

DR NATASHA CAMPBELL MCBRIDE

DR. NATASHA CAMPBELL-McBRIDE IS A RENOWNED NEUROLOGIST, NUTRITIONIST, AND AUTHOR WHOSE WORK HAS SIGNIFICANTLY INFLUENCED THE FIELDS OF GUT HEALTH, NEURODEVELOPMENT, AND HOLISTIC MEDICINE. WITH A BACKGROUND ROOTED IN NEUROLOGY AND A PASSION FOR UNDERSTANDING THE INTRICATE CONNECTIONS BETWEEN DIET, MICROBIOME, AND OVERALL WELL-BEING, SHE HAS DEDICATED MUCH OF HER CAREER TO DEVELOPING APPROACHES THAT IMPROVE HEALTH OUTCOMES FOR INDIVIDUALS SUFFERING FROM COMPLEX NEUROLOGICAL AND DIGESTIVE DISORDERS. HER INNOVATIVE METHODS AND INSIGHTS HAVE GAINED INTERNATIONAL RECOGNITION, INSPIRING COUNTLESS PRACTITIONERS AND INDIVIDUALS TO EXPLORE ALTERNATIVE PATHWAYS TO HEALTH THROUGH NUTRITION AND LIFESTYLE CHANGES.

WHO IS DR. NATASHA CAMPBELL-McBRIDE?

BACKGROUND AND EDUCATION

DR. NATASHA CAMPBELL-McBRIDE HOLDS A DEGREE IN MEDICINE, SPECIALIZING IN NEUROLOGY, AND HAS ALSO STUDIED NUTRITION EXTENSIVELY. HER ACADEMIC BACKGROUND PROVIDES A SOLID FOUNDATION FOR HER INTEGRATIVE APPROACH TO HEALTH, COMBINING TRADITIONAL MEDICAL KNOWLEDGE WITH NUTRITIONAL SCIENCE. HER PERSONAL EXPERIENCES AND OBSERVATIONS OF HER PATIENTS' STRUGGLES WITH CHRONIC HEALTH ISSUES MOTIVATED HER TO SEEK NEW SOLUTIONS BEYOND CONVENTIONAL MEDICINE.

PROFESSIONAL JOURNEY

INITIALLY PRACTICING AS A NEUROLOGIST IN RUSSIA, DR. CAMPBELL-McBRIDE BECAME INCREASINGLY INTERESTED IN THE ROLE OF DIET AND GUT HEALTH IN NEUROLOGICAL AND DEVELOPMENTAL DISORDERS. HER WORK LED HER TO DEVELOP A COMPREHENSIVE DIETARY PROTOCOL AIMED AT HEALING THE GUT, WHICH SHE DETAILS IN HER WIDELY ACCLAIMED BOOK, GUT AND PSYCHOLOGY SYNDROME (GAPS). HER APPROACH EMPHASIZES THE IMPORTANCE OF NURTURING THE GUT MICROBIOME AS A FOUNDATION FOR MENTAL AND PHYSICAL HEALTH.

THE GAPS DIET AND PROTOCOL

UNDERSTANDING GUT AND PSYCHOLOGY SYNDROME (GAPS)

THE GAPS PROTOCOL IS BASED ON THE PREMISE THAT MANY MENTAL HEALTH AND BEHAVIORAL ISSUES—including AUTISM, ADHD, DEPRESSION, AND SCHIZOPHRENIA—are ROOTED IN GUT DYSFUNCTION AND AN IMBALANCE IN GUT BACTERIA. DR. CAMPBELL-McBRIDE POSITS THAT AN UNHEALTHY GUT ALLOWS TOXINS AND PATHOGENS TO ENTER THE BLOODSTREAM, AFFECTING BRAIN FUNCTION AND OVERALL HEALTH.

CORE PRINCIPLES OF THE GAPS DIET

THE GAPS DIET IS A THERAPEUTIC NUTRITIONAL PLAN DESIGNED TO HEAL THE GUT LINING AND RESTORE BALANCE TO THE MICROBIOME. ITS CORE PRINCIPLES INCLUDE:

- ELIMINATION OF PROCESSED FOODS, SUGARS, AND ARTIFICIAL ADDITIVES
- INCLUSION OF NUTRIENT-DENSE, EASILY DIGESTIBLE FOODS
- INTRODUCTION OF PROBIOTIC-RICH FOODS TO PROMOTE BENEFICIAL BACTERIA

- GRADUAL REINTRODUCTION OF FOODS TO IDENTIFY SENSITIVITIES

PHASES OF IMPLEMENTATION

THE GAPS PROTOCOL IS GENERALLY IMPLEMENTED IN STAGES:

1. **INTRODUCTION PHASE:** FOCUSES ON HEALING THE GUT WITH BROTHS, COOKED VEGETABLES, AND PROBIOTIC FOODS
2. **FULL GAPS DIET:** INCORPORATES A WIDER VARIETY OF FOODS, INCLUDING MEATS, EGGS, AND FERMENTED FOODS
3. **REINTRODUCTION PHASE:** SYSTEMATIC TESTING OF FOODS TO DETERMINE INDIVIDUAL TOLERANCES

THE SCIENCE BEHIND DR. CAMPBELL-McBRIDE'S APPROACH

THE GUT-BRAIN AXIS

CENTRAL TO HER PHILOSOPHY IS THE CONCEPT OF THE GUT-BRAIN AXIS—THE BIDIRECTIONAL COMMUNICATION PATHWAY BETWEEN THE GASTROINTESTINAL SYSTEM AND THE CENTRAL NERVOUS SYSTEM. AN IMBALANCE IN GUT BACTERIA CAN INFLUENCE MOOD, COGNITION, AND BEHAVIOR, UNDERPINNING MANY MENTAL HEALTH CONDITIONS.

