

# GASP DIET & SUNRIDER

Dr. Natasha Campbell-McBride natural treatment for autism, ADHD/ADD, dyslexia, dyspraxia, depression and Schizophrenia consists of three elements:

1. **Diet** - the GAPS diet consists of easily-digestible foods that are dense in nutrition, including fermented foods.

According to Dr. Campbell: *"On average, people adhere to the diet a couple of years. It takes two years to drive out the pathogenic flora, to re-establish normal flora in the gut, to heal and seal the damaged gut lining in these people and turn the gut back to being a major source of nourishment for the person instead of being a source of toxicity."*

2. **Food supplements**, including: probiotics and vitamins D and A in the form of cod liver oil, although sun exposure is also an important part for GAPS patients, for proper vitamin D production.
3. **Detoxification** - The GAPS nutritional protocol will naturally clear out most toxins. Dr. Campbell does not use any kind of drugs or chemicals to remove toxins as it can be too drastic for some, and can produce damaging side effects. Instead she recommends juicing as a gentle but effective way of removing toxic build-up, as well as baths with Epsom salt, sea salt, seaweed powder, apple cider vinegar, and baking soda.

**By introducing the Philosophy of Regeneration through highly concentrated Sunrider herbal nutrition it would be much easier and faster to achieve the results. Here are some additional products that would be very beneficial to nourish and cleanse the body:**

1. **Diet** - easily-digestible foods that are dense in nutrition like Nu-Plus (Simply Herbs or Regular), VitaShake, Quinary or Liqui-Five, Sunectar (Suncare) or Sunny Dew (Suncare Plus), Assimilaid (AD), Alpha 20 C, Dandelion Root, TOP, JOI , ESE, Evergreen, Spirulina, Vitataste, SunTrim and many others. In some cases Chinese Goldenseal Root would be also an important product to use.
2. **Food supplements** - Cal Tab which also contains Vitamin D. Vitadophilus supplies a minimum of 20 million live culture bacteria, which is beneficial for gut flora.
3. **Detoxification** - Juicing requires a lot of work and can be expensive, especially when choosing organic fruits and vegetables. Sunrider offers a convenient, fast, more powerful and less expensive way. Use Calli (Regular, Cinnamon, Lemon), Fortune Delight (Regular, Cinnamon, Lemon), Fibertone, Action Caps or Vitalite Caps and Slim Caps.