



## Record Max Parker

Client D.O.B: 13/08/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 25/11/2020 10:35

Appointment Date: 25/11/2020 10:30

### Core symptoms

#### MOOD

last week he was full on- ASD behaviour- but this week is calmer  
but last week he had x3 therapy so suggest GABA on those days

#### BOWEL

poos have become normal in size but less giant ones  
not as stinky as before (still stinky)

#### SLEEP

#### ENERGY

#### PAIN

#### OTHER

will hold off on the dairy and gluten challenges until school ends for the year  
dairy seems to make him vomit and behaviour and goes off food  
gluten is behaviour so could even

### Diet

last 2 weeks appetite is back- portion size

ham, onion, cheese grilled bread

he is eating a chicken bread roll now for lunch- will help for school

kiev for dinner one night

pasta salad is new- the woolies one- add in grated carrot- corn layered in next, then green bean - could do  
tiny amounts of one green bean

homemade coleslaws

loves the proud n punch choc banana ice cream for dessert

won't do the fruit ones yet- do them as slushie after preschool or after swimming-

veggie sprinkles to try

eats crumbed steak- ate corn- some potato and pumpkin (mashed)

cauliflower rice- garlic salt and lots of butter- eat lots of salt

he doesn't like boiled eggs, no to dippy eggs,

blini- and then homemade

chia puddings w maple syrup

sesame snaps/ chia seed snaps

### Herbals & Supplements

he willingly takes the vitamins  
Pentavite x3/ day- suggest doing x4 to get more Vit A

Zingles- only as needed for a cold x2 or x3

## BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



## Record Max Parker

Client D.O.B: 13/08/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 20/10/2020 13:08

Appointment Date: 20/10/2020 13:00

### Core symptoms

#### MOOD

not needing the GABA for his moods

#### BOWEL

no gut symptoms

might get constipated but not often-

3 to 4 days and then he has a huge motion- some times stinky but not for every one of these large motions  
bone broth will help with this while we work on increasing fibre

#### SLEEP

not an issue

#### ENERGY

#### PAIN

#### OTHER

didn't like the protein powder

looks very pale

has iron capsules- chemist- adult version- don't know the brand

chewable iron tablet would be preferred-

Pentavite drops-

zinc & C chewable- zingles

### Diet

eating is getting even more limited

mentioned to OT last Fri

BBQ chicken is his absolute favourite

chicken schnitzel on a roll plus tomato and lettuce

steggles schnitzel

rice crackers- plain salted

homemade popcorn with caramel sauce- but prefers plain so didn't this

BBQ steak was eaten just recently

corned meat has been eaten in the past

also living off roll ups- won't do the fruit straps as substitute

gravy chicken bread roll-

punch iceblocks- as a slushy

veggie sprinkles

would he do smoothies- watermelon smoothie

volume of food is ok

bone broth powder- gravy- rice flour

remain dairy free still- is ok with the almond/ coconut quench now-  
remain gluten free still  
no concerns about food intolerances  
Jan hols for maybe a challenge of these foods

does get cranky if he doesn't eat regularly  
Children's multi to come back in- daily- will do a juice  
HOG - multi- x2-3  
GABA?

sample meal:  
honey on toast- but not eaten  
baked beans-heated in a thermos  
roll up  
rice crackers  
fruit smoothie?  
maybe do garlic beans as a recipe  
red bean paste recipe

## Herbals & Supplements

### BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



## Record Max Parker

Client D.O.B: 13/08/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 22/09/2020 13:48

Appointment Date: 22/09/2020 13:45

### Core symptoms

#### MOOD

#### BOWEL

poos every 3rd day, and they are HUGE, well formed

#### SLEEP

#### ENERGY

#### PAIN

#### OTHER

#### TO DO- SCRIPT

1 week on osmalax- 3 day clean out- maintenance dose afterwards

Goes to school at Maitland so can pick up protein powder

1. protein- balance BSL- ess moods

2. gut- constipation? - appetite back up

3. vitamin B- for his appetite and mood and BSL- Orthoplex children's multi which is taken now and then to be taken regularly- HOG- multi care eaten like lollies x2/ day

4. protein + children's multi in a shake

send recipes

no more maltofer - finish it off

### Diet

gluten - behaviour just goes really off

dairy- more gut related

has tried banana- but he won't even eat it - will make banana bread for him to try. Or banana shake

cpmp seems to make him worse- very defiant on those days??

last 2 weeks of eating gluten and dairy are really off

found a milk he likes- coconut and almond- Cocoquench- so will he do a protein shake. Maybe salted caramel.

