THE BRAINFOOD COOKBOOK

GLUTEN FREE · LACTOSE FREE · SUGAR FREE

AUTISM/ADHD RECOVERY USING THE SCD/GAPS/PALEO DIET

FREE EXCERPT: FIRST 2 CHAPTERS

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This book contains recipes for meals to help manage Autism, ADD/ADHD, and common digestive disorders. It is not intended as a substitute for the advice and care of your physician, and you should use proper discretion, in consultation with your physician, in utilizing the information presented. The author/publisher expressly disclaim responsibility for any adverse effects that may result from the use or application of the information contained in this book.

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For James

Love, Mom

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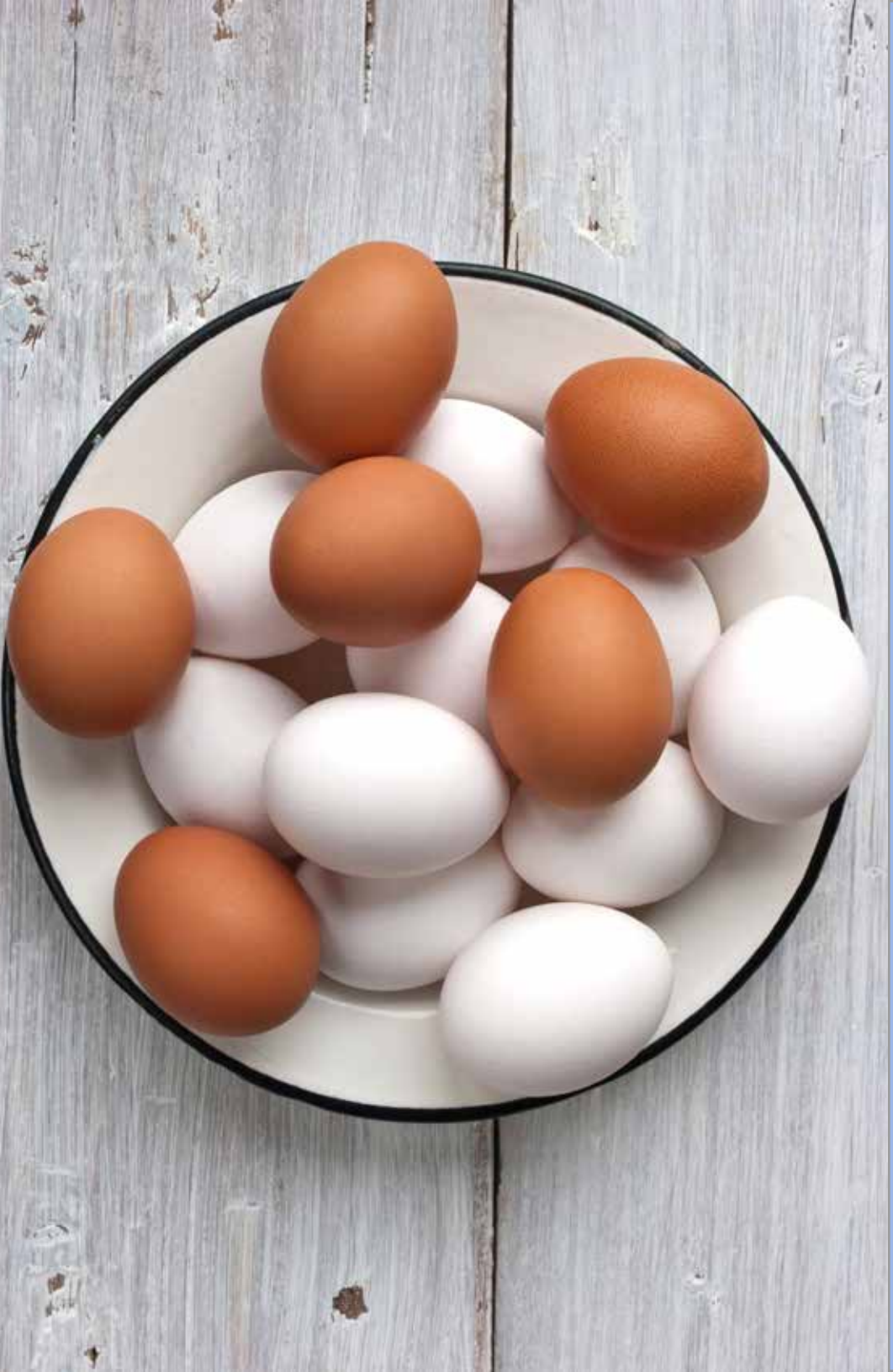

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FOREWORD

When following any diet the real help comes from those who show you new ways of cooking and preparing food - the recipes. They bring the excitement and joy into the whole nutritional programme and make it easier to follow. The BrainFood Cookbook by Angela Taylor is full of excellent recipes for all the GAPS people of the world – recipes, created by a GAPS person who accomplished her own healing journey.

Thank you, Angela, for this wonderful work!

Dr. Natasha Campbell-McBride, M.D.

ACKNOWLEDGEMENTS

My Husband, Dan Taylor, as without his support none of this would be possible. Thank you for proofreading, eating your way through countless recipe tests, and enjoying cold dinners after they had been photographed. I promise you many evenings of great food now that the book is intact.

My Mom, Susan Piatt, for helping with recipe testing, compiling email addresses, and editing the index.

Krista Bieniek, for assisting me in the kitchen, and also for braving several failed recipe experiments.

Lavina Velasco, for recipe testing, and giving several tips to improve recipe instructions.

Dr. Natasha Campbell-McBride, for creating GAPS, writing about GAPS, and getting the word out to the world.

OUR STORY

My heart was broken when my son James was diagnosed with autism at the age of 2. He would often exhibit autistic behaviors such as flapping his hands, toe walking, and banging his head on the ground when frustrated. James would run around aimlessly in circles. He did not point at objects. Potty training was not even a consideration. James would obsessively play with trains for hours. He had no interest in opening Christmas presents, literally dropping them on the ground and walking away. James would play by himself, even in a roomful of children. He rarely looked people in the eye.

A standardized speech test put James down in the 6th percentile. When he did speak, he used one word utterances like "cracker" or "train". When my husband and I spoke to James, he literally couldn't understand what we were saying to him. He also exhibited echolalia, where he would repeat things that he heard without understanding a word of it. James never asked any questions.

And as for me… I was in a deep depression because of James' autism.

I was fortunate to get an appointment with a Defeat Autism Now (DAN) doctor who insisted that we start the Gluten Free / Casein Free (GFCF) diet immediately. We drove directly from his office to the health food store and purchased an entirely new inventory for our kitchen. I put our whole family on the diet to ensure no cheating would occur. I was very pleased that "gluten-free" worked great to eliminate James' stimming/flapping behaviors, but his general lack of comprehension persisted.

I had read some testimonials from other moms about how the Paleo Diet, and Specific Carbohydrate Diet (SCD) had helped their children. With further reading I learned of a newer version of the SCD: the GAPS diet. (*Gut and Psychology Syndrome* by Dr. Natasha Campbell-McBride) I discovered that the Paleo, SCD, and GAPS diets shared most of the same basic dietary restrictions, but that GAPS was a comprehensive gut-healing program. In fact, SCD/GAPS was listed as the #1 most effective non-drug intervention at the *Defeat Autism Now* (DAN) conference.

We started GAPS, and I cooked absolutely everything from scratch. Again, our whole family did the diet to ensure compliance. I noticed that James' eye contact, speech, comprehension, and behavior were improving! My greatest joy was in finding something that worked to recover my son from autism, but my greatest frustration was that my son wasn't a fan of my then-repertoire of GAPS recipes. Mealtimes were a long, drawn-out challenge. If we were to continue, I had to find a better way.

Growing up I spent a great deal of time in the kitchens of my mother and grandmother, so I was inspired to adapt our delicious family recipes into "legal" food. I've reinvented everything from cakes and breads, to salad dressings and dinners, while keeping them quick and easy to prepare.

