



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Oscar Neumann

Client D.O.B: 19/10/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 19/12/2020 09:05

Appointment Date: 19/12/2020 09:15

Core symptoms

MOOD

attention seeking behaviours are commonly driven by him having a problem and not knowing how to solve it. So the psych is going to teach him to do that

has noticed more anxiety behaviours coming through - maybe due to vacation care coming up- he is excited but anxious at the same time

BOWEL

SLEEP

most days he doesn't have a day sleep- but can still get tired by the afternoon esp in the middle of the week knows to use some GABA / inositol to help him at night if he needs to

ENERGY

PAIN

still gets lots of allergy symptoms during transition of seasons so wants to keep Armaforce in

OTHER

Diet

tomatoes/ sauce are still an issue for him

GABA and inositol still works as an antidote for him (1/2 tsp GABA + 1/2 inositol)

having one serve in the morning really keeps him calm

other amine foods do aggravate him too- oranges in the past

on the whole good veggie eater

Herbals & Supplements

still likes cranberry juice as a way to get the supplements
not using the cream often enough

BODY SIGNS

Nails

Palmar

Eyes

Tongue



Record Oscar Neumann

Client D.O.B: 19/10/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 07/11/2020 09:20

Appointment Date: 07/11/2020 09:15

Core symptoms

MOOD

definitely is the L theanine that wired him up- in just 30 mins

is it just that he is allergic

Nurofen also causes the same problem so they have to use dimetapp

BOWEL

SLEEP

gone back to having a day sleep every couple of days (because he is likely not sleeping deeply enough at night)

mouthbreathing in his sleep at night- has been suggested to have a nasal spray with steroids in it
adenoids are already out

gets bleeding noses and already has thin tissues

ENERGY

PAIN

was always prone to respiratory infections since 1 yo- tests showed a really low immune system

OTHER

still has anti-histamine every morning- takes Zyrtec- so hard to know if he needs the Armaforce still
when he gets lots of sneezes, his tissues are weak and nose bleeds

can make a formula for nasal tissue repair- herbs in a nasal spray

Diet

does better with very icy water

not been perfect with the diet- but has cut back a lot- and does seem to help quite a bit with the moods

mum doesn't think it is dairy because he only has a little, plus he has gone dairy free in the past and it made no difference to the airways

Herbals & Supplements

inositol is tolerated and does seem to help him calm down- and quite rapidly

has immune force in AT now

Basica AM

1/2 tsp inositol and 1/2 tsp GABA

often has chewable C x2 sometimes x3

hasn't needed to use the mag cream at night to help him with sleep- a night routine is working just fine now

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair

Record Oscar Neumann

Client D.O.B: 19/10/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 26/10/2020 20:00

Activity Date: 26/10/2020 20:00

Contact

Email or text

Hi Ruth,

just a quick note to let you know that we had a slight flare up of behaviours last week and I tried dropping the powder that we were only putting a pinch in and I have immediately noticed a major difference in the behaviour, with Oscar being much calmer and more responsive generally to redirection.

We have been continuing with the vitamin B12 tablet, Basica, Immune Boast, Gaba and the other powder at 1/4 teaspoon each. With 2 vitamins most days.

Following a bump to the nose on Monday afternoon, Oscar has had a few bleeding noses since. I am monitoring these as I can tell his sinuses are also causing him a few issues. Which is nothing unusual for Oscar.

REPLY

Hi Christine,

I think that's the L-theanine powder that you were doing a pinch, and it can increase serotonin. For many people that's a good thing, but for him, he must not need more serotonin.

If he's getting a bleeding nose, you could choose to really focus on the Armaforce immune boost drink, or the Basics. One because it's good for allergy symptoms and the other because he may need more minerals to repair the tissues.

Thanks for the update

Ruth



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Oscar Neumann

Client D.O.B: 19/10/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 10/10/2020 09:10

Appointment Date: 10/10/2020 09:15

Core symptoms

MOOD

BOWEL

has loose stools often- goes once a day
darker colour from all the blueberries

SLEEP

completely dropping his day sleep
means he is sleeping better at night

ENERGY

PAIN

OTHER

hasn't been able to get a referral for allergy testing

Diet

starting on a low histamine diet- slowed down on cauli, broc, corn, trying to cut back on choc but
grandparents give him too much
cut out oranges/ mandarins so far

doing more icy drinks because it can help regulate emotions per OT

is going to keep olive oil in for the anti-histamine benefits

thinks it might be helping a bit esp in the afternoons, less revved up

Herbals & Supplements

could we do immune booster jellies since he doesn't like the drink

Immune drink 1/2 only, and he has the rest another day

Basica- after daycare on way home

GABA- 2 serves in drink bottles during daycare. HE DEF STILL NEEDS THIS without it he is more aggressive

might get him to do L- theanine and inositol

will try B12 because the family does run low on B12

BODY SIGNS

Nails

Palmar
very pale

Eyes
very good- close to being a deep red

Tongue

Skin/ hair

Record Oscar Neumann

Client D.O.B: 19/10/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 01/10/2020 16:39