Make it as a custard, try it in pancakes, Buckwheat pancakes, chicken pancakes, veggie ice blocks, rice pudding, choc chip biscuits

his volume of food is so low- when he sits down and does eat he is more reasonable-

so likely a BSL issue but why no appetite

why isn't he eating? ccmp  
texture is the block  
has food one day and not the next- is this gut stuff affecting him  
spag bol is too lumpy so not being eaten anymore  
so cutting back on more foods

baked beans heated up are favoured at the moment

paed is ok with his weight and height so he mustn't be losing any  
21kg 75th percentile  
112cm 75th percentile

## Herbals & Supplements

drop the maltofer- finish off  
x3 ccmp  
still doing vit C powder  
probiotic- Inner health plus  
GABA - not all the time- but will bring that in

## BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



## Record Max Parker

Client D.O.B: 13/08/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 29/08/2020 11:12

Appointment Date: 29/08/2020 11:00

### Core symptoms

#### MOOD

behaviour is off- his way or no way- can't be reasoned with  
winghing  
fighting with his sister

has worsened

pulled him out of preschool due to staffing issues- so he maybe bored at home- but about to do 2 days at family day care

#### BOWEL

not as gassy as he used to be

#### SLEEP

sleeping better

#### ENERGY

#### PAIN

#### OTHER

#### NOTE

He was very talkative today and mum notes that he is more so at home as well

#### TO DO

needs more calming support

to stimulate appetite- DLPA, B1, B12, protein, deal with gut pain, deal with anxiety, progestin?, fish oil

### Diet

starting to eat more foods now- more interest  
gone back to family serving again and it is helping him

A week ago Thursday- had milk- vomited. Naturally avoids cheese. Mum doesn't give him yoghurt.

has been having some wheat bread- Bakers Delight

bananas set him off? Not sure because it was with regular wheat

oranges are fine

won't do a protein powder

Herbals & Supplements

needs iron

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair





## Record Max Parker

Client D.O.B: 13/08/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 23/07/2020 17:15

Appointment Date: 23/07/2020 17:15

### Core symptoms

#### MOOD

When they first came away they weren't following his diet ie the preservatives and gluten and dairy free and he was horrible, so they pulled back on it and he has come good again

#### BOWEL

#### SLEEP

NOT SLEEPING WELL AGAIN atm.

#### ENERGY

#### PAIN

#### OTHER

They have taken 4 weeks off to visit Cairns so haven't had to deal with the preschool issues  
OT starting when they get back- Sensory Clinic

### Diet

Yet to do the bananas and oranges challenge

Has been coping with apples

Volume hasn't changed

Hasn't been able to try the Syndian sausages

He is very gassy And burping a lot as well- and appetite

Will eat 2 min noodles

Eno/ probiotic Bioceuticals SB Floractive 1/2 capsule/ bone broth with 2 min noodles/ Blackmores Celloids

CPMP- in the shake/ or chewed

At least he has a protein powder coming into him

#### HOW CAN WE STIMULATE THE APPETITE.

\* is it sensory related?

\* tummy always feels full?

\* needs CPMP?

\* see a herb mix per Santich & Bone p.58- wormwood, chamomile, peppermint, cinnamon, dandelion root

\* MH upper digestive formula x1 adult tablet sucked briefly 30-60 secs before a meal

\* does he have reflux? Use peptase/ or GI restore

Will do a gluten challenge when they come back (they will see me before embarking on this)

Double choc GF Woolies biscuits use chickpea flour

Now that behaviour settled down, the focus is back onto his low volume of food

### Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist  
*Spectrum Health*

## Record Max Parker

Client D.O.B: 13/08/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 23/07/2020 17:06

Appointment Date: 23/07/2020 17:15

### Core symptoms

MOOD

BOWEL

SLEEP

ENERGY

PAIN

OTHER

### Diet

### Herbals & Supplements

### BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist  
*Spectrum Health*

## Record Max Parker

**Client D.O.B:** 13/08/2015

**Created By:** Ruth Fellowes

**Business:** Ruth Fellowes Spectrum Health

**Created On:** 25/06/2020 12:25

**Activity Date:** 25/06/2020 12:25

### Contact

#### Email or text

preschool is really making it hard for them with Max's lunch box. will send a letter re restrictive diets and for them to make concessions- to the school

addition per phone call 7/7

the director wouldn't talk to Rod when he did pick up, but next time Katie was there she was expected to forward on Max's nutritional goals so she could monitor what they were doing at preschool. Katie objects to this because she has worked to make the lunchbox more compliant to their demands so as far as she is concerned there is no longer an issue and there shouldn't be any further discussion on the matter.

I agree that the director's response is over the top and unheard of, but if the director wants to contact me to discuss she can



## Record Max Parker

Client D.O.B: 13/08/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 10/06/2020 16:59

Appointment Date: 10/06/2020 17:15

### Core symptoms

#### MOOD

good despite the family challenges- may get whingy but he can be reasoned out of it  
has also had some weeks off daycare due to grandma

#### BOWEL

#### SLEEP

has come good again  
still getting up early - but only 7.30am  
has been including some heat at night with the fire and this may have helped

#### ENERGY

#### PAIN

#### OTHER

has just started talking to people! (diagnosed with selective mutism)

has cut out a lot of preservatives.

