



# Module 9:

## Practical Issues

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This work is the result of my own time, and is a combination of my intellectual property along with the extensive work of Dr. Natasha Campbell-McBride. 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.

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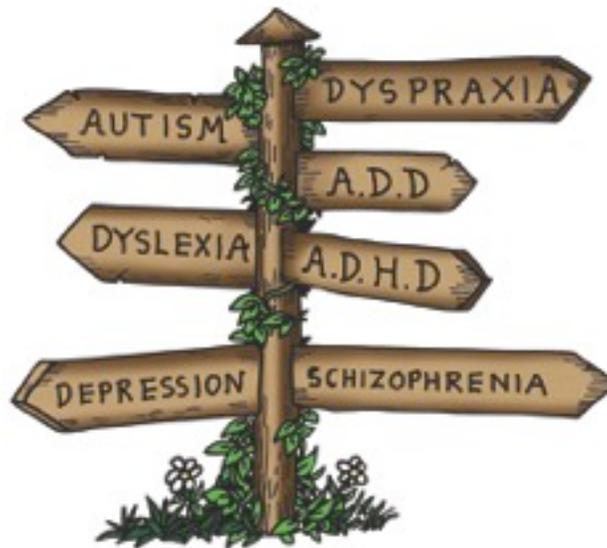
Welcome To The:

# GAPS Class Module 9

In this workbook we will be discussing:

1. Practical Matters
2. Fussy Eating, Common Issues, & DIY Remedies
3. We will also have a Bonus Workbook about Budgeting from the YNAB...a healing diet can be expensive up front, and its important to be proactive and smart about your finances.

**Ready?**



# GAPS Practical Issues

## Fussy eating habits

This can be one of the trickier parts of GAPS, but also the most rewarding and important. GAPS people can be naturally repelled by the very foods that will heal and nourish them. Giving up sugar and starches can have all the same symptoms of a drug addiction withdrawal.

### Fussy Eating Notes

- Often a first sign of GAPS
- Common for more than 90% of children with learning disabilities
- They limit their diet to sweet & starchy foods
- They have solid, real physiological reasons
- Using behavior modification technique can get very good success

If you can have the courage to push through the feeding challenges and “reset” your child’s (or your) fussy eating habits, you won’t be slaves to foods that harm and don’t help. You’ll have more freedom and flexibility. Have perseverance. Sugar cravings can take some time to eradicate, and the pathogens that depend on them won’t want to give up easily.

**There are several reasons why feeding time is an issue for autistic, and other GAPS people.**

### A distorted sensory output

Because their brains are clogged with toxicity, they have a distorted sense of taste, smell, texture, and temperature.

### Cravings for sweet & starchy foods

This is typical with an imbalanced gut flora (especially for overgrown Candida)

### Abnormal flora in the mouth + toxins in saliva

Without abundant healthy flora in the mouth, pathogenic bacteria, viruses & fungi can take over...overwhelming taste buds and distorting taste, producing toxins & inflammation, bad breath, ulcers, etc.

# The clogged, toxic brain can't work the mouth & jaw muscles properly.

In some more extreme autistic, and GAPS cases, this can be what is behind feeding difficulties.

## What to do?

On pages 223 - 227, Dr. Natasha outlines the strategies for two different circumstances:

### 1. Non verbal autistic

### 2. General fussy eaters (Verbal autistic & other GAPS children)

I recommend reading these pages. I also love what Dr. Natasha says on page 226:

*"It is very important to keep the whole process **positive!** Talk to your child, explain why you want him or her to eat this food, what good it will do in their bodies. Try to talk on this subject at **every mealtime** using language and phraseology on your child's level and making it fun, a game, and a laugh. And when your child complies **do not put any limits on your praise or expression of delight!** Let your child really feel how happy he or she has made you by eating the good food! Your enthusiasm, combined with the reward, given at the same time, will make this experience something for your child to look forward to, to anticipate with pleasure at the next mealtime."*

## Tips For Children

Here I will list some tips to help you introduce and continue with GAPS food, both for fussy eaters and for general enjoyment around food.

### 1. A food by any other name

Get creative with what you call your healing foods. My youngest used to get a kick out of having "Princess Yogurt", which was simply an egg yolk mixed in yogurt, making it look "golden" And our GAPS milkshakes became "Pink Power" You can also associate previously enjoyed foods with their new version...such as GAPS pancakes, cauliflower crust "pizza", frozen GAPS yogurt "ice cream", etc.

