

## Record Mia Silady Alce

Client D.O.B: 02/09/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 06/10/2020 20:22

Appointment Date: 06/10/2020 14:00

### Core symptoms

#### MOOD

Discussion around what to do for hypersensitivity:

can do iron (she gags on Maltofer- mum thinks it's the colour she doesn't like). Mum has lots of deficiencies in iron so suspects Mia is likely the same

trying to get her off chocolate because it sends the other 2 kids wild and she thinks it will be the same for Mia

has had a 50% increase in eating- every day she is eating at least something in higher volume than she used to

has a fungal infection on finger nails and toes, has dents in the nail bed, itchy. this could be worsening her sleep. Suggest olive leaf extract topically

sleep still a problem- she is now however in her own bed- by her own choice. Taking melatonin but lots of it + GABA. Suggest adding L theanine for sleep and hyperactivity

Basica mineral drink?

Herbs? Including coptis for antimicrobial effect?

#### BOWEL

#### SLEEP

#### ENERGY

#### PAIN

#### OTHER

### Diet

### Herbals & Supplements

#### BODY SIGNS

Nails

Palmar

Eyes

Tongue





Ruth Fellowes Nutritionist Herbalist  
*Spectrum Health*

## Record Mia Silady Alce

Client D.O.B: 02/09/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 04/07/2020 17:29

Appointment Date: 04/07/2020 15:00

### Core symptoms

#### MOOD

she is taking GABA 1ml= 250mg day at bedtime at 6pm. Both have clonidine and melatonin at 7pm Really helping Mia with 50% improvement in sleep so very good for her. Starting to do x1 250mg am and then x1 250mg pm for her anxiety at preschool but it only has mild effects, because anxiety is worse in the night time.

For Mia: x1 250mg am

x2 250mg PM 3 days and add in inositol if needed.

Inositol for Mia

saffron as a serotonin booster that can be used with meds

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#### BOWEL

#### SLEEP

#### ENERGY

#### PAIN

#### OTHER

### Diet

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Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist  
*Spectrum Health*

## Record Mia Silady Alce

**Client D.O.B:** 02/09/2015

**Created By:** Ruth Fellowes

**Business:** Ruth Fellowes Spectrum Health

**Created On:** 30/04/2020 11:05

**Activity Date:** 30/04/2020 11:05

### Contact

#### Email or text

Hi Leanne,

These are a selection of places that look like they have on-site feeding therapy clinics. The last one on the list looks like they are at Blacktown and offer the full 12 week SOS program.

[https://kids-first.com.au/occupational-therapy/feeding-therapy-sos-approach-to-feeding/?doing\\_wp\\_cron=1588208334.9809100627899169921875](https://kids-first.com.au/occupational-therapy/feeding-therapy-sos-approach-to-feeding/?doing_wp_cron=1588208334.9809100627899169921875)

<https://www.senses.org.au/sos-feeding-therapy-service/>

<https://growingearlyminds.org.au/early-intervention-disability-support/feeding-therapy/>

## Record Mia Silady Alce

Client D.O.B: 02/09/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 30/04/2020 10:12

Appointment Date: 29/04/2020 13:00

### Core symptoms

MOOD

BOWEL

SLEEP

ENERGY

PAIN

OTHER

### Diet

from email:

Henry - juice options, cranberry was a fail

Easy and healthy snacks for early in the morning. Henry has been waking up at 6 and helping himself to chocolate and chips etc before everyone is up. I need some ideas of good things I can leave out ready for him.

Mia - replacement options for Cadbury chocolate?

Her skin is awful. Eczema is really bad but I'm not sure why. Any ideas to help?

I'm getting a menu board made up for the kids with their choices for breakfast lunch and dinner and snacks. I'm planning to make up a bunch and freeze in small portions so I can have most things on hand. Would you like to have a look and give me suggestions?

Breakfast - cocoa bombs, coco pops, plus Henry will also have hash browns, bacon and vegemite toast

Lunch - frozen pizza, chicken noodle soup, cheese sandwich, noodles, chicken nuggets, salad (only Mia will eat salad)

Dinner - chicken stir fry, beef stir fry, woolies roast chicken + corn cobs, frozen pizza (also supreme), spaghetti, sausages (cleavers yay) and salad, soup

Snacks - Apple, orange, watermelon, cucumber, carrot, capsicum, sultanas, cheese stick, pretzels, corn chips, choc chip cookies, scotch finger biscuits

My plan is to reward with a freddo frog when they eat something from the list

I'd love any feedback you have.

Note: Mia still having formula to drink- Novolac dairy free version

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



## Record Mia Silady Alce

Client D.O.B: 02/09/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 17/12/2019 11:42

Appointment Date: 17/12/2019 11:45

### Core symptoms

#### MOOD

#### BOWEL

#### SLEEP

#### ENERGY

#### PAIN

surgery went really well BUT she refused all food and drink and had to stay in an extra day  
choc, coke, oreos for 2 weeks because it was important  
formula stopped due to likely pain with bottle sucking  
5 days now back on the formula- doing 1/2 of old and new formula- bottle  
do gdfd oreos  
freddo frogs- do the pico chocolate  
has had some chicken nuggets  
cucumber made her gag  
rice is liked-basmati- chicken stock- bone broth instead- Nutraorganics brand  
chicken stock is homemade  
pizzas (frozen- supreme)  
sticks of capsicum, carrot, celery nibbling  
raw veggies are ok- nibbling- esp while mum is chopping them up- should we try games with these?  
used to really like a chicken curry- only the sauce and rice with it  
anything crumbed as a coating won't work for her  
will eat chicken flesh sometimes  
Pentavite multi powder- to bring in as a juice  
rice pudding?

