



Ruth Fellowes Nutritionist Herbalist  
*Spectrum Health*

## Record Lucky (Rohit) Moparthy

Client D.O.B: 27/02/2014

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 03/11/2020 13:06

Appointment Date: 03/11/2020 13:00

### Core symptoms

MOOD

BOWEL

SLEEP

ENERGY

PAIN

OTHER

diagnosed as ASD and ADHD- has been told he needs to see a paed, and may need medication

mum is concerned

speech still happy with progress

ASD due to his speech and communication

the diagnosis helps with him support in the classroom- because he doesn't complete his tasks  
He has a good teacher atm too but he is still restless

### Diet

### Herbals & Supplements

has just started the drops- can only do once a day atm

so can add into dinner- his curry

3.5ml twice a day (or 3ml/ 4ml)

mum justifies the new taste in his juice by saying she is adding a sweetener

dropped the B12 cream- do 1/3

- drop it for 2 months- then Christmas holidays start again until he starts on Feb

he is doing good again with the tutor, school, Speech, OT

### BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist  
*Spectrum Health*

## Record Lucky (Rohit) Moparthi

**Client D.O.B:** 27/02/2014

**Created By:** Ruth Fellowes

**Business:** Ruth Fellowes Spectrum Health

**Created On:** 26/10/2020 09:21

**Activity Date:** 26/10/2020 09:21

### Contact

#### Email or text

Hi Ruth

Lucky is hyper active from a week i stopped using b12 cream from 4 days.. I got magnesium cream and zingles left for 4 days. Do you want me to use new drug after that or I can start immediately..

Thank you

Hi Nalini, you can start using the herbal drops now. Ruth

If you're getting the amount of rain and wind like we are, it could be the weather that is making him restless. Ruth



## Record Lucky (Rohit) Moparthy

Client D.O.B: 27/02/2014

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 16/09/2020 11:04

Appointment Date: 16/09/2020 11:00

### Core symptoms

#### MOOD

talking really well- wouldn't answer a question directly before but now he understands the questions and answers it.

#### BOWEL

farts a lot - this will be because of the extra sweeteners

#### SLEEP

once a week he may be quite restless in his sleep

#### ENERGY

#### PAIN

#### OTHER

most of the time he will keep eye focus esp with his speech  
looking at people and talking

transdermal cream working well-mum thinks he really helps with his speech- with changing over to cream.  
This is the one change that has really helped his speech.

### Diet

has become interested in no sugar sweets.  
Noshu have dark choc chips

### Herbals & Supplements

have gone up again to the high dose about 2 or 3 days, because we had tried him on his less but he became more restless with the home tutor so mum took him up.

### BODY SIGNS

Nails

Palmar

Eyes

restless in sleep = dark circles under eyes

Tongue

Skin/ hair



## Record Lucky (Rohit) Moparthi

Client D.O.B: 27/02/2014

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 23/07/2020 15:53

Appointment Date: 23/07/2020 15:45

### Core symptoms

#### MOOD

Speech is also noticing a good impact.

#### BOWEL

#### SLEEP

#### ENERGY

Does still notice he might get exciteable even with just the B12 but it is much more manageable. Before he wouldn't know how to respond or be able to bring it under control.

#### PAIN

#### OTHER

He is giving specific and concise answers- so he's much more switched on- he's paying attention to his surroundings.

Last 2 weeks.

### Diet

Having a lot of DD sugar free drops

He likes choc- choc recipes/ jellies/ sugar free lollipops/ Coles sugar free choc

Well Natural choc has been tried and he likes this

Is interested in making the Noshu

Will do a mix of brown and basmati rice

### Herbals & Supplements

Everything has finished except the fish oil.

Adalase at once a week at 1/2 week.

More pyrroles cream. Just will do the mag and B6

Keep up the B12 cream

Likes doing the Zingles

Fish oil needed and the transdermal cream. REduce to 1 tsp

Massel stock powder for his noodles. Soy sauce might make him restless.

Send thru links for Woolworths for natural sweeteners, they have a health food store to access xylitol, Will try Lakanto.

### BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair

## Record Lucky (Rohit) Moparthi

Client D.O.B: 27/02/2014

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 10/06/2020 10:51

Appointment Date: 10/06/2020 11:00

### Core symptoms

#### MOOD

b drops seem to make him hyperactive- tried just doing it only one drop once a week he will be agitate.

