

**These disorders may be associated with GAP (Gut and Psychology / Physiology) Syndrome:**

<p><b>Mental &amp; Psychological</b></p> <ul style="list-style-type: none"> <li>➤ Autism / Aspergers (ASD)</li> <li>➤ ADD (attention deficit disorder)</li> <li>➤ Hyperactivity, ADHD (attention deficit hyperactivity disorder)</li> <li>➤ Dyslexia, other learning issues</li> <li>➤ Dyspraxia (extreme clumsiness)</li> <li>➤ Brain fog</li> <li>➤ Anxiety, obsessive-compulsive disorder (OCD)</li> <li>➤ Depression, bi-polar</li> <li>➤ Schizophrenia</li> <li>➤ Substance abuse</li> </ul> <p><b>Social &amp; Behavioural</b></p> <ul style="list-style-type: none"> <li>➤ Behavioral problems</li> <li>➤ Socialisation problems</li> <li>➤ Difficulties making friends</li> <li>➤ Lack of empathy</li> <li>➤ Timid</li> <li>➤ Lack of self confidence</li> </ul>	<p><b>Eating &amp; Nutrition</b></p> <ul style="list-style-type: none"> <li>➤ Celiac disease</li> <li>➤ Gluten or casein intolerance</li> <li>➤ Food allergies or sensitivities</li> <li>➤ Malnutrition, nutritional deficiencies</li> <li>➤ Fussy eater</li> <li>➤ Will only eat limited range of foods</li> <li>➤ Holding food in mouth for long periods</li> <li>➤ Anorexia</li> <li>➤ Cravings (sugar, starch, etc)</li> <li>➤ Pica (persistent and compulsive cravings to eat nonfood items such as dirt)</li> </ul> <p><b>Digestion &amp; elimination</b></p> <ul style="list-style-type: none"> <li>➤ Constipation / Infrequency / Holding on</li> <li>➤ Diarrhoea</li> <li>➤ Irritable Bowel Syndrome</li> <li>➤ Gas or Bloating</li> <li>➤ Acid reflux, heartburn</li> <li>➤ Leaky gut</li> <li>➤ Abdominal ache or pain, nausea</li> <li>➤ Diverticulitis</li> <li>➤ Crohns disease, ulcerative colitis</li> <li>➤ Colic</li> <li>➤ Bed wetting</li> <li>➤ Cystitis</li> </ul>	<p><b>Environmental</b></p> <ul style="list-style-type: none"> <li>➤ Chemical sensitivities / MCS</li> <li>➤ Respiratory sensitivities eg hayfever</li> <li>➤ Asthma</li> <li>➤ Eczema, psoriasis, skin issues</li> <li>➤ Gut dysbiosis / Candida yeast overgrowth</li> <li>➤ Recurring thrush, athlete's foot</li> <li>➤ Headaches</li> </ul> <p><b>Physiological</b></p> <ul style="list-style-type: none"> <li>➤ Failure to thrive</li> <li>➤ Recurring earaches/ infections</li> <li>➤ Chronic fatigue</li> <li>➤ Adrenal gland disorders</li> <li>➤ Low functioning thyroid</li> <li>➤ Sleep disorders</li> <li>➤ Menstrual or premenstrual issues</li> <li>➤ Muscle or joint pain</li> <li>➤ Blood sugar problems: <ul style="list-style-type: none"> <li>➤ Type 1 Diabetes</li> <li>➤ Type 2 diabetes</li> <li>➤ Hyper / hypoglycemia</li> </ul> </li> <li>➤ Autoimmune diseases: <ul style="list-style-type: none"> <li>➤ Rheumatoid Arthritis</li> <li>➤ Ankylosing spondilitis</li> <li>➤ Fibromyalgia</li> <li>➤ Lupus</li> <li>➤ Multiple sclerosis</li> </ul> </li> <li>➤ Seizures</li> <li>➤ Pyrrole disorder</li> <li>➤ Cystic fibrosis</li> </ul>
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