Within a year of starting GAPS James was enrolled in regular preschool, speaking in complete sentences, using pronouns correctly, potty trained, playing with friends, and asking questions! Having made it to the other side of autism, with my child recovered, I felt compelled to share what I have learned with the world. And so I give you… *The BrainFood Cookbook.*

ADDITIONAL READING

It is beyond the scope of this cookbook to completely cover all the scence behind why the Paleo/SCD/GAPS diet may be beneficial for the treatment of gut dysbiosis which may underlie the symptoms of behavioral disorders including Autism, Asperger's Syndrome, Attention Deficit Disorder (ADD/ADHD), Dyslexia, and others. For more detailed information I highly recommend reading the following books for a comprehensive scientific explanation:

Paleo/SCD/GAPS books:

Paleo Principles: The Science Behind the Paleo Template, Step-by-Step Guides, Meal Plans, and 200+ Healthy & Delicious Recipes for Real Life
by Sarah Ballantyne, PhD

Breaking the Vicious Cycle
by Elaine Gottchall, MS

Gut and Psychology Syndrome
by Natasha Campbell-McBride, MD

SCD/GAPS diet websites:

www.gaps.me
www.gapsdiet.com
www.gapsguide.com
groups.yahoo.com/group/GAPShelp/

Great companion books:

Healing and Preventing Autism: A Complete Guide
by Jenny McCarthy and Dr. Jerry Kartzinel

Healing ADD Revised Edition:
The Breakthrough Program that Allows You to See and Heal the 7 Types of ADD
by Daniel Amen

BrainFood Cookbook Blog
Topics include: Supplements, Parasites, Home Therapies, Sleep tips, Parenting tips, Detox, Chiropractic, etc.
http://www.brainfoodcookbook.com/blog

SUMMARY OF GAPS LEGAL/ILLEGAL FOODS (Full GAPS)

The Paleo, SCD, and GAPS diets share most of the same basic dietary restrictions. Listed here is a general overview (with many of my opinions noted) of legal/illegal foods on the GAPS diet. However GAPS is slightly stricter than the SCD and Paleo diets.

For even more information, please visit these 2 very comprehensive allowed/prohibited food lists:

www.gapsdiet.com/The_Diet.html

www.breakingtheviciouscycle.info/legal/listing

Allowed Foods: (organic foods whenever possible)

Honey (raw honey is best)
Fruit
Vegetables (fresh or frozen - not canned)
Glass-Jarred Tomatoes / tomato sauces
Nuts / Nut Butter (preferably Soaked/Sprouted/Dehydrated)
Coconut
Eggs (free-range & soy-free is best)
Poultry & Meat (grass-fed is best)
Fish (not farmed)
Ghee (clarified butter)
Fermented Raw Dairy (such as Yogurt and Kefir)
Gluten-Free Soy Sauce (in moderation)
Very Dry Wine/Hard Cider (for adults, obviously)

Prohibited:

Wheat
All Grains (even "gluten-free" are prohibited)
Rice
Corn/Corn Syrup/Cornstarch
Tapioca
Potatoes
Oats
Most Dairy* (but clarified butter (ghee) IS allowed)
Most Beans*
Chocolate
Peanuts (due to aphlatoxic mold)
Canned Foods (but canned tuna allowed in moderation)
Sugar/Brown Sugar/Molasses/Evaporated Cane Juice
Maple Syrup
Artificial Sweeteners
Artificial Food Dyes and Preservatives
Annatto (natural yellow food dye - triggers ADHD)
Beer
Soybeans/Soy Milk/Tempeh

* continue reading for more info

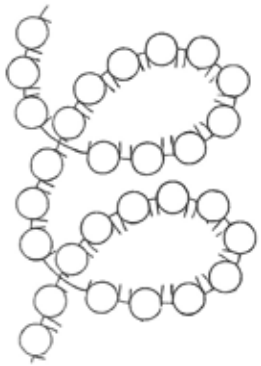
Who came up with these lists?
Elaine Gottschall originally created the legal/illegal lists (Gottschall, 1994). Dr. Natasha Campbell-McBride later elaborated (Campbell-McBride, 2004). And I have added a few notations based upon my own experience following the diet.

Basically, we are avoiding foods that:
- are known allergens
- have opiate qualities
- are difficult to digest

What happens when food is incompletely digested?
It increases microbial fermentation in the intestines, which "intoxicates" the patient, resulting in irritability and/or brain fog.

What makes a food difficult to digest?

1) Sugars/Starches:



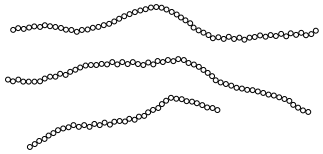
monosaccharide	**disaccharide**	**polysaccharide**
(legal)	(illegal)	(illegal)
easier to digest	difficult to digest	difficult to digest
honey	cane sugar	starches
fruits (fructose)	maple sugar	grains
	lactose	

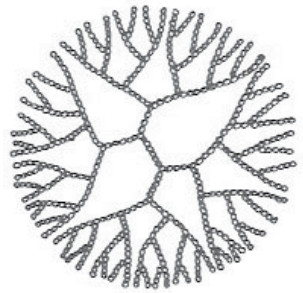
Campbell-McBride, N. (2004). *Gut and psychology syndrome: natural treatment for autism, dyspraxia, A.D.D., dyslexia, A.D.H.D., depression, schizophrenia.* Cambridge (U.K.): Medinform Publishing.

Gottschall, E. G. (1994). *Breaking the vicious cycle: intestinal health through diet.* Ontario, Canada: The Kirkton Press.

2) Vegetables/Beans:

Vegetables that contain more amylose than amylopectin starch are simpler to digest.





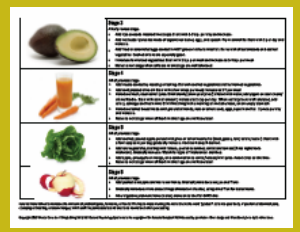
amylose	**amylopectin**
(legal)	(illegal)
easier to digest	difficult to digest
asparagus	black eyed peas
black beans* (soaked)	chickpeas/garbanzos
broccoli	corn
brussels sprouts	jicama
cabbage	mung beans
carrots	okra
cauliflower	potatoes
celery	seaweed
cucumber	sweet potatoes
eggplant	taro
kidney beans* (soaked)	turnips
lentils** (soaked)	unsoaked beans
lettuce	
navy beans* (soaked)	
onions	
peas	
peppers	
spinach	
squash	

*only if tolerated - least likely to be tolerated
**only if tolerated - more likely to be tolerated

WHAT ARE THE GAPS INTRO AND STAGES?

Dr. Natasha Campbell-McBride specifies strict limitations of foods on the GAPS "Intro" and Stages (Campbell-McBride, 2004). The recipes in this cookbook are based upon Full GAPS, but I have listed an overview of the Intro here for those unfamiliar with it.

For more information on the Intro, Monica Corrado MA, CNC, CGP has created a beautiful chart which explains the Intro very clearly. It is available for $10 on her website: https://simplybeingwell.com/gaps-intro-diet-chart



How long should you do each stage ?
Until diarrhea clears. Then proceed to the next stage, introducing one new food at a time (to isolate food sensitivities).

We were fortunate to complete the intro with minimal problems in about 2 weeks. Your individual timing may be shorter or longer.

Campbell-McBride, N. (2004). *Gut and psychology syndrome: natural treatment for autism, dyspraxia, A.D.D., dyslexia, A.D.H.D., depression, schizophrenia.* Cambridge (U.K.): Medinform Publishing.

Intro/Stage 1
Homemade meat or fish stock
Cooked vegetables
Homemade vegetable soup with your homemade meat or fish stock.
Probiotic foods (kefir/yogurt; juice from sauerkraut/fermented vegetables)
Ginger tea with a little honey between meals

Stage 2 (in addition to previous foods)
Organic egg yolks
Stews and casseroles made with meats and vegetables
Increase daily amount of homemade yogurt and kefir, if introduced.
Increase the amount of juice from sauerkraut or fermented vegetables
Fermented fish
Homemade ghee

Stage 3 (in addition to previous foods)
Ripe avocado
Nut butter/egg/squash pancakes
Egg scrambled with plenty of ghee, goose fat or duck fat
Introduce the sauerkraut and your fermented vegetables

Stage 4 (in addition to previous foods)
Gradually add meats cooked by roasting and grilling
Cold pressed olive oil
Freshly pressed carrot, lettuce, mint juices
Bread made with ground almonds or any other nuts

Stage 5 (in addition to previous foods)
Cooked apple pureé
Lettuce
Peeled cucumber
Freshly pressed apple, pineapple, mango juice (avoid citrus)

Stage 6 (in addition to previous foods)
Peeled raw apple
Other raw fruit
Honey
GAPS legal "cakes"
Dried fruit

Full GAPS

GAPS FAQ

For those unfamiliar with the basic concepts of SCD/GAPS, I've included a Frequently Asked Questions section.

For more information, I highly recommend reading the books listed in the Additional Reading section.

How did the GAPS diet come about?

Drs. Sidney V. and Merrill P. Haas initially created the Specific Carbohydrate Diet (SCD) in 1951 for the treatment of Celiac Disease.

Elaine Gottschall utilized the SCD to heal her daughter's Ulcerative Colitis. Subsequently she entered college to earn degrees in Biology, Nutritional Biochemistry, and Cellular Biology. Gottchall went on to author the SCD book *Breaking the Vicious Cycle*, and devoted her life's work to SCD research.

Later, Dr. Natasha Campbell-McBride took the SCD a step further by researching and creating the Gut and Psychology Syndrome diet (GAPS) to heal her child's Autism. GAPS is slightly stricter than the SCD.

Why may GAPS work for Autism / Asperger's / ADHD / ADD?