THE ROLE OF MICROBIOME IN NEURODEVELOPMENT

RESEARCH INCREASINGLY SUPPORTS THE IDEA THAT A HEALTHY MICROBIOME IS ESSENTIAL FOR PROPER NEURODEVELOPMENT. DR. CAMPBELL-McBRIDE EMPHASIZES THAT RESTORING GUT HEALTH CAN LEAD TO IMPROVEMENTS IN CONDITIONS LIKE AUTISM SPECTRUM DISORDER (ASD), LEARNING DIFFICULTIES, AND BEHAVIORAL ISSUES.

HEALING THE GUT LINING

HER PROTOCOL ADVOCATES FOR NOURISHING AND REPAIRING THE GUT LINING USING:

- BONE BROTHS RICH IN COLLAGEN AND AMINO ACIDS
- FERMENTED FOODS HIGH IN PROBIOTICS
- ELIMINATION OF INFLAMMATORY FOODS AND TOXINS

THIS PROCESS AIMS TO REDUCE INTESTINAL PERMEABILITY, OFTEN REFERRED TO AS "LEAKY GUT," WHICH SHE CONSIDERS A KEY FACTOR IN SYSTEMIC INFLAMMATION AND NEUROLOGICAL SYMPTOMS.

IMPACT AND CRITICISMS

SUCCESS STORIES AND TESTIMONIALS

MANY PARENTS, PRACTITIONERS, AND INDIVIDUALS HAVE REPORTED SIGNIFICANT IMPROVEMENTS IN THEIR HEALTH AND BEHAVIOR AFTER ADOPTING THE GAPS PROTOCOL. THESE ANECDOTAL ACCOUNTS OFTEN HIGHLIGHT REDUCTIONS IN AUTISM SYMPTOMS,

IMPROVED DIGESTION, AND INCREASED MENTAL CLARITY.

CRITICISMS AND SCIENTIFIC DEBATE

WHILE DR. CAMPBELL-McBRIDE'S WORK HAS GARNERED A DEDICATED FOLLOWING, IT HAS ALSO FACED CRITICISM FROM SOME WITHIN THE MEDICAL COMMUNITY. CRITICS ARGUE THAT HER THEORIES LACK EXTENSIVE SCIENTIFIC VALIDATION AND WARN AGAINST UNVERIFIED DIETARY RESTRICTIONS. NONETHELESS, HER APPROACH CONTINUES TO INSPIRE RESEARCH AND DIALOGUE AROUND THE IMPORTANCE OF GUT HEALTH.

RESOURCES AND FURTHER READING

BOOKS BY DR. NATASHA CAMPBELL-McBRIDE

- *GUT AND PSYCHOLOGY SYNDROME: NATURAL TREATMENT FOR AUTISM, ADD, DYSLEXIA, HYPERACTIVITY, BRAIN INJURY, BLINDNESS, ASPERGER'S SYNDROME, DEPRESSION, AND SCHIZOPHRENIA*
- *PUT YOUR HEART IN YOUR MOUTH: A GUIDE TO BETTER HEART HEALTH*

ONLINE COMMUNITIES AND SUPPORT

- WEBSITES, FORUMS, AND FACEBOOK GROUPS DEDICATED TO GAPS AND GUT HEALTH PROVIDE ONGOING SUPPORT AND SHARE SUCCESS STORIES.

CONSULTING AND PROFESSIONAL SUPPORT

FOR INDIVIDUALS INTERESTED IN IMPLEMENTING HER PROTOCOLS, CONSULTING WITH PRACTITIONERS TRAINED IN HER METHODS CAN FACILITATE PERSONALIZED PLANS AND MONITORING.

CONCLUSION

DR. NATASHA CAMPBELL-McBRIDE'S GROUNDBREAKING WORK EMPHASIZES THE PROFOUND CONNECTION BETWEEN GUT HEALTH AND OVERALL WELL-BEING. HER GAPS PROTOCOL OFFERS A HOLISTIC APPROACH TO HEALING THAT CHALLENGES CONVENTIONAL MEDICAL PARADIGMS, FOCUSING ON NOURISHING THE MICROBIOME AS A PATHWAY TO MENTAL AND PHYSICAL HEALTH. WHILE SCIENTIFIC VALIDATION CONTINUES TO EVOLVE, HER INSIGHTS HAVE OPENED NEW AVENUES FOR UNDERSTANDING AND TREATING COMPLEX HEALTH CONDITIONS, INSPIRING A GLOBAL MOVEMENT TOWARD INTEGRATIVE AND DIETARY-BASED HEALING STRATEGIES. WHETHER YOU ARE A HEALTHCARE PROFESSIONAL, A PARENT OF A CHILD WITH DEVELOPMENTAL CHALLENGES, OR AN INDIVIDUAL SEEKING BETTER HEALTH, EXPLORING DR. CAMPBELL-McBRIDE'S PRINCIPLES CAN PROVIDE VALUABLE PERSPECTIVES ON THE POWER OF NUTRITION AND GUT HEALTH IN TRANSFORMING LIVES.

FREQUENTLY ASKED QUESTIONS

WHO IS DR. NATASHA CAMPBELL-McBRIDE AND WHAT IS SHE KNOWN FOR?

DR. NATASHA CAMPBELL-McBRIDE IS A NEUROLOGIST AND NUTRITIONIST RENOWNED FOR DEVELOPING THE GAPS (GUT AND PSYCHOLOGY SYNDROME) DIET, WHICH FOCUSES ON HEALING THE GUT TO IMPROVE MENTAL AND PHYSICAL HEALTH,

PARTICULARLY IN CONDITIONS LIKE AUTISM, ADHD, AND AUTOIMMUNE DISEASES.

WHAT IS THE GAPS DIET DEVELOPED BY DR. NATASHA CAMPBELL-McBRIDE?