Activity Date: 01/10/2020 16:39

Contact

Email or text

Hi Ruth,

During our last session you mentioned there may be certain foods that could be setting Oscar's behaviour off particularly when he has a build up of them.

I am wondering if you could please email me a list or send me a link of where I could find this information please? As I would like to have a closer look at Oscar's diet.

We had a good week last week. However, as of yesterday he has gone back down hill and has become aggressive once again and clearly having difficulty regulating.

We've increased his GABA, but I have found I am struggling to get him to eat and drink much first thing in the morning and/or of an evening. And he is back to gazing during the day too.

I have been able to get the 3M's tablet into him each morning, the ActivE mid afternoon and magnesium cream before bed.

It's been hit and miss as to whether he will drink the immune booster. Some days he does, other's he flat refuses.

I have been making sure he has some GABA in the morning, after day care or throughout the day when home or with grandparents, and each evening.

Thank you in advance. And I will definitely keep trying with the immune booster.

REPLY

Hi Christine,

That would be the amine family (in choc, tomatoes for example).

I'll attach the list here. The simple version is to avoid anything marked with A or G in the High or Very High columns. Eat freely from the Low and Moderate lists.

Based on what you have described we need to do the dietary elimination.

Re the Immune powder- would it work with some mango juice? Orange juice might work better but it will be high amine. I can't remember if he likes cranberry juice because a splash of that might work with the drink too.

Hopefully if we can get him to take the immune powder more he may become more stable just with that.

Record Oscar Neumann

Client D.O.B: 19/10/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 31/12/2020 13:20

Activity Date: 29/09/2020 00:00

Contact

Email or text

EMAIL

Hi Ruth,

During our last session you mentioned there may be certain foods that could be setting Oscar's behaviour off particularly when he has a build up of them.

I am wondering if you could please email me a list or send me a link of where I could find this information please? As I would like to have a closer look at Oscar's diet.

We had a good week last week. However, as of yesterday he has gone back down hill and has become aggressive once again and clearly having difficulty regulating.

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It's been hit and miss as to whether he will drink the immune booster. Some days he does, other's he flat refuses.

I have been making sure he has some GABA in the morning, after day care or throughout the day when home or with grandparents, and each evening.

Thank you in advance. And I will definitely keep trying with the immune booster.

Christine Neumann

REPLY

Hi Christine,

That would be the amine family (in choc, tomatoes for example).

I'll attach the list here. The simple version is to avoid anything marked with A or G in the High or Very High columns. Eat freely from the Low and Moderate lists.

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Hopefully if we can get him to take the immune powder more he may become more stable just with that.



Record Oscar Neumann

Client D.O.B: 19/10/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 12/09/2020 09:08

Appointment Date: 12/09/2020 09:15

Core symptoms

MOOD

has been having really heightened days
few days in a row
but nothing has changed

BOWEL

SLEEP

late night last night

ENERGY

had to stop the choc isowhey powder- cocoa does seem to set him off

PAIN

OTHER

has a dust mite allergy so this can make him a bit chesty sounding- the reaction is very severe to the dusts
had adenoids out and cuaterised his nose due to lots of irritation causing a bloodied nose
anti-histamine is needed to be done DAILY

tomato, corn, egg, dairy are know triggers in the family
mum is allergic to tomato herself so not much in the house
had to stop tomato sauce because it would set him off but ok with bbq sauce

Mum is really interested in getting food allergy testing

history of chest infections as an infant

TO DO

focus on allergies
focus on histamine/ amine production
go dairy free? Impact on amine production
may do well on NAC

Diet

regular ice cream seems to set off chest infections- yet thinks yoghurt is ok
do a Peter's ice cream

Herbals & Supplements

has been having Basica in the afternoon in the car- taking it well- he looks forward to it in the afternoon

BODY SIGNS

Nails

Palmar

Eyes

dark under the eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Oscar Neumann

Client D.O.B: 19/10/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 26/07/2020 22:19

Appointment Date: 24/07/2020 17:30

Core symptoms

MOOD

very loud and vocal tonight- but had a good day at daycare. Got silly on the way home. had tiny teddies 1000s and 100s which should be ok (used to be safe).

only has bad days when he gets tired at daycare- becomes cranky, aggressive- usually at end of day from mental stimulation and if he hasn't had a day sleep. 4pm onwards this happens. He gets picked up at 4.30pm. can we do gaba again then?