Digestive dysfunction and intestinal permeability aka "Leaky Gut Syndrome" have been found in many children with Autism and ADHD (Campbell-McBride, 2004)(d'Eufemia et al., 1996)(Cosford & Duff, 2006). With intestinal permeability, food gets released into the bloodstream before it has been properly digested. The Gluten-Free Casein-Free (GFCF) diet is based upon the theory that Gluten or Dairy, when incompletely digested then leaked through the gut, may have opiate-like qualities in the brain. SCD/GAPS diets further theorize that if wheat/dairy is a problem, other starches/sugars may be similarly problematic. The GAPS diet intends to deprive the brain of opiate-like substances while simultaneously aiming to heal both the gut and mind.

What other related disorders may be helped by the GAPS diet?

Dr. Campbell-McBride asserts that digestive dysfunction and intestinal permeability may be at the root of many other diseases including: Dyslexia, Depression, Bipolar Disorder, Irritable Bowel Syndrome, Celiac Disease, Colitis, Crohn's Disease, Cystic Fibrosis, Autoimmune Disorders (MS, Lupus, Diabetes Type 1, Rheumatoid Arthritis, etc.), Arthritis, Chronic Cystitis, Hormonal Abnormalities, Chronic Fatigue, and other Digestive Disorders.

What causes digestive dysfunction and intestinal permeability?

Various theories include candida (yeast) overgrowth, vaccine damage, and a genetic predisposition to allergies or poor methylation (Campbell-McBride, 2004).

Cosford, R., & Duff, J. (2006). ADHD: Diet and the Brain. Journal of Complementary Medicine: CM, The, 5(4), 62.

d'Eufemia, P., Celli, M., Finocchiaro, R., Pacifico, L., Viozzi, L., Zaccagnini, M., ... & Giardini, O. (1996). Abnormal intestinal permeability in children with autism. Acta paediatrica, 85(9), 1076-1079.

My kid only eats macaroni and cheese? Why?

The opiate-like affects of the gluten and dairy are actually addictive. The "addict" craves the very foods to which he is allergic, and the vicious cycle continues.

Is there withdrawal when you change the diet?

Yes... and the withdrawal can be severe if you change the diet too suddenly, resulting in agitated behavior!

I've heard of "die-off" when you change the diet?

Die-off is when candida and other bad bugs die, leaving behind toxic waste products. Die-off is induced by consuming probiotics (or anti-fungal prescriptions), and by switching to the GAPS diet (which deprives candida of their favorite food source: starches and sugars). These die-off waste products affect brain function, making us irritable.

Strategies to reduce withdrawal *and* die-off symptoms:

I suggest the following implementation, over a series of weeks. Take it slow, or suffer the crazy consequences!

- Go dye free
- Eliminate sugar and "sugar substitutes" (honey & fruit still allowed)
- Go gluten free
- Go pasteurized dairy free (GAPS raw dairy allowed: Yogurt & Kefir)
- Start making most of your meals GAPS-compliant
- Full GAPS
- Do the GAPS Intro / Stages
- Full GAPS

Personally, when my family made the transition from Gluten-Free to GAPS Intro/Stages, I was grumpy for about 2 weeks straight due to withdrawal and die-off. If your child is in school, I would suggest making the transition during Winter, Spring, or Summer break.

Do I have to do the Intro?

Yes, but let me explain. Many people start on Full GAPS, then go back and do the Intro and the Stages after they feel they are ready. For fullest healing, yes, you must do the Intro and all the Stages at some point. (the sooner, the better)

How do I decide whether to go dairy-free?

We tried giving up our daily raw kefir smoothies (see p. 31) and we got colds within 2 days. (We really need that daily dose of fermented food, and my son refuses to eat fermented veggies.) For us, I found that pasteurized A1 dairy was actually the culprit to be avoided. So, we did choose to consume homemade raw A2 yogurt/kefir throughout the Intro and beyond. You may opt to work with an experienced applied kinesiology practitioner to "muscle test" to predict if various types of dairy may be OK for you.

What's the difference between Paleo / SCD / GAPS?

These diets are very similar - all disallow grains and most starches. However, Paleo allows sweet potato and other roots, and disallows beans (legumes). SCD allows dry curd cottage cheese, and disallows Bifidus bacteria.

How will I know if it's working?

One easy way is to take video before and after. But the best way is to keep a daily log of diet and behavior. (See Appendix A) We saw continued daily improvements in speech, cognition, and behavior as the months on GAPS progressed.

Our ongoing affirmation that GAPS is the right choice for us: When James accidentally eats something illegal, we see the resultant bad behavior afterward.

But we can't possibly give up bread!

Good news - you don't have to! For starters, see the Walnut Bread recipe on p. 128. And there are several more recipes for baked goods in the "Breakfast and Brunch" chapter.

Do I have to stay on this diet for the rest of my life?

Not necessarily. Some people are able to heal the gut and allow additional foods. Once you have been on GAPS for 1½ - 2 years, and subsequently symptom free for 6 months, you can do challenges of one illegal food at a time and watch for ill affects. (For example try well-cooked sweet potatoes, or sprouted buckwheat.) Some find they must stay strictly on GAPS, some move to Paleo (which allows grain-free starches), some are able to go to 95% GAPS 5% Gluten-Free Grains, some people go to GFCF, some people go to a Nourishing Traditions* diet. Bioindividuality means that each person is unique.

* For more information read Appendix B

PASTEURIZED VS. RAW DAIRY

Many nutrition experts do not recommend drinking pasteurized milk. After pasteurization the milk offers greatly reduced nutritional value, regardless of whether you show signs of milk intolerance (Fallon et al., 2005). Valuable enzymes are destroyed, vitamins (such as A, C, B6 and B12) are diminished, and fragile milk proteins are transformed to unnatural amino acid configurations that may reduce health. Finally the eradication of beneficial bacteria through the pasteurization process may promote pathogens.

An alternative to pasteurized milk is unpasteurized milk, also known as "raw milk". It is an outstanding source of nutrients including beneficial bacteria such as lactobacillus acidophilus, vitamins, enzymes, and is one of the finest sources of calcium available.

However, many moms I've spoken to are worried about drinking unpasteurized milk, thinking it's dirty or unsafe. I can personally attest that I've consumed exclusively raw milk products for over a deacde, with zero problems. HOWEVER, it is important to get your raw milk from a tested and trusted source. Ask the farmer to see their recent test results. Ask your friends for referrals, and go visit the farm. Is it clean? Are the cows fed exclusively grass, out in a big pasture? Or are they fed grain, confined to small pens or barns, and standing around in their own poop? After what I've learned about Big Ag and CAFOs, I wouldn't dream of drinking pasteurized milk purchased sight unseen from the grocery store.

Fallon, S., Enig, M. G., Murray, K., & Dearth, M. (2005). *Nourishing traditions: the cookbook that challenges politically correct nutrition and the diet dictocrats.* Washington, DC: NewTrends Publishing, Inc

It is important to also note that different breeds of cows yield different milk. "A1" cows are "newer" breeds that experienced a mutation of a particular amino acid (histadine) some 5,000 years ago. Unfortunately, A1 cows include the black and white breeds like Holsteins (and Friesians) that are the most popular breeds in North America. A1 milk contains BCM7 - a powerful opiate that can have a detrimental impact on your body. Histidine only weakly holds on to BCM7, so it is liberated in the GI tract of animals and humans who drink A1 cow milk.

"A2" cows are the older breeds that do not have this mutation. The amino acid proline in A2 milk has a strong bond to the opiate BCM7, which helps keep it from being released. The older cow breeds, such as Jersey, Guernsey, Asian and African are primarily A2. (However, take note that the milk from A2 cows has been tested and shown to still contain *some* liberated BCM7.) Goats and sheep also produce the A2 type milk.

You will likely need to find a small local farmer to provide your family with a source of raw A2 milk. Where I live the Amish community is a great resource. You may also find info through www.realmilk.com or local Weston A. Price chapters www.westonaprice.org. Some families have so much difficulty in finding raw milk, they opt to keep their own goat (or Jersey cow) in their backyard.

On GAPS we are only allowed "milk" if it has been fermented into yogurt or kefir. The fermentation process consumes the lactose (milk sugar) which is problematic to GAPS patients. I recommend you do not cook with yogurt because this essentially pasteurizes it.

The one exception to "don't heat your dairy" is ghee (clarified butter). Since butter contains no milk sugar, and we remove the milk solids while making it, we are allowed to cook with ghee. It has a high smoking point, so ghee is a good oil to cook with.

Technically the SCD and GAPS both "allow" hard aged cheeses (because the lactose is consumed during the aging process). However I would advise against them unless they are made with raw milk, and therefore I do *not* cook with them.

