetings from Ireland,

My name is Eoin and I am delighted to be joining the dots between 'health' and 'sports nutrition', something which puzzled me greatly back when I was studying Sport and Exercise Science. I'm also trained as a Nutritionist and currently practising as a Certified GAPS Practitioner (CGP). My favourite sport is basketball and I am currently studying Law as a little side-project of mine. I like to keep things very simple in life and enjoy life as much as possible - seize the day!



So now you know a little bit about me, lets get right into what I call The Future of Sports Nutrition and find out what on earth is a GAPS Athlete.

## WHAT IS A GAPS ATHLETE?

In my experience, 'health' often takes a back-seat while the athlete spends every waking minute trying to squeeze as much 'energy' into their body as they can in the hope that that energy will maximise their performance and ability to train. It is time for a big change, mainly because our bodies are infinitely more complicated than we have been lead to believe.

A GAPS Athlete is someone who is dealing with their gut health using the GAPS philosophy (Ref. #3), but also trying to enhance their capacity for physical development and recovery. There are many metabolic processes in the body fundamental to training and performing. It is

possible to deal with your health issues and maintain, perhaps improve, physical performance, especially in endurance sports.

## Health Status And Performance

I have met many athletes who are 100% happy to ignore their digestive discomfort and battle on through their training all the way to competition. Unfortunately, the added stress of 'race day' can make things like IBS even worse. Most athletes will avoid talking to their sports coach about their symptoms. What I am suggesting here is that athletes seek the right kind of professional help and deal with their health and in the long-run enhance their 'race day' performance.

GAPS can help the athlete to maintain performance levels while enhancing their health status. Enhancing the health status will enhance the potential for performance and training adaptation in the future.

## Peak Fat Oxidation (% VO2 max)

In endurance sport, fat is the superior energy source to carbohydrates. This is partly because fat is needed for many other functions in the body, carbohydrate is not. A lean athlete will have about 20 times the amount of fat-energy compared with the maximum 'carb loaded' amount of carbohydrate (glycogen) they can store. Tapping into this abundant fat reserve is a key part of the process of improving fat oxidation for exercise - achieving a state of ketosis is the key to unlocking this fuel reserve.

If the athlete can change their diet in the correct way, they can achieve 'keto-adaptation' allowing the gigantic fat fuel tank to be accessed, and boosting their Peak Fat Oxidation. Peak Fat Oxidation is a fancy term describing your body's capacity to use fat as a fuel, and as the exercise intensity increases beyond 'peak', carbohydrate dependency will

increase, potentially slowing the athlete down due to relatively low stores of carbohydrates.

## FOOD

The major issue to address here is the use of fat as a healthy fuel source. The 'golden nugget' of information here is that fat contains more than double the amount of energy (per gram) compared with carbohydrate.

### The Ultimate 3-Headed Monster

There are at least three reasons that set alarm bells ringing for people when we talk about animal fats. I call it the 3-headed monster because even when people learn not to fear fat for one reason, there are two more reasons to fear it, so we have to deal with all three at once! Monsters exist in our imagination and there is nothing to fear when you learn 'the truth about food'. So here are the three comments I usually hear:



### **"... Won't saturated fat clog my arteries?"**

Saturated fat melts at ~22°C and won't clog anything at ~ 37°C (core body temperature).

### **"... But all that cholesterol must be bad for me!"**

HDL, LDL and VLDL Cholesterol are all involved at different stages of the healing process and have nothing to do with causing heart disease.

### **"... And what about all the calories in animal fat, will I start to gain weight?"**

Calories are imaginary. They may apply neatly to industrial fuels but not to food unless you actually burn it. Some people eat three times or more of the daily allowance of 'calories' and lose weight at the same time. How can this be?

**Fat provides building blocks for the general upkeep of your gut, brain, your bones and even your heart in a process known as 'cell regeneration'.** Animal fats are the most appropriate for our bodies to use in this process and the same can be said for animal meats. In fact all of the parts of the animal need to be consumed to properly support the development and general upkeep of a healthy frame. If you are in any doubt about this please read the book, *Nutrition and Physical Degeneration* by Dr Weston A. Price.