THE GAPS DIET IS A NUTRITIONAL PLAN DESIGNED TO RESTORE GUT HEALTH BY ELIMINATING PROCESSED FOODS AND INTRODUCING NUTRIENT-DENSE, PROBIOTIC-RICH FOODS TO HEAL THE INTESTINAL LINING, THEREBY IMPROVING NEUROLOGICAL AND PHYSICAL HEALTH.

HAS DR. NATASHA CAMPBELL-McBRIDE BEEN INVOLVED IN ANY RECENT RESEARCH OR PUBLICATIONS?

WHILE DR. CAMPBELL-McBRIDE'S WORK REMAINS INFLUENTIAL IN ALTERNATIVE HEALTH CIRCLES, HER MOST PROMINENT PUBLICATION IS 'GUT AND PSYCHOLOGY SYNDROME,' AND SHE CONTINUES TO ADVOCATE FOR GUT HEALTH AS A FOUNDATION FOR OVERALL WELLNESS.

WHAT CONDITIONS DOES DR. NATASHA CAMPBELL-McBRIDE CLAIM THE GAPS DIET CAN HELP IMPROVE?

SHE CLAIMS THAT THE GAPS DIET CAN HELP WITH A VARIETY OF CONDITIONS INCLUDING AUTISM, ADHD, DYSLEXIA, DEPRESSION, AUTOIMMUNE DISORDERS, AND OTHER NEUROLOGICAL AND DIGESTIVE HEALTH ISSUES.

WHERE CAN I LEARN MORE ABOUT DR. NATASHA CAMPBELL-McBRIDE'S WORK AND TEACHINGS?

YOU CAN LEARN MORE THROUGH HER OFFICIAL WEBSITE, 'GUT AND PSYCHOLOGY SYNDROME' RESOURCES, AND HER PUBLISHED BOOK, AS WELL AS VARIOUS INTERVIEWS AND ONLINE SEMINARS WHERE SHE DISCUSSES THE PRINCIPLES OF GUT HEALTH AND HEALING.

ADDITIONAL RESOURCES

DR. NATASHA CAMPBELL-McBRIDE IS A PROMINENT FIGURE IN THE FIELDS OF NUTRITION, NEUROLOGY, AND HOLISTIC HEALTH, RENOWNED FOR HER GROUNDBREAKING WORK IN UNDERSTANDING THE INTERCONNECTEDNESS OF GUT HEALTH AND NEUROLOGICAL CONDITIONS. HER INSIGHTS HAVE PROFOUNDLY INFLUENCED MODERN APPROACHES TO MANAGING AUTISM, ADHD, AND OTHER DEVELOPMENTAL AND NEUROLOGICAL DISORDERS, EMPHASIZING THE IMPORTANCE OF DIET AND GUT HEALTH IN OVERALL WELL-BEING.

WHO IS DR. NATASHA CAMPBELL-McBRIDE?

DR. NATASHA CAMPBELL-McBRIDE IS A MEDICAL DOCTOR WITH A SPECIALIZATION IN NEUROLOGY AND A POSTGRADUATE DEGREE IN HUMAN NUTRITION. SHE IS BEST KNOWN FOR DEVELOPING THE GAPS DIET (GUT AND PSYCHOLOGY SYNDROME), A DIETARY PROTOCOL AIMED AT HEALING THE GUT TO IMPROVE NEUROLOGICAL AND PSYCHOLOGICAL HEALTH. HER APPROACH IS ROOTED IN THE BELIEF THAT MANY CHRONIC HEALTH ISSUES, ESPECIALLY NEUROLOGICAL AND DEVELOPMENTAL DISORDERS, ORIGINATE FROM AN UNHEALTHY GUT MICROBIOME.

BACKGROUND AND EDUCATION

- MEDICAL DEGREE: SHE HOLDS A DEGREE IN MEDICINE FROM RUSSIA.
- POSTGRADUATE STUDIES: SHE PURSUED POSTGRADUATE TRAINING IN HUMAN NUTRITION.
- SPECIALIZATION: NEUROLOGY, WITH A FOCUS ON NEUROLOGICAL DISORDERS IN CHILDREN AND ADULTS.

HER DIVERSE EDUCATIONAL BACKGROUND PROVIDES HER WITH A COMPREHENSIVE UNDERSTANDING OF BOTH CONVENTIONAL MEDICINE AND HOLISTIC NUTRITION, ALLOWING HER TO BRIDGE THE GAP BETWEEN THE TWO.

THE PHILOSOPHY BEHIND DR. NATASHA CAMPBELL-McBRIDE'S WORK

AT THE CORE OF HER PHILOSOPHY IS THE IDEA THAT GUT HEALTH IS CENTRAL TO OVERALL HEALTH, ESPECIALLY NEUROLOGICAL AND PSYCHOLOGICAL WELL-BEING. SHE EMPHASIZES THAT:

- A HEALTHY GUT MICROBIOME IS ESSENTIAL FOR PROPER DIGESTION, IMMUNE FUNCTION, AND MENTAL HEALTH.
- DYSBIOSIS, OR IMBALANCE IN GUT BACTERIA, CAN LEAD TO A RANGE OF HEALTH ISSUES, FROM ALLERGIES TO AUTISM SPECTRUM DISORDERS.
- RESTORING GUT HEALTH THROUGH DIET AND LIFESTYLE CHANGES CAN SIGNIFICANTLY IMPROVE OR EVEN RESOLVE CHRONIC HEALTH CONDITIONS.

HER APPROACH COMBINES TRADITIONAL MEDICAL KNOWLEDGE WITH NATURAL REMEDIES, EMPHASIZING THE IMPORTANCE OF DIET, LIFESTYLE, AND GUT HEALING.

THE GAPS DIET: AN OVERVIEW

THE GAPS DIET (GUT AND PSYCHOLOGY SYNDROME) IS THE CORNERSTONE OF DR. NATASHA CAMPBELL-McBRIDE'S WORK. IT IS DESIGNED TO HEAL THE GUT LINING, REBALANCE GUT BACTERIA, AND IMPROVE NEUROLOGICAL FUNCTION.

