



## The Introduction Diet – Stage 1

- Home made meat, chicken or fish stocks to be consumed daily (with meals and between meals)
- Use the stock to make soups adding in lots of vegetables such as carrots, broccoli, leeks, onions, garlic, mushrooms, cauliflower, zucchini, squash and pumpkin.
- If you are having issues with the soups then start by adding one vegetable at a time in small quantities and building up slowly.
- From the vegetables being used, at this stage, ensure you remove all seeds, skin, stalks and other parts which are fibrous and harder to digest. The goal is to produce a soup that is soothing and nourishing to the digestive system without causing too high a load. It's also important to ensure the vegetables are well cooked so they're nice and soft and easy to digest.
- Recipes for soups can be found in the GAPS Book, the Internal Bliss Cook Book, the Heal your Gut Cook Book or even online there's many options. Basically the soups need to be simple, tasty and include meat stock and fats.
- Right from the start of the Introduction diet it's important to add some probiotic food to the diet. These probiotics are generally taken using the juice from the fermented vegetables we have made or by a small amount of our home made yoghurt or kefir. (Only use the dairy if introducing at this stage)
- Start slowly with 1 teaspoon and gradually build up monitoring die off symptoms and reactions as you go.
- During this time it's also recommended you drink some fresh Ginger Root, Mint and Chamomile teas, (avoid tea bags where possible) and lots of water (add lemon / lime to warm water to support digestion)
- In children it's a good idea to dilute the teas to assist with acceptance of their unique flavours. Gradually increase the water:teas ratio, these teas are good for drinking between meals.
- Detoxification baths are also important at this stage, these should be done daily and need to continue throughout the entire GAPS Diet