



## Guide for Butchers - Part 1

*The focus of this resource is the food shopping needs of GAPSters. It is written from a traditional rural perspective, where pasture farming, cultural wisdom and indigenous language can still weave into a broad, wholesome mix.*

**The Meaning of G.A.P.S.™** : The acronym stands for both *Gut and Psychology Syndrome* and *Gut and Physiology Syndrome* and is a term coined by Dr Natasha Campbell-McBride. She teaches that the health of the digestive system is closely related to our mental health as well as the way the physical body functions, from our ability to balance hormones to our ability to withstand infections to the state of our joints and lungs and nerves and skin.

**What is a G.A.P.S. Practitioner?** A G.A.P.S. Practitioner is a healthcare professional such as a homeopath, a doctor, a nurse, an acupuncturist, a psychologist or osteopath. In order to help patients help themselves, we have undergone additional training so that we can provide clear guidance for those who wish to improve gut health.

**What is a Healthy Gut?** In health, our guts are lively places providing a home for a variety of microbes. These tiny life forms help us to digest and absorb food, they ensure that we produce a healthy range of hormones and they protect us from any harmful invading species. The small intestine and the appendix, in particular, house a significant number of our beneficial friends. When the gut is healthy, we are unlikely to experience digestive difficulties and are also less likely to suffer from related health complaints.

**What is an Unwell Gut?** If beneficial gut microbes get disturbed e.g. due to stressors or antibiotic treatment, or in cases of exposure to pesticides or over-the-counter

medications, the gut's environment becomes a less diverse place. Rather like raising a monoculture plant crop or intensive animal rearing, problems can be expected to arise under such unnatural conditions.

If we picture a sausage being pricked with dozens of tiny holes, we may get an idea of the potential damage that can happen to our insides too. If we fail to look after our resident protective microbes, the gut wall can become leaky, opening up the whole body to further damage.

By the time patients ask for my help, their digestive systems may have already undergone a degree of such damage. These people are the GAPSters who are likely to be doing some of their weekly shopping at the local butcher's and / or fishmonger's from now on.



**How Can we Help the Gut Wall?** For two years or longer, GAPSters take great care to incorporate homemade stocks and friendly fats into each meal; these foods can support the body's efforts at healing and sealing a leaky gut wall. As symptoms subside, probiotic foods are usually introduced in an attempt to repopulate the system with beneficial microbial colonies. This new way of life also has GAPSters being super mindful about their choice of medicine and anything else that may set back gut health.

**THINK BEFORE YOU SPEAK ♥ READ BEFORE YOU THINK\***

*Gut and Psychology Syndrome – Revised and Enlarged Edition:* Dr Natasha Campbell-McBride (Medinform, 2018);

*The Heal Your Gut Cookbook:* Hilary Boynton & Mary Bracket (Chelsea Green, 2014);

*The Nourishing Traditions Book of Baby & Child Care:* Sally Fallon Morell & Thomas Cowan (New Trends, 2013);

*Nourishing Broth – An Old-fashioned Remedy for a Modern World:* Sally Fallon Morell (Grand Central Publishing, 2014).

\*Fran Lebowitz - Social Studies

## What Our Grannies Knew



For modern people who wish to partake in ancient food wisdom, learning to make homemade stock is a fabulous first step.

Our grannies would have made their own stocks and cooked nose-to-tail, not only for the deep nutrition but out of an innate, resourceful and respectful way of life.

To make meat stock we need plenty of fresh bones with some raw meat attached. These may be from beef, lamb or pork with knuckles and joints included, or it could be chicken carcasses or necks or wings. We may even include animal feet or trotters or skin as they can impart much-needed collagen for healing a leaky gut wall. Marrow from marrow bones is highly valuable too, and can be scraped out after simmering and incorporated into soups and stews.

Fresh filtered water, good quality salt and perhaps some onions and herbs are added to the bones. After 2-3 hours of simmering the stock will be allowed to cool before storing in glass jars in the fridge. A GAPSter can consume a litre or more of meat stock on a daily basis.

