

Which Diet Is The Right Diet

Karen Wheelwright

Which Diet is the Right Diet for MY Child?

Karen Wheelwright
Biomed Coach
June 2008

Just as no two snowflakes are alike...

When it comes to diet, I believe that:

“One size does not fit all”

Why Diet?

- ASD kids have lots of GI Issues:
 - Reflux
 - Diarrhoea
 - Constipation
 - Faecal Loading
 - Bloating
 - Stomach Pain
 - Night time wakening
 - Maldigestion
 - Malabsorption
 - Intestinal Permeability (*leaky gut*)
 - Irritable Bowel Syndrome
 - Crohns Disease
 - Ulcerative Colitis

Possible Causes of GI Issues

- Intestinal Damage From Heavy Metals
 - Viral Vaccine Damage
 - History of Antibiotic Use Leading to Yeast and Microbial Overgrowth
 - Lack of Good Bacteria
 - Immune System Dysfunction
 - Food Allergies/Sensitivities
- All contribute to Inflammation and Increased Intestinal Permeability

What is in Food?

- Protein
- Carbohydrate
- Fat
- Vitamins
- Minerals
- Enzymes
- Chemicals
 - Natural
 - Manmade

Which Diet Is The Right Diet

Karen Wheelwright

What is in Food?

- **Protein** – Amino Acids – building blocks – growth, tissue repair, Immune function, making hormones & enzymes, energy
- **Carbohydrate** – Sugars – energy – most consist of long chains on individual sugars joined together
- **Fat** – lipids, fatty acids, fat soluble vitamins (A,D, K & E), myelin sheath, brain (60%), cell membranes, energy, protection from toxins, cushioning for organs,
- **Vitamins** – cofactors for chemical reactions
- **Minerals** – cofactors for chemical reactions
- **Enzymes** – catalyze chemical reactions
- **Chemicals** – need to be detoxified ie in the liver
 - Natural – salicylates, oxalates, phenols, glutamates, sulphites
 - Manmade – colours, flavours, preservatives, glues

Types of Dietary Treatment

- GFCF – Gluten and Casein Free Diet
- Feingold Diet / Failsafe Diet:
 - Additive, artificial colour, flavour & preservative-free diets
 - Low Salicylate, Amine & Glutamate
- Low Phenol Diet
- Sara's Diet (*Lutein Free*)
- Yeast-free / Anti Candida Diet
- Food Elimination / Allergy Rotation Diets
- ER4YT – Eat Right 4 Your Type (Blood type diet)
- LOD - Low Oxalate Diet
- SCD - Specific Carbohydrate Diet
- GAPS – Gut & Psychology Syndrome
- BEDROK (Body Ecology Diet Recovering Our Kids)

GFCF (Gluten Free, Casein Free)

- **Gluten:** A protein present in grains, mainly wheat, rye, oats, barley.
- **Casein:** a milk protein, present in cow, goat, sheep, human and all other animal milk and milk products.
- In gut dysbiosis these proteins are not broken down into amino acids
- Only partially broken down into Opioid Peptides:
 - **Gluteomorphins & Casomorphins** are opiates from gluten and casein.
- Opiates are drugs, like opium, morphine and heroin

GFCF (Gluten Free, Casein Free)

- **This is not enough**
- **You also need to remove:**
 - Soy
 - Corn
 - Colours
 - Flavours
 - Preservatives

Corn

Some reasons to avoid it:

- **Opioid Peptides**
 - The protein in Corn is similar to Gluten and so may be broken down into opioid peptides
- **Mold (Fumonisin Toxin)**
 - (Similar to how peanuts may contain aflatoxin, a carcinogenic mold)
- **Sulphites**
 - All processed corn products - *flour, starch, corn flakes, corn chips, etc* contain sulphites. The corn is soaked in a sulphite solution to soften it prior to processing
- **Blood Type Diet**
 - all blood types except As should avoid corn
- **Polysaccharide (Starchy Carb)**
 - Illegal on SCD/GAPS
 - not permitted on BED (*except possibly in later stages*)

Soy

Some reasons to avoid it:

