



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: 22.07.21 Name: Myles Nisbet

Supplement	Reason	Breakfast	Lunch/ After school	Dinner	Bedtime
RN labs mineral complex*	To begin replenishment of essential minerals to process salicylates and reduce reactivity	X1 (or with dinner)			

*Supplements available for purchase from online dispensary www.vital.ly.com (link to come)

ACTIONS

Complete the gluten challenge (see handout)

Complete the pyrroles test. Only use Douglas Hanley Moir and for children it's worth ringing and booking him in to save waiting in a queue. Needs to be collected in the morning, approx. before 11am. Does not need to be the first one of the day.

Allow free reign of use of salt. He is seeking it out due to a biochemical drive to boost sodium, in order to boost stress management hormones.

Once gluten challenge is complete, start the mineral supplementation

THE BIG PICTURE

- Revisit the dairy challenge to see if certain forms are tolerated, in order to expand his diet
- Establish a safe threshold level of amines, in order to expand the diet. Best not to do this until we have started with more supplements and/or treatment of pyrroles if present.
- Address gut health to ensure absorption of essential nutrients so he can maintain his progress in the long term
- Address brain production of neurotransmitters so he can maintain his progress in the long term

OTHER RECOMMENDATIONS

See antidotes handout for ways to reduce food reactions

NEXT Appt: once pyrrole results are in, approx. 4 weeks time