He is doing well with OT and saying more focused.

he is progressing but mum thinks he could do better- he is only OK

#### TO DO

Try B12 as a cream, but no other B's. He has unusually high B12 in blood so likely an MTHFR issue if no success, then we will try L theanine for calm focus and/or GABA

#### BOWEL

#### SLEEP

#### ENERGY

#### PAIN

#### OTHER

wakes up every morning sounding like he has a cold- sounds very congested- lasts about 2 hours- wakes up with a runny nose

maybe: doona or bedsheet

not really have a bath just once a week or twice a week.

### Diet

Zingles is now back in this week- he does really well on that

Vit A has a berry flavour and he enjoys it (Adalase)

is having a lot of maple syrup- daily! will try Stevia powder.

Double D sweets are being used- doesn't like them - 25% less sugar TNC brand

NutraOrganic veggie powder on his snacks and chips is enjoyed to replace his Chicken chips- stick with that

### Herbals & Supplements

won't chew the iron supplement but will have it in orange juice

## BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



## Record Lucky (Rohit) Moparthi

Client D.O.B: 27/02/2014

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 06/05/2020 11:00

Appointment Date: 06/05/2020 11:00

### Core symptoms

#### MOOD

not as good as it was before when he started on the plain fish oil (now doing the Omega Brain Care). he is happy to have either the Biolipids or the Omega Brain Care

but eye contact is really picking up with his OT commenting on that- it has improved even more from last appt review

he is now known to be short sighted - mum asking for ways to prevent it getting bad enough that he needs glasses, because she knows he won't keep them on so we need to keep up the Vit A

#### BOWEL

#### SLEEP

#### ENERGY

#### PAIN

#### OTHER

did one treatment of the worms (used the chocolate version although I sent a link for the orange version). Didn't do the second treatment so I asked her to do that now

is doing epsom salt baths but he still wants bubbles- some discussion about a bubble bath that could suit. Will try the Organic Care kids one, which does have sodium benzoate and another preservative though

#### TO DO

could use tyrosine to make the dopamine  
salt cravings- needs a mineral drink?

### Diet

took out the oranges for 2 weeks and didn't think it made any difference

he is eating more cheese than before ?

discussion about if she should still do protein powder (he doesn't like the one I suggested) but my preference is to bring in the iron and see if that picks things up. They eat a lot of vegetarian meals so I'm not sure he is getting enough protein/ iron

asked about using coconut oil- yes that will be fine. Currently using olive oil, ghee or coconut oil. She wasn't sure if had to only use olive oil. Because they are using a fish oil, it should be fine to not use olive oil every time.

has gone onto plain chips but sometimes he has Infusions (there will still be msg in them)

still really goes for salty foods

## Herbals & Supplements

can't get the zingles at all- which is ok- we can put zinc into the transdermal cream  
The vit C would be good since it helps make dopamine but difficult to get at this time

mum feels like he became more restless when the B vitamins and new fish oil came in, but things are settling down now

the new fish oil is half way through and mum happy to remain on it and see if further improvements come in

Still not taking an iron supplement- we will try the new Bioclinic chewable

reduce the B drops to just x1 (it gets mixed into the fish oil because the drops are quite strong smelling)

## BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



## Record Lucky (Rohit) Moparthi

Client D.O.B: 27/02/2014

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 14/03/2020 16:05

Appointment Date: 14/03/2020 16:00

### Core symptoms

#### MOOD

concentrating a bit more with OT (Alex, sat for 20 mins)  
holding eye focus a bit more for the speech

holidays back to normal and at home

will happy to do the cream  
will do the Zingles  
will do the Fish Oil

#### BOWEL

#### SLEEP

sleeping better than before

#### ENERGY

frequent worms in India

but doesn't seem to be so much now

#### PAIN

#### OTHER

won't do epsom salts and wants to have bubbles

### Diet

likes salt a lot - plain chips are being eaten a lot atm- but at times he will prefer chicken flavoured and cheese flavour- suggested garlic salt on toast as replacement, garlic

choc milk- sugar free powder

back to orange juice/ likes juices better than milk  
likes tropical juice- watermelon , orange, banana

hasn't had orange juice- for about 4 days now anyway-

protein powder into curries and it's working great

### Herbals & Supplements

## TO DO

bring in Maltofer iron

bring in B vitamins as a powder or liquid (MTHFR group does drops)

B12 spray or drops if we can't do a b multi (he has high B12 but is he absorbing it??)

do threadworm tablets- describe which ones to get

switch fish oil to omega brain for the Vit A for eye contact

organic care brand of bubble bath to use with epsom salts

do a choc protein powder or Aussie Bodies bar sometimes

No oranges or juice for a season

## BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair

## Record Lucky (Rohit) Moparthi

Client D.O.B: 27/02/2014

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 10/02/2020 22:00

Activity Date: 10/02/2020 22:00

### Contact

Email or text  
email

Hi Nalini and Ravi,

my comments on the blood test results are:

\* iron levels are ok. Generally children of this age do better with Ferritin of 45-50, so there is room to improve. However the value of 35 is ok, and along with the other markers for iron, show that he is not deficient in iron. He may benefit from a little light supplementation if he doesn't progress well enough in the first few weeks, but for now it is not necessary.