PRINCIPLES OF THE GAPS DIET

- ELIMINATION OF PROCESSED AND REFINED FOODS.
- INCLUSION OF NUTRIENT-DENSE, EASILY DIGESTIBLE WHOLE FOODS.
- USE OF SPECIFIC PROBIOTICS AND FERMENTED FOODS.
- GRADUAL REINTRODUCTION OF CERTAIN FOODS BASED ON INDIVIDUAL TOLERANCE.

STAGES OF THE GAPS DIET

1. INTRODUCTION PHASE: FOCUSES ON HEALING THE GUT LINING WITH BROTHS, FERMENTED FOODS, AND EASILY DIGESTIBLE FOODS.
2. FULL GAPS DIET: INCORPORATES A BROADER RANGE OF FOODS, INCLUDING COOKED VEGETABLES, MEATS, AND DAIRY.
3. REINTRODUCTION PHASE: SLOWLY REINTRODUCES FOODS TO ASSESS TOLERANCE AND MAINTAIN GUT HEALTH.

KEY COMPONENTS

- BONE BROTHS RICH IN GELATIN AND MINERALS.
- FERMENTED VEGETABLES AND PROBIOTIC FOODS.
- ORGANIC, GRASS-FED MEATS.
- HEALTHY FATS LIKE COCONUT OIL AND COD LIVER OIL.
- AVOIDANCE OF GRAINS, SUGARS, PROCESSED FOODS, AND ADDITIVES.

SCIENTIFIC FOUNDATIONS AND EVIDENCE

WHILE SOME CRITICS QUESTION THE SCIENTIFIC RIGOR OF THE GAPS DIET, DR. CAMPBELL-McBRIDE'S WORK IS SUPPORTED BY A GROWING BODY OF RESEARCH HIGHLIGHTING THE CRITICAL ROLE OF THE GUT MICROBIOME IN HEALTH. HER APPROACH ALIGNS WITH CURRENT UNDERSTANDING IN FIELDS LIKE MICROBIOLOGY AND NEUROGASTROENTEROLOGY, WHICH RECOGNIZE:

- THE GUT-BRAIN AXIS AS A BIDIRECTIONAL COMMUNICATION SYSTEM.
- THE IMPACT OF GUT BACTERIA ON NEUROTRANSMITTER PRODUCTION.
- THE ROLE OF GUT PERMEABILITY ("LEAKY GUT") IN INFLAMMATION AND AUTOIMMUNE DISEASES.

MANY PARENTS AND PRACTITIONERS REPORT IMPROVEMENTS IN CHILDREN WITH AUTISM, ADHD, AND OTHER CONDITIONS AFTER ADOPTING HER PROTOCOLS, WHICH HAS SPURRED FURTHER RESEARCH INTO GUT-BASED THERAPIES.

CRITICISMS AND CONTROVERSIES

DESPITE HER POPULARITY, DR. NATASHA CAMPBELL-McBRIDE'S WORK HAS FACED CRITICISM FROM SOME WITHIN THE MEDICAL COMMUNITY:

- LACK OF LARGE-SCALE CLINICAL TRIALS: CRITICS ARGUE THAT THE EVIDENCE SUPPORTING THE GAPS DIET IS ANECDOTAL OR BASED ON SMALL STUDIES.
- POTENTIAL NUTRITIONAL RESTRICTIONS: CONCERNS ABOUT RESTRICTIVE DIETS LEADING TO NUTRIENT DEFICIENCIES IF NOT CAREFULLY MANAGED.
- MISINTERPRETATION OF SCIENTIFIC DATA: SOME EXPERTS BELIEVE HER CONCLUSIONS ABOUT CAUSALITY BETWEEN GUT HEALTH AND NEUROLOGICAL CONDITIONS ARE OVERSTATED.

NONETHELESS, MANY ADVOCATES EMPHASIZE THAT HER APPROACH ENCOURAGES INDIVIDUALIZED CARE, AND WHEN PROPERLY SUPERVISED, CAN BE SAFE AND EFFECTIVE.

PRACTICAL GUIDANCE FOR IMPLEMENTING DR. NATASHA CAMPBELL-McBRIDE'S PRINCIPLES

IF YOU'RE INTERESTED IN EXPLORING HER METHODS, HERE ARE SOME PRACTICAL STEPS:

1. FOCUS ON GUT HEALING

- INCORPORATE BONE BROTHS DAILY.
- INTRODUCE FERMENTED FOODS LIKE SAUERKRAUT, KEFIR, AND YOGURT.
- AVOID PROCESSED FOODS, SUGARS, AND ARTIFICIAL ADDITIVES.
- USE HIGH-QUALITY, ORGANIC, AND GRASS-FED INGREDIENTS.

2. SUPPORT DIGESTIVE HEALTH

- USE NATURAL REMEDIES LIKE HERBAL TEAS AND DIGESTIVE ENZYMES.
- AVOID ANTIBIOTICS UNLESS ABSOLUTELY NECESSARY, AND CONSIDER PROBIOTIC SUPPLEMENTATION AFTERWARD.
- PROMOTE REGULAR BOWEL MOVEMENTS THROUGH DIET AND HYDRATION.

3. MONITOR AND REINTRODUCE FOODS CAREFULLY

- KEEP A FOOD DIARY TO TRACK REACTIONS.
- REINTRODUCE FOODS GRADUALLY, NOTING ANY SYMPTOMS.

4. CONSULT HEALTHCARE PROFESSIONALS

- WORK WITH A NUTRITIONIST OR HEALTHCARE PROVIDER EXPERIENCED WITH GAPS OR SIMILAR DIETS.
- ENSURE NUTRITIONAL ADEQUACY, ESPECIALLY WHEN RESTRICTING MAJOR FOOD GROUPS.