He has some gaba sprinkled on his lunch

most of the time he has improved. his outbursts are not everyday

BOWEL

SLEEP

good- if the routine is followed

ENERGY

energy is improving with the 5ml maltofer

PAIN

OTHER

Diet

not much interest in bF all of a sudden- might need to be made a smoothie again

could do the shake in the car on the way to school

then maybe a powder protein shake at lunch to sustain his blood sugar for the afternoon

Herbals & Supplements

gone up to 5ml Maltofer and he is fine with it

Has basica and zinc mixed together on the mornings he doesn't have a shake

could he do basica and zinc and gaba after school, if he hasn't had them in the morning

has been experimenting with GABA doses- 1/4 tsp at lunch and 1/4 or 1/2 tsp at nighttime.

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Oscar Neumann

Client D.O.B: 19/10/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 26/07/2020 18:35

Appointment Date: 24/07/2020 17:30

Core symptoms

MOOD

BOWEL

SLEEP

ENERGY

PAIN

OTHER

Diet

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair

Record Oscar Neumann

Client D.O.B: 19/10/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 27/06/2020 09:21

Appointment Date: 27/06/2020 09:15

Core symptoms

MOOD

good days and bad days atm

x2-3 days were bad and were mainly in the afternoon

is doing better without fish oil- definitely

discussion about importance of zinc because he could be pyrroles

trying to be more consistent with things

only able to do isowhey or basica on alternate days- suggest he does the two together

sometimes he will do the protein as a hot choc at night

he will do crushed mmm minerals in his porridge easily

bad days- daycare noticed that if he hasn't had a sleep he will explode and not cope- ie low energy same thing at home

slow to wake up and takes forever to get him ready so mum has gone to having a routine

we need to increase the iron I think to 50mg

currently doing basica in water and juice in a bottle- lets see if day care will let him do it

could try the mag cream at daycare to prevent meltdowns? Mum will look into this

anxiety not going good- chewing on his shirt collar heavily at times

mum has been getting him more protein at him during school and on the days recently he had only honey sandwiches he did have meltdowns so mum will be mindful of this.

BOWEL

SLEEP

ENERGY

PAIN

OTHER

had some sinus issues recently- viral infection- not COVID

was prone to a lot of chest infections as a younger child - this year has been better

Diet

likes the vit C chewables- doesn't like the Zingles though

Herbals & Supplements

BODY SIGNS

- Nails
- Palmar
- Eyes
- Tongue
- Skin/ hair



Record Oscar Neumann

Client D.O.B: 19/10/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 16/05/2020 10:13

Appointment Date: 16/05/2020 10:00

Core symptoms

MOOD

last 2 weeks some meltdowns- really bad ones- at daycare and at home

she has started putting some extra GABA into his lunch but not really helping

can get too busy and if you try to redirect him he gets upset

still will be trying to settle down from the house changes

BOWEL

SLEEP

ENERGY

energy levels goes up in the morning- after the MMM, fish oil, zinc

really need to get the cortisol down- he can wake up cranky and irritable

PAIN

OTHER

still busy with finishing off the house

Diet

can't do pST challenges- still too unsettled

Sugar

BF: toast with a spread, or toasted muesli

Herbals & Supplements

no fish oil in case it's bad for him

increase GABA

switch to a Mineral Drink

do magnesium cream on feet

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair

Record Oscar Neumann

Client D.O.B: 19/10/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 17/04/2020 14:25

Appointment Date: 17/04/2020 14:00

Core symptoms

MOOD

chocolate and jelly beans are definitely no good for him (fairly immediate reaction)

didn't get as frequent with the MMMs supplement due to the move so this may have contributed.