### Diet

tested for tomatoes- fine- passed.  
but had to stop there (death in family)

cheese is likely ok- had some toasted sandwiches recently and seems to be ok- doesn't even have cheese on pizza

chocolate is already a known problem

apple juice- will do a challenge on this

beetroot- eats a lot and he is fine with it

Bf- potato gems, bacon on GF toast, banana bread, often leftovers

mt- fruit eg apple 'chips' apple cut finely

lunch- leftovers from dinner, ham and coleslaw on a wrap

at- rice crackers

dinner- does eat the family meal, and if not he will eat nutri-grain (maybe once a week): corn meat and veggies, mince chow mein, spag bol, sausages, marinated steak (thin) and veggies, shepherd pies, often with hidden veggies,

Not much of a sweet eater because mum won't let him- loves ice cream and sweets but avoided because they set him off.

not eating enough volume of food? We can maybe check if his portion sizes are ok

## Herbals & Supplements

not keen on the cream- because it's cold- try in the morning

## BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



## Record Max Parker

Client D.O.B: 13/08/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 13/05/2020 17:17

Appointment Date: 13/05/2020 17:15

### Core symptoms

#### MOOD

still not at school- but it starts this week at one day a week- starting tomorrow

on the whole he seems more chilled

they have found that their life on whole is more relaxed

max loves getting a story time again at night

#### BOWEL

no issues- good

had a few days with the runs (due to vit C intake)

but he did also have some pains and runs but mum thinks it was due to the flu shot because she felt the same, he also complained of a headache

#### SLEEP

this has actually gotten worse

going to bed at same time but really early at 5.30am and 6am- not a concern with what he does at that time but he gets really tired if he wakes up too early.

maybe he is getting cold over night

he used to be the last to get out of bed in the past

try a heater, or 1/4 GABA at bedtime

#### ENERGY

#### PAIN

#### OTHER

##### TO DO

challenge with PST list- starting with tomatoes- bananas, oranges, cheese

antidote = ES baths

for sleep: heater, or extra Vit C at dinner 1/4 tsp

before school: 1/4 tsp vit C at night then 1/4 tsp GABA in morning

New foods to try:

Syndian sausages might not make him gag

egg and banana pancake recipe

mini quiches

currently using Biomedic C max- could also try Eagle Beta A C

### Diet

has been doing the PST LIST really well in avoiding foods

loves his beetroot so couldn't cut this out- not having it daily  
Vit C powder in drink has replaced his juice  
eating better - has 3 meals- not grazing anymore  
sitting down and has a massive meal at dinner  
never eats carrots or peas- used to hate them but now eats them

behaviour has really improved as well

re the gagging- they try to avoid foods that he will normally gag- sausages he will gag on- so he will try  
Syndian sausages

sausages with gravy on it seems to be better tolerated so will try that again

try mini quiches, french toast, egg and banana pikelets

we will do the PST challenges but won't do chocolate because they know that sends him off

## Herbals & Supplements

getting on board with the supplements really well

500mg or 1/2 tsp of C Max is taken all in one go and doesn't seem to cause any problems

pyrroles cream only able to do x3/ week. Talked about ways to make it room temperature before applying

## BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



## Record Max Parker

Client D.O.B: 13/08/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 14/04/2020 16:36

Appointment Date: 14/04/2020 16:30

### Core symptoms

MOOD

BOWEL

SLEEP

he is getting up earlier now (likely due to daylight saving and getting up at 6am)

ENERGY

PAIN

OTHER

mum will be on 2 weeks leave as of next week

dad is on 1-2 weeks leave now

so could work on some dietary strategies now

### Diet

has been eating more dairy in chocolates DUE TO Easter just now

demands and tantrums and other behaviours coming back in, reasoning ability starting to decline

Saturday afternoon was when the chocolate came in

PST food list suggested and will follow

he was doing really well with being gluten free- coles brand bread is liked, rice crackers plain sakata- responded well

was doing really well despite the restrictions because he could be reasoned with

no changes in food choices

last 2 or 3 weeks has stopped eating meat- he will want it - but then spits it out, no matter what the form of meat. He will eat meat. Sausages he gags with now. 'I don't like it'. (This is confusing because later mum said that he will still eat mince dishes)

30 mins after dinner he will say he is hungry but then will go for something like a yoghurt

could he do a protein shake instead of a yoghurt?

has essentials powder and vit C in juice- using a passionfruit juice- essentials powder maybe x2/ day sometimes

apple juice sometimes

did trial the GABA- it was good- 1/4 tsp- more mellow while on it. No anxiety atm with preschool.