SOAKING SPROUTING DEHYDRATING (SSD) NUTS AND SEEDS

Fallon, S., Enig, M. G., Murray, K., & Dearth, M. (2005). *Nourishing traditions: the cookbook that challenges politically correct nutrition and the diet dictocrats.* Washington, DC: NewTrends Publishing, Inc

Nuts and seeds should be properly prepared by soaking and sprouting to rid them of anti-nutrients.

- Soaking inactivates enzyme inhibitors which would otherwise hamper digestion (Fallon et al., 2005).
- Phytic acid, a component of plant fiber that reduces mineral absorption, is also neutralized by soaking.
- Sprouting increases the nutrient content of your nuts and seeds 10-fold.

I feel nauseous and bloated when I eat more than a handful of unsoaked nuts. Since we eat so many nuts on this diet, I always try to keep soaked/sprouted/dehydrated (SSD) nuts on hand.

You will find several commercial sprouters to accomplish this task, but my favorite is to use a large glass mason jar fitted with a "wire mesh" screen lid. My favorite are round screens from www.sproutpeople.com, or cut them yourself from non-rusting window screen.

The process is simple:

- Fill a glass jar halfway with room temp filtered water.
- Add a small quantity of sea salt (about 1 teaspoon)
- Screw on regular lid and shake to dissolve.
- Add your raw shelled nuts. (roasted nuts, or nuts still in shells, will not work)
- Screw on sprouting screen/lid.
- Soak overnight.
- Drain and rinse well.
- Invert and place upside-down in dish drainer. Leave on the counter for several hours or up to 2 days.
- Rinse/Drain well about 3 times a day to keep slightly moistened.

To preserve the raw enzymes, dry in dehydrator at 115°F for several hours until thoroughly dry. (or dry at a higher heat if you are in a hurry) Test for **complete dryness** by tasting a nut before removing them from dehydrator.

A few varieties of tropical nuts do not contain enzyme inhibitors, and therefore do **not** need to be soaked. They are: Macadamias, Cashews, & Brazil Nuts. (and they won't sprout, either)

Starting in 2007 raw almonds from California are no longer "truly raw" due to a mandate passed by the USDA, FDA and the California Almond Board, announcing that all almonds (including organic) must be pasteurized. However, I have found one loophole allowing farmers to sell truly raw almonds direct to consumers. Google "raw almonds unpasteurized".

COOKWARE

Most cookware sold in stores today will leach toxic chemicals into your food. For this reason I'll explain your safest, non-reactive cookware options.

Best:

Glass / Ceramic
Very safe and inert. Brands include: Pyrex, Corningware. Cheap and durable, as long as you don't drop them!

Ceramic Lined Enamelware
Brands include: Le Creuset, Mercola. If you spot a cheaper brand on sale, be sure to test it for lead with a simple home lead test kit. (Available at home improvement stores or online)

Stoneware
Brands include: Pampered Chef, Haeger, Hartstone. Safe if lead free. If unsure, test it for lead with a simple home lead test kit. (Available at home improvement stores or online)

Good:

Stainless Steel
Leaches minimally. Browns food well, makes a nice fond, which makes for great pan sauces and flavor. The premier choice of most professional chefs.

Possibly OK:

Cast Iron
Heavy. Durable. Will leach a great deal of iron into your food. How this affects you will depend upon your body chemistry.

Unacceptable:

Non-Stick Coatings (for example, Teflon)
Unsafe. Non-stick fry pans and most metal bakeware is coated with "teflon" or other non-stick coating. Releases toxic PFOA into food and air when heated. Please throw away all your teflon pans.

Aluminum Cookware

Microwaves
Degrade your health by violently ripping the molecules in your food apart, rendering many nutrients inert (at best) and carcinogenic at its worst (Blanc & Hertel, 1992).

Blanc, B. H., & Hertel, H. U. (1992). Comparative Study about food prepared conventionally and in the Microwave oven. *Raum & Zeit*, *Vol3*, *2*, 43-48.

OXALATES

Oxalic acid is present in a lot of plants and fruits that we eat (Fallon et al., 2005). It is especially high in many beans, seeds, and nuts (some more so than others), and in spinach and dark leafy greens such as chard and beet greens. It blocks calcium and iron absorption, and irritates the mouth and intestinal tract.

Fallon, S., Enig, M. G., Murray, K., & Dearth, M. (2005). *Nourishing traditions: the cookbook that challenges politically correct nutrition and the diet dictocrats.* Washington, DC: NewTrends Publishing, Inc

Ordinarily, the gut won't absorb much of the oxalate from the diet because most of the oxalate will be metabolized by the gut flora or just leave the body with the stool. But when there is gut inflammation – as is the case with many GAPS patients – a lot of dietary oxalate is absorbed. The difference can be as vast as going from 1-2% of the dietary oxalate absorbed to as high as 50%.

For the scientifically inclined:

There are still many things being discovered about how oxalate interacts with our metabolism. Because it is so reactive, oxalate also interferes with the duties of many other positively charged ions like magnesium, zinc, copper, iron, manganese, and more. This may alter the role of these ions in enzymes and in other complex molecules. Oxalate specifically impairs iron's intracellular release, and interferes with the whole class of biotin-dependent enzymes called carboxylases. These disruptions of cell chemistry are not what happens when oxalate is bound to calcium, but are what happens when it ISN'T bound to calcium. Its free state allows it to cross into the cell as an ion on transporters generally designed to move sulfate into cells. When someone is low in sulfate, this may negatively impact where oxalate is taken in the body.

Cooking and fermenting may reduce or neutralize the oxalic acid content of food. Personally I find that consuming high oxalate greens when raw (such as juicing) makes me especially nauseous. For this reason, I do **not** use chard, beet greens, spinach, etc. in any of my juicing.

Even though it is tempting to replace our "beloved wheat bread" with lots of nut-based breads/desserts, it is advisable to balance that out by eating plenty of low oxalate (and low sugar) vegetables such as lettuce, green beans, cauliflower, asparagus, and the like.

Many good low oxalate charts can be found online, including www.lowoxalate.info

GOITROGENS

Goitrogens are naturally-occurring substances that can interfere with function of the thyroid gland in making its hormone (Fallon et al., 2005).

Examples of foods that contain goitrogens

Cruciferous vegetables including:
Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Kale
Peaches
Spinach
Radishes
Strawberries
(and these illegals:
Peanuts, Millet, and Soy products including Tofu)

As cooking and fermenting seems to reduce the goitrogens found in food, avoid raw cruciferous veggies. For example, try instead:

Steamed Broccoli and Cauliflower
Roasted Brussels Sprouts
Fermented Cabbage
Sautéed Kale and Spinach

Although for many people goitrogens do not seem to pose a health concern, those who have thyroid problems may be advised to take it easy on these foods. For example, don't eat spinach salad, or an entire carton of strawberries, every single day.

Fallon, S., Enig, M. G., Murray, K., & Dearth, M. (2005). *Nourishing traditions: the cookbook that challenges politically correct nutrition and the diet dictocrats.* Washington, DC: NewTrends Publishing, Inc

HOW DO I GET MY KID TO EAT THIS STUFF?

I advise seating your child in a high chair, or booster seat with a clip-on tray, at mealtimes. It's hard enough to change your child's diet, without him constantly wandering away from the table.

Since we can't eat typical "starches", we need to eat a LOT of vegetables to get enough carbohydrate calories for a balanced diet. (Eating a diet too high in protein is hard on your kidneys.) Our strategy was to control the plate, and insist on "First peas, then steak" for example. So we would alternate bites, for the entire meal.

As a further incentive to eat the whole dinner, dessert can be set in the middle of the table, out of reach, until the dinner plate is empty. (I found even a simple apple could be a great dessert motivator.)

But my child hates vegetables...

Our child only liked 5 vegetables, so we would serve them often: carrots, cucumbers, lettuce, peas, and green beans. Researchers have found that it takes 18 exposures to a new food for a child to accept it, so we would always insist that James try one small bite of "new" vegetables when they were served. (And, we would generously coat new vegetables with ghee and sea salt.) We even kept a chart, and eventually, we added some new veggies to our repertoire.

	Raw	Steamed	Other
Artichokes			
Asparagus		~	
Broccoli		√	
Butternut Squash			Chips
Carrots	√	√	Roasted
Cauliflower		√	Roasted
Celery	√		
Chard			
Cucumbers	√		
Eggplant			
Fennel			
Green Beans (fresh, not frozen)		√	
Iceberg Lettuce	√		
Kale		~	Chips
Mushrooms			
Onions			
Parsnips			
Pumpkin			
Romaine Lettuce	√		
Petite Green Peas		√	
Spinach	√		
Sugar Snap Peas		~	
Yellow Squash			
Yellow/Orange Peppers			Grilled
Zucchini			Fritters

How do I keep my kid from cheating?

- Put everyone in your house on the diet. Give away all your illegal food.
- Pack a "lunch bag" for your child whenever he leaves the house: for school, playdates, sports, outings with Grandma, you name it.
- And the obvious: serve delicious food, that he likes.

