

A DAD AND A LAD

ON A GAPS™ ADVENTURE

Chapter 1

Friday night - at last! Dylan stepped out of the school taxi and rollie-polied over dad's front gate. With only one free hand it wasn't the most streamlined of moves, and as Dylan turned to wave goodbye to his friends, his reading book slipped out of his upturned bag, falling onto the gravel. Oh, well!

By the door, in the exact spot that he'd left them last Sunday, were his orange wellies, encrusted with mud from River Ffrydiau. Dad's wellies were nowhere to be seen – a good sign, thought Dylan. If those wellies were on dad's feet, then it meant that he'd been to work. And if he'd been to work, he wasn't floored by fatigue.

Dylan peered in to the kitchen. No, nobody there. But - hang on – the place *was* filled with an unusually delicious smell. Dylan retraced his steps and out into the garden, and who should come to meet him with a big bunch of fresh carrots, but dad.

“Hello little man,” said Dafydd, Dylan's dad. “Can you take these for a second while I put away the garden fork?”

With his right arm, Dylan held the carrots against his body. He then opened up his left fist to reveal two healthy, juicy earthworms.

“*Calennig* for you, dad,” said Dylan, beaming.

Dafydd laughed.

“If you say so, but *calennig* is what we call a present given on new year's day – and it's now the middle of January! But as it happens, I've got a present for you, too.”

Dylan sat at the kitchen table to open the long box.

As always, Dylan sat with one knee on the chair and the other pulsing an excited beat against the table.

“What is it, dad?” asked Dylan.

“Well open it up and you'll see!”

“A flask! A flask! An orange flask! Thanks, dad! But I don't like tea!”

Once again, Dafydd laughed. “I've got something better than tea for you, son.”

Dafydd lifted the lid from a rather shiny looking pan. He must have been on a shopping spree! Inside it was a glistening, golden-coloured liquid.

“What is it!?” Dylan didn't like tasting new foods.

“Stock. Good stuff.” Dafydd offered him a spoonful.

“Yuck yuck yuck why are you giving me that?” protested Dylan from behind his hand – he was not planning on trying this!

“Because it's awesome,” said Dafydd. “And because it's going to make me feel better, and because it's the bee's knees for growing children who are also learning to read.”

“But I don't like reading!” Dylan reminded him.

“All right, but I can see that you do like your new flask. And you do like the carrots that we've grown. I'll tell you what, you help me to peel these carrots and we'll have a go at making a bright orange soup for your new flask.”

“And then go fishing?” asked Dylan hopefully. It worth a try, especially today as dad was in such good spirits.

Food for Thought

- ♥ Children and adults alike can suffer from GAPS (Gut And Psychology / Physiology Syndrome) symptoms. Common complaints can include IBS, low mood and post-viral fatigue, all of which can be addressed by improving gut health.
- ♥ Obsessive behaviours are not uncommon in GAPS families. Sometimes it's possible to draw positives out of such tendencies e.g. if a child has a passion for earthworms, set up a compost heap!
- ♥ Homemade stock is cheap and easy to make, and is fundamental to the GAPS approach to healing the body and mind.

1st Weekend Challenge

YOU WILL NEED:

- one adult
- one child
- clean hands
- fresh stock
- vegetables
- two pans
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Adult supervision is a must in the kitchen, especially if knives are used. Younger children are often capable of chopping soft foods, such as raw mushrooms, using a dinner knife, or they can wash vegetables ready for an adult to slice.



ORANGE SOUP

Pour some homemade stock into a pan. Add in 4-6 orange coloured vegetables, chopped. Simmer until soft.

White vegetables are suitable too – onions and turnips are great and won't detract from the orange colour of your soup!

- carrots
- pumpkin
- ginger
-
-
-
-



It's worth making a big batch of meat stock and refrigerating in glass jars. A layer of healthy fat will rise to the surface, helping the stock remain freshly sealed for a week or so.



GREEN SOUP

Put some homemade stock in a pan and add 4-6 green and white vegetables. Simmer until soft.