Later on in the healing process, some GAPSters will wish to take bone broth: this is made from bare bones and simmered overnight or even for a couple of days. Broth is a mighty drink in its own right but has a distinctly different effect on the body. It is therefore important that GAPSters take meat stock regularly for a considerable period of time before attempting to introduce bone broth.

Some butchers sell bags of bones for the purpose of making stock at home: when these are on display it is easy for customers to request them. Otherwise I advise my patients to pluck up courage and ask if there's anything in the back that they may purchase for making stock. Our local butchers gladly give bones away for free: an incredible gift considering that nutritionally, this is one of the most valuable parts of an animal.

## Homemade Chicken Stock



1. Reach for your largest saucepan (*but no aluminium or non-stick, please!*)
2. Place some raw chicken carcasses in the pan, plus some chicken wings or necks or feet if available. A whole chicken may also be used. It is best to source high welfare meat from a source that avoids antibiotics during rearing.
3. If tolerated, add 3-6 onions, peeled and quartered, and any herbs or vegetables you fancy e.e celery, carrots, garlic, oregano, whole black peppercorns, fresh ginger.
4. Add a good pinch of rock salt or sea salt, making sure that it does not contain additives.
5. Cover with filtered or spring water, bring to the boil then reduce the heat. Allow to simmer for 2-3 hours.
6. After the stock has cooled enough for you to taste without burning your tongue, adjust the seasoning.
7. Strain the liquid through a large sieve into another pan or large jug, then transfer into glass jars for refrigeration.
8. Enjoy using the stock as the basis for daily meals, from soups to casseroles, curries, borscht and homemade cup-a-soups, and as a warming drink in its own right.

*In the next chapter we will discuss another nutrient-dense component of animal produce – the fat.*

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**AUDE SAPERE – MENTRA WYBOD – DARE TO GET IT**

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## Guide for Butchers - Part 2

As your meat stock cools down, a layer of fat will rise visibly to the surface. This helps maintain the stock's freshness for up to a week in the fridge and adds nourishment to recipes containing it. If you choose not to incorporate this fat into soup, you may scoop it off and use it for frying an egg or for roasting vegetables instead.

This nugget is but one example of the variety of fats that a GAPster will need during the effort to soothe the gut and nerves, feed the brain and encourage balanced hormone production. Unfortunately several decades' worth of fat phobia still pervades our culture but now, due to a generation of families presenting with allergies, ADHD, auto-immune conditions, juvenile arthritis and diabetes, our relationship with good food is finally being challenged.

### Fat [Noun]

A naturally oily substance occurring in animal bodies, especially as a layer under the skin and around certain organs and used especially in cooking, grease, oil, the most nourishing part, the choicest produce, the best or richest part of something, abundance, richness, fertility.

To be perfectly clear, I do NOT endorse the consumption of ANY man-made vegetable oil, margarine, cheap sunflower oil, vegetable shortening, soya oil or any product containing such heavily processed artificial fats. But I DO encourage my community to celebrate the richness and fertility symbolised by traditional sources. These include beef dripping, lamb and deer tallow, organic lard, free

range egg yolks, goose and duck fat, natural butter, raw cheese, wild fish, coconut oil and coconut cream, avocados, cold pressed olive oil and fattier cuts of meat.

**What about my customers' cholesterol levels?** Good question! Cholesterol is immensely important. If we consume insufficient dietary cholesterol then the body – in its innate wisdom – produces its own cholesterol to make up for the deficit. That's how precious it is.

If inflammation is present in the body e.g. in cases of hives or Crohn's or any symptom label that ends in *-itis*, cholesterol gets sent to the site of that inflammation as part of the healing process. Once we understand that cholesterol is not in itself the foe, we can start to appreciate the far-reaching benefits of the fat that our ancestors valued so highly. Friendly fats also provide the building blocks for endocrine health and mental health; after all, a significant proportion of the human brain is made of cholesterol and it is naturally hungry for more. In honouring this need we support our memory and ability to think clearly, to reason well and to feel optimistic.

