



Please note: recommendations are not intended to be permanent. Unless specifically told otherwise, these guidelines are not to be continued for longer than 1 month.

Date: 14.07.21 Name: Hudson Brown

Supplement	Reason	Breakfast	Lunch	Dinner	Bedtime
Healthwise GABA	Primarily to reduce anxiety, which then in turn helps reduce constipation. Assists with fears or anxiety with sleep. Often reduces stimming.			Start with ¼ tsp. If no positive benefits, can increase to ½ tsp. Mix in juice, water, or food	
Orthoplex Multigen	Starting with a broadspectrum probiotic with the expectation that we need to be more targeted once this finished			X1 Can be taken any time of day, but placed here for convenience	
OPTIONAL					
	Fats are essential for brain health (development, mood, sleep), for bowel health, skin health, digestive health. *				

* This is an algae oil and is very concentrated in DHA which is typically found to be in short supply with ASD and ADHD. Although I have listed this as optional to keep things simple in the beginning, I highly recommend you start now, because fats do take time to produce results in the brain (approx. 4-6 weeks), so the sooner we start, the better.

DIET

ONE

Dairy free for approx.. 3 weeks

Butter → Nuttelex

Cream → coconut cream
Milk → plant based milks but NOT soy
Yoghurt → plant based or coconut varieties but NOT soy
Cheese → Biocheese is most popular because soy free options are very limited
Icecream → spoilt for choice, again, no soy options

TWO

Look at increasing fats in the day. Start with increasing liquid fats i.e. olive oil, sunflower oil, avocado oil, macadamia oil, MCT oil. Coconut oil is very popular with kids due to taste and can be eaten off the spoon or mixed in food/ drinks. Can be very effective for encouraging regular bowel motions. Aim for ½ to 1 tsp per day of coconut oil.

OPTIONAL

Dried apricots for iron (need to be organic though, to avoid the high amount of preservatives used)

Pumpkin seeds daily can help reduce the frequency of infection with worms.

OTHER RECOMMENDATIONS

NEXT Appt: 11th Aug 2pm via Zoom (or phone) 30 mins