### 2. Child prep

Get your kiddos in the kitchen! They are more likely to eat what they have helped prepare themselves...and while you cook together, it is a great opportunity to talk about the "magic" that each food performs. Like broth touching all the invisible ouchy spots in their gut,

closing up little tiny holes & making repairs...sauerkraut juice being full of the invisible “good guys” that go in and take the “bad guys” under control that want to trash the place and make us not feel good. :)

### 3. Change the textures

Find your child’s preferences. They may prefer to slurp their soup through a straw, or they may like their soup all chunky so they have something to chomp on. Blended, chunky, liquidy, solid, gelled...there is more than one way to present the same food.

### 4. Give structure PLUS freedom

- Make a list of their food choices for the stage where they are.
- Let them pick from that list and help make the weekly menu.
- Post the menu, plus snack options, on your fridge.
- Have snack choices that are “everyday” like raw veggies, leftover soup, eggs, slices of cheese, etc. and then a once a day special snack like a muffin, a sweet fruit, jerky, homemade jello, etc. depending on what foods are allowed for them.

### 5. Presentation and setting

Do some food art, like ants on a log (lots of inspiration on Pinterest), or have your food in fun spots such as a picnic inside/outside, while taking a bath, or on a special outing.

### 6. Other GAPS kids

Read stories about other GAPS kids! You can find stories in the GAPS Stories book, on the GAPS Yahoo group, Facebook groups, on Youtube, etc. Larger cities may have GAPS meetup groups [www.meetup.com](http://www.meetup.com) Watching the Nourishing Our Children DVD’s with your kids can be helpful too.

### 7. Incorporate non-food rewards

A game with Mom (or Dad), a tiny new toy, a bike ride, story time, movie, an outing...these can be incentives for getting their food eaten.

### 8. Support the body’s intuition

Apart from the cravings for sugar and other harmful foods caused by the imbalance of gut flora, the body has cravings for what it needs and we can use intuition as our guide. Occasionally, as the situation merits, provide ample amounts of foods that are allowed, with good variety. (Small or no amounts of fruit and baked goods) Let your child eat freely. They will eat what their body needs at that particular time.

## 9. Allow the hunger strike, keep hydrated

Lastly, there may be situations that you need to “power through” and a hunger strike up to 5 days may need to happen before the child will eat the healing GAPS foods. (Some children have gone longer, but I can’t recommend it) It is important to find other families who have come out the other side of this (and now have happy and healthy eaters) and it is also important to keep the child hydrated. Use tiny amounts of honey and sea salt and tiny amount of lemon in water for electrolytes.

## Failure To Thrive

The “Failure To Thrive” that Dr. Natasha is referring to, is the difficulties that can arise when a baby is weaning off breast milk and transitioning to solids. If the baby has certain digestive issues then solid food becomes a problem, absorbing partially undigested, leading to symptoms like:

- Muscle ache
- Itchy skin
- Headache
- Low energy
- Etc.

### Failure To Thrive Notes

1. Baby with abnormal gut flora
2. Introduction to solids brings GAPS symptoms
3. Infant refuses solids and fails to thrive
4. Follow the *new baby* diet
5. Use breast milk as a reward

The 6 month+ baby with these digestive issues has trouble getting enough nutrients solely from breastmilk, so health declines. Here is my article that outlines Dr. Natasha’s food introduction for new babies - <http://www.honestbody.com/introduce-solids-to-baby-gaps-way/>

# Constipation Aids

Enemas will provide immediate relief from constipation and reduce the toxic load in the body quickly and effectively (see further down).

## Constipation Notes

1. Enema
2. Replace high-protein dairy (like yogurt & kefir) with high-fat dairy (like sour cream)
3. GAPS milkshake
4. Drink more water and beet kvass
5. Modify the diet (food sensitivities?)
6. More animal fat in the diet
7. Magnesium oxide and magnesium supplements
8. Spirulina and other algae
9. Beet in diet and enemas
10. Castor oil

Long-term resolution of constipation is more difficult. In many people just following the GAPS diet and taking probiotics does the trick, but other people may need more help. Every person is different and long-term resolution of constipation can take different amounts of time.

