



Ruth Fellowes Nutritionist Herbalist  
*Spectrum Health*

## Record Tate Dunning

**Client D.O.B:** 13/08/2013

**Created By:** Ruth Fellowes

**Business:** Ruth Fellowes Spectrum Health

**Created On:** 07/09/2020 17:33

**Activity Date:** 07/09/2020 17:32

### Contact

#### Email or text

Hi Ruth,

Hope your well.

Tate is going absolutely great guns! Hes so much happier and is getting great results at school!

Just in regards to the fibroplex. Is there another option? He hates the drink. He drinks beavause he knows he has too but its not because he likes the taste.

We only have about 2 weeks left on all his supps so we will need to re order.



Ruth Fellowes Nutritionist Herbalist  
*Spectrum Health*

## Record Tate Dunning

**Client D.O.B:** 13/08/2013

**Created By:** Ruth Fellowes

**Business:** Ruth Fellowes Spectrum Health

**Created On:** 15/07/2020 21:13

**Activity Date:** 15/07/2020 21:13

### Comment or research

forgot to add that he has a protein powder, and that he is doing Modere probiotics which can be ceased when they run out.



Ruth Fellowes Nutritionist Herbalist  
Spectrum Health

## Record Tate Dunning

Client D.O.B: 13/08/2013

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 14/07/2020 15:13

Appointment Date: 14/07/2020 15:00

### Core symptoms

#### MOOD

can be still very loud!

meltdowns are a lot shorter and less intense

even her hubby noticed the difference in him- no meltdowns for a whole afternoon

finished off the term badly- wasn't listening in class- which was one clue that mum thought she would have to pull back on the minerals

#### BOWEL

since the minerals he hasn't had any smelly poos

only does the probiotics over the winter time- modere brand

#### SLEEP

blanket still gets tossed around at night

#### ENERGY

#### PAIN

#### OTHER

does all his own supplements- did drop back to 1 cap of the minerals as after 2.5 weeks he seemed to get too much energy

less sweating but maybe not as active?

### Diet

no change in volume of food intake due to school holidays

Nutraorganics protein powder - Thrive - vanilla- preferably with Breakfast.

was doing after school in the past

### Herbals & Supplements

no trial of fish oil yet

### BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



## Record Tate Dunning

Client D.O.B: 13/08/2013

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 13/06/2020 12:42

Appointment Date: 13/06/2020 12:45

### Core symptoms

#### MOOD

Mum thinks he has pyrroles - trial of bicozn for 2 weeks - less meltdowns eg handles a No much better - but might be an increase in restless and fidgeting at school? Mum not sure if it's just due to self awareness that he is worse at school than at home

more of a sensitive soul

very in tune with his body and what might be going on eg can tell he is going to get ill

if he has a meltdown after school, the rest of the day is a write off

#### BOWEL

smelly poos!

every day

likely broken up and too soft?

normal brown colour

#### SLEEP

good sleeper

but maybe not enough sleep

not a restless sleeper? But the blanket is really tossed around

if he has had sugar or an emotional day- he will be very restless

#### ENERGY

on the high side- doesn't want to stop- when tiredness kicks he is emotional

physically active in a very good way

#### PAIN

tummy pains are frequent- everytime with sugar?

constant tummy pain that would keep coming and going

has had scans done - UltrasoundS- and everything was fine- and they went away

tried cutting out weetbix for a couple of months- but it doesn't seem to cause problems if he eats it again-

however the break did help (he does eat a lot of them !)

no more tummy pains since that break

#### OTHER

is a big sweat-er

### Diet

eats sugar- gets moody and cries- get sick and angry- emotional THE NEXT DAY  
COULD ACTUALLY BE DUE TO THE ADDITIVES NOT THE SUGAR, SO NOT BSL

great eater- almost too much

when he is tired, he wants to eat to keep going

drinks 2-3L of water, and pees a lot out  
has been checked for blood sugar

has tried using a protein powder Nutraorganics to help fill him up for longer  
taking a good probiotic (Modere) - 2 strain

had to stop him having watermelon because it upsets the belly- nauseous- throws up on it

Could be BSL or it could simply be mineral imbalance?  
His brother seems to be more about BSL- gets the immediate response.

BF- NUTRIgrAIN (rarely) or cornflakes or toast - jam and butter, or just jam or pb (used to be always weetbix and honey)

MT- fruit (would eat fruit all day if we let him)

Lunch- wrap - lettuce, cheese, or rice cakes or tuna and kale salad (loves this) about once a week, maybe a snack pack of pringles or pie for school lunch order

AT- fruit , snack pack of pringles if not before, rice cakes, blueberry muffin if there

Dinner- meat and vegs, maybe stir fry, maybe fish

Dessert- none (maybe vanilla ice cream)

with their dad Mon & Wed night

dislikes chocolate intensely

sometimes mum will give them dinner early and snack at dinner time if they are unsettled

## Herbals & Supplements

taking a good probiotic (Modere) - 2 strain- works well if he gets vomity

## BODY SIGNS

### Nails

good, but clammy hands

### Palmar

pale

### Eyes

good- but maybe vaguely dark pink- not a very intense red

### Tongue

slight coating

### Skin/ hair

clear (note- had a flu shot recently)