## **What Should I Eat?**

It is important to understand that animal foods are the foods which give us the building blocks of our health. Plant foods are for cleansing and many people need lots of cleansing. For further reading on this issue please read the following article:

[www.doctor-natasha.com/feeding-versus-cleansing.php](http://www.doctor-natasha.com/feeding-versus-cleansing.php)

## 70% Fat - 20% Protein - 10% Carbohydrate

In general, the GAPS Athlete will be aiming for a high level of animal fats in their diet, a moderate amount of animal protein and a small measured amount of carbohydrates throughout the day. More proteins can be eaten after a performance but in general it would be wise to aim for the high fat consumption in the 2-3 days prior to performance.

Here are some high-fat recipes to give you a taste for the GAPS Athlete lifestyle:

## RECIPES

### **Bird-Fat Soup** *(Lesson 1: thick vegetable soup hides fat)*

#### **Ingredients:**

- duck fat
- goose fat
- one 100g onion (9g carbs)
- one 100g carrot (10g carbs)
- leftover roast chicken meat and skin
- chicken bone broth/ meat stock



#### **Directions:**

1. Fry the veg in very generous amounts of fat in a steel pan under a sealed cover for 20 mins - blend thoroughly adding 1-3 eggs.
2. Serve and add small pieces of chicken to the soup.
3. Add unprocessed salt.
4. Eat and enjoy!

## **Butter-to-Nut Squash** *(Lesson 2: butter as the basis for all snack foods)*

### **Ingredients:**

- cold hard butter
- pecan nuts & nut butter
- coconut oil
- unprocessed salt



Use your imagination to deliver a tasty mixture of these ingredients into your mouth. Note: If you eat 10 pecans, you will have consumed about 8g of carbohydrate.

### **Directions:**

1. Cut up some butter shapes with a sharp knife.
2. Attach a pecan nut whatever way you can, squashing them together.
3. Make sure the nut can be picked up without touching the butter.
4. Using a knife, push coconut oil into any little holes to stick the butter onto the pecan nut.
5. The peanut butter goes on top to catch the salt when you sprinkle it.
6. Beautiful! You can stick a raisin on top. (3 raisins = 1g carbs)

### **Suggestion:**

This can be a fun 'food game' for kids! For example: If you get butter on your fingers you have to eat a spoonful of sour cream (a high-fat 'probiotic' food used on the GAPS diet).

## **Sugar Cravings Solution** *(Lesson 3: sugar cravings are natural but temporary)*

### **Ingredients:**

- butter & ghee (4:1 ratio)
- raw local honey
- unprocessed salt



### **Directions:**

1. Add butter to a pan and heat gradually.
  2. Add one quarter the amount of ghee, compared with butter.
  3. Turn off heat when mixed thoroughly.
  4. Add honey to suit your sweet tooth - taste it!
  5. Add a pinch of salt - taste it!
  6. Pour into a glass jar and carry it with you everywhere.
  7. Store in a cool place.
- (1 teaspoon honey = 6g carbs).

**\*\*Note** - Everyone needs to have the GAPS **Sugar Cravings Solution** close at hand to nullify any sugar cravings they get during the first 2 weeks of keto-adaptation. 1-2 spoonfuls of this formula will keep sugar cravings away for 1-2 hours.

**\*\*Note** - You can use coconut oil or cocoa butter (if tolerated) instead of butter and ghee.

## Ketogenic Adaptation

This is a fancy term for 'getting used to meat and fat' as the main stay of your diet. Carbohydrates are limited to between ~20 and ~50 grams per day to re-train the body to use ketones as fuel, without many plant foods. It can take from 2 to 6 weeks for the body to keto-adapt and the blood ketones need to be monitored to ensure that this process completes successfully.

Maintaining ketosis beyond the adaptation point requires similar monitoring of blood ketone levels and a low carbohydrate intake. Insulin is a hormone released by the pancreas in response to elevated blood sugar. Insulin blocks the uptake of fat and promotes the uptake of sugars from the blood for energy production. Insulin needs to be kept under strict control by restricting the carbohydrate content of your diet and spreading them out during the day.

## FUTURE OF ENDURANCE EXERCISE

There is absolutely no doubt that endurance athletes of the future will be changing over to fat for their fuel. Whether they are wise enough to choose the animal sources of fat remains to be seen. Whether they decide to deal with their health is a very individual decision to make, one which could have a major effect on performance in the long run.