Dr. Campbell-McBride recommends these measures for stubborn constipation: Removing dairy products from the diet, apart from ghee and butter, as it is the dairy protein that seems to be constipating for some people. **For many people replacing yogurt and kefir (high-protein dairy) with sour cream (high-fat dairy) does the trick.** It is important to make the sour cream at home, preferably from raw cream.

**Impaired bile production is a major cause of constipation.** When not enough bile is excreted by the liver into the duodenum (first part of the small intestine), the fats do not

get digested properly; instead they combine with salts and turn into 'soap' in the intestine, binding food together and making you constipated.

The most common reason for poor bile production is gallstones. A gallstone is a clump of infection or a fragment of a worm, coated by bile: this is a defense reaction the liver uses when pathogens get into the bile ducts. Bile stones form throughout our lives, and in the initial stages they are small and soft and pass easily through the bile ducts into the duodenum every time we eat fats. Once in the duodenum, the stones go to the bowel and get eliminated in the stool.

In GAPS people, due to abnormal gut flora and poor stomach acid production, the liver does not get enough stimulation to empty the bile into the duodenum, so the bile stones stay in the bile ducts too long and become calcified. As the stones accumulate calcium salts on their surface, they get larger and their surface becomes hard and rough, so they cannot be easily passed through the bile ducts (they get stuck). When enough bile ducts are obstructed by stones, the bile flow gets impaired...hence the person cannot digest fats very well and can become constipated.

**Drinking the GAPS MILKSHAKE regularly** (and on an empty stomach) helps to eliminate gallstones quicker and improves fat digestion. To make the milkshake you'll need to make fresh juice from a mixture of fruit and vegetables, and then blend 1-2 raw eggs into it as well as a generous dollop of homemade sour cream.

I recommend drinking the GAPS milkshake first thing in the morning, about 20-30 minutes before breakfast. When making your juice use high-magnesium organic fruit and vegetables, such as apples, carrots, celery, cabbage, beets and greens, oranges and grapefruit. It's important to make the juice tasty, especially for children.

The active substances in the juices slowly dissolve calcium salts in the gallstones and makes them softer, so they can be eliminated from the bile ducts easier.

The GAPS milkshake also provides a balanced mixture of juice with raw protein and fat, which stimulates bile production, cleanses the liver, and allows it to flush the bile and gallstones out. If you are not ready to have eggs and sour cream yet, then drink juices regularly and have plenty of animal fats with meals.

Sour cream can be replaced by coconut oil in the milkshake. Many people add their daily dose of cod liver oil to the GAPS milkshake and other supplements, as it can disguise their taste.

## **GAPS Milkshake**

<http://www.honestbody.com/pink-power-a-k-a-gaps-milkshake/>

## Other Constipation Helps

1. Drinking **more water** per day. The rule of thumb is 1/2 your body weight in ounces per day.
2. Drinking homemade **beet kvass**...it provides not only water but probiotics and enzymes as well.
3. Starting with the **Full GAPS Diet** rather than the Introduction Diet can help, as the higher amounts of fiber in the Full GAPS Diet may help.
4. If it is necessary to follow the GAPS Introduction Diet, then I recommend **increasing the amounts of cooked vegetables in proportion to the meats**: more vegetables with animal fat, and less meat. For some people muscle fibers from meats can aggravate constipation. So, I recommend reducing muscle meats in the diet and replacing them with gelatinous meats instead: meats around joints, bones, skin of the poultry or pork, bone marrow, tongue and feet of the animal.
5. If the person is following the GAPS Introduction Diet, then I recommend introducing **freshly pressed juices and olive oil earlier**. If raw eggs and/or sour cream have been introduced, you can start drinking the **GAPS milkshake** every morning.
6. **Increasing animal fat** consumption with meals helps in many cases.
7. **Supplementing magnesium** may help: use amino acid chelates of magnesium as a daily supplement, such as Biotics Mg-Zyme. Children start with 1 tablet at night, adults start with 2 - 3, add one more tablet per evening until bowels move easily in the morning. As a laxative you can use magnesium oxide occasionally.
8. Supplements of **spirulina, blue-green algae, chlorella or dunaliella** can be very useful in resolving constipation, particularly in children. Follow the manufacturer's instructions for doses. Supplementing seaweed can also help, particularly iodine-rich seaweed. Algae and seaweed may help by

boosting thyroid function with iodine, as low thyroid function can lead to constipation.