MENU PLANNING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18 Stuffed Peppers Thumbprint Cookies	19 Salmon Peas	20 Eggs Green Beans	21 Hamburgers Peas	22 Curry Chicken Roast Carrots	23 Tacos	24 Turkey Breast Beets Cashew Bread
25	26	27	28	29	30	31

One secret to doing GAPS (without losing your mind) is just doing some simple planning so you're never "stuck" with nothing legal to eat. I always keep snacks in my purse and in the trunk of my car. Snack boxes of organic raisins and bags of nuts are good choices.

Just to give you an idea of how we do GAPS, pretty much every day we eat:
(those on "rotation diets" may cringe, but this works for us)

- Breakfast - kefir smoothie (see p. 119)
- Snacktime - raisins or a baked good
- Lunch - cucumber, turkey sandwich on cashew bread (see p. 80), fresh fruit
- Snacktime - fruit, baked good, or crunchy snack
- Dinner - planned for all 7 days on Sunday. Typically we have only 3 items per meal: raw veggie, then a main course and one cooked veggie. I like to write on a weekly calendar what we're having for dinner that week, then make one big grocery store trip on the weekend. Dinner is not always a fancy affair - for busy nights I'll plan to have "Scrambled Eggs and Petite Peas", or "Hamburgers and Green Beans" for example.
- Dessert - whatever we have on hand
- Beverages - exclusively spring water, except 1/2 cup of fresh squeezed (unpasteurized) juice per day

SAVING TIME AND SAVING MONEY

Some parents question the value of the time consuming/ expensive GAPS diet as many doctors dismiss GAPS as being "unproven". Until then, be assured that every parent I have spoken to – who has properly implemented GAPS without cheating – has seen huge improvements in their child's cognition and behavior. (And, please know that I am trying every day to launch a scientific research study to "prove" the effectiveness of GAPS in a clinical research setting. I will continue to post updates on my efforts at www.brainfoodcookbook.com.)

When the going gets tough, just remember that *untreated* Autism/ADD is also expensive and time-consuming – and heartbreaking.

Here are some assorted tips to help you:

- Cheapest food staples are bananas, eggs, carrots, frozen petite peas, ground beef, homemade pumpkin purée. Also beans if they are tolerated.
- Obtain a stand-alone freezer.
- Buy a quarter-cow and freeze. We choose to have the butcher turn the toughest cuts into ground beef rather than keep them as roasts.
- Buy nuts directly from the grower in bulk and freeze.
- Soak/Sprout/Dehydrate a great quantity of nuts at one time, so you always have some nuts at the ready.
- Soak and slow-cook a quantity of beans/lentils at one time, and freeze them in recipe-sized portions.
- Form a neighborhood buying group with Frontier Wholesale to buy various organic spices/staples in bulk.
- Unfortunately most warehouse clubs sell woefully few organic products / produce. There is a brand new mail-order "warehouse club" called greenpolkadotbox.com that may be of some usefulness once they get up to speed.
- Bake double batches of recipes, and freeze.
- Buy bananas 2-3 times per week so you always have ripe bananas on hand. When bananas get overripe, peel and freeze until you have enough for a recipe.
- Buy organic produce in season, and "can" in glass jars, dehydrate, or freeze.
- Save leftover carrot pulp/apple pulp from juicing, and freeze. (Use later for baking).
- Try to grow whatever is easiest/most expensive (i.e. tomatoes, cucumbers, zucchini, pumpkins, butternut squash).
- Pumpkin has twice the fiber of oatmeal, so it will help you feel full. Many of my baked good recipes contain pumpkin.
- Buy honey directly from the beekeeper.
- Buy raw dairy directly from the farmer.
- Join an organic CSA for fresh veggies in season.
- If at all possible, obtain the following appliances to save time in the kitchen:
  - Strong Blender (If you don't have a Vitamix, a Blendtec, NutriBullet, or Braun may be sufficient for your needs.)
  - Excalibur Dehydrator (also works great to thaw foods quickly)
  - KitchenAid Food Processor
  - KitchenAid Stand Mixer
  - Omega Juicer
- Ask friends/family/church members to help out with cooking. Hire a personal chef or culinary student to come help out once a week if your budget allows.

HOW STRICT SHOULD WE BE?

How strict to be on GAPS is each family's personal decision. I would rather see a family do "good-enough" GAPS rather than give up because they can't do "perfect" GAPS. So you may want to cut yourself some slack the first month when initially changing your family's diet. When you are making your initial transition, if your child will only eat GAPS chicken nuggets and carrot fries for a week, well then so be it.

Then once you are established with GAPS (say the first 2-3 months) and your child is most in need of healing you might decide to place your family into the "Strictest" category. FYI - after 2 years on GAPS, our son had lost his autism diagnosis and was pretty much healed. So now I'd currently put us in the merely "Strict" category.

If it turns out your child has issues with SIBO (Small Intestinal Bacterial Overgrowth) you may need to reduce your consumption of sweet foods, which can feed the unwanted bacteria.

I will strongly suggest however, that you allow NO gluten, ever! Example: Our extended family was out at a restaurant, and I went to the bathroom. When I came back a few minutes later, James was flapping and stimming. I asked what happened? Apparently Grandma had given James a bite of her chicken soup, which contained gluten.

Strict Diet	Stricter	Strictest
Buy organic farmer-direct pastured eggs, which eat feed of unknown origin (likely eating a soy-containing feed)	Buy organic farmer-direct pastured eggs, which eat soy-free feed	Keep your own pastured laying hens and feed them soy-free feed
Occasionally allow raw light agave nectar - Natural Zing brand (I recommend you do not cook your agave nectar)	Allow cooked and raw honey	Only allow raw honey
Allow occasional eating out in restaurants, attempting to order something GAPS legal	Allow some store bought condiments if legal	Only allow strictly homemade GAPS foods 100% of the time
Occasionally allow produce of unknown origin when at school or a friend's house	Allow organic produce, and carefully washed non-organic produce	Only allow organic, carefully washed (i.e. Lotus Sanitizer) produce
Allow plenty of GAPS treats	Allow a few GAPS treats here and there	Do not allow any sweet food
Allow baking soda	Allow baking soda if pH neutralized in recipe with vinegar or lemon juice	Never use baking soda
Occasionally allow store bought coconut milk ice cream that is sweetened with agave nectar, and contains a small amount of Guar Gum	Allow homemade frozen yogurt "ice cream" (sweetened with honey)	Only allow homemade coconut milk or almond milk "ice cream"
Allow slight exceptions for special occasions (but never gluten !!)	Follow general GAPS guidelines	Follow general GAPS guidelines, and also Muscle Test everything to see if it "Makes weak"
Allow (non-organic) olive oil spray that contains a trace amount of soy lecithin	Allow organic olive oil spray that contains a trace amount of soy lecithin	Only allow spraying of pure cooking oils in the glass pump sprayer
Allow occasional canned tomatoes	Allow occasional canned tuna	Allow no canned food
Allow store-bought sausage if the ingredients are legal (no sugar)	Allow farmer-purchased sausage if the ingredients are legal (no sugar)	Only allow homemade sausage
Fermented raw dairy allowed (yogurt, kefir)	Ghee allowed	No dairy allowed
Occasionally allow small amounts of wheat-free soy sauce (tamari)	Allow very trace amounts of soy	Allow no soy
Allow the occasional pure juice box for special occasions	Allow farm fresh unpasteurized cider	Allow fresh pressed juices only
Occasionally allow store-bought organic bacon, nitrate-free, sugar-free	Allow farmer-purchased bacon if it is "cured in the natural way" (with smoke and salt) and nitrate-free, sugar-free	Allow home-cured bacon made from fresh free-range forest-fed pork belly

APPLIED KINESIOLOGY

Schmitt, W. H., & Leisman, G. (1998). Correlation of Applied Kinesiology muscle testing findings with serum immunologobulin levels for food allergies. International Journal of Neuroscience, 96(3-4), 237-244.

In conjunction with the body's electrical/nervous system, applied kinesiology (A.K.) uses muscles as Yes/No indicators. The deltoid (arm) muscle is often used, but any muscle could be used for this purpose. The arm serves as an indicator to see how the body as a whole responds to a particular item (food, vitamin supplement, allergen, etc.) Researchers found a "Correlation of Applied Kinesiology Muscle Testing Findings with Serum Immunologobulin Levels for Food Allergies" which correlated A.K. results to IgE/IgG serum testing results with 91% accuracy (Schmitt & Leisman, 1998).

A.K. (muscle response testing) performed by an experienced practitioner may be a way to assess if a food or other substance is detrimental for you. I learned to do A.K. with my chiropractor, who had recevied a great deal of specialized A.K. training.

The basic procedure: I hold my arm out, and she presses down while asking the questions. We set the intention that down = YES. She asks these 2 questions at the start of the session:

- Are you "testable"?
- Are you "switched"?

For each food tested (while holding the food):

- Does this make you weak?

For each vitamin supplement (while holding the item):

- Does this make you weak?
- Do you need this?
- How many per day?

It is best if a highly trained practitioner teaches you how to do muscle response testing. Learn first to test what is "good for" you personally. Next, learn to test what is "good for" your child. Personally, I checked everything my child put in his mouth – every food, drink, or vitamin supplement. Once I've established that a particular food (and brand of that food) is OK for him, sure, I don't test for it every day. But I won't introduce anything new without muscle response testing it first. For supplements we test once a week to determine vitamin dosing, then fill the pill box for the week.

I will reiterate: It is beyond the scope of this book to teach you how to perform muscle response testing. Please seek training from an experienced practitioner.

For further reading:
Your Body Can Talk by Susan L Levy, D.C. and Carol Lehr, M.A.

OTHER THERAPIES IN CONJUNCTION WITH SCD/GAPS

We achieved remarkable results using the SCD/GAPS diet to recover our son from Autism. After about a year on the diet James' speech, eye contact, and stimming remarkably improved.

http://bit.ly/JamesBeforeGAPS

Before SCD/GAPS:
Speech 6th Percentile
Lack of Comprehension
Poor Eye Contact
Lots of Stimming
Autistic

http://bit.ly/JamesAfterGAPS

After SCD/GAPS:
Neurotypical Speech
Excellent Comprehension
Good Eye Contact
Minimal Stimming
IEP eliminated

After having great success with the SCD/GAPS diet, James' behavior was no longer Autistic, but I would still characterize him as having some remaining ADHD tendencies. We did additional natural therapies for even greater healing, including:

- Applied Behavioral Analysis (ABA)
- Speech Therapy
- Occupational Therapy
- Vaccination Waiver
- Fish Oil / Probiotics / Vitamin Supplements
- Herbs for Parasites / "Hulda Clark" style Parasite Zapper
- Earthing/Grounding Sheets
- EMF reduction
- Homeopathy
- Chiropratic Adjustments
- Neuro Emotional Technique (NET)
- Ionic Detox Footbath / FIR Sauna
- Craniosacral Therapy / Reiki / Theta Healing
- Berard AIT
- A/SERT Allergy Therapy
- GraceLight Sessions
- Chlorine Dioxide (*aka* "CD" or "MMS")
- Eyelights

Read more details about these therapies on my website at www.brainfoodcook.com/blog

To claim that absolutely all of James' healing is a result of the SCD/GAPS diet would be incorrect. However, I feel strongly that none of the other therapies would have been useful without SCD/GAPS. In other words:

- You must first setup the brain for success (by eliminating foods your child cannot tolerate = SCD/GAPS diet) in order to get results from your other efforts.
- It is crucial to make diet your #1 intervention before you attempt anything else.
- Until you change the diet, you are wasting your time and money on other therapies.

abbreviations

t. = teaspoon

T. = Tablespoon

C. = Cup

lb. = pound

oz. = ounce

appetizers

Lima Bean Hummus

Guacamole

Salsa Fresca

Zucchini Fritters

Pumpkin Seed Falafel

Sun-Dried Tomato Spears

Ants on a Log (Stuffed Celery)

Deviled Eggs

Lima Bean Hummus

Baby lima beans are allowed because in the smaller/younger state, they contain less starch. At maturity as butter beans (lima beans are actually butter beans) they contain a great deal of starch, too much for GAPS. They are green as babies, white as adults. So eat the green ones, not the white ones.

16 oz. bag frozen baby lima beans
(Optional: Filtered water and about 1 t. sea salt)
(Optional: Soak lima beans overnight in salted water.)

- - - - - - - - - - - - - - - - - -

1 head of garlic
1 t. sea salt
3-4 T. lemon juice
3-4 T. olive oil
1/4 t. pepper

Preheat oven to 375°F. Cut off the very top of the garlic clove so that the tops of most of the cloves are exposed slightly. Coat with a little olive oil and wrap securely in tin foil. Roast garlic in oven for 1 hour. Remove and allow to cool.

Bring a pot of water to a boil. If soaked, drain and rinse lima beans. Add lima beans to boiling water, return to a boil, then turn down to a simmer. Cook for 15 minutes. Drain in colander, rinse, and cool. Put beans into food processor.

Using your fingers, squeeze the soft, roasted garlic out of each clove into food processor. Add salt, lemon juice, and olive oil the food processor and blend until completely smooth.

Scrape ingredients off sides of food processor to make sure it blends evenly. If you find that the hummus is too thick, you can add additional olive oil.

Serve at room temperature with crudités or almond crackers.

Optional: Sprinkle with chopped parsley or paprika before serving.

Fastest Ever Guacamole

The trick to great guacamole is using nice, ripe avocados. When you buy avocados at the store, they are typically hard/unripe. Set them in a warm spot to ripen. When ripe the skins will be fully black and the avocado will yield slightly when you press on it. Alternately you can try to flick off the small stem on the end - if it easily flicks off it's ripe.

I like to make this in small batches because I enjoy eating it every day, and guacamole turns brown so readily.

If you don't have a Whole Foods near you, you can make your own Salsa Fresca using the recipe on the following page.

1 ripe avocado (Hass avocados are frequently found in stores)
1 heaping spoon of fresh "Salsa Fresca" (from Whole Foods, or p. 74)
several generous shakes of sea salt
generous shake of ground cumin
squeeze of lime juice

Cut avocado in half. Remove seed. Scoop out avocado from the peel, put in bowl.

Mash avocado with fork. Add remaining ingredients. Stir to combine.

Salsa Fresca

I enjoy the milder taste of shallots. If you prefer a bolder flavor, onions could be used instead.

To save time, I'll often chop/combine all ingredients in the food processor small bowl, rather than chop by hand.

1 jalapeno, minced
2 shallots, diced small (1/2 C.)
2 medium tomatoes, diced small (1 1/2 C.)
1 T. fresh lime juice
1/2 t. sea salt
1/2 C. loosely packed fresh cilantro leaves, roughly chopped

In a medium bowl, stir together tomatoes, shallot, jalapeno, fresh lime juice and salt. Let sit at least 15 minutes (covered in refrigerator). Stir in cilantro leaves just before serving.

Zucchini Fritters

1 lb. zucchini
3 T. dried minced onion flakes
½ C. almond flour
1 t. dried Italian seasoning
½ t. sea salt
¼ t. ground black pepper
2 large egg yolks
2 large egg whites

Ghee for frying

For Dipping:
store-bought marinara sauce
homemade yogurt

Directions

Preheat oven to 200°F.

Juice zucchini in Omega. (Drink or discard the juice, save the pulp for this recipe)

Beat egg whites with mixer just until stiff peaks form.

In a medium bowl, combine zucchini pulp, onion, almond flour, Italian seasoning, salt, pepper, and egg yolks. Fold in egg white. Batter will be the consistency of thick pancake batter.

In a metal skillet (NOT nonstick) melt ghee over medium heat. Drop spoonfuls of batter and smooth out with back of spoon. Cook fritters until lightly browned, about 2 minutes per side. Drain on paper towels. Keep warm on serving platter in oven as you make additional batches.

Serve with sauces for dipping.

Note: leftover batter can be stored in the refrigerator for a day. It actually thickens as the onion flakes absorb the liquid.

Pumpkin Seed Falafel

1½ C. pumpkin seeds
½ t. sea salt

1 egg
1 small onion, chopped
1 clove of garlic, minced in garlic press
2 T. of fresh parsley, chopped
½ t. ground coriander
½ t. ground cumin
½ t. sea salt
¼ t. pepper
ghee for frying

Soak pumpkin seeds in salted water 8-12 hours.
Rinse and drain well. Sprout for a while if you have time.
Rinse and drain well again.

Grind seeds through Omega juicer with the "blank" plate. They will retain a bit of texture, which is good.

Mix ground seeds with remaining ingredients in stand mixer.

Pre-heat a skillet over medium heat and add ghee. Heat ghee until melted and shimmering. Drop blobs of thick batter (approx ping pong ball sized) into hot pan — I like to use a metal cookie scoop. Mash with spoon to form patties. Heat until bottom is slightly browned, then flip with metal spatula.

Drain on paper towels.
Eat as-is, or with ripe avocado on the top, or dip into yogurt.

These hold together, so they will pack well if needed.

If desired, serve lettuce wraps filled with falafel, sliced tomatoes and cucumbers. Drizzle with yogurt.

Sun-Dried Tomato Spears

Makes 36 spears

6 cloves garlic, peeled and pressed in garlic press
1 t. olive oil
1 pound bag frozen petite peas, thawed
8 ounces sun-dried tomatoes (packed in olive oil)
1 t. sea salt
1 t. freshly ground black pepper
6 heads endive, ends trimmed and leaves separated

Preheat small skillet on medium. Add 1 t. olive oil, then add garlic. Stir for about 1 minute. Immediately transfer garlic from hot pan into food processor bowl.