Ernie vomiting since day 8 + cold and flu symptoms

#### OTHER

can wake up from a day sleep crying with hunger

pelvic congestion with mum- PCIP- X6 for acute relief and then x3

### Diet

### Herbals & Supplements

probiotic in the formula  
minerals in the formula

**BODY SIGNS**

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



## Record Mia Silady Alce

Client D.O.B: 02/09/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 12/11/2019 10:09

Appointment Date: 12/11/2019 10:30

### Core symptoms

#### MOOD

Has an OT who does The Body Code- negative emotions stored in the body

#### BOWEL

Was trying to hold on as a phase- but going well and normal now- no known reason why the change to good because no dietary changes were able to be made

#### SLEEP

No good

#### ENERGY

NET- trying to get her to say 'I'm ok with eating' and she couldn't do it

The Net Practitioner wants to work on vagus nerve, jaw, and kidneys

#### PAIN

#### OTHER

eczema a problem- does ES, bleach and bath oil in her bath and sometimes lavender- leave out the oil and lavender- and use bicarb

asking about using probiotics on skin?

the skin is a problem because she picks at it in the night and gets infections and bleeding

use EPO after a bath

CMPA diagnosed- came up +ve in blood test- was only made to go lactose free by the GP recommendations though! Leanne knew better, but wasn't able to make any changes in Mia's diet at the time.

#### ALSO ASKED ABOUT ERNIE 18MO

has eczema also, and diagnosed with CMPA too

mum has no dairy except milk in coffee, should she drop it. I said yes. It is minimal but it could still be enough while Ernie is so sensitive to set him off. She wants to wean him so he may be better to just go onto the same rice formula as Mia

### Diet

(per email 7th Nov).

Mia - going terribly. Last 10 days without formula before she started not sleeping, no increase in eating, behaviour declining, skin scratching/ anxiety through the roof. I gave her back her formula. All she wants to eat is cucumber, McDonald's nuggets and chocolate ☹ maybe iron deficient? Can you recommend a good multi and iron supplement?

Initially took to no milk really well, around 7 days it started to deteriorate, then 9 days offered it and she refused, then offered again for 10th day and she took to it, and now back on the formula.

S26 LACTOSE FREE is current formula

Tried her on rice milk shakes and took about 100ml. Then switched to macadamia milk which she hated. Because of what I see are withdrawal symptoms, mum gave in and brought the formula back in.

Suggest a blended way of bringing in the formula

3rd Dec getting tonsils and adenoids out  
paed appt 10th Dec

Loves to eat:  
cucumber- silica?  
nuggets- soft and carby?  
choc- energy and mg?

## Herbals & Supplements

suggest cpmp/ pcip for appetite and growth and general children's mineral tonic  
fish oil for gut, mood, energy- thinks chewable Nordic Naturals would work  
new formula would be ideal- look for the rice option  
probiotic on the skin

MUM- suggest a good multi eg Bioceuticals or Metagenics

## BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair

## Record Mia Silady Alce

Client D.O.B: 02/09/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 13/11/2019 14:54

Activity Date: 19/10/2019 00:00

### Contact

#### Email or text

EMAIL

Hi Leeanne,

Super cool to catch up with you the other day. Your Mia munchkin is very cute, although I'm sure she keeps you busy!

I have a few little jobs for you...

1. whip up a simple food diary for the kids. On a scrap of paper is totally fine, and you can just send it as a photo
2. resend the kids DOB, which I deleted by accident
3. check on some body signs for Henry and Mia
  - \* tongue- colour, is it rough, does it have a coating, does it have any grooves
  - \* nails- corrugated, any white marks, dry looking, brittle, are moons present
  - \* eyes- pull down the bottom eyelid- what is the first impression of colour of inner lid ie pale, creamy, pink, deep red
  - \* hair- should be soft and fine- but if coarse or straw like or dry, let me know
  - \* skin- check if backs of arms, thighs, and bottom are smooth, rather than rough or bumpy/ pimply

For yourself, take a daily pregnancy / breastfeeding multivitamin. Blackmores is quite good, but Metagenics do a good one, and I especially like the Bioceuticals ones (there are 2 types).

Thankyou!

(I'll get started on some ideas, but your diary will be really helpful)

EMAIL:

Hi Leeanne

I'll get the ball rolling with some ideas. Hope you find plenty in there that is quick and easy for you!

Ruth

(KIDS SNACKS HANDOUT AND DF RECIPES HANDOUT)



## Record Mia Silady Alce

Client D.O.B: 02/09/2015

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 18/09/2019 22:58

Appointment Date: 17/09/2019 12:00

### Core symptoms

#### MOOD

ASD diagnosis (twin)

#### BOWEL

#### SLEEP

#### ENERGY

#### PAIN

#### OTHER

v. small- under 1/3 percentile- tracking along ok, but always low

tested for egg, soy and CMP allergies

### Diet

won't eat BF

stopped night formula of 1L each night (bedtime and during the night)

goes to a different centre than her brother, and is catered for by mum, but she won't eat anything, so mum

gives her anything she thinks her child will eat

will eat veggies and especially loves cucumbers

eats a lot of yoghurt and cheese

recommended to go DF by paed Dr Antony Underwood

### Pathology

will be getting bloods done via Dr antony

### Timeline

#### Pregnancy and early childhood

really rough pregnancy- felt really unwell throughout

(has an 18mo now)

#### Child/ young adult

### Herbals & Supplements

### BODY SIGNS

#### Nails

v brittle nails, moons partly present (quite faint)

Palmar

Eyes

Tongue

glossy, red, bumps, central groove, wiggly

Skin/ hair

prone to eczema since birth, no cradle cap

