

Record Ethan Tomkins

Client D.O.B: 11/05/2004

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 08/02/2020 20:42

Appointment Date: 07/02/2020 15:45

Core symptoms

MOOD

discussion of bioscreen test results

BOWEL

SLEEP

ENERGY

PAIN

OTHER

Diet

dried fruit worsens the urine and gives him diarrhoea
weetbix bloats him

mum is ok with having to go sugar free/ low carb as she is wanting to get the whole family to have less processed foods
will look at deep frying root veggies

needs to talk to school about weekly cooking lesson that he can't eat the foods and will need to eat something else as a replacement. They will need to let her know in advance what foods they will be making

will do chicken stock/ broth for him to have

Nutraorganics vital veggie powder sounds interesting to her eg sprinkle on the veggie chips

Double D marshmallows sound good

(last 5 mins of call: he used to pick up things from the ground and swallow them- about 3 -4 years ago.
drinks vinegar! has a swig 4 to 5 times a day every day)

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Ethan Tomkins

Client D.O.B: 11/05/2004

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 07/02/2020 11:36

Appointment Date: 07/02/2020 15:45

Comment or research

Bioscreen:

E coli supp is critical

diet is critical

corynebacterium- is excessive and concerning- generally comes from contaminated sources eg soil, dust, or from fermented foods. Ask if the foods he is eating are growing the bacteria eg water bottle lid or food not going in fridge overnight

coryne increases lactic acid and it will be why he can't sleep

must do bone broth- replace the water with this
do patties with mostly fibre in it ie leafy greens

lactobacillus- any will do- doesn't need to avoid the acid producing ones (?)



Record Ethan Tomkins

Client D.O.B: 11/05/2004

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 21/10/2019 11:43

Appointment Date: 11/11/2019 12:45

Core symptoms

MOOD

no comments made

BOWEL

frequent urination- has decreased his water intake- but still having 3-4 L/ day BUT his wee still remains as an intense yellow or orange colour, strong urine smell. Even on days he doesn't eat. This has been going on for a while, perhaps all his life he has had a yellow tinge.

BSL?? Kidney??

Could it be diabetes? It is in the family. Breath does have a sweet smell
will ask Paed about all of this

SLEEP

cream is amazing for him- for sleep- 10mins he's asleep
did get onto the ccmp too (doing x3/day)

ENERGY

CD is in the family- mum is diagnosed.

PAIN

OTHER

GP not worth doing again- because nothing has changed. But will ask Paed for his opinion.

Sophie also getting new bloods

mum's CD became evident during puberty but wasn't diagnosed because of that era

Sophie may or may not have had gene test

Ethan has had gene test for CD and passed

I did put Sophie on Ferrotab last month but it's not really helping even though using this with Spatone.

However we don't know what her B12 level is

Will do the Bioscreen stool test

Diet

New foods: 200ml milk + 1/2 banana and 1/4 tsp cacao. Taking bigger mouthfuls, thanks to OT work, so getting faster at drinking it

About to do a green smoothie for Sophie. Will add in a protein powder in her diet

Discussion about new foods to bring in

Wouldn't accept cleavers sausage- but did eat homemade skinless sausages if it is minced up finely eg heart friendly mince- made it with pureed veggies- used sweet paprika to help with acceptability too

Herbals & Supplements

will bring in Floradix because they have it on hand, and LY bloods show deficiency
hoping for new bloods to come via Paed

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Record Ethan Tomkins

Client D.O.B: 11/05/2004

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 19/09/2019 10:53

Appointment Date: 19/09/2019 10:30

Core symptoms

MOOD

BOWEL

lots of issues with gut and off with food (has been sick for 2 weeks)
ate a container of sultanas and cleaned him out BUT also sent him off - taken 4 or 5 days to get him down-
and set him off with his sleep (so mum rubbed on some more cream with him put music on and he will go
to sleep in 15 mins)

SLEEP

seems to be sleeping better with the transdermal cream

has been 2 epsom salts baths twice a week and this is really helping too (after swimming days) but with a
new support worker they may do more. is working at getting him to stay longer to the 20mins

ENERGY

PAIN

has been sick for nearly 2 weeks/ lost voice for 2 days.

OTHER

has a good team willing to help push him to grow- at school, OT and speechies (in the past they would keep
changing strategy). Physio for release of muscles.

