



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Finlay Thomas

Client D.O.B:

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 24/02/2020 22:18

Activity Date: 24/02/2020 22:18

Contact

Email or text

email:

Hi Kylie,

attached is a selection of smoothie recipes for you.

Also, I tried the sweet potato brownie and although the taste was very good, the texture was not brownie like and I suspect most kids would not like the moistness of it. Not sure if maybe I undercooked it though (there is no guidelines on cooking time on the recipe pic).

I found another brownie recipe which looks more promising, since it has protein powder which would give it a bit more body. I haven't tried this one yet.

Ruth



Record Finlay Thomas

Client D.O.B:

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 22/02/2020 12:02

Appointment Date: 22/02/2020 12:00

Core symptoms

MOOD

ASD

BOWEL

SLEEP

ENERGY

PAIN

OTHER

some sensitivity to salicylates- so sometimes limits him with the salicylates when he needs it.
in the past did the RPA diet- builds up in him - reasonably good threshold for it though

gluten really changes behaviour- really angry, very intense, tummy aches, constipated, diarrhoea, upset from the tummy pain, doesn't sleep

notices with pureed tomatoes- gets a rash around the mouth

TO DO

PST dietary restrictions- sounds like salicylate sensitivity

zinc to bring in additional to Basica?

stool test?

Diet

needs to be gluten free due to coeliac gene

'sugar motivated' in his diet

needs more health in his diet

Finlay gags on certain textures- mashed and soft foods- a very high arched palate

maybe gags on some smells

can't hide food in anything- highly sensitive and picks up any changes no matter how well done.

vegan sausages he will eat- brown rice/ quinoa/kale/ - from Coles

swapped chicken nuggets- chia/ rice/ plant based chicken nuggets Frys Family (Woolies)

snacks all the time- chips/ biscuits- always gets them when mum is on the phone

chocolate= sugar free version Go Naturally (has noticed a side effect from this- wind/ smelly)

used to eat eggs- no more (but might do curried egg)

does like porridge-GF ones- bit of sugar on top

GF toast w vegemite in the morning

dinner- tacos are liked- will eat carrot grated in the mince now- slow progression

Pathology

Timeline

Pregnancy and early childhood

great tummy pains and distress- now know to be coeliac

Child/ young adult

Herbals & Supplements

takes melatonin

could do zinc drops

BODY SIGNS

Nails

good, no moons

Palmar

moderate

Eyes

low-moderate conjunctiva/ sl pale under eyes

Tongue

sl coating at back- yellos?

Skin/ hair

hair good/ always very sweaty/ gets itchy under neck (sweat?)/ x2 red spots on hands (not mozzies)

