



Record Braiden Grant

Client D.O.B: 10/06/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 02/06/2021 08:45

Appointment Date: 02/06/2021 09:00

Core symptoms

MOOD

1/2 tablet Ritalin morning and afternoon

3/4 tablet Catapres for sleep- if not asleep by 8.30am will bring melatonin in as well

still sneaking food at a night- maybe increased actually- anything he can find eg a bunch of bananas, 6 poppers / and 4 up n go's

no recommendations via paed.

lunches at school not eaten but ok when home and eats a lot - whatever he can get his hands on- mum hides things she doesn't want to eat.

eats dinners well but still hungry

WORMS?

still bedwetting- about the same

BOWEL

SLEEP

ENERGY

PAIN

OTHER

Diet

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair

Record Braiden Grant

Client D.O.B: 10/06/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 16/03/2021 09:33

Appointment Date: 16/03/2021 09:30

Core symptoms

MOOD

Dr Sancher at Maitland hospital

BOWEL

SLEEP

ENERGY

PAIN

OTHER

Diet

Herbals & Supplements

1st week with the supplements was done well- throwing everything into a glass of milk

after that it is really hard work

The last week (6th week) he is off the rails. up to that time things were 'manageable'. Has become very aggressive and defiant eg taking off his seat belts.

He is a model student at school still. He is the rule keeper.

Melatonin is no longer helping him

Sleep has never improved- still awake at 11am. Sneaking food and thought it had died down but has flared up again. Apple, chocs, 3 bananas.

bedwetting is still happening twice a week with excessively full nappies and they can leak.

Herbal meds could come in.

He won't tell mum if he has drunk his water bottle. Won't eat much at school due to the ritalin.

Not asking for McDonalds as much- the ssmp is likely kicking in.

Only protein he has is chicken nuggets. He's becoming picky.

Ritalin on 10mg (5mg am and lunch time). So he's run out of juice by the time he gets home.

if he doesn't have the lunch dose on weekends it causes a lot of behavioural challenges

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Record Braiden Grant

Client D.O.B: 10/06/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 02/02/2021 11:38

Appointment Date: 02/02/2021 11:30

Core symptoms

MOOD

between Christmas and NY- was perfect!

Then one day he just went back to being feral. Not sleeping. Revved up too easily. Wetting the bed through the nappie. tried increasing melatonin.

started Ritalin on Sat morning- worse since being on it- was already starting to get worse before school started though.

10mg now and then 20mg in divided doses

BOWEL

doesn't get tummy pain

no recent worm signs recently- no itchy bum etc etc

SLEEP

increasing the melatonin isn't working- went up from 6mg to 8mg

ENERGY

days where he seems to be burnt out eg a 13-14 hour sleep and then still drowsy and goes to bed early- about every 6 months

most days he is crazy on the go

PAIN

OTHER

discussion about HTMA results

stress picture- losing na/ k too much- hyperactivity racing heart maybe

too little ca/ mag- stress, insomnia

not retaining iron? Due to low cu

might need more Mn for oxalated and salicylates

Cr being lost- needs BSL balanced

recommended per ICL- magnesium 200mg, B6, Cr A LOT, Cu A LOT

Suggested:

Focus on getting mg and B6 into him

NAC for heavy metals and liver control of BSL?

needs GABA again to bring the heart rate down, reduce sweating

EFA's for sugar regulation?

ALA for arsenic?

Vit E, Se for arsenic?

If Ca/Mg ratio below 7:1 = blood sugar problems
Vanadium high means insulin is being replaced by it
low zinc is related to diabetes

Diet

Herbals & Supplements

prescribed ritalin and started on Sat- has gotten worse on it

On Catapres and Melatonin

catapres is for hypertension- serious side effects if taken with methylphenidate ie concerta (long release) and ritalin (short release)

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Record Braiden Grant

Client D.O.B: 10/06/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 04/11/2020 11:31

Appointment Date: 04/11/2020 11:30

Core symptoms

MOOD

a lot calmer but would like them more reduced in volume/ yelling/ crying

BOWEL

still no worm infection

SLEEP

ENERGY

discussion about the use of caffeine as a dopamine boost- mum would like to try this one day

PAIN

OTHER

Diet

PER the food test: haven't given him any chicken
bread is difficult to change- GF Aldi, sourdough

NOT EATING- ONLY EATING CORN CAKES AND BBQ SAUCE

At least he is getting the healthy mummy shake
he is eating spaghetti on toast at dinner often
toasted cheese sandwich
not eating anything at all in the first half of the day
will try an iron supplement

used to have a massive appetite

even with a halloween party hosted by grandma he wasn't too bad- still restless from the foods- but not as bad as what he could be

Reasons for loss of appetite:

anaemia
worms
constipation
juices
snacking
stress and depression
dehydration

Consider:

probiotics
iron/ minerals

zinc
ginger, caraway seeds

Herbals & Supplements

Has moved the supplements to the afternoon for straight after school. Using the healthy mummy shake. GABA and L theanine in the shake and enzymes

can't get the inositol in - could hide that in frozen water if we can't get it in the shake

bed at 7.30pm and awake at 6.30pm.
occassional night he was awake all night
much calmer sibling behaviour

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Braiden Grant

Client D.O.B: 10/06/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 09/10/2020 20:22