Diet

LO fodmap bread works better for him (settles him better for sleep). Has x4 slices bread compared to x8
bread of other varieties/ so its more filling/ and not seeking more snacks as much/ doesn't get the black
under eye circles

200ml lactose free milk 3 times a week- has been able to hide a tiny bit of banana and 1 strawberry and
cacao in it. No banana in the second batch and was even better preferred. Lactose free reduces the dark
under eye circles as well

60g yoghurt maybe in a day to do his meds.

giving him a smoothie when he comes home from school to help minimise munchies

Hasn't been able to do much of the suggestions per last handout due to illness

- did chia seeds and hemp seeds in yoghurt or milk
- blueberries in banana bread/ fried in olive oil
- now having french toast 3 times a week
- want's to try blueberry pancakes soon (helps to introduce new colours)

sweet paprika used a lot because it helps veggies to be hidden in foods like rissoles

Herbals & Supplements

back on Lovan (to help overcome the camping episode recently)
doing well with the cream
not yet able to do the CPMP

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Record Ethan Tomkins

Client D.O.B: 11/05/2004

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 13/08/2019 11:41

Appointment Date: 13/08/2019 11:30

Core symptoms

MOOD

has been tested for pyrroles

BOWEL

no antibodies came back for his coeliac test but mum and brother are coeliac

mum uses doTerra oils to rub on his belly

PROBLEMS: lots of wind, very smelly, only does bowel motions at home, wets himself a lot (drinks a lot of water)- day or night. May wet himself at school as an avoidance technique. Urgent urination or defecation.

has eaten rocks in the past, and it clogs up his poo. And yet he won't swallow a fish oil capsule! Has

swallowed a balloon in the past. Lots of incidences of pica eating.

sultanas and dried weetbixes with dried berries- will clean him out

SLEEP

ENERGY

Ethan - from 12noon he crashes

Sophie - is 12yo but crashes far too easily- has started menses- was very painful (doesn't seem to bounce back from her period- always seems drained). Eats lots of fruit and veggies but only lightly.

PAIN

OTHER

questioning if there is an issue with yeast- has done low levels but it is hard

has been tested for pyrroles - borderline

one of 3 kids. Ethan is 15 yo.

The other child- Sophie- is a problem too- both have very pale skin

Mum has tried a lot- and nothing is helping- gives everything a go for 6 mths, so a good trial run

GOAL - to expand his diet

Diet

Ethan - only eats 12 foods

trying to do low fodmap with him- this means she is cooking 3 meals for the family with all the dietary requirements

only eats dry foods and has a little yoghurt

craves salt

very difficult to get any vitamins into him, but he is getting taller and mum doesn't want his bone density to drop like hers

is aware of preservatives and additives and tries to restrict them as much as possible

he is seeing Mum's dietitian

drinks a lot of water to compensate for food

has seen Val Gent in the past as a feeding therapist, current OT is doing more sensory general work

DIET

home made fish nuggets and chicken nuggets- with egg wash, gf flour, almond flour, veggie salt/ garlic salt
home made chips from scratch- red potato with skin on- veggie salt on top (since last 12 months)

Sweet potato chips - thinly peeled-

using canola oil - will mix 1/2 and 1/2 with cobram light olive oil in the near future

does brown rice and white rice together in fried rice- veggie salt, chicken stock powder Massell, garlic olive oil, broccoli, beans, carrot, egg, lightly crisped mushroom pieces, peas corn, lightly steamed snow peas for crunch. All veggies are cut up in small chunks

mashed potato (since last 12 months)

sausages if done under the grill-does butcher ones- cleavers - hot dogs or regular ones- wants to do failsafe sausages

yoghurt- a little- 5am brand (one of the lower sugar brands). 9.6g per serve. Used as a dessert, and limited to only one serve. Might be used in between meals to aid with eating a sausage. Has tried honey and cinnamon and this is going ok.

dry foods: Milk arrowroot biscuits (Arnott), will try GF woolies milk arrowroot

gf weetbix with coconut and rice bits/ normal gf weetbix - eaten dry (but may do them wet if dry toast taken into between)

dry cornflakes- kelloggs cornflakes (didn't stay having gluten free cornflakes)

dry toast- bakers delight

Jatz biscuits

scotch fillet or porterhouse- but very rarely

Kettle chips- Smiths thinly cut chips

water to drink

low fodmap toast with gf vegemite at school

Uses nuttelex atm but could do butter eg Cultured butter

boiled rice (maybe cook with bone broth)

Discussion about changing from trying to do low fodmap to just being gluten free

Mum thinks there is a yeast intolerance- too much bread leads to itchy scalp and flares eczema

Isaac- calms down with chewing ice cubes- he craves cold foods eg eats frozen bread (sensory issues- needs stimulation?) CELLOIDS? When younger he used to have everything dipped into yoghurt to make him eat foods

Pathology

Timeline

Pregnancy and early childhood

Ethan- diagnosed at 7 weeks- then official at 6 months (lots of clues: didn't like eye contact, didn't like to be touched, blanket had to be wrapped a certain way)

Only thing they could do was help desensitise him

wouldn't do solid foods until 16.5mo due to gag reflex/ went straight from breast to bottle and NO solid foods/ then went onto hard and crunchy foods only.

Child/ young adult

VERY low muscle tone - can't even hold a towel

some sensory integration was done but only around his ability to have people in his space

tried supplements in the past and he wouldn't do them

MATERNAL

mum needs iron infusions ever 6 months, before the first infusion her ferritin was only 2!!

has just had a hysterectomy (to try and help her iron levels as a coeliac)

(mum can't do seafood so there may be issues with using fish oil?)

Herbals & Supplements

BODY SIGNS

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- Eyes
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