9. **Red beet enema** can be helpful with constipation in children and adults. Peel 500 grams of fresh organic raw beet, finely grate and put into a suitable bowl or a pan with a lid. Pour in 1 liter of boiling-hot water and mix with the beet. Cover and leave for 20-40 minutes at a room temperature. After that filter the beet solution and cool down to body temperature; use as an enema.
10. **Castor oil rub** helps with constipation, particularly with children. At night apply a handful of castor oil on the abdomen and massage it well with gentle clockwise movements (moving along the natural peristalsis of the bowel from the right hip up, across the belly and down to the left hip). Cover the abdomen with a tea towel, put a hot water bottle on it and let the patient go to sleep. The oil absorbs through the skin overnight and helps to loosen the bowel in the morning.
11. Apart from castor oil **other cold-pressed oils** may be used: olive oil, coconut oil, avocado oil, hemp oil or a mixture of oils.
12. As an occasional remedy **castor oil** can be taken internally to provide a relief.

## Enemas

Please read the chapter "Constipation" in the book, pgs. 325-329. This chapter will give you a good understanding about enemas and the full enema procedure.

Enemas are very safe and extremely helpful for reducing toxic load in the body, relieving constipation, removing fecal compaction from the bowel, introducing probiotics directly into the bowel, cleansing the liver, healing hemorrhoids and dealing with many other issues. If a person is not prepared to try enemas, refer them to a local colonic irrigation clinic. Enemas can be performed on babies, children and adults.

## Notes On Enemas

- Very safe and old procedure
- Constipation relief
- Helps to remove fecal compaction
- Reduces toxic load on the body
- Probiotics can be used in enemas
- Safe at any age - babies, children, adults
- For babies and small children, use bulb syringe enema kit
- Coffee enemas can be used for adults (after water enema)

### Babies, up to 2 years

For babies and small children (up to two years of age) use an enema in cases of constipation only: if the child has not passed a stool for 2 days or more.

Use a bulb syringe enema kit; the usual sizes of bulb syringes available are 50 ml (about 2 oz) or 100 ml (about 4 oz).

Fill the syringe with warm water (body temperature), lubricate the nozzle and the anus of the baby with coconut oil, olive oil or butter, insert the nozzle into the anus and gently squeeze the bulb letting the water into the bowel.

Remove the nozzle, hold the bottom of the child closed while gently massaging the tummy for a minute or two, and then let the baby empty the bowel.

Use only clean water (filtered or bottled). For this age group I don't recommend adding anything to the water.

### Children from 3 - 5 years

For children from three to five years of age you can use a bulb syringe or an enema bucket.

For this age group you can add some probiotic to the enema water: about 1-2 billion live cells per enema, preferably from the Bifidobacteria group.

## Children older than 5

For children older than five we need to use an enema bucket as the syringe bulb will not provide enough water.

A probiotic can be added to the enema water: about 3-4 billion live cells per enema, preferably from the Bifidobacteria group. We can also add ½ a teaspoon of natural salt per every liter of water used.

## Adults

For adults, apart from water enemas, I recommend using coffee enemas. If a water enema is used by an adult as a constipation relief, I recommend finishing it with a coffee enema. I don't recommend coffee enemas for children.

## Infections With High Temperature

For high temperatures, Dr. Campbell-McBride recommends plain aspirin.

Dr. Campbell-McBride believes that aspirin is one of the safest medications known to man. However, in the last few decades the pharmaceutical patent has run out on aspirin, so it became unprofitable for manufacturers to produce and sell. So, they needed to replace it with new drugs with new patents (paracetamol, ibuprofen, etc.).

To convince the public and the medical profession to replace aspirin (one of the most trusted and proven medications) with their new drugs, they had to vilify aspirin.

So aspirin was attached to a very rare condition with a scary list of symptoms, called Reye's syndrome: the symptoms range from vomiting and neurological impairment to liver damage. Reye's syndrome was first described as a consequence of a severe viral infection in malnourished children.

Apart from viruses, a long list of chemicals can cause this condition: pesticides and insecticides, aflatoxin, alcohol, emulsifiers, tetracyclines, valproate, warfarin, isopropyl alcohol, pteridines, hypoglycine and other chemicals that are widely present in our personal care products, domestic cleaning products, pharmaceutical drugs and food. The association of Reye's syndrome with aspirin is dubious and was criticized by many experts at the time.

