



Introducing Dairy

This can be used if you're going straight into the Full GAPS Diet and not doing the Introduction Diet or if you have sensitivities to dairy and are doing the Introduction Diet.

Do the Sensitivity Test with every dairy product you intend to try BEFORE you try it, if no flare up introduce it, if there is a flare up wait another week and try again.

If there is a severe allergy to dairy or the patient continues to be extremely sensitive to dairy when doing the sensitivity testing then I recommend starting on a different animal milk such as goat or sheep milk (or even camel milk if you can get it).

It's also important to note that this process could take up to 12 months (or in some cases even longer) before you're able to tolerate fermented dairy and cheeses.

Step 1:

- Introduce home made, unsalted ghee starting with around 1 teaspoon at a time. Continue increasing the amount over a period of about a week then remain on just ghee for a period of 6 weeks.
- You cannot introduce any other dairy until the ghee can be fully tolerated for this time. If you find that ghee can't be tolerated then it may be that you will be unable to ever include dairy in your diet.
- It is, however, always worth trying it again after being on the GAPS diet for an extended period of time.

Step 2:

- Organic unsalted butter can now be introduced, again it's important to have done the sensitivity test first and begin slowly with 1 teaspoon and increase over a period of about a week.
- Any negative reactions and stop, wait and try again in another 4 weeks time.
- When you've introduced both ghee and unsalted butter to the mix, stay with these for another 6 weeks.

Step 3:

- Test and introduce home made yogurt and home made sour cream (this is fermented cream), start with around 1 teaspoon a day, gradually increasing as the body can tolerate
- If there's any negative reactions here then stop and wait another 4 weeks before trying again
- Stay with these three for another 6 weeks



Step 4:

- Kefir and kefir fermented sour cream can be added at this stage but do it slowly with only 1 teaspoon per day for awhile and build it up as your body can tolerate it.
- At this stage you should also be staying with the previous dairy you have tested and been able to tolerate
- You may also be able to introduce some home made cheese such as Cottage Cheese or Ricotta Cheese
- Stay on this for another 6 weeks before adding more dairy

Stage 5:

- Here's your opportunity to try a mouthful of organic cheddar cheese with your meal
- After taking that one mouthful observe any reactions over then next 3-5 days, if no negative reaction try two mouthfuls and observe again over the next 3-5 days
- Continue with three, then four mouthfuls etc, allowing for observation in between and if no reactions then try another natural cheese from the food allowed list
- Do not do this stage of the dairy introduction until all other dairy has been well tolerated, in particular the home made yogurt.

Stage 6:

- Here's the real test where you get to try some commercially available "live" organic yogurt, sour cream and crème fraiche.
- This stage is not to be pushed as it takes time to get the gut here with many GAPS patients not being able to tolerate this until well after being on the diet for 2 years.
- It's important to ensure the products you buy are organic and preferably produced with milk that hasn't been homogenised
- It's also here you can try raw double cream and clotted cream and attempt to introduce raw milk as a drink.