**Will my customers gain weight?** Those who follow the GAPS recommendations tend to initially lose rather than gain weight, largely because they steer clear of breakfast cereals, sucrose, pasta, flour and factory made food.

**Does the meat and fat have to be organic?** In an ideal world – which it isn't – we would all be able to raise and source food regeneratively and without chemical treatments. Thankfully, in our locality the lamb and beef is raised on pasture rather than in confinement and some of our farmers practice the H.A.W.L. (*Homeopathy at Wellie Level*) philosophy. Each G.A.P.S. family's opinion will differ, with some children simply unable to tolerate non-organic food, but all will find their own compromise between health needs, affordability and the desire to support local.

THINK BEFORE YOU SPEAK ♥ READ BEFORE YOU THINK\*

*Time for an "Oil" Change:* Terri Fites ([www.thehomeschoolingdoctor.com](http://www.thehomeschoolingdoctor.com) / [www.mollygreen.com](http://www.mollygreen.com), 2015);

*Put Your Heart In Your Mouth:* Natasha Campbell-McBride (Medinform, 2018);

*Nourishing Fats – Why We Need Animal Fats for Health and Happiness:* Sally Fallon Morell (Life and Style, 2017);

*Nourished Beginnings Baby Food:* Renee Kohley (Page Street Publishing, 2016).

\*Fran Lebowitz - Social Studies



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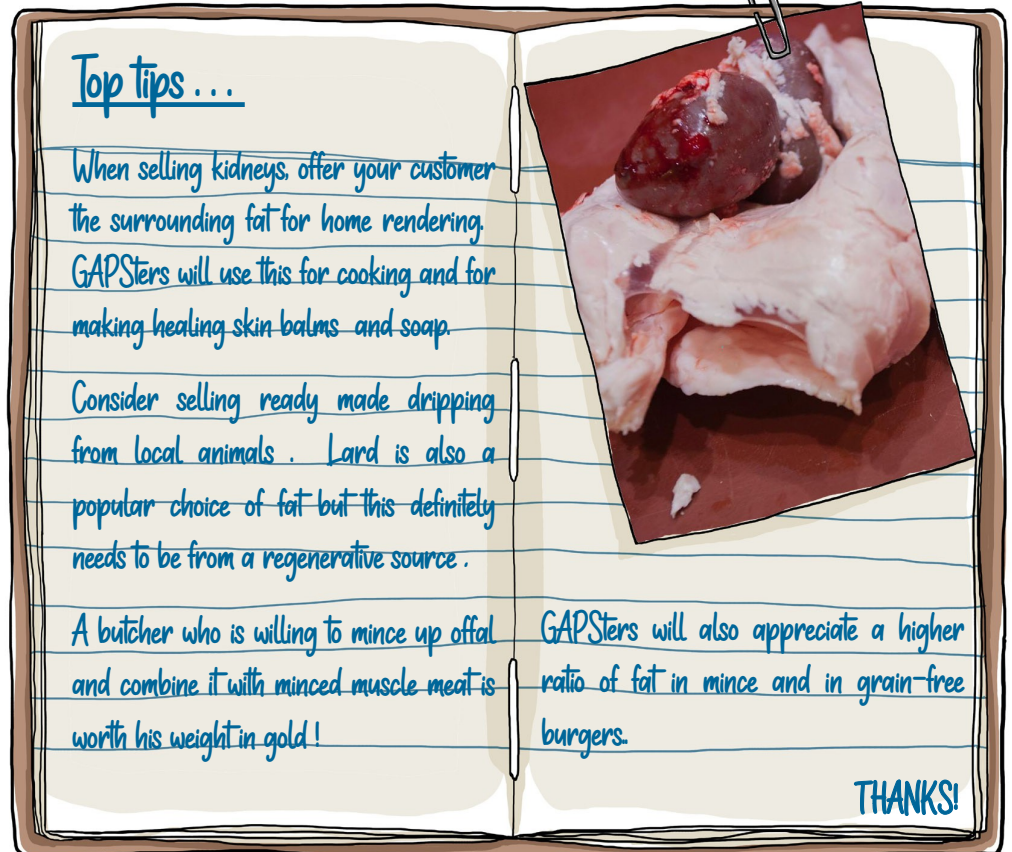
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**Some GAPS conditions:** Asthma; eczema; diabetes; I.B.S.; hay fever; arthritis and anything else ending in *-itis*; obesity; period pain; horribly smelly nappies; recurring infections; glandular fever; all auto-immune conditions; depression; heartburn; dyslexia; dyspraxia; psoriasis; substance dependencies; autistic states; UTIs; infertility; schizophrenia; allergies; anxiety; M.E.; neurological complaints; post-viral fatigue; ADHD; bipolar states. *Each of these conditions and any combination of these conditions is likely to be accompanied by poor integrity of the individual's gut. Without claiming to cure any named disease, an interdisciplinary approach including GAPS will attempt to address the underlying problem that leads to such susceptibility.*

