

Index of GAPS Stories

Book available from

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Note: this is a listing of the topics and conditions that are in the book. The book contains over 50 stories written by individuals. These are personal accounts of improvement and recovery through the GAPS Nutritional Protocol.

Addictions

ADHD (Attention Deficit Hyperactivity Disorder) – 5 references

Adopted children

Alcohol abuse

Allergies – 10+ references

Amenorrhoea

Anaemia

Anorexia

Antibiotics, overuse -5+ references

Anxiety – 10 + references

Apathy

Arthritis - 5+ references

Asthma – 5+ references

Autism – 10+ references

Autoimmunity

Back pain

Bipolar disorder (manic-depressive disorder)

Blood sugar instability – 5 references

Candida

Cataplexy

Celiac disease

Chest pain

Cholesterol and lipids, elevated

CFS (Chronic Fatigue Syndrome) -5+ references

Colitis

Constipation – 5+ references

Crohn's disease

Cyclical vomiting syndrome

Cystitis

Dental problems

Depersonalisation Syndrome (DP)

Depression – 15+ references

Diarrhoea

Digestive disorders – 20 references

Dravet syndrome (a form of epilepsy)

Drugs, long-term use

Drug abuse

Dyslexia

Ear infections – 5+ references

Eating disorder

Eczema – 5+ references

Endometriosis

Epilepsy

Eye problems

Failure to thrive

Fatigue – 15+ references

Food intolerances – 10 references

Food poisoning

FPIES (Food Protein Induced Enterocolitis Syndrome)

Fussy eater – 5+ references

GERD (Gastro Esophageal Reflux Disease)

Gluten sensitivity

Hay fever

Hair loss – 127-134, 232-243, 247-251

Headaches – 5+ references

Heavy metal toxicity

Heart problems

Homocysteine, elevated

Hyperactivity – 5+ references

IBS (Irritable Bowel Syndrome)

Immune system insufficiency – 5+ references

Infertility

Joint pain – 5+ references

Kawasaki disease

Kidney reflux

Lead poisoning

Lupus

Malabsorption / malnourishment / low weight & poor growth – 5+ references

ME (Myalgic Encephalomyelitis)

Memory problems

Menopause

Menstrual problems – 5 references

Mental 'fog'

Mental illness – 5+ references

Metal toxicity

Migraines

Milk allergy – 5 references

Miscarriage

Mitral valve prolapse (MVP)

Mold, moldy building

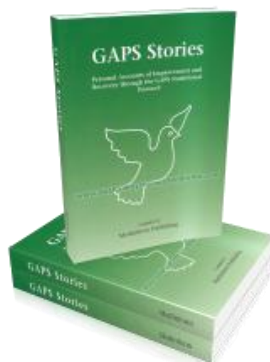
Mood problems – 5+ references

Narcolepsy

Neurological problems
Neuropathy
Night terrors
Obesity
Obsessions
OCD (Obsessive-Compulsive Disorder) – 5 references
ODD (Oppositional-Defiant Disorder)
Osteopenia
PANDAS (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal infections)
Panic attacks
PANS (Pediatric Acute-Onset Neuropsychiatric Syndrome)
Parasites
PCOS (Polycystic Ovaries Syndrome)
PDD-NOS (Pervasive Developmental Disorder – Not Otherwise Specified)
Plantar fasciitis/painful feet
PMS (Peri-Menstrual Syndrome)
Postnatal depression
Probiotics
Psoriasis
Psoriatic arthritis
Reflux – 5 references
Restless legs syndrome
Rosacea

Schizophrenia
Seizures
Sensitivity to molds, chemicals and EMF (electro-magnetic fields)
Sensitivity to noise
Sinusitis
Sleep apnea
Sleeping problems – 5+ references
Stamina, poor
Stress, intolerance and damage from
Sugar craving / addiction – 5+ references
Suicide attempts
Tantrums
Thyroid problems
Tics
Twins
Ulcerative colitis
Urinary problems
Vaccine damage
Vaginal thrush
Vegetarian, vegan
Vomiting, cyclical vomiting syndrome
Weight, excessive
Yeast/fungal infection

GAPS Stories – Personal Accounts of Improvement and Recovery through the GAPS Nutritional Protocol



Free 2 week loan of this 250 page book to anyone who attends an **Introduction To GAPS Digestive Health** session.

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