SO THIS SUGGESTS HE STILL HAS GREAT ISSUES WITH SULFATES

got fish oil and zinc into him

GABA has been kept up and working well

suggested he can do it as an antidote

LOTS OF STRESS: moved house, speech has been cancelled, baby sister isn't getting any bottle anymore

ON the whole has been getting better with anxiety but it has crept back in with all the changes and moves
He is starting to pick up on COVID restrictions - but he seems to be coping with it- there are guidelines for preschools about this

has been taking most of his supplements though- fish oil, mmm, zinc, GABA

BOWEL

SLEEP

he has cut out most of the day sleeps now- most of the time he won't ask for one. And handling the lack of sleep better

So he is going to bed earlier

ENERGY

PAIN

OTHER

Diet

Had a few days he wasn't hungry but possibly just stress related because he is now eating really

Herbals & Supplements

has just been free pouring the fish oil, so now he might be getting about 5ml of fish oil daily. works really well

magnesium cream only just arrived

gaba settles his moods for bedtime

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Record Oscar Neumann

Client D.O.B: 19/10/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 21/03/2020 10:15

Appointment Date: 21/03/2020 10:00

Core symptoms

MOOD

thinking anxiety might be coming in due to an upcoming move

BOWEL

SLEEP

getting him calm for sleep is a problem lately

ENERGY

PAIN

OTHER

dust mite allergy

Diet

Herbals & Supplements

his taste buds have become super sensitive- so rejecting a lot of his supplements now

will still do his fruit punch fish oil in blueberry yoghurt at least 2.5ml

will however still do the bio-minerals most days, he has to crush it and mix into porridge

will try liquid zinc into his cranberry to balance out his sense of taste

notices on the days he has the minerals and fish oils, he is much calmer

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Oscar Neumann

Client D.O.B: 19/10/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 29/02/2020 11:05

Appointment Date: 29/02/2020 11:00

Core symptoms

MOOD

some days are good, some days are bad
with hyperactivity
very stimulated and can't calm down
worse when over-tired
tiredness is worse after a poor night sleep

he does seem to do better on the days he has the fish oil eg he can himself down much better/ regulate better

BOWEL

SLEEP

ENERGY

PAIN

OTHER

Diet

ice cream gives him a cold due to excess mucous, but sorbet is fine. Even hospitalised from the infections. but apparently fine with milk- not a lot- eg 1/2 cup

appetite is really good but adding in foods like hot cross buns, yoghurt, popcorn

Herbals & Supplements

will do fish oil in blueberry yoghurt now- has the tropical fruit punch- getting 2ml in there

can try fish oil in a choc/ hazelnut sorbet

won't double up on the mag powder while focusing on the oil and minerals being in consistently
won't bring in the iron again just yet, to see if the minerals and fish oil beign regular help him even more
maybe switch out the mag powder

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Record Oscar Neumann

Client D.O.B: 19/10/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 10/12/2019 17:10

Appointment Date: 10/12/2019 17:00

Core symptoms

MOOD

grandma accidentally gave him apple juice- they noticed he was jekyll and hyde with behaviour later think his anxiety has gone up a bit again/ chewing his shirt collar unclear if this is due to the applejuice exposure, or in general

BOWEL

no issues

SLEEP

ENERGY

hyperactive

PAIN

no issues

OTHER

discussion about pyrroles results- all clear- it is not an influence on his behaviour
need to continue down the road of food intolerances esp to PST blocking foods
need to work on sulfation
continue work on BSL too?
need to bring down cortisol

M&Ms (adult dosing)

Mo 600mg x2

Mn 10mg x 2

Mg

1000mcg B12 may help?

COMT people are methyl sensitive- too much excitation and stimulation

might need NAC, DHA, broccoli powder, PS, ALA

Diet

seems to be eating a little better

baked beans set him off- so mum does think he is definitely reactive to tomatoes

Herbals & Supplements

discussion about the 3 M's to help reduce sulfate pathway blockages, leading to problems with certain foods.

best option is b/mores bio-mineral formula

the PST food removal list still seems appropriate - ie colours, additives, tomatoes, apple juice, oranges/ mandarins are clear problem foods

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Record Oscar Neumann

Client D.O.B: 19/10/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 14/11/2019 17:28

Appointment Date: 14/11/2019 17:00

Core symptoms

MOOD

getting psych help, OT, speech, and they have learnt the circle of security

BOWEL

seems normal

SLEEP

good but does take a long time to get him to wind down and sleep

wind down strategy starting:

dinner, no more devices, bath/ shower each night, quiet play in room, book, breathing exercise

ENERGY

constantly go / go/ go.

but sometimes this is even when he is tired

needs to wind down

but seems to get more tired lately- mum is wondering if iron deficient again (history of iron def- 12 mths ago diagnosed- maltofer was used for 1 month)

PAIN

OTHER

TO DO

follow a low phenol diet

bring in maltofer, but we need to check for sensitivity to the preservative so do for 1 week by itself

do pyrroles test

monitor iron in 3 mths

look into sals and phenol detox and sulfate pathway/ MTHFR pathways

Diet

Pathology

Timeline

Pregnancy and early childhood

Child/ young adult

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair

