

GAPS PROTOCOL

..... *Constipation "Menu"*

1. Enemas

2. Increased **cod liver oil**

3. **High fat dairy** (sour cream & ghee) rather than high protein dairy (yogurt & kefir)

4. **Drinking warm lemon water with ghee or coconut oil in the a.m.** More water in general! The rule of thumb is 1/2 your body weight in ounces per day.

5. Drinking homemade **beet kvass**...it provides not only water but probiotics & enzymes.

6. **Starting with the Full GAPS Diet** rather than the Introduction Diet can help, as the higher amounts of fiber in the Full GAPS Diet may help.

7. **More cooked vegetables** in proportion to meats on Intro Diet.

8. **Reducing muscle meats** in the diet and replace them with **gelatinous meats instead:** meats around joints, bones, skin of the poultry, bone marrow, tongue and feet of the animal. Puree soft tissues (skin, connective tissue, etc.) & salt into a pate' to add to soups and stocks.

9. If following the GAPS Introduction Diet, then I recommend introducing **freshly pressed juices and olive oil earlier**. If raw eggs and/or sour cream have been introduced, you can start drinking the **GAPS milkshake** every morning.

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

10. **Increasing animal fat consumption** with meals helps in many cases.

11. Supplementing **amino acid chelates of magnesium** as a daily supplement, such as Vital Nutrients Magnesium Glycinate or Biotics Mg-Zyme. Children start with 1 tablet at night, adults start with 2 - 3, add one more tablet per evening until bowels move easily in the morning. As a laxative you can use magnesium oxide occasionally.

12. Supplementing **hydrochloric acid** (HCl) can help stimulate peristalsis of the colon.

13. Supplements of **spirulina, blue-green algae, chlorella or dunaliella** can be very useful in resolving constipation, particularly in children.

14. **Red beet enema** can be helpful with constipation in children and adults. Peel 500 grams of fresh organic raw beet, finely grate and put into a suitable bowl or a pan with a lid. Pour in 1 liter of boiling-hot water and mix with the beet. Cover and leave for 20-40 minutes at a room temperature. After that filter the beet solution and cool down to body temperature; use as an enema.

15. **Castor oil rub** helps with constipation, particularly with children. At night apply a handful of castor oil on the abdomen and massage it well with gentle clockwise movements (moving along the natural peristalsis of the bowel from the right hip up, across the belly and down to the left hip). Cover the abdomen with a tea towel, put a hot water bottle on it and go to sleep. The oil absorbs through the skin overnight and helps to loosen the bowel in the morning. Apart from castor oil other cold-pressed oils may be used: olive oil, coconut oil, avocado oil, hemp oil or a mixture of oils.

16. As an occasional remedy, **castor oil** can be taken internally to provide a relief.