

Record Harry Sherman

Client D.O.B: 10/04/2017

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 30/11/2020 21:21

Activity Date: 30/11/2020 21:21

Contact

Email or text

Hi Ruth

We have just returned from holidays and I wanted to touch base regarding Harry, as we are due to start the glutamate challenge tomorrow.

We stuck to most of the supplements and diet for Harry while we were away and there was really no change - still waking before 5am, still being "silly" a lot and having tantrums, and he had another runny nose for the week leading up to us leaving.

I was able to rub the cream from Lorne Pharmacy on Harry's arms and legs once (or maybe a couple of times) but after that he started screaming in pain whenever I would rub it on. He would run around scratching his arms and legs, crying, and screaming "It hurts! It hurts!" so I stopped putting it on him. Do you want me to get a different magnesium supplement for him or leave that for now?

I know that the idea of the challenge is to bomb Harry with MSG, but should I also be reintroducing the natural glutamates that I've cut out at the same time to give him the highest level possible? Or should we be sticking to the low glutamate diet this week and just adding in the soup, soy sauce and parmesan? I couldn't find gluten free chicken noodle soup so I had to get the full gluten version - I hope that's ok.

And one last thing....the cream from Lorne came labelled as Pyrrole cream, which of course lead me to Google that disorder. Harry seems to have quite a few of the symptoms for children...is this something that you could get him tested for?

Thanks for everything Ruth!

REPLY

Hi Amanda

A few things to answer here.

Re no change- still go ahead with the challenge because sometimes you see an escalation of behaviours which makes you realise that the challenge foods are not good. Just stick to the handout for which foods to challenge. If you bring in the natural forms, you won't know if he was reacting to the glutamates, or other natural chemicals and compounds in the foods.

Re the cream- I'm sorry to hear that. This has happened a couple of times before when I would use another compounding company and was the reason why I now prefer Lorn. This has never happened with their formulas. Would you be willing to give them a call and let them know, so they can check if something went wrong.

Re a magnesium substitute- yes I would really like him on some magnesium but Lorn may want to make up

a new cream for him to try so we could start with that. I'll go digging for options if the cream won't suit him.

Re Pyrroles- yes I can order testing for this. I don't test as much for it now because I go off symptoms and treat for it straight away. I am finding that the younger the child, the less likely they need ongoing treatment for it like we originally thought. Meaning it's not that important to have a label to work off. For myself I don't think it's critical to test for it now, but if you prefer to do so, I'm happy to send through the paperwork for it.

Ruth

Record Harry Sherman

Client D.O.B: 10/04/2017

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 12/10/2020 11:07

Activity Date: 12/10/2020 11:07

Contact

Email or text

Hi Ruth

Harry is currently still asleep....literally the latest he has ever slept in his life!! He did wake once during the night but I'm taking this as a big win!!

I just have a question about the food list.... Two of Harry's favourite breakfast options are porridge (made with organic oats and water) and homemade grain-free muesli (made with pepitas, sunflower seeds, tahini, coconut oil and apple). They weren't mentioned on the list so I googled them and some sources say that oats, pepitas and sunflower seeds are high in glutamates. Can you please confirm whether they are ok or whether I should be giving him something else for breakfast? I think he might get sick of eggs!

Thanks
Amanda

Hi Amanda,

Goodness, what do you put that down to? The magic dust?!

Re the foods, they should be listed on the handout (maybe just as seeds?). The list is based on the RPAH research on chemical content of foods but it is due for an update with the new foods we eat.

I think leave all those foods in. Given the quantity he would eat the amount would be nowhere near as high as something like Vegemite or tomatoes which are incredibly concentrated forms of glutamates.

Ruth

Hi Ruth

Gosh it's hard to tell what's working and what isn't. Harry's high intensity meltdowns have decreased in quantity, which we noticed almost immediately. We haven't seen any improvements in his sleep or his runny nose.

I'm happy to continue to give him all of the supplements and stick with the dietary changes because I really don't know what has helped with his major meltdowns (they still happen and are just as intense as ever, but there are a lot less of them). We have put the whole family on the low glutamate diet (we figured it wouldn't be fair to eat what he can't have in front of him) and it has definitely been the hardest part for us. We are all missing green leafy vegetables, broccoli, mushrooms and pork, and the kids really miss having the occasional bowl of popcorn. Looking forward to re-introducing those foods and hoping they weren't the meltdown trigger!

I'll head to Visionary in the next couple of days to grab the Inositol and will let you know if I can't get hold of

it.

REPLY

Hi Amanda

Apologies because I was sure I had already emailed a response.

Inositol is well known to help with meltdowns so I fully expect it has been working for him. It doesn't always work for sleep, which could however improve when he's finished 'detoxing' from the glutamates.

When you bring those foods in again for the challenge, you will think their flavours are so good! The best part about doing the challenge is learning not only IF they are a problem but also by HOW MUCH. So you never know, we may end up finding that the effects of them in the diet are slow to build up, which means you can have the foods but just watch the frequency of them. We'll go over that when the time comes.



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Harry Sherman

Client D.O.B: 10/04/2017

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 10/10/2020 21:36

Appointment Date: 10/10/2020 13:35

Comment or research

TO CONSIDER

immunity- zinc, c, D

DFGF diet- maybe calcium is too low now

suspect amines/ glutamates driving wild moods and drippy nose

increase vit C for anti histamine effect

moods- GABA? L theanine prob better, try inositol

consider pyrroles?

Good mix: lemon balm, l theanine, magnesium



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Harry Sherman

Client D.O.B: 10/04/2017

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 10/10/2020 21:28

Appointment Date: 10/10/2020 13:35

Contact

Email or text

Hi Amanda

The RDI for a 3yo is 500mg per day. Given that the RDI is not the optimum amount that can be taken, you would be able to just give Harry the full 550mg per day.

After about a month we can see if we can start to wean off and reduce to 1/2 capsule.



Record Harry Sherman

Client D.O.B: 10/04/2017

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 10/10/2020 13:30

Appointment Date: 10/10/2020 13:35

Core symptoms

MOOD

generally happy but suddenly can have really bad tantrums- be stuck in them for a while
been like this his whole life
can snap out of it quickly but it takes time
can't be rationalised with
gets very out of character eg may hurt others, very passionate/ physical, very unreasonable
very set/ once he's made up his mind

has seen an OT when he was 6mths- colic like posturing but decided it was just a tantrum

tantrum for 2-3 times a day (not always 1/2 hour or more in length though)

can be polar opposites with his rationality
often no remorse

quite bouncy - not good with attention
prefers being outdoors and physical

maybe some opposition and defiance/?

BOWEL

daily, easy, normal colour and smell

SLEEP

NOT A GOOD sleeper and has never been
often waking a lot
wakes up well but quite early eg 5am. Likes to sing or talk
when he dropped his sleep at first he did get to sleep better

ENERGY

very adventurous

PAIN

can get growing pains in legs

OTHER

a runny nose a LOT
sounds nasally

great co-ordination- and he likes being physical

Diet

choosing to be dairy and gluten free- mum's preference- will have occasionally

lots of variety in the family

Pathology

Timeline

Pregnancy and early childhood

Child/ young adult

Herbals & Supplements

BODY SIGNS

Nails

all clear

Palmar

pale

Eyes

slightly gray under eyes, good colour

Tongue

sl coating

Skin/ hair

good