TO DO

So save GABA for later when the need comes back in.

PST food list

## Herbals & Supplements

### BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



## Record Max Parker

Client D.O.B: 13/08/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 20/03/2020 23:06

Appointment Date: 21/03/2020 09:15

### Core symptoms

#### MOOD

diagnosed Level 2 ASD

10/10 level to 8/10

not as frequent but still very intense

#### BOWEL

#### SLEEP

#### ENERGY

seems to be a bit calmer today

Not as many meltdowns

a few times put him in the ES baths

pressure of his body is really calming

#### PAIN

#### OTHER

TO DO

go fully additive free

PST diet?

sugar replacements

gut test?

ditch the fruit bars and swap for?

do we need to avoid eggs?

may need to go fully dairy free as well

test for coeliac gene?

suspect B2 deficiency (prior migraines) B1 (mozzie bites) B3 (concentration and mood)

### Diet

gags on sausage and steak

still able to do mince

will do chow mein if veggies are grated, same with spag bol

used to have a lot of toast

not doing wraps

gone dairy free

gone gluten free pasta and now moving onto the bread

pantry audit showed that he isn't doing that many of the problem additives

doesn't do eggs

will try her Pea Protein powder and whiz up with fruit

## Herbals & Supplements

will do the MV in a drink daily  
won't do the protein powder

## BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist  
*Spectrum Health*

## Record Max Parker

**Client D.O.B:** 13/08/2015

**Created By:** Ruth Fellowes

**Business:** Ruth Fellowes Spectrum Health

**Created On:** 03/03/2020 20:52

**Activity Date:** 03/03/2020 20:52

### Contact

#### Email or text

text:

Hi Katie, The children's multivitamin powder that I was thinking of for Max is still out of stock. Should I still keep trying to order it? Another supplier may have some on hand that I can try. Thanks, Ruth Fellowes Spectrum Health

Hi Ruth

Yes please that would be great if you could keep trying.

I haven't had much luck with the protein powder with him.

Regards Katie

REPLY

Can you tell me what ways you have tried using the protein powder?

Hi Ruth

I made it with Coco and almond and coconut milk then I tried it with normal full cream milk.

Regards Katie

REPLY

Would he have it like a thick shake eg with yoghurt or ice cream in it, or with other foods mixed in? Can also mix protein powder into other foods- some like it with porridge, or bake into muffins or pikelets etc.

## Record Max Parker

Client D.O.B: 13/08/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 22/02/2020 10:51

Appointment Date: 22/02/2020 10:00

### Core symptoms

#### MOOD

temper is extreme- meltdown too easily  
aggressive eg kicks at doors when upset

(Note: in the room he avoided me, tried to run out the door twice, kept crying and yelling that he wanted to go. Settled down as soon as he knew dad was coming to collect him, so he could go to work with dad. He has grown up going to work with parents at the family business, and loves to be there or outdoors) He had had S\*V chips the day before (and something else that had flavour enhancers? Maybe flavoured rice crackers.

#### BOWEL

seems to be fine

#### SLEEP

good- always been good  
was prescribed melatonin but mum doesn't use it

#### ENERGY

#### PAIN

#### OTHER

was going to chiro- little sprouts- with little effect- went for a few months 3 times a week  
migraines started around the same time  
recommended probiotics

selective mutism diagnosed around same time of migraines coming in- prescribed an anti nausea tablet for the migraines- recommended a psych visit as well- psych diagnosed selective mutism. Thinking an ASD assessment will be coming up too

recommended by psych: lisa pritchard at hummingbirds to consider diet. Lisa also recommended the food intolerance test.

#### TO DO

go fully additive free

PST diet?

sugar replacements

gut test?

ditch the fruit bars and swap for?

do we need to avoid eggs?

may need to go fully dairy free as well

test for coeliac gene?

suspect B2 deficiency (prior migraines) B1 (mozzie bites) B3 (concentration and mood)

## Diet

has started to go off bread and wraps  
going off fruit  
all turned around 2- would love veggies

milk definitely sets his behaviour off, and his food detective intolerance test showed that milk is scored at 1 (low reactivity)

gluten is much more significant at 3, wheat is 2, eggs is 2

explained it may take 4 weeks to transition to gluten free, and may not get any results until the gluten is fully out

## Pathology

mum would consider bloods for him  
gp appt this thursday  
will do pyrrole cream- won't do test- he is unlikely to comply and provide a sample

## Timeline

Pregnancy and early childhood

Child/ young adult

## Herbals & Supplements

## BODY SIGNS

Nails  
no moons,

Palmar  
moderate

Eyes  
low- moderate

Tongue  
pointed, white coating at back

Skin/ hair  
arms good, prone to mozzie bites flaring, cracks at mouth corners