Drain sun-dried tomatoes in a colander set over a bowl. Reserve the drained olive oil.

Add peas, sun-dried tomatoes, salt, and pepper to the food processor. Pulse the machine until the peas and tomatoes are finely chopped.

Add 1/4 C. of the drained olive oil. Pulse until the olive oil is incorporated and the mixture is minced but not yet puréed.

Fill the endive spears with the filling. Serve.

Ants on a Log (Stuffed Celery)

Celery sticks

Yogurt Cream Cheese (see p. 130) *Only consume dairy if raw, fermented, and your mind/body tolerates it!*

Nut butter (soaked/sprouted dehydrated - make your own p. 154 or buy *Better Than Roasted*)

Organic raisins

Stuff celery sticks with cream cheese and/or nut butter.

Top with raisins to resemble ants.

Younger/smaller hands may prefer having these cut into bite-sized pieces. (otherwise celery can be stringy when you bite into it)

Deviled Eggs

makes 1 dozen

A hot start (placing right into boiling water or a full-steaming pot) is the most important factor in creating an easy-to-peel hard-boiled egg.

6 pastured/free range eggs
3 T. mayonnaise (see p. 148)
1½ t. distilled white vinegar
3/4 t. mustard (prepared, not powder)
1/4 t. Worcestershire sauce (see p. 151)
1/4 t. sea salt
1/8 t. freshly ground black pepper
for garnish: paprika and/or shipped fresh chives

Fill a pot with enough water so that it will completely cover your eggs once they're added. Bring (water only) to a boil over high heat. Place the eggs in a pot, cover with lid, and reduce heat to a low simmer, let cook for 11 minutes. (or, steam eggs 11 minutes using steamer basket over rapidly boiling water)

Remove lid from pot. Move pot to kitchen sink and allow cold water to run into pot for a few minutes until eggs are cool. (or to get rid of the dimple at the bottom shock them in a pot of ice water: transfer eggs to ice water with a slotted spoon or spring loaded tongs) Once the eggs are cool enough to peel, remove the shells. Slice each egg in half lengthwise.

Pop out the yolks into a mixer bowl. Add remaining ingredients and mix with a stand mixer. Taste after mixing and add more salt or pepper if desired.

Arrange the egg whites on a serving platter. Spoon egg yolk mixture into egg whites, or for a more elegant look, use a pastry bag or a plastic bag with the end snipped off.

Sprinkle with paprika and/or garnish with snipped fresh chives. Keep covered and refrigerated until serving time.

Via muscle-testing and experimentation, you may discover your child is OK with raw eggs but has trouble with cooked eggs. Dr. Joseph Mercola says: *"The best way to consume eggs, provided they come from a high-quality source, is to not cook them at all." This is why his advanced nutrition plan recommends eating your eggs raw (such as my Kefir Smoothie, p. 120). While less "well done" eggs are still preferable (such as poached, soft-boiled, or over easy with very runny yolks), I feel a hard-boiled egg is still an excellent source of healthy protein, fat, and antioxidants if your child tolerates cooked eggs.*

Appendix A

DAILY RECORD SHEETS

To track your child's progress, I suggest you keep a daily log of his food and behavior. Here is a sample spreadsheet I used for James.

It is also helpful to shoot video along the way, so keep your camcorder/phone handy!

Date: 2/11/2010 James Taylor Daily Autism Tracking

Bowel Movement (frequency)	once in morning
Bowel Movement (size)	lots
Bowel Consistency	diarrhea pooped in pants in morning (took new "Rosemary Detox" bath last night…?) (or, Mixed Berry shake yesterday?)
Nap?	yes.
Nap (times)	5:45pm-8:00pm
Nap (# of hours)	2.25
Rashes	
behavior	
weather	
Social Skills	played very well with Josie and brother
Running in circles	
hands in mouth	
Good Mood	
OCD	still some looking at left arm
Staring off into space	
Humming / Raspberries	nope
Congestion	nope
Comprehension	really great!
Flexibility (# good transitions I saw)	
Rigidity (# bad transitions I saw)	
Potty issues	
Protest when time to go potty	
Switch Flipping On/Off	
Supplements	
Probiotic (Mercola)	yes
Krill Oil	yes
Allergy Homeopathic	yes
B12 shot	
Preschool	no
Activities / Other	playdate at Josie
Good talking/cognition examples	
Detox Bath	yes - the new Detox MD Dead Sea Salt bath
Food Diary	Shake
	Cucumbers w vinaigrette
	egg
	Cashew Bread Turkey Sandwich w Mustard
	Strawberries and Pineapple
	Hot Dog
	Sugar Snap Peas lightly coated w asian garlic sauce
	one bite of shrimp
	Macadamia Banana Bread
Sleep (times)	11:00 pm - 9:00 am
Sleep (# of hours)	10 hours
Slept through night?	yes, but came into our bed at 7:15am
Dry diaper upon waking?	yes

Appendix B

11 CHARACTERISTICS OF HEALTHY TRADITIONAL DIETS

Based upon information compiled by
Dr. Weston A. Price, Sally Fallon, and Mary Enig, PhD

When it comes to choosing the optimal diet and supplements for our health, there is a lot of conflicting information out there. It makes sense to look at what traditional cultures, untouched by Western civilization, have eaten for thousands of years. Today there are few cultures that have not had contact with civilization. Fortunately, there was a researcher who investigated the diets of many traditional cultures in the 1920's to 1930's, when travel to them became easier but before these cultures started eating Western foods. This researcher was Dr. Weston A. Price, a dentist from Cleveland. Being a dentist, he studied the teeth of these people and discovered that people on traditional diets had healthy, almost cavity-free, beautiful, straight teeth in uncrowded, broad jaws. When the children of these people changed to a Western diet, they had crowded, crooked teeth in narrow jaws with lots of cavities. The cause was clearly not genetic (unlike what we have been told), as children in the same family would either have beautiful, well-spaced teeth or crooked, unhealthy teeth depending on what was their diet.

Dr. Price studied the diets of traditional cultures all over the world, from remote villages in Switzerland, to Eskimos, to the South Pacific. His work is now being carried on by the Weston A. Price Foundation and the Price-Pottenger Nutrition Foundation.

The pictures below are of Aborigine girls, taken in Australia in the early 1900's.

All photos © Price-Pottenger Nutrition Foundation www.ppnf.org

ate native "primitive" diet	ate "modernized" diet
whole foods	processed foods
(including raw animal products)	(including sugar, white flour)
straight, strong teeth	crooked, crowded, decayed teeth
fully formed sinus passages	frequent sinus problems

Sally Fallon has summarized Dr. Price's research by identifying the 11 underlying characteristics of healthy traditional diets.

#1 - Contained no refined or denatured foods. Just refined sugar, white flour, vegetable oils, canned foods and condensed milk were enough to cause havoc to traditional people's health in the 1920's. Today we have many more refined foods including high fructose corn syrup, pasteurized milk, skim and low fat milk, hydrogenated fats, isolated protein powders and many food additives and preservatives.

#2 - Contained animal foods. The people Dr. Price found with the broadest faces and thickest skulls (indicating the best diet) ate fish and shellfish. Also, he found that traditional cultures went to great trouble, energy, and risk to obtain animal foods. For instance, people living in the Andes at 12,000 feet would hike down to the sea to get fish roe (eggs). There are critical nutrients that only occur in animal foods, such as the fat soluble vitamins A and D, as well as cholesterol. Cholesterol has been demonized by the media but it is an essential nutrient for optimal development of the nervous system, brain and digestive tract. So it is especially critical for children. B12 is another nutrient found only in animal foods.

#3 – Always ate some animal foods raw, such as raw milk, butter, cheese, [chicken] eggs, marinated fish, fish eggs, or even raw meat. One important nutrient destroyed by heat is vitamin B6, which is found in raw dairy and meat.

#4 - Extremely nutrient dense. The diets of traditional cultures had much higher levels of vitamins and minerals than we get in our diets today. Everything they did maximized nutrients: they grew food on fertile soil, ate organ meats preferentially to muscle meats, ate animal fats rather than vegetable oils, raised animals on pasture rather than in factories, ate dairy products raw or fermented, and would travel far to get foods that were super nutritious (such as fish eggs). With our faith in modern medicine, we have forgotten the importance of nutrition. For instance, we used to feed cod liver oil to our children but now we vaccinate them instead. This started with the publication of *Baby and Child Care* by Dr. Spock, who advocated vaccinations instead of cod liver oil.

#5 - Very high food enzyme content. Enzymes are destroyed by heat—118 degrees wet heat or 150 degrees dry heat. We know from animal studies that if you only feed animals cooked foods, so the diet has no enzymes, the pancreas and salivary glands expand. That's because they have to work harder to make enzymes to digest the food. Some of the best sources of enzymes are cultured/fermented raw dairy products, raw meat and fish, raw honey, tropical fruits, and foods or drinks that have been fermented (such as raw sauerkraut or kombucha tea). Traditional cultures typically ate some fermented foods with every meal as a condiment, to help with digestion.