But because aspirin has become unprofitable, the pharmaceutical industry used whatever little evidence they had to withdraw aspirin from use in children, while in adults the use of it now comes with dire warnings in large print; and every pharmacist selling aspirin has been instructed to question the buyer about how much they buy and for what use.

The drugs which replaced aspirin are far more dangerous than aspirin can ever be. For example, paracetamol is the most common drug in suicide, as an overdose of it can irrevocably destroy the liver. Ibuprofen is known to cause heart attacks and other heart trouble.

Aspirin should not be taken on an empty stomach, so Dr. Natasha recommends having some hot meat stock with fermented dairy (sour cream is the best) prior to taking aspirin, or with it.

For children she recommends getting soluble aspirin (the usual dose is a tiny tablet of 75mg), dissolving one tablet in some chamomile tea with a bit of honey. Give some of this tea to your child fairly hot from a teaspoon; in small children a few teaspoons can be enough to reduce high temperature and make the child feel better.

Alternatively, you can dissolve aspirin in a cup of hot chicken stock and give it to your child the same way as the chamomile tea. Keep your child wrapped up warm, let him or her sleep as much as possible, and the cold will vanish quickly.

If you are working with an experienced homeopath, you can get some remedies for colds, which can also be quite effective.

- Temperature higher than 101° (38°C) use aspirin: soluble aspirin for small children
- Homeopathy can also help with temperature & infection
- Feed the immune system - chicken stock, soup + sour cream, kefir or yogurt, onion & egg in butter or animal fat
- Only hot & warm food, nothing cold
- Open 1 - 2 capsules of probiotic on the tongue, at bedtime and between meals
- Garlic enema can also help a fever - make a tea with garlic. 1 clove, 1 pint of warm distilled water. Blend in blender and pour in bowl through a towel or cheese cloth (NO PULP!). Get a syringe and completely fill (hold upside down and squeeze to remove air) Put salve around anus and have child lay on left side knees up. Inject. Gently rub, wait until child needs to poop (when baby, put the diaper on fast!) If not within 5 minutes, fill syringe and repeat. When all 2 cups used

up, if you make it that far, just wait as the child needed hydration.  
Repeat if necessary in a couple of hours.

## Strep Throat

There are situations when antibiotics may be necessary, and strep throat can be one of those situations. It is important to take streptococci under control, as they can trigger an autoimmune reaction in the body leading to damage of heart valves. Just make sure to give your child **plenty of probiotics and immune-boosting foods** during the illness and after it.

### Probiotics

Open a capsule of a probiotic and pour the powder on your child's tongue after every meal and at bedtime. This will help to populate your child's throat with beneficial bacteria, so they will take streptococci under control now and prevent any new infections in the future.

### Food

During the infection feed your child lots of hot chicken stock and chicken soup with kefir, yogurt or sour cream added. Do not give your child anything cold until the throat is much better. So, no raw fruit or vegetables, no salads, no baking and no cold drinks; only hot soup, hot chamomile tea with raw honey, well-cooked fatty gelatinous meat (cooked in water) and eggs with onion.

### Eggs with onion

This is an immune boosting recipe to be used during any infection, particularly in the throat. Slice a large white onion and cook it in generous amounts of animal fat, under a lid, for about 20 minutes, until the onion is soft and sweet. Fry 2-3 eggs in generous amounts of goose or duck fat (or any other animal fat) so the whites are gently cooked and the yolks are left runny. Serve the eggs and the onion together with all the fat, which they were cooked in, and pour some cold-pressed olive oil on top.

This dish is very gentle and soothing on the throat...the fat and the egg yolks will dissolve any damaged tissues and help to remove them. The eggs, fat and cooked onion feed the immune system locally in the throat, and boost systemic immunity as well. Give this dish to your child twice a day, and the sore throat will melt away quite quickly. This is food that should be given to patients in hospitals, whose tonsils have just been removed.

# Nose, Mouth & Throat Problems

Many GAPS people suffer from sinusitis, postnasal drip, sore or dry throats, sore gums and other problems in these areas. These problems are due to abnormal microbial flora that developed on mucous membranes of the nose, throat and mouth. To deal with them we need to populate those areas with beneficial flora. GAPS Nutritional protocol will take care of the rest, such as allergies, the autoimmune component and malnutrition.

