

GAPS Resources

Articles

["GAPS in Medical Knowledge," Wise Traditions, Winter 2007](#)

["Food Allergy," Dr. Natasha McBride, Journal of Orthomolecular Medicine, First Qtr 2009, v 24,1. p31-41](#)

[One Man's Meat is Another Man's Poison! by Dr. McBride](#)

[Probiotics: healing the mind, Dr. McBride, CAM Magazine, Aug 2003](#)

Websites

<http://www.gapsdiet.com/> US website, FAQ updated by Dr. McBride

<http://gaps.me/> UK website, more info than US website, practitioner list

<http://www.doctor-natasha.com/> Dr. McBride's blog

Video Interviews:

[Dr. McBride on Pasture Promise TV](#) (45mins)

[Dr. Mercola and Dr. McBride \(2011\)](#) (6 part interview)

Recipes:

[Internal Bliss by GAPSdiet.com](#) (spiral bound)

[Cheeseslave](#)

[Village Green Network](#)

[Nourished Kitchen](#)

[Keeper of the Home](#)

[Nourished and Nurtured](#)

[Mommypotamus](#)

[The Nourishing Cook](#)

[Healthy Home Economist](#)

Meal Plans

[Health Home Happy by Cara](#)

[Biodynamic Wellness GAPS Meal Plans](#)

Therapist

[Sharon Brown, CN, NTP, GAPS Practitioner](#)

Books:

[Gut and Psychology Syndrome by Dr. Natasha Campbell McBride](#) (the official text for the protocol)

[GAPS Guide by Baden Lashkov](#) (extremely helpful guide on how to implement the protocol, with tips)

[Breaking the Vicious Cycle: Intestinal Health Through Diet by Elaine Gottschall](#) (SCD diet that GAPS is based on)