BROADER IMPACT AND LEGACY

DR. NATASHA CAMPBELL-McBRIDE'S WORK HAS INSPIRED A GLOBAL MOVEMENT TOWARD UNDERSTANDING THE IMPORTANCE OF GUT HEALTH IN CHRONIC DISEASE MANAGEMENT. HER ADVOCACY HAS:

- EMPOWERED MANY PARENTS TO TAKE ACTIVE ROLES IN THEIR CHILDREN'S HEALTH.
- SPARKED INTEREST IN INTEGRATIVE AND FUNCTIONAL MEDICINE.
- CONTRIBUTED TO A PARADIGM SHIFT FROM SYMPTOM SUPPRESSION TO ROOT CAUSE HEALING.

HER BOOKS, INCLUDING "GUT AND PSYCHOLOGY SYNDROME" AND "PUT YOUR HEART IN YOUR MOUTH," SERVE AS COMPREHENSIVE GUIDES FOR THOSE SEEKING ALTERNATIVE APPROACHES TO HEALTH.

CONCLUSION

DR. NATASHA CAMPBELL-McBRIDE STANDS AS A PIVOTAL FIGURE IN HOLISTIC HEALTH, ADVOCATING FOR A PROFOUND CONNECTION BETWEEN THE GUT AND THE BRAIN. HER DEVELOPMENT OF THE GAPS DIET HAS PROVIDED A FRAMEWORK FOR HEALING MANY CHRONIC NEUROLOGICAL AND PSYCHOLOGICAL CONDITIONS THROUGH DIETARY AND LIFESTYLE CHANGES. WHILE HER METHODS CONTINUE TO GENERATE DEBATE WITHIN THE MEDICAL COMMUNITY, HER INFLUENCE PERSISTS THROUGH THE COUNTLESS INDIVIDUALS AND FAMILIES SEEKING NATURAL SOLUTIONS FOR BETTER HEALTH. WHETHER VIEWED AS A REVOLUTIONARY OR AS A COMPLEMENTARY APPROACH, HER WORK UNDENIABLY UNDERSCORES THE CRITICAL IMPORTANCE OF GUT HEALTH IN THE BROADER CONTEXT OF HUMAN WELLNESS.

[Dr Natasha Campbell McBride](#)

dr natasha campbell mcbride: [Dr. Natasha Campbell-McBride: Summary of The GAPS Diet. Gut and Psychology Syndrome](#) Dr. Natasha Campbell-McBride, 2021

dr natasha campbell mcbride: *Summary Of: Dr. Natasha Campbell-McBride - the GAPS Diet. Gut and Psychology Syndrome* Hermos Avaca, 2021-09-02 25% of the royalties of this book will be donated to Dr. Thomas Seyfried's cancer research! See [KetoForCancer.net](#) The book offers 2 chapters of revised transcripts of Dr. Natasha Campbell-McBride's Youtube Video-Talks: 1. The GAPS Diet (Gut and Psychology Syndrome) 2. Heart attack through evil fats The transcripts are revised, which means that the grammar and the wordsequences got corrected, adding phrases here and there, as well as leaving out other elements that hinder understanding and the joy of reading. P.S.: Any review would be GREATLY appreciated to get the Low-Carb message out!

dr natasha campbell mcbride: Vegetarianism Explained Natasha Campbell-McBride, MD, 2018-11-29 Finally, a world-class human digestion expert explains why eating animals is positive for human health.--Joel Salatin, author of *Your Successful Farm Business* and co-author of *Beyond Labels*, and Polyface Designs Another blockbuster from Dr. Natasha Campbell-McBride, the creator and author of the GAPS Protocol—Gut And Psychology / Gut And Physiology Syndrome. Her GAPS Nutritional Protocol has been used successfully by hundreds of thousands of people around the world for treating a plethora of chronic health problems, from mental illness to physical disorders. Her book *Gut and Psychology Syndrome* has been translated into sixteen languages. She has now undertaken an intense study into the value of plant foods versus animal foods. *Vegetarianism Explained: Making an Informed Decision* is the result of this study. Dr Campbell-McBride gives a full scientific description of how animal and plant foods are digested and used by the human body. This information will give the reader a good understanding on how to feed their body to achieve optimal health and vitality. This book is an essential read for those who are considering a plant-based lifestyle and those who are already following a vegetarian or a vegan diet. The subject of fasting is covered and will give the reader a good understanding on how to use this method for healing and health. This book will also answer questions on where our food comes from and how it is produced, how to eat in harmony with your body's needs and how we should introduce small children to the world of food. Dr Natasha Campbell-McBride is known for her ability to explain complex scientific concepts in a language easily understood by all. *Vegetarianism Explained* will be enjoyed by all ages of adults - from young teenagers to mature professionals. For those who are scientifically minded the book is fully referenced.

dr natasha campbell mcbride: Gut and Physiology Syndrome Natasha Campbell-McBride, MD, 2020-12-05 "Dr. Natasha has done it again! *Gut and Physiology Syndrome* takes an in-depth look at the underlying causes of today's health crisis--environmental and dietary poisons--and then provides a comprehensive plan for detoxification and nourishment to achieve the good health and clear mind that is the birth right of every adult and every child."--Sally Fallon Morell, President of

The Weston A. Price Foundation Companion volume to the bestselling Gut & Psychology Syndrome—the book that launched the GAPS diet—which has been translated into 22 languages and sold more than 300,000 copies. Since the publication of the first GAPS book, Gut and Psychology Syndrome, in 2004, the GAPS concept has become a global phenomenon. People all over the world have been using the GAPS Nutritional Protocol for healing from physical and mental illnesses. The first GAPS book focused on learning disabilities and mental illness. This new book, Gut and Physiology Syndrome, focuses on the rest of the human body and completes the GAPS concept. Allergies, autoimmune illness, digestive problems, neurological and endocrine problems, asthma, eczema, chronic fatigue syndrome and fibromyalgia, psoriasis and chronic cystitis, arthritis and many other chronic degenerative illnesses are covered. Dr. Campbell-McBride believes that the link between physical and mental health, the food and drink that we take, and the condition of our digestive system is absolute. The clinical experience of many holistic doctors supports this position.