## Notes On Reducing General Toxic Load

Populate them with beneficial flora!

Rinse with salty water

Mix 2 capsules of probiotic with a little warm water and use as nasal drops 2 - 3 times per day, rinse and gargle

Open 1 - 2 capsules of probiotic on the tongue at bedtime and between meals

Sore throat, eat the diet for infections outlined above

Swim in the sea and sunbathe

**Chronic sinusitis & adenoids** - rinse daily with salty water putting the water into each nostril and tilting the head back, so the water goes to the back of the nose and finishes up in the mouth.

2-3 times per day put drops of probiotic dissolved in water into the nose.

**Sore throat & sore gums** - rinse with salty water after every meal. Then open 1-2 capsules of probiotics on the tongue (after every meal and at bedtime). Brush teeth with olive oil, alternating with bicarbonate of soda. *Do not use any commercial toothpaste (with the exception of Earthpaste!*

**For sore throat eat the diet for infections** - during the infection feed your patient lots of hot chicken stock and chicken soup with kefir, yogurt or sour cream added. Do not give your patient anything cold until the throat is much better. So, no raw fruit or vegetables, no salads, no baking and no cold drinks...only hot soup, hot

chamomile tea with raw honey, well-cooked fatty gelatinous meat (cooked in water) and eggs with onion.

Swimming in the sea and sunbathing in season will boost immunity and heal the problems with nose, throat and mouth.

## Ear Infections

**Sovereign Silver** for ear infections is not a recommendation of Dr. Natasha, it is a personal one that has been a VERY effective remedy in our household for ear infections, as well as fast relief of pink eye. The earlier, the better. If given at the first signs of ear pain, an ear infection is usually thwarted.

### Notes On Ear Infections

- Due to abnormal flora in the middle ear & Eustachian tube
- GAPS program provides a long term solution
- Populate the throat with probiotics. Open 1 - 2 capsules on the tongue at bedtime and between meals
- Keep the patient warm...hot drinks...broth, tea with honey & lemon, etc.
- A few drops of Sovereign Silver in each ear
- Mix 1 capsule of probiotic with a tablespoon of olive oil, use as ear drops every hour
- Crush a clove of garlic and mix with olive oil - use as ear drops every hour
- The onion remedy

## Eczema & Dry Skin

The GAPS nutritional program will, over time, remove the symptoms of eczema and dry skin. In the meantime there are several topical remedies you can use.

People with dry skin conditions and eczema must not use any personal care products on their skin, wash only with water! Soaps and other chemicals wash off protective oils and dry

the skin out. At the same time they wash off the habitat for beneficial skin flora, which leaves the skin open to invasion by pathogens.

## Eczema baths:

- Start from a bath with **baking soda** (1/2 a cup per bath)
- The next night add **seaweed powder** into the bath, which is an excellent source of minerals and helps with eczema (add 3-5 tablespoons of the powder into the bath water)
- The night after run the water through a **cotton bag full of oatmeal** (the kind used for making porridge).
- **After the bath** apply any of the following - ripe avocado mashed with a fork, homemade yogurt or kefir, fermented cream, sesame oil, olive oil or coconut oil.

## Severe eczema

For severe eczema patches, make overnight applications with raw honey or seaweed powder. For example:

**Night one:** apply honey thickly over the eczema area, cover with cling film and bandage. Let your child go to sleep, in the morning wash the honey off and apply any of the following: ripe avocado mashed with a fork, homemade yogurt or kefir, fermented cream, sesame oil or coconut oil.

**Night two:** do the application with seaweed powder.

Mix 2 tablespoons of the seaweed powder with some hot water to make a paste...apply the same way as the honey.

## Less severe eczema

On less severe eczema patches, or areas of dry skin, apply ripe avocado mashed with a few capsules of probiotic. Do this application twice a day until the skin gets better.

Swimming in the sea and sunbathing do wonders for eczema, psoriasis and other skin problems, so do it as often as you can.

## Diaper rash

Apply homemade kefir or sour cream...kefir made with kefir culture is the best. Apply at every diaper change. Coconut oil can also be used.

