



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Lara Hanslow

Client D.O.B: 28/09/2014

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 11/12/2020 21:59

Activity Date: 11/12/2020 21:58

Contact

Email or text

We reintroduced milk and there doesn't seem to have been much change. Overall things are MUCH better, she just still doesn't sleep. I perhaps may need another appointment sometime, but we can probably wait until next year as crazy season is approaching!

Thanks,
Jenny Hanslow

Hi Jenny

good to know that milk is not a game changer. You can choose to leave it in, but at small to moderate amounts. Best not to make it a big part of the diet.

If the sleep remains a problem there might be some other nutrient deficiencies still at play.

Look forward to sorting this out when we can in the New Year!

Ruth

CA/ B12/ iron



Record Lara Hanslow

Client D.O.B: 28/09/2014

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 30/10/2020 11:07

Appointment Date: 30/10/2020 11:00

Core symptoms

MOOD

the cream has made the big difference

no negative thoughts being expressed

just still angry all the time/ flares up too quickly/ calls her parents idiots

but at least not physically aggressive and can pull herself back from being angry

(there is still anger in place but at least she can now pull herself out of it)

now starting with a psychologist

not seeing the negative thoughts

BOWEL

no changes

SLEEP

is still terrible at getting her to sleep

she would sleep in until 9pm- so is he still a night owl

as soon as she started the cream, she stopped her screaming for 3 hours, so now she is awake but not screaming!!

ENERGY

PAIN

no known pain points- occasionally gets leg pains

rarely talks about being in pain

OTHER

Diet

first 2 weeks of being dairy free were terrible

has just finished the 3 weeks of being dairy free

still not yet back to baseline - ie in the same good place she was before the elimination

so things are not great but at least she is starting to come good

Herbals & Supplements

need her to do mood quiz so I can adapt her amino acids for better effect

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Record Lara Hanslow

Client D.O.B: 28/09/2014

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 26/09/2020 13:51

Appointment Date: 26/09/2020 13:45

Core symptoms

MOOD

have noticed a difference in just 3 days- then plateaued- maybe due to not screaming herself to sleep but it is still taking a while
a lot of violence has gone
irritations have decreased

on the way to improving

the cream is what really helped her improve- 3 days after there was a big shift

BOWEL

SLEEP

ENERGY

PAIN

OTHER

does better at school and worse at home- so home is the more tense spot

inositol:

breakfast 1/2 tsp

lunch 1/4 tsp + 1/4 GABA

dinner 1/2 tsp + 1/2 GABA

optional: 1/4 tsp GABA if still wake

school at 4.15pm

dinner at 5/ 5.30pm

bed 7.30pm 1/2 tsp

sleep 2 hours later

tension that would explode into rage
now she can be reasoned

Diet

still needs to work on protein in diet but has been eating a lot of eggs
always loads spag bol with lots of veggies

has breakfast club at school

was getting a milkshake at school for a while and it really affected her
zooper dooper really affected her- crazy all afternoon and night

has reduced milk intake but not gone plant milk but she is not having smoothies

Herbals & Supplements

won't do the fish oil in a drink but will take it off the spoon- followed by cranberry juice

not drinking inositol because she can see it

so puts it in with other drinks 1/4 tsp, 1/4 tsp

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



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Spectrum Health

Record Lara Hanslow

Client D.O.B: 28/09/2014

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 21/08/2020 12:57

Appointment Date: 21/08/2020 13:00

Core symptoms

MOOD

no difference yet with the inositol and GABA- the same behaviours as before

inositol got up to 8g

tested positive for Pyrroles

BOWEL

SLEEP

ENERGY

PAIN

OTHER

Diet

no improvements with the PST diet

has been eating more eggs lately- maybe more settled with that increase?

2 eggs for bf and 2 eggs for dinner and didn't complain about going to bed (still didn't sleep well but at least no complaints)

peanut butter and cheese sandwiches are her favourite foods

Look at how to increase protein/ smoothies

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair

Record Lara Hanslow

Client D.O.B: 28/09/2014

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 03/08/2020 15:08

Activity Date: 03/08/2020 15:08

Contact

Email or text

Hi Ruth,

The lady at the Lithgow Douglas Pathology said I would need to go to Bathurst as she said most collection centres won't do that test, so I will book that in for early next week.

Also, I'm just having a bit of trouble determining what are artificial and what are non-artificial colourings.

Eg. The oat bars she is eating have:

Coconut preservative - 222 or 223

Natural Flavour (no number listed)

Raising agents (450, 500)

Stabilisers (410, 415)

Emulsifier (471)

Natural colour (160b)

Sorry, total novice on this!

Should I just avoid everything processed at the moment - or with numbers?

Hi Jenny,

Yes it should be fine to go ahead I would think (re Lara having a UTI and starting antibiotics tonight).

I just worked out I may not have yet replied to your earlier email. Firstly, what a shame you have to go further afield to get this done! Mother and daughter morning out time?!

Re the colours- anything with a number starting with 100 are artificial colours. 160b = B for Bad even though it is a natural colour, many react to it. 160a = A for Alright is another natural colour that is ok!

All the other ingredients in the oat bars are fine. The sulfate preservatives used for the coconut (and for all dried fruit) are not ideal but apparently for the type of diet trial we are doing, it doesn't matter so much.

I hope this answers your questions. Please keep asking as you need to.

Ruth



Record Lara Hanslow

Client D.O.B: 28/09/2014

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 31/07/2020 12:29

Appointment Date: 31/07/2020 12:30

Core symptoms

MOOD

always thought something was underlying but it was managed because she had 1:1 attention

grandma thinks ASD but mum and dad are in education and disability care

A LOT OF STRESS due to bushfires + new school + new jobs- every one was very stressed- but this has simply exacerbated.

negative self talk started and now they are really worried

suspecting this might be female ADHD

she is fine at school but inattentive

at home all stressed out and extreme over tiny things - screams and bites at her parents- rages

seems to be more an OCD behaviour- constantly reorganising

BOWEL

seems good- regular stool/ good colour/ smell/ frequency

SLEEP

sleep is a major problem- takes 2 to 3 hours

but she would sleep in if she could so she does want to catch up and get her enough

mum thinks her body clock is off

TRIAL THE AMINO ACIDS

ENERGY

physical energy- very variable- sometimes can't sit still- but other times she can sit still quite well- engaged in a craft or her dolls and very imaginative.

PAIN

not a lot of pain

OTHER

likes short nails

weighted blanket coming

hold off on chamomile

Diet

chocolate has always made her crazy-

even noticed that in utero with mum having pains from it- so mum is checking if caffeine for herself
low phenol diet?

or focus on just dairy

doesn't know if white chocolate

loves spag bol and lasagne-

maybe she is getting fussier

dairy is usually milk, cheese tasty, and 1/2 greek + 1/2 sweetened and flavoured

Pathology

unlikely she would handle a blood test

INTERESTED IN DOING THE PROGRAM- 3 VISIT OPTION
LOOK INTO SALS/ PHENOLS/ PYRROLES

Timeline

Pregnancy and early childhood

Child/ young adult

Herbals & Supplements

DO EPSOM SALT BATHS

Also, there is definitely a red ring around anus.

BODY SIGNS

Nails

one white spot on one nail. Thumb nail is normal and round.

Palmar

unsure

Eyes

red

Tongue

It does have a white film but no scallops.

Skin/ hair

might be clear on the arms/ hair good