dr natasha campbell mcbride: *Gut and Psychology Syndrome* Natasha Campbell-McBride, MD, 2018-11-29 Dr. Natasha Campbell-McBride set up The Cambridge Nutrition Clinic in 1998. As a parent of a child diagnosed with learning disabilities, she is acutely aware of the difficulties facing other parents like her, and she has devoted much of her time to helping these families. She realized that nutrition played a critical role in helping children and adults to overcome their disabilities, and has pioneered the use of probiotics in this field. Her willingness to share her knowledge has resulted in her contributing to many publications, as well as presenting at numerous seminars and conferences on the subjects of learning disabilities and digestive disorders. Her book Gut and Psychology Syndrome captures her experience and knowledge, incorporating her most recent work. She believes that the link between learning disabilities, the food and drink that we take, and the condition of our digestive system is absolute, and the results of her work have supported her position on this subject. In her clinic, parents discuss all aspects of their child's condition, confident in the knowledge that they are not only talking to a professional but to a parent who has lived their experience. Her deep understanding of the challenges they face puts her advice in a class of its own.

dr natasha campbell mcbride: *GAPS Stories* Medinform Publishing, 2018-11-29 Dr. Natasha Campbell-McBride created the term GAPS (Gut and Psychology Syndrome or Gut and Physiology Syndrome) in 2004 to describe the plethora of health problems that stem from an unhealthy gut. Since developing the GAPS nutritional protocol, Dr. McBride has received letters from GAPS sufferers all over the world: stories written by real people who have overcome their real health problems. Every one of these people has learned valuable lessons on their healing journey: lessons they are keen to pass to others who may be struggling through the same difficulties. These stories can be utilized as case studies for how to progress through personal healing and how to deal with problems that one may have to face along the way. There is nothing more valuable than real life experience! Those who have lived through something, fought the battle and won, know what is true and what is false, what works and what doesn't. Many of these stories are humbling—the kinds of horrific problems that people have had to deal with are hard to imagine for the majority of us—yet told with humor and grace!

dr natasha campbell mcbride: *The Gut Healing Protocol* Kale Brock, Mounting scientific evidence is confirming what Hippocrates said some 2,400 years ago, that, all disease begins in the gut. Nurturing and maintaining a healthy intestinal microbiome has become a topic of great interest to both mainstream medicine and progressive health enthusiasts. In *The Gut Healing Protocol*, Australian health journalist Kale Brock delivers a comprehensive, holistic 8-week program to overcoming the common diet and lifestyle-related problems of inflammation and intestinal permeability through healthy diet and stress management endeavors. The Gut Healing Protocol contains over 30 recipes to help friendly bacteria predominate in your gut, and actively heal gut lining that may have been damaged by the consumption of toxic foods and other adverse lifestyle practices. Other highlights of the book include: A scientific round-up of the gut; how it works and how it can influence your health How antibiotics can leave you vulnerable to gut dysbiosis and strategies to heal from such damage How leaky gut can impact health throughout the

body—especially inflammatory and autoimmune conditions—and how to heal with targeted foods and supplements The “gut-brain” connection, including how most of your “feel good” hormone serotonin is made in the gut and the profound effects that this has on brain function The roles played by the various microbes who live on and inside of you Why eliminating certain foods can drastically decrease the inflammation in the gut Extensive description of the proper integration and benefits of prebiotics, probiotics and fermented foods Details about the functional medicine strategy of “Weeding, Seeding & Feeding” to heal a damaged gut The destructive effects of common gut irritants like wheat, dairy, sugar, alcohol, and artificial sweeteners Complementary holistic healing strategies such as anti-microbials, alkalizing foods, bone broth, proper chewing, food combining, oil pulling, and supplementation Taking BEEMS time (Breathe, Eat, Earth, Move, Sunshine) to support physical and psychological health Intensive FAQ section discussing troubleshooting and commonly misunderstood topics including as FODMAP, SIBO, constipation, veganism and gut health, dealing with conflicting mainstream medical advice The Gut Healing Protocol is a lively and engaging read that offers the information and practical guidance you need to become well versed in the gut microbiome. You'll finish with the confidence to heal a damaged gut and enjoy optimal immune, digestive, physical, and cognitive function for the rest of your life.

dr natasha campbell mcbride: Treating Digestive Disorders from an Endobiogenic Perspective Paul Michael, 2021-03-25 Treating Digestive Disorders from an Endobiogenic Perspective introduces and explains with clarity the concepts, philosophy and practical applications of endobiogenic medicine - a patient-centred diagnostic approach to treatment that originated in France and is now taught across the globe. It explores how a variety of digestive disorders including IBS, Crohn's disease, ulcerative colitis, GERD and dysbiosis, can be resolved with this ground-breaking system. Using in-depth case studies, Paul Michael gives us detailed treatment plans including specific diets, manual therapy and the use of targeted plants and supplements. He also offers new insights into the mechanism behind the autoimmune process seen in Crohn's disease and ulcerative colitis from the endobiogenic perspective.

dr natasha campbell mcbride: The Price of Silence Liza Long, 2015-08-04 Liza Long, the author of “I Am Adam Lanza’s Mother—as seen in the documentaries American Tragedy and HBO®’s A Dangerous Son—speaks out about mental illness. Like most of the nation, Liza Long spent December 14, 2012, mourning the victims of the Newtown shooting. As the mother of a child with a mental illness, however, she also wondered: “What if my son does that someday?” The emotional response she posted on her blog went viral, putting Long at the center of a passionate controversy. Now, she takes the next step. Powerful and shocking, The Price of Silence looks at how society stigmatizes mental illness—including in children—and the devastating societal cost. In the wake of repeated acts of mass violence, Long points the way forward.