\* B12 is unusually high. This either means he was taking a supplement with B12 in it at the time of the blood test, or, the B12 is stuck in the blood and not making it into the cells where it can be useful. Basically it means that he could be B12 deficient, because the cells aren't able to take in what is in the blood. This is something we may need to explore to find out why the B12 is stuck. While that is being worked out, he may benefit from B12 supplementation.

You don't need to do anything for now.

Let's see how much he improves with the first recommendations, and then we may explore why B12 is so high in the blood.

thankyou



## Record Lucky (Rohit) Moparthi

Client D.O.B: 27/02/2014

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 01/02/2020 11:20

Appointment Date: 01/02/2020 11:15

### Core symptoms

#### MOOD

#### BOWEL

does grind his hips on floor when on tummy but will stop when asked  
sometimes scratches bottom  
some days poo will be sticky and smelly but less so in last month  
goes regularly

#### SLEEP

happy with this  
only interrupted atm due to the high heat- dislikes heat

can be quite sweaty headed atm - wasn't like this when a baby- but not when he sleeps

#### ENERGY

speech delay which has really improved over last 2 to 3 months- much broader vocabulary  
Back in Au since Feb19

#### PAIN

nail biting for about 2 years although slightly less since coming back to Au  
dislikes hair cuts and nail cutting

#### OTHER

very talkative, hyperactive  
loses interest too quickly  
doesn't converse and follow through with a conversation  
switches interests frequently and talks about his current interest  
switches topics very quickly

doing OT sensory work for 15-20 mins  
improving his motor skills eg catch a ball, cut and paste, handwriting  
maths and english is very good- academic skills very good

his general health is great

#### TO DO

if mineral repletion doesn't help, look at food intolerances and gut microbes (hip grinding)

### Diet

breakfast- eggs with pepper and salt, steamed rice / dhal maybe once a week, fresh squeezed orange juice,  
no milk products (dislikes milk and yoghurt)- cheese, butter, ghee are eaten though  
Pizza mix cheese- good for calcium

mt- fruit, bread omelette, fermented rice, naan, chipati with wheat flour, biscuits, Arnotts choc tiny teddy bears, chips - harvest brand of dried snow pea, salted, popcorn sweet and salty. Likes mud chocolate cake- often just the icing  
doesn't like flavoured foods  
Pringle chips tomato- not often  
smiths chicken chips- not often  
water or watermelon juice or watermelon  
doesn't like juices here in Australia  
french fries a lot- deep fried at home- vegetable oil now but olive oil-

lunch- as for snacks

Dinner- Indian curry as a jaffle with cheese- tomato sauce. Mum does the spices for curry. Heinz aioli with garlic- only meat curries won't do vegetables in it but adds potatoes or carrot and will do tomatoes in there. BAsa fillets for fish curry

eats tuna twice a week- flavoured- likes them a lot

Noodles -2 min- wholegrain version- will use a mix of the powder and the curry- stop the powder mix uses the Nattvia brand of Nuttalex

Dessert- likes chocolates a lot- x4 squares-daily  
Allen snakes and strawberries and cream- has switched to Natural Confectionary Co recently  
more a salty tastes in foods

won't do smoothies- won't even do a sip of them  
only likes tropical fruits  
pistachio nuts and sometimes cashews

has a spoonful of raw honey from Morpeth farm daily

## Pathology

premature at 28 weeks at 1.3kg.  
currently w: 23.5 kg  
h: 120cm

had bloods done for iron about 2 mths ago

## Timeline

### Pregnancy and early childhood

used to take iron for 24 months because he was premature

### Child/ young adult

## Herbals & Supplements

has some fish oil- natures way-kids smart- mum thinks he is more hyperactive while on it, improved after 2 days of stopping- was on it for 4-6 months- strawberry version

has tried a drink but he was very hyperactive on it

## BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