- broccoli
- celeriac
- leek
-
-
-
-

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AUDE SAPERE – MENTRA WYBOD – DARE TO GET IT

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Chapter 2

Friday night – finally! Dylan sprang off the school taxi before squeezing in between the gatepost and garden wall. Both hands were full tonight and so he couldn't roll-poly, and somehow or other his book bag had gone missing in between Mrs Morris' class and his seat on the taxi. Did this mean no reading until Monday? *Yesss!*

"Hey mate!" said Dafydd, taking the light flask out of his son's right hand and two earthworms out of the left.

"You polished off your soup, then?"

"Yup and guess what? It was really good but Jack McSnack said it looked *disgusting*."

"Well you offer Jack a spoonful of soup next time, so that he can taste it for himself."

"Can we have orange soup tonight, dad?" asked Dylan.

"There's none left, son," said dad. "You took five jarsful home to your mum's – remember? And then I ate all of the green soup during the week."

"Oh. Could we make some more?" asked Dylan, glancing worriedly towards the upturned stockpot next to the kitchen sink.

"Of course," agreed Dafydd, "but first of all we'll need to make some stock. Then we can turn the stock into soup."

"Make the stock?" Dylan puzzled, as his eyes followed his dad towards the fridge. Out came a heavy, lumpy bag.

"We'll need these first," explained Dafydd, bringing the stockpot and bag onto the table.

Out of the bag and into the pan, Dafydd tipped a whole load of raw chicken carcasses.

"Eeeeeuuuuugh dad, that's *disgusting*," cried Dylan.

Dafydd raised an eyebrow, and Dylan paused. Nobody was supposed to describe food as *disgusting*, but the shock of seeing those raw ingredients had made him forget! And then, suddenly, he remembered the beautiful smell from the previous Friday.

"Now then, we need to chop some onions into quarters. How clean are your hands?" asked Dafydd.

Dylan scrubbed his hands with soap and water and dried them thoroughly. Dafydd sliced three onions in half, then Dylan proceeded to cut the halves into twelve quarters.

"Mrs Morris said that my reading was awesome today," beamed Dylan, as his dad added two teaspoonsful of salt to the chickens and onions.

"Ah, well done Mrs Morris," said Dafydd. "And well done you, too. Now you open the tap so that we can fill this pot with water...there we go, don't overfill it – we need to leave some room for the stock to bubble and simmer."

Two hours later, the kitchen was filled once again with the lovely smell of fresh stock, and Dylan was now hopeful for another week's worth of soup to fill his beloved flask.

But one problem remained. Dad had a good memory for the need to read each weekend and the book bag was nowhere to be found.

"Worry not," chirped Dafydd, "look what I bought for you today in town," and he pulled out a book.

A brand new book about fishing.

Food for Thought

- ♥ Dyslexia, dyspraxia and difficulties with concentration are common in GAPSters. The younger these children are when we start working on improving their gut environment, the better.
- ♥ In order to heal the gut-brain axis, homemade meat stock needs to be on the daily menu. Homeopathy can also help.
- ♥ Some meaty beef bones or organic chicken carcasses plus water, onions, salt and pepper is all it takes to make stock.

2nd Weekend Challenge

YOU WILL NEED:

one adult

one child

clean hands

fresh stock

vegetables

two pans



RICH BROWN SOUP

Go for brown coloured ingredients and add to your meat stock. For a bolognese-like flavour, try adding some minced beef, passata, chestnut mushrooms and Italian herbs. For a French onion soup start with fresh beef stock.

onions

brown lentils



PINK SOUP

Simmer pink vegetables in homemade stock, or top soup of any colour with a piece of salmon or *ruby sauerkraut* or bacon strips.

beetroot

red cabbage

Instead of bread, why not try a piece of raw cheese or fresh crackling on the side? Soup can also be topped with a dollop of plain yogurt or kefir, some sauerkraut, sliced hardboiled eggs, coconut cream or strips of meat.



When blitzing soup in a food processor, allow to cool somewhat then hold a towel in between the lid and your own (adult) wrist, as a precaution against accidental splatterings of hot liquid.

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Chapter 3

Friday night – yesss! Dylan sneaked past the sports shed and back into the school yard, where his taxi should be awaiting. But oh no! The taxi had gone.

“Dylan Dafydd Pritchard Huws-Jones!” said Mrs Morris, holding Dylan's book bag. “Where have you been?”