### Ketogenic State -

### Very Low Carb, High Fat, Moderate Protein

Getting used to consuming large amounts of fat poses a challenge for most people. It takes brave people to make big changes but I believe that athletes are probably going to lead the way on this one. 20-50 grams of carbohydrate per day is also quite difficult to achieve especially since one apple contains approximately 20g. There are many

books and websites out now promoting ketogenic recipes. Applying GAPS to the ketogenic program will provide the healthiest and most easy-to-digest foods known to man - all traditional and bursting with flavour.

## Eoin Miller's Keto-GAPS Hypothesis

My Keto-GAPS theory is a long way from being validated by modern science, however I believe it follows a logical pattern. Here it is: "Repairing digestive health, the seat of all health in the human body, will allow the metabolic processes of physical exercise to be maximised, bringing the athlete's performance to a new level of peak fat oxidation".

## Unexplored Territory in Sport Science

Until now carbohydrate has been viewed as the chief fuel for all sport. The question remains however; where is the cut-off point between 'endurance' and 'sprint' exercise? I have seen anecdotal reports from ordinary sportspeople who have tested the theory and feel a lot better as a result. The ultra-scientific approach will probably need to measure the power output of the GAPS Athlete to determine if there is any improvement in performance. Even though I have a background in Sport and Exercise Science, I believe there are infinitely more things involved in sport than just the physical aspect of things, all of which ought to benefit from a healthier gut, a healthier body and a healthier brain. Using GAPS ketogenic diet is an obvious choice for all kinds of athletes. Do you fancy taking on the challenge?

# TRAINING ADAPTATION V 'RACE DAY' PERFORMANCE

The 'stress' caused to the body by the training 'load' requires a 'stress-response' so that it can adapt appropriately and prevent the 'stress'

from occurring under the same 'load' during the next training session. This is known as training adaptation.

Even the athlete who decides to continue using a high-carbohydrate diet would be wise to take a low carbohydrate dietary approach to support 'cell regeneration' throughout the body. However I feel that the leading athletes of the future will bravely bite the bullet and switch over to 'fat' as their fuel source.

After all, the most well developed and physically supreme athletes mankind has ever produced were primarily hunters. Dr Barry Groves makes a very interesting observation about mankind during the ice age. At that time there was no plant material for humans to eat during this ~10,000 year period. So, our stone age ancestors were most likely living in a state of ketosis. We have the luxury of being able to tweak this 'ketosis' thing to our advantage.

'Race day' preparations are also a little different when using a ketogenic diet. **In short, there is no real need to have food in your digestive system during performance because all of your energy needs can be met by the fat stored all around the body.**

However, the GAPS Athlete could have a few raw egg yolks whisked together with some homemade sour cream 4-5 hours before they are due to perform.

## CONCLUSION

There is little published scientific data on ketogenic diets in sprint-type athletes but ketogenic diets are becoming extremely popular in triathlon and other sports/fitness cultures which fall somewhere in between sprint and endurance. As for endurance sport, I am absolutely convinced that ketones are the way forward and there are a number of

scientific studies leading the way. The main researchers in this area are listed below. There are videos online of these people speaking and I have included their websites below. The one criticism I have of these people is that they do not yet appreciate the GAPS Protocol, but in time I'm sure that they will.

It stands to reason that ketogenic living will provide the world with the most supreme athletes across all disciplines but it is yet to be proven by modern science. However I believe that Dr Price's work (Ref.#1) validates this claim.

For many people it is a leap of faith and I believe that 'athletes' themselves are probably going to lead the way on this one, particularly in the individual sports. The athletes that are really looking out for their health and the ones who are suffering with their health the most will probably be the GAPS Athletes. In my opinion GAPS Athletes stand to gain the most with regards to health and sports performance combined.

Tim Noakes:

[www.thenoakesfoundation.org](http://www.thenoakesfoundation.org)

Steve Phinney and Jeff Volek (Ref. #2):

[www.artandscienceoflowcarb.com/jeff-steve/](http://www.artandscienceoflowcarb.com/jeff-steve/)

## Reference Material

1. *Nutrition and Physical Degeneration*, a book by Dr. Weston A Price.
2. *The Art and Science of Low Carbohydrate Performance*, a book by Jeff Volek and Steve Phinney.
3. *Gut and Psychology Syndrome (GAPS)*, a book by Dr Natasha Campbell-McBride.