dr natasha campbell mcbride: THE PSYCHIC CHILDREN - Dolphins, DNA and the Planetary Grid Hugh Newman, 2007-12-02 Hugh takes us on an adventure from the heights of Glastonbury Tor, to the pyramids of Guatemala and the volcanoes of Hawaii. After meeting some Indigo children on the spring equinox in Hawaii, Hugh was initiated into working on the planetary grid system that included decoding the mysteries of the dolphins and the changes that are happening within our DNA. The adventure includes revelations about galactic alignment 2012 and a coming shift in consciousness, which the children all know about. Join Hugh on this journey as he unlocks the secrets, one by one. Includes a comprehensive nutritional health guide for Indigo children. I am certainly impressed by the eclectic nature of the material and the skill with which you have integrated the often complex subjects to reveal the greater picture now unfolding - SIMON PETER FULLER: author of 'Rising out of Chaos'.

dr natasha campbell mcbride: The Heal Your Gut Cookbook Hilary Boynton, Mary G. Brackett, 2014-08-27 This is a cookbook featuring straightforward, appealing, and family-friendly recipes for people following the GAPS diet, as developed by UK doctor Natasha Campbell-McBride. The GAPS diet is devised for those struggling with gut related chronic illnesses, both physical and mental, including but not limited to autism, ADD/ADHD, dyslexia, Crohn's disease, depression, and

schizophrenia.

dr natasha campbell mcbride: Return to the Source Kelly Hambelton, 2018-08-30 What does the Bible say about food? Does the Bible say there are any food groups that should be avoided? Is there a difference between bread bought at the grocery store and bread fresh-milled at home? Milk from the grocery store versus milk fresh from a local farm? What does the Bible say about eating carbs? Fats? Red meat? Salt? Dairy? The author shares the sources of wisdom, testimonies, recipes, and easy steps that help families rediscover nutrition. She discusses simple instructions to apply the concepts into daily life, become a more informed consumer, and take the steps necessary to combat an ever-increasing supply of processed and dead foods that detriment the health and future of families.

dr natasha campbell mcbride: If Only I Had Known Aviva Mayers, 2019-08-13 Aviva Mayers was diagnosed with breast cancer in 2008. Like millions of women throughout the world, she initially agreed to a conventional treatment out of fear and confusion. But she began to question those choices as the treatment progressed. Following her treatment she took herself on a journey to learn about gentler, less invasive treatments outside of conventional medicine. Aviva attributes her current state of good health to the integrative and alternative paths she ultimately followed. This is a book about options... options for treatment, management and prevention of breast cancer outside of mainstream medicine. It is the result of the journey that Aviva took back to health, and many of her choices outside of mainstream medicine are discussed here. The book includes interviews with patients who followed a path to recovery, much of which they attribute to alternative treatments. And it includes interviews with a range of health care practitioners working with patients with breast or other cancers. The professionals share their thoughts on mainstream treatments, discuss integrative and alternative interventions that can help with recovery, and in some cases even replace conventional treatments. The book also offers advice on how to prevent breast cancer in the first place or how to avoid a recurrence. *If Only I Had Known* is essential reading for anyone diagnosed with breast cancer. It provides a unique perspective on treatments that your doctor may not tell you about. Knowing about these options could improve your life both physically and psychologically. The information contained here is also relevant to people suffering from other cancers, since many of the same inflammatory processes may contribute to their cancers.

dr natasha campbell mcbride: Dare to Be a Green Witch Ehris Urban, Velya Jancz-Urban, 2021-07-08 Dozens of Stories, Remedies & Recipes from the Grounded Goodwife Discover the joys of embracing an earth-friendly, natural lifestyle with this extraordinary guide. Daughter and mother coauthors Ehris Urban and Velya Jancz-Urban provide everything you need to get started, including a wide variety of recipes and remedies, historical uses of natural ingredients, and entertaining anecdotes from their time living holistically in a 1770 Connecticut farmhouse. As the Grounded Goodwife duo, Ehris and Velya guide your journey into the green witch world, introducing you to herbal infusions, fermentation techniques, and pantry essentials. Learn the many uses of fire cider, tonics, essential oils, and collagen. Explore natural body and facial care, healthy ways to indulge in alcohol and chocolate, and recipes for relaxation. From creating an herbal sleep pillow to energy cleansing, *Dare to Be a Green Witch* shows you how to use nature's gifts for greater wellness. Watch the book trailer [here](#).

dr natasha campbell mcbride: Autism Spectrum Disorder Quincy Fisher, 2020-08-19 Parents' experiences with treatments that have worked for their children with ASD are telltale signs that science has not yet validated. According to the current classification, Autism Spectrum Disorder encompasses a whole series of neurodevelopmental difficulties for which no conclusive causes have been discovered, nor proven treatments. It seems an established fact that autism has no cure. Meanwhile, as the number of diagnoses increase, many specialists propose to treat this condition by working on the potential causes through different strategies such as anti-inflammatory diets or antiparasitic treatments.