Ten minutes later, Dafydd Jones was surprised to see Mrs Morris' car pulling up outside his house, and his lively son jumping out of it.

“Don't forget to tell your dad how much your reading has improved - again!” said Mrs Morris before driving off.

Dylan felt a smile creeping up from his belly to his cheeks as dad swept him into a fireman's lift.

“Where's your flask, son?” asked dad. Dylan's smile disappeared into his toes. He'd put his flask down behind the sports shed when he was collecting earthworms.

“Don't worry, mate. We can use my flask tomorrow. It's large enough to hold soup for two.”

What a shame. Dylan had looked forward to using the orange flask on tomorrow's adventure. Never mind, he thought. At least he and his dad were finally going fishing!

* * *

It was a crisp, starry night: ideal for fishing. But Dafydd wasn't keen for his son to be up late and so they agreed to get a good night's sleep and to set an early alarm. Without Dafydd's knowledge, Dylan wore his waterproof trousers to bed, so that in the morning he would only need to slip on a jumper and socks before hurrying downstairs.

Dafydd was up already and was ladelling multicoloured

soup into the large green flask.

“This can be our breakfast,” Dafydd said. By now, Dylan was quite used to the idea of homemade cup-a-soup for breakfast! Quietly, he preferred the sensation of a warm belly in the morning, rather than the chilly slosh of cereal.

With outfits complete with orange and green wellies, Dafydd and Dylan set off through the front gate, over Ffrydiau River bridge and towards the beach.

It was still dark and they were the only people at the seaside. They set up the fishing rod and in the torchlight, Dylan fumbled in his pocket for a fistful of earthworms. Out of his bait bag, Dafydd pulled out some strips of mackerel.

Soon, Dylan had a fair number of fish in his bucket and as he poured soup into cups at dawn, a little spaniel came sniffing around the catch! Dylan and Dafydd recognised the dog's owner as Mr Griffith, the school caretaker. They started chatting.

“Morning, gentlemen!” said Mr Griffith. “Well, well, that's one brimming bucketful of fish!” he added.

“Give it another month and those whiting will have migrated to deeper waters. You'll then need a boat!”

Dylan's eyes shone. A boat? He'd love that!

“By the way, Dylan, I was repairing the roof of the sports shed yesterday, and I found your orange flask nearby. I've left it on your front doorstep. Bye for now!”

Dylan's world felt full of promise, and his dad was in a bright mood too...perhaps he would agree to go fishing again tomorrow, and to bring along some fish soup? That would be a good story for Monday. Dylan smiled, clutched the fish and flask, and hummed happily all the way home.

Food for Thought

- ♥ Breakfast cereals, pasta, sweets and flour tend to feed the wrong type of bacteria and parasites in a damaged gut. GAPSters must avoid such products, as well as abstain from an over-indulgence in fruit, during the healing process.
- ♥ In addition to feeding disease rather than health, sugar and jam and concentrated fruit juices tend to ferment in a child's gut and turn into alcohol. This can counteract efforts to promote positive mood and behaviour.
- ♥ Outside play (or fishing!) affords the opportunity to interact with soil-based microbes and nourishing sunshine.

3rd Weekend Challenge

YOU WILL NEED:

- one adult
- one child
- clean hands
- fresh stock
- vegetables
- two pans
-



MULTICOLOURED SOUP

Dafydd and Dylan now enjoy soups morning and evening! Multicoloured soup is a favourite of theirs.

Choose a colourful variety of vegetables and simmer gently in a flavoursome homemade meat stock.

- cauliflower
- parsley
-
-
-
-
-



Season your soup well with sea salt or rock salt – add a little, taste, add a little bit more if needed! Good quality salt is important for developing brains, and draws out lovely flavours in meals.



FISH SOUP

Homemade fish stock or organic chicken stock works as a tasty base for this soup. Add wild fish and seasonal vegetables to your liking.

- coconut cream
- basa fillet
-
-
-
-
-

Don't fancy soup for supper? How about a thinner cup-a-soup (made with fewer veg and more stock) served on the side? Or use the stock in a cottage pie, topped with mashed cauliflower and a sprinkling of raw cheese.



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