# Controlling Yeast

Almost all GAPS people are affected by yeast overgrowth. The GAPS Nutritional Protocol will deal with it through rebalancing immunity and detoxifying the body. However, it takes time, and in the meantime simple solutions can be used for keeping the yeast under control.

## Thrush in the mouth

Brush teeth with bicarbonate of soda daily, open 1 - 2 capsules of probiotic on the tongue at bedtime & between meals, rinse with kefir whey

## Fungal skin rash

Apply kefir twice a day, baths with bicarbonate of soda

## Athlete's foot & ingrown toenails

Soak feet in baking soda solution (1/2 cup per tub of warm water), apply kefir at bedtime daily, put some baking soda into socks and shoes

## Vaginal thrush

Apply kefir in the groin daily, insert 1 - 2 capsules of probiotic at bedtime into the vaginal tract.

## Eye Problems

Dry and sore eyes are common amongst GAPS people, as their tear production may be low and the eyes may be populated by abnormal flora.

Allergic reactions with swollen eyes are also common - applying a warm wet teabag to the eyes is a good remedy. Rinsing with warm organic tea reduces inflammation and helps with swelling and stinging.

## Notes On Eye Problems

- Rinse with strong organic tea (plain and unflavored)
- Swollen eyes: apply a wet warm teabag
- Dissolve 1 capsule of probiotic in warm water and use as a rinse at bedtime
- Eat liver, eggs, oily fish, and sour cream regularly
- Do not use any chemicals on the face! Use cold pressed oils as face moisturizers
- Sunbathe, exposing your face with closed eyes
- Do not wear sunglasses!
- Sovereign Silver drips in eye for pink eye

No chemicals should be used on the face, and only **pure** personal care products. Any moisturizer applied to the face gets into the eyes and can trigger reactions and inflammation. Use olive oil, coconut oil or any other cold pressed organic oil as a face moisturizer. My favorite face moisturizer is made by [Caroline's Dream](#).

The GAPS Protocol will deal with the fundamental causes of the problem, I recommend eating foods rich in vitamins A, D, and fatty acids, such as liver, sour cream, oily fish, and eggs daily. Eating brightly colored berries in season, and juicing fruit, greens and vegetables, will provide other nutrients for healthy eyes.

Many GAPS people have such sensitive eyes that they cannot tolerate sun and have to wear sunglasses. Sunbathe, exposing the face to the sun with closed eyes. Gradually the eyes will get used to the sun and you will be able to remove sunglasses permanently. **It is important for the brain to receive sunlight through the eyes daily**, to produce a very important hormone melatonin, which regulates the sleep cycle and accomplishes many other functions.

***Wearing sunglasses regularly prevents the brain from receiving sunlight and can contribute to depression, anxiety, memory loss, sleep abnormalities and many other problems.***

Only on rare occasions, such as when skiing or driving a boat may sunglasses be necessary.

# Activity & Resources

## Activity

Along with reading this workbook and using the advice as needed, I recommend that you **read through the Budgeting Workbook by YNAB**. Pick at least one exercise to work through this week.

A healing protocol can be more costly, up front, than a diet based on subsidized and poor quality foods. *It is so worth it* for the duration though...health is precious and worth the investment.

## Resources

1. Article by Eat Naked on inspiring adventurous eaters - <http://www.eatnakednow.com/eat-naked-baby/2013/12/09/are-picky-eaters-made-or-born-seven-ways-to-inspire-adventurous-and-healthy-eaters/>
2. Algo Seaweed Powder - <http://www.shop.gapsdiet.com/category.sc;jsessionid=C40715A3639E857C1D410344BDD66386.m1plqscsfapp02?categoryId=25>
3. Sovereign Silver - <http://www.amazon.com/Sovereign-Silver-Colloidal-Hydrosol-Dropper/dp/B000EBTOHU>
4. Vegetable Spiralizer (for making veggies into noodle or other fun shapes) - [http://www.amazon.com/Tri-blade-Vegetable-Spiralizer-Lifetime-Vegetables/dp/B00GRIR87M/ref=sr\\_1\\_1?ie=UTF8&qid=1397909733&sr=8-1&keywords=spiralizer](http://www.amazon.com/Tri-blade-Vegetable-Spiralizer-Lifetime-Vegetables/dp/B00GRIR87M/ref=sr_1_1?ie=UTF8&qid=1397909733&sr=8-1&keywords=spiralizer)