Appointment Date: 09/10/2020 11:00

Core symptoms

MOOD

No changes in his moods or sleep yet
rage and attitude possibly getting worse even
tantrums
oppositional
3.30pm is the witching hour

BOWEL

SLEEP

ENERGY

PAIN

OTHER

has had grommets before, but don't think he has any issues with enlarged tonsils- mum will check- tonsils
could make him a fussy eater
very bad breath- but he won't brush his teeth- still think the breath is gut related

Diet

eating has slightly improved, but maybe because there is nothing for him to sneak because mum only buys
food she is ok with him eating

Herbals & Supplements

taking the supplements- has Dr Vera GABA + L theanine (i thot were discontinued, they must be hers?)
and doing x1 capsule in mornign shake. Can't do more.

pyrroles cream is really well accepted

maybe do it twice a day to give him more magnesium

chicken is going to be a challenge- turkey, maybe pork, maybe fish nuggets

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Record Braiden Grant

Client D.O.B: 10/06/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 04/09/2020 09:12

Activity Date: 04/09/2020 09:12

Contact

Email or text

Hi Dalis

Attached is your copy of the test result. The number we go off is in bold: 16.8. This is borderline and suggests there is a need for increased amounts of B6 and zinc via supplements. Being borderline it also suggests however that this shouldn't need to be longterm eg longer than 6 to 12 months, but whenever there is extra stress in his life eg moving home, starting school etc etc he may need supplemental support again.

We are looking at providing these nutrients through a transdermal cream.

As soon as the invoice is paid I can put all the orders in (see separate email for this).

I will still be looking on iherb for other chewable options for iron and potentially a multivitamin and make recommendations for you re them.

For a chocolate protein powder I suggest <https://www.woolworths.com.au/shop/productdetails/26087/keep-it-cleaner-protein-powder-vanilla> there should be a chocolate version. If not, will have to mix through cocoa powder or sugar free choc powder <https://www.woolworths.com.au/shop/productdetails/738745/avalanche-sugar-free-drinking-chocolate>

Thankyou

Ruth

Record Braiden Grant

Client D.O.B: 10/06/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 02/09/2020 09:20

Appointment Date: 02/09/2020 09:15

Core symptoms

MOOD

Everything has been escalated over the last month- wouldn't do the supplements- stopped eating dinner and won't drink from his water bottle.

is picking up on the powdered supplements in his food and drink

dinner won't get eaten and he looks for other foods instead during the night eg will eat cornflakes

even though he will take medicines as a tablet- chewable - melatonin is strawberry and the catapres is chewed at the same time - these are tiny pink ones and about to start the white ones.

BOWEL

has had more worms again but no difference it seems in his behaviour or sleep- although maybe sleeping a lot more in his bed and not being found in odd places.

He will fall asleep

SLEEP

ENERGY

PAIN

had another episode for eczema in last 2 days- he panics at the thought of it but she can do it

OTHER

Diet

prefers to airfry or bake

cooks every night- doesn't do takeout except occassionally- McD- chips/ nuggets/ burger
discussion around air frying

apple juice can be drunk in excess

Herbals & Supplements

olive oil on skin can be used for his eczema

has GummiKing chewable multivitamin

will try a choc protein powder

mum is lactose and gluten intolerant so has almond milk on hand, and mum has a threshold that she will tolerate gluten ie have gluten bread

pastas only once or twice a week and only small portions

don't eat crackers

kids have rice cakes or ryvitas or wholemeal bread or rye bread

try GF weetbix

will do a food intolerance test

BODY SIGNS

Nails

zinc spots

Palmar

Eyes

coral colour of inner lid, yellow overlay around the pupil, blue.

Tongue

light coating, but otherwise

Skin/ hair

dark under eyes



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Braiden Grant

Client D.O.B: 10/06/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 05/08/2020 20:51

Appointment Date: 05/08/2020 09:00

Comment or research

GO THROUGH ALL HIS REPORTS- some good information in there- esp paed reports and mum's summary



Record Braiden Grant

Client D.O.B: 10/06/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 05/08/2020 09:14

Appointment Date: 05/08/2020 09:00

Core symptoms

MOOD

BOWEL

not constipated- but he doesn't wipe his bottom
he goes every day
lots of wind- deadly smelling

SLEEP

ENERGY

PAIN

OTHER

maybe gets sick a lot from daycare- but this is a new environment-

Diet

he is on a sugar free diet at home
no junk food in the home
but he does get junk at Nans- right next door- he will be there every day

not heavy on the dairy too much- milk with cereal, yoghurt a little because mum doesn't buy it anymore
(they eat it all the time)

wholemeal bread

has white pasta

doughnut- sends him right over the top
full cream milk or almond milk

BF: weetbix with milk, milo cereal

lunch: toasted cheese sandwich

snacks: fruit only/ noshu cupcakes/

dinner: if he doesn't eat dinner he won't get anything else- mum is firm on this

other child has autism? Daughter 7yo.
very emotional
also overeats

Pathology

Timeline

Pregnancy and early childhood

a terrible sleeper from the start- never stopped crying- saw Paed, GP (colic suggested), chiro

bottle fed from the start

Child/ young adult

Herbals & Supplements

BODY SIGNS

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