#6 - Took great care in preparing seed foods. By seed foods, we mean any nut, grain or legume (bean). Unlike modern diets where we eat seeds whole with no preparation, or just grind them up (as in flour), traditional cultures would soak, sprout and/or ferment their seed foods before eating. The reason for this special care is that these foods contain enzyme inhibitors that block digestion, as well as phytic acid which blocks mineral absorption.

#7 - Total fat content of traditional diets ranged from 30% to 80% (in the case of Eskimos). Saturated fats are actually needed for good health and they comprise at least 50% of our cell membranes. They protect the liver from toxins, enhance the immune system, are necessary for proper function of the kidneys and lungs and help us utilize essential fatty acids. The short chain saturated fatty acids (found in butter and coconut oil) are antimicrobial — fighting against bacteria, yeast and parasites and supporting the immune system.

#8 – Consumed equal amounts of Omega 3 and Omega 6 fatty acids. Our diets today are composed of almost all Omega 6. This is caused by our high consumption of vegetable oils as well as how we raise our animals. Typical supermarket eggs (from factory chickens) contain 20 times more Omega 6 than 3. Chickens raised outside on a natural diet contain high levels of Omega 3. Wild salmon are high in Omega 3, while farm-raised salmon contains much more Omega 6. The Omega 3 oils are high in fish liver oil, fish eggs, egg yolk, organ meats, and seaweed – the sacred foods of traditional cultures. These foods contain the Omega 3 fatty acids in the form needed by the body, EPA and DHA. Some foods, such as flax oil, contain precursors to these fatty acids which the body then has to convert to EPA. Not all people can make this conversion, so relying on flax oil alone for Omega 3 fatty acids can lead to a deficiency.

#9 - Consumed high-quality salt. Salt is an essential nutrient for protein digestion, the function of the adrenal glands and the development of the brain. The problem with salt in our diet today is that it's a processed food, with all the trace minerals removed and aluminum added to make it free flowing. Whole salts like Celtic Sea Salt® (from the sea) or RealSalt® (from Utah) are healthy additions to the diet. Your salt should not be bright white but should be gray, beige or pink, indicating the presence of minerals in it.

#10 - Made use of bones. Traditional cultures commonly made bone stocks/broths, which are very high in minerals such as calcium, phosphorus, and magnesium in a form that is easy to absorb. Also, broths are rich in gelatin, which promotes digestion and helps support liver function. Traditional cultures also ground bones up and made a paste.

#11 - Fed special foods to parents-to-be, nursing women, and growing children, so the next generation would grow up healthy. These special foods were the sacred foods of the culture, such as raw butter and cream, fish liver oil, fish eggs, egg yolk, organ meats, seaweed, algae, etc.

For more information, I encourage you to read:
Nourishing Traditions by Sally Fallon and Mary Enig
Cure Tooth Decay: Heal & Prevent Cavities with Nutrition by Ramiel Nagel
Weston A. Price Foundation - www.westonaprice.org
Price-Pottenger Nutrition Foundation - www.ppnf.org

Appendix C

SUPPLEMENTS

With today's depleted soils, and the pollution of seafood caused by polluted oceans, it is difficult to fulfill one's nutritional needs through food alone. I will be covering the topic of supplements in depth in my next book, but I wanted to briefly discuss it here. On the next page I'll show you what my son is currently taking to give you some ideas for your own family.

Everything he takes has been muscle response tested:

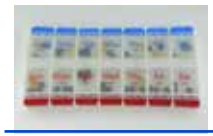
- Do you need this? YES
- Does it make you weak? NO
- How many per day?

We started James off with a popular brand of liquid Cod Liver Oil, which seemed like it would be a fantastic source of Vitamin D. But after I learned to muscle test, we discovered it was "not good" for him. After reading the label closely, I theorized that the ratio of Vitamin A was too high.

Next we tried Mercola kids' krill oil capsules. These are the smallest capsule available - size 4 - which makes them a great introduction to pill swallowing for children. (James took these for a long time, but we later discovered that the Nutri-West Complete Children's DHA/EPA muscle tested as our better fish oil choice.)

I am happy to relate that James was recovered from Autism within 1 year (by age 4), using the GAPS diet and Fish Oil supplementation. However since then I have done a great deal of research on supplements. These are the supplements my son (now 10 years old) takes daily (and he is still following a GAPS/Paleo diet). I recommend muscle testing to see which supplements are best for you.

- Solaray Hexane Free Black Currant Seed Oil - 1/day
- Pure Synergy Bone Renewal - 1/day
- Mercola Fermented Garlic - 4/week
- Nutri-West Complete Children's Co-Factors - 1/day (chewable, but he just swallows them)
- Naturetition Choline Inositol - 1/day
- Mercola Salmon Oil - 4/week
- Tangut Sea Berry Cardio Med Sea Buckthorn Seed Oil - 2/day
- Nutri-West GABA - 1/day
- Jarrow Formulas PS100 Phosphatidylserine - 1/day
- Pure Encapsulations Vesisorb Ubiquinol - 1/day
- Nutri-West Complete Children's DHA/EPA - 3/day (chewable, but he just swallows them)
- Hyperbiotics PRO-15 - 1/day
- Bluebonnet Vitamin D3 2000 IU - 1/day
- Green Pasture Blue Ice Butter Oil/Fermented Cod Liver Oil - 1/day
- Green Pasture Blue Ice Fermented Skate Liver Oil - 3/week
- Premier Research Labs Zinc Assay Liquid - 1 t./day
- Mercola Magnesium Threonate - 1/day
- Mercola Fermented Chlorella - 2/day
- Mercola Spiru-Blue - 4/week
- Synergy Pure Radiance Vitamin C - 1/day
- Pearlcium - 1/day
- Seeking Health Active B12 with L-5-MTHF - 1/day
- Pure Encapsulations Green Tea Extract - 3/week
- Host Defense Lion's Mane - 4/week



Each week I organize James' supplements into a pill case (AM/PM) so we won't forget to give them.

If you have low stomach acid, no amount of nutritious food or expensive supplements will get properly absorbed. In this case you may wish to take digestive aids with meals (NOT on an empty stomach):

- Betaine HCl capsules
- Apple Cider Vinegar (liquid or capsules)
- Digestive Enzymes
- Sauerkraut Juice (probably OK on empty stomach)

END OF FREE EXCERPT

IF YOU'VE ENJOYED WHAT YOU'VE READ SO FAR, PLEASE CONSIDER PURCHASING THE BRAINFOOD COOKBOOK AT WWW.BRAINFOODCOOKBOOK.COM

IF NEEDED, I AM ALSO AVAILABLE FOR ONE-TO-ONE CONSULTATIONS AT WWW.ANGELATAYLOR.COM

I WISH YOU AND YOUR FAMILY THE BEST OF LUCK ON YOUR RECOVERY JOURNEY.

ANGELA TAYLOR

THE BRAINFOOD COOKBOOK

AUTISM/ADD RECOVERY USING THE SCD/GAPS/PALEO DIET

The BrainFood Cookbook contains recipes used by author Angela Taylor to successfully recover her child from Autism. The recipes are gluten-free, lactose-free, and based upon the Specific Carbohydrate Diet (SCD) and Gut and Psychology Syndrome Diet (GAPS) which are becoming ever more popular in the Autism community. *The BrainFood Cookbook* aims to inspire busy moms who are desperate to heal their children, but may be daunted by learning a whole new way of cooking. With clearly explained, delicious recipes, it will appeal to both gourmet and inexperienced cooks alike. This book aims to demonstrate the power of food in changing lives like none other before it.

Angela Taylor is the mother of James, a boy who successfully recovered from Autism through the healing power of food. When he was diagnosed with Autism at the age of 2, conventional doctors and educators offered little hope for James beyond suggesting enrollment in a special school so he could learn to cope with everyday life. Not willing to give in and a strong believer in the impact of foods on the mind, Angela began her own research and experimentation in the kitchen by putting James on a strict diet based upon the Gut & Psychology Syndrome (GAPS) diet. Within days, James' behavior improved dramatically. Over the next 12 months he went — from his initial developmental diagnosis in the 6th percentile — to being nearly asymptomatic. James is now a happy, bright eyed, and well-mannered child with many friends in his mainstream school and bright prospects for the future. James has literally been healed by the power of food and Angela is spreading the word to other parents and adults afflicted with disorders including Autism Spectrum Disorders, Asperger's Syndrome, ADD/ADHD, and Dyslexia. Angela holds 3 degrees from John Hopkins University, and is now a JHU adjunct professor teaching Nutriton.

TAYLOR INTERACTIVE

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