dr natasha campbell mcbride: Bone Broth Secret Louise Hay, Heather Dane, 2016-01-05 When a forgotten, time-honored traditional food is rediscovered for its health and beauty benefits,

we all pay attention. In this one-of-a-kind culinary adventure, internationally renowned self-help pioneer Louise Hay and 21st-century medicine woman Heather Dane join together to explore a fresh and fun take on the art of cooking with bone broth, as well as the science behind its impressive curative applications. Chock-full of research, how-tos, and tips, this inventive cookbook offers a practical, playful, and delicious approach to improving your digestion, energy, and moods. With over 100 gut-healing recipes for broths, elixirs, main dishes, breads, desserts—and even beauty remedies and cocktails—Louise and Heather will show you how to add a dose of nourishment into every aspect of your diet. You'll also get entertaining stories along the way that remind you to add joy back onto your plate and into your life. Plus, you'll find out how Louise not only starts her day with bone broth, but uses it as an ingredient in many of her meals as well—discovering why it is one of her secrets to vibrant wellness and longevity. Wherever I go, I'm asked, 'How do you stay so healthy and young?' Or I'm complimented on how beautiful my skin, hair, and nails look. I always say that the key is positive thoughts and healthy food. For many years, the staple of my diet has been bone broth. My doctors keep pointing out that my blood tests and other health-test results are better than people half my age. I tell them, 'I'm a big, strong, healthy girl!' Then I talk about bone broth. I want everyone to know about it because I believe it is an integral part of my health, energy, and vitality.— Louise Hay

dr natasha campbell mcbride: Sustainable Medicine Sarah Myhill, 2018 Sustainable Medicine is based on the premise that twenty-first century Western medicine--driven by vested interests--is failing to address the root causes of disease. Symptom-suppressing medication and polypharmacy have resulted in an escalation of disease and a system of so-called health care, which more closely resembles disease care. In this essential book, Dr. Sarah Myhill aims to empower people to heal themselves by addressing the underlying causes of their illness. She presents a logical progression from identifying symptoms, to understanding the underlying mechanisms, to relevant interventions and tests and tools with which to tackle the root causes. As Myhill writes, It's all about asking the question 'why?' Sustainable Medicine covers a wide range of symptoms including inflammation (infection, allergy, autoimmunity), fatigue, pain, toxic symptoms, deficiency symptoms, and hormonal symptoms. And Dr. Myhill includes a toolbox of treatments for specific illnesses and ailments, as well as a general approach to avoiding and treating all disease. Finally, she offers a series of case histories to show how people have successfully taken control of their health and healed even in the face of the most discouraging symptoms--all without the harmful interventions of 21st century Western medicine.

dr natasha campbell mcbride: The Neo Diet Kevin Aventura, 2022-06-01 Chances are that your diet will kill you. At least that's what research is suggesting. In the past few years, several studies have linked our food choices to most chronic diseases, and to the increase of overall mortality risk. But even if we ignore all that, it's important to know that your diet is not letting you achieve the best version of yourself. Do you suffer from indigestion, abdominal pain, weight gain, brain fog, headaches, joint pain, frequent colds, allergies, lack of energy, low libido, or even depression? Yes, the food you eat is causing these symptoms. Your diet is making you fat, dumb, tired and sick! Have you ever felt confused or unsure about what to eat? You are not alone. There is so much contradictory information about nutrition that it feels almost impossible to know what diet to follow. That ends today! The Neo Diet results from years of research done by Kevin to find answers for his own health issues. He read all the polarizing health & nutrition books, and everything in between. With that research, he became his own guinea pig and tested the very best (and well-researched) concepts from each of these diets. The conclusions from his research and experiment became this book. The informal and easy-to-follow guide he wished someone had written to help him. Inside the Neo Diet, you will learn: - What are the so-called healthy foods that are actually making you sick. - How you can manipulate your bad genes and control your own health. - What research has to say about the whole carnivore vs vegan diet discussion (this might surprise you). - How to personalize your diet to respect your own physiology and to optimize your results. - The HORDIL strategy to hack your biology (aka biohacking). - How to perform physically and

mentally like never before. - The 28-day plan to reset your organism to overcome the physiological blocks stopping you from achieving your health goals. And so much more... The Neo Diet will challenge you, but will guide you on how to lose weight, build muscle, revert chronic disease, clean up brain fog, become smarter, and boost your energy levels through the roof. You will finally become the superhuman you were designed to be! □ A Book with a Mission □ 1 Book = 1 Donation to Help Fight Child Hunger For each e-book, paperback and hardcover book sale, \$1 will be donated to help fight child hunger. Learn more about the organizations the author is partnering with by visiting neohacker.co/neodiet ♥

dr natasha campbell mcbride: Cultured Food for Life Donna Schwenk, 2021-11-16 Donna Schwenk's world changed when she discovered cultured foods. After a difficult pregnancy and various health problems, she became determined to find answers to what ailed her. And in her quest, she came across the ancient art of home fermentation, a food preparation technique that supercharges everyday foods with beneficial bacteria to balance your digestive system, and vitamins and minerals to enhance your overall health. This simple, natural process has been used for thousands of years to create everything from drinks like kefir and kombucha to foods like kimchi and pickles. After incorporating fermented foods into her life, Donna began to experience a vitality that she had never known. And then she was hooked! She started a new life as a teacher and writer, blogging on her website culturedfoodlife.com, in an effort to bring the beautiful world of fermented foods to as many people as possible. She now works with thousands of people to open the door to a world of foods that can help improve an array of health problems including high blood pressure, diabetes, allergies, acne, hypertension, asthma, and irritable bowel syndrome. In *Cultured Food for Life* Donna brings this same information to you and shows you that preparing and eating cultured foods is easy, fun, and delicious! After speaking to the science behind the healing power of probiotic foods and telling the astonishing story of how she healed herself and her family, Schwenk walks you, step by step, through the basic preparation techniques for kefir, kombucha, cultured vegetables, and sprouted flour, plus more than 135 recipes that use these foods to create dishes to please any palate. With recipes like Herbed Omelet with Kefir Hollandaise Sauce, Sprouted Ginger Scones with Peaches and Kefir Cream, Kefir Veggie Sprouted Pizza, Apple Sauerkraut, and Brownie Cupcakes with Kefir Frosting, along with inspirational stories from Donna's family and friends, you'll learn everything you want to know about a diet that's as tasty as it is healthy.

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