**Don't like fat?** This in itself is a sign of a GAPster! So that we may foster the ability to digest fat without suffering nausea or vomiting, it's a good idea to work alongside a G.A.P.S. practitioner who knows how such difficulties may be overcome e.g. by supporting the liver and gallbladder to produce enough bile for easy digestion.

**Don't like meat?** It's not necessary to eat overtly fleshy meals in order to heal. Stocks can be employed as the basis for fresh tasting blended soups such as carrot and ginger or pea and mint. Vegetables can be boiled in stock and served with eggs and avocados. Homemade fish stock is another great option.

I often send new customers to the butcher's shop. Some have been brought up as vegetarian, others have followed a vegan lifestyle for a bit too long for their own constitution. It may be worth stocking your shelves with additional and perhaps more appealing items for this kind of customer base, such as natural coconut cream, cold pressed olive oil, free range eggs, organic and sugar-free mayonnaise and jars of ghee.



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## Guide for Butchers - Part 3

In between qualifying as a G.A.P.S. Practitioner and starting the work with patients, I decided to experience the measures by implementing the diet and lifestyle myself. I gained valuable insights into the potential stumbling blocks facing GAPSters but also discovered several gems.

One of those absolute gems was the shop pictured above. The owner understood to a T the health implications of good food and had removed all sucrose, artificial colours and flavourings out of all the items he had on display. He sold meat stock made on the premises and produced sausages from 100% meat. He appreciated how grains such as wheat and corn are inappropriate as a main staple for man and animal, and went to great lengths to source natural coloured poultry. He also had his eyes open to the heavy-handed use of chemicals in mainstream pig farming and the effect it could have on the quality of the fat, and so in the case of pork he travelled far to find organic.

The result? A highly popular butcher's shop not only amongst GAPSters but also amongst paleo and ketogenic communities, families living with autistic traits, diabetics and of course the faithful line of traditional customers too.

**What DOESN'T a GAPSter need?** As was understood behind the scenes at the above butcher's shop, GAPSters do not consume sucrose, not even a smidgen. It contains no nutrition and causes inflammation, making it quite frankly an unsuitable ingredient for us all!

You are therefore unlikely to be selling any bacon, deli produce, chutneys or marinated meat to GAPSters, unless you too become a local superhero by taking out the sugar.

For an average of two years, GAPSters also abstain from all

**NO THANKS!** Sugar (sucrose, dextrose, fructose, syrup). Grains (including wheat, rice, corn and oats). Artificial colourings and flavourings including sweeteners and synthetic MSG. Potato and potato starch. Yeast, yeast extract, nitrates and nitrites.

grains including wheat, corn, rice, rye and oats. After sufficient time and healing, it may be possible and desirable for patients to reintroduce some of these into the diet but they will need to adopt healthy methods of preparation including pre-soaking and fermenting. So once again, you're unlikely to be selling any scotch eggs or pasties or breaded ham to GAPSters, nor sausages nor burgers if they contain flour or cereal or rusk.

Please also be aware that packets of powdered sauce and gravy granules are likely to contain ingredients that are unsupportive of health and healing. It is unwise for GAPSters and many others to choose such hydrolysed starches, high levels of synthetic MSG, artificial flavourings and deadened grains in a time and place of plentiful alternatives.

**So what DO GAPSters want?** Stock, stock bones, friendly fats from the *healthiest* and *happiest* of animals, fatty cuts of meat. Organic pork to make our own pancetta. Goose fat, duck fat, ready-made tallow to save time! Top quality jerky or biltong or the ingredients to make our own (e.g. finely sliced ox tongue). As little use as possible of wormers and antibiotics in our food chain. Crackling, chicken skins for roasting. High welfare chicken hearts. Pork skin, ears and trotters for added collagen in our stock. Pheasants, rabbits, wild game, marrow and offal. The very best nutrition, as provided by the surrounding countryside.

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*The Heal Your Gut Cookbook:* Hilary Boynton & Mary Bracket (Chelsea Green, 2014);

*Gut and Psychology Syndrome – Revised and Enlarged Edition:* Dr Natasha Campbell-McBride (Medinform, 2018);

*GAPS Stage by Stage With Recipes:* Becky Plotner (Independently Published, 2019);

📺 *Life Through Food Part 1:* Sheila Dillon with Jamie Oliver on The Food Programme ([www.bbc.co.uk/sounds](http://www.bbc.co.uk/sounds), 2019).

\*Fran Lebowitz - Social Studies

## Liver Delivers!

“Organ meats are foundational to the [GAPS] support protocol, due to their intense nutritional profile. There is no other food consistently higher in nutrition, especially Vitamin A. Eating organ meats daily, such as liver, heart, kidney, tripe, gizzards, brain\*, mountain oysters, whatever you can source, is vital to nourishing a GAPster's system. If a person jumps on the GAPS Intro diet and is hungry after eating, or ravenously hungry all the time, it's usually because more organ meats are needed.

The amount of organ meat eaten weekly is up to the individual and their specific needs. “Making sure that your GAPS patient eats some liver on a regular basis will do immeasurably more for his or her nutritional status than the best and most expensive supplements in the world. An anemic person should eat liver and other organ meats once a week at least. A child needs a small amount: one to two tablespoons of cooked ground liver every other day, which can be mixed with any meat dish, or a full liver meal once a week.” ”

*Becky Plotner (2020) quoting  
Dr Natasha Campbell-McBride.*



In recipes in general I know that bone marrow is great and the gizzards of food gives amazing flavour and one of the secret ingredients to nearly every kind of ragu in the whole of Italy is lungs, you know, but the Brits don't really resonate with things that look...they're not really into offal\*\* and as much as I love it, I have to take a recipe and bastardise it.

*Jamie Oliver  
The Food Programme  
(BBC) 2019*



\* Not available to buy in all countries. \*\* Let's change this!

## Homemade Pâté



1. Reach for a frying pan (*no aluminium or non-stick*) and choose a friendly fat such as butter or ghee - you will need roughly 250g.
2. Put half the fat into the pan with one or two chopped onions, 3-4 cloves of garlic or perhaps a handful of wild garlic flowers. If you have a young sprig of thyme or oregano to hand, add it to the mix.
3. Allow 5-10 minutes for the butter-onion-herb mix to soften on the lowest setting on your hob. Bring the heat up to a moderate temperature and add 400g of high welfare liver or a mixture of chicken liver and hearts. If you have some cooked bone marrow available, add in a spoonful or two.
4. Ensure that the offal cooks through but without overcooking. Once done, transfer all ingredients, including the remaining fat into a food processor and add a sprinkling of good quality salt, pepper and the juice of 1-2 lemons.
5. Taste your pâté and if needed, add more seasoning and lemon juice. Pour into glass containers and allow to cool before refrigerating.
6. Serve the pâté spread on chicken crackling (made by roasting chicken skins) or on apple slices or on the coconut bread described in *The Heal Your Gut Cookbook* by Hilary Boynton and Mary Brackett.

*Thank you for taking the time to read about the dietary needs of GAPsters and for providing some of the best nutrition and medicine that our countryside has to offer.*

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