- **Opioid Peptides**
 - The protein in Soy is similar to Casein and so may be broken down into opioid peptides
- **AntiNutrients**
 - Enzyme Inhibitors
 - block the action of trypsin and other enzymes needed for protein digestion
 - Phytic acid
 - block the uptake of essential minerals - calcium, magnesium, copper, iron and especially zinc - in the intestinal tract
- **Haemagglutinin**
 - a clot-promoting substance that causes red blood cells to clump together

Which Diet Is The Right Diet

Karen Wheelwright

Soy (Cont'd)

Some reasons to avoid it:

- **Goitrogens**
 - substances that depress thyroid function
- **Genetically Modified**
 - a very large percentage of soy is genetically modified and it also has one of the highest percentages of contamination by pesticides of any of our foods.
- **Aluminium**
 - Soy Formula has 11 times (1100 percent) more aluminium than traditional formula
- **Manganese**
 - Soy formula is loaded with excessive levels of manganese. New research suggests high concentrations of manganese found in soybean-based baby formula can lead to brain damage in infants and altered behaviours in adolescents

Soy (Cont'd)

Some reasons to avoid it:

- **Estrogen**
 - According to Dr. Mike Fitzpatrick, a New Zealand toxicologist, babies fed exclusively on soy formula receive the estrogenic equivalent of at least five birth control pills per day.
- **Oxalate**
 - Soy is extremely high in oxalate, a compound that can bind with calcium in the kidney to form kidney stones. And which a new study has found can have adverse effects for Autistic kids
- **Illegal on SCD and BED**
- **Anecdotal**
 - Dr Jacqueline McCandless would not see a patient unless they were 100% Gluten, Dairy, Soy and Sugar Free
 - Parents often report increased language after removing soy

Implementing a GF/CF diet

Clean up the diet!

- Eliminate ALL Preservatives, Colours, Flavours, Flavour Enhancers, etc (These are CHEMICALS not Foods)
- Go Fresh
- Go Organic
- Whole v processed
- NOT just FOOD...

Implementing a GF/CF diet

Clean up the environment!

- Personal Products
 - Shampoo, conditioner, toothpaste, deodorant, Mum's perfume, Dad's aftershave, etc
 - must be GF/CF
 - Free from Chemicals (SLS, parabens, preservatives, etc)
 - Free from Perfumes (including natural eg essential oils)
- Cleaning Products
 - Chemical Free & Perfume Free
 - Use microfibre cloths, bicarb soda, vinegar, tea tree oil
 - Environmentally Friendly is not necessarily People Friendly!
- Air Fresheners
- Pesticides – flysprays, cockroach sprays, etc
- Mold

Implementing a GF/CF diet

- Commit to a three month trial (six months for kids over age 5) – GET PSYCHED
- Research and know WHY you are doing it – (needed to bolster arguments with grandparents, teachers, DOCTORS) and to help maintain YOUR commitment when things get rough
- Join on-line support groups
- Shop for appropriate ingredients
- Try out recipes and find a few foods your child will eat BEFORE removing the other foods
- Clean out the fridge and pantry
- Cook in bulk & freeze

Implementing a GF/CF diet

STAGE I: Cont.

- It is common to see regression during the first few days. Stay the course, and let your child know that you mean business!
- Ensure that anyone who is in contact with your child knows NOT to give them inappropriate food esp Preschools (also watch out for Playdough!!)

Which Diet Is The Right Diet

Karen Wheelwright

Implementing a GFCF diet

STAGE I: Cont.

- May need to use sugar, rice, potatoes, and other starchy foods to achieve this transition, but they will need to be reduced or even removed later on.
- Even if your child is living on only a few foods at this stage, don't worry - after the withdrawal you will be able to expand their food choices and make it more nutritious

FAILSAFE

- Free of Additives, Low in Salicylates, Amines and Flavour Enhancers
- Uses the RPA Simplified Elimination Diet
 - Following a strict chemical-free "elimination diet" for a few weeks, until your symptoms disappear
 - Taking a series of "challenge tests" by mouth to find out which chemicals in your diet cause reactions.

FAILSAFE

- Why it works:
 - Eliminates almost all Colours, Flavours & Preservatives
 - Some people do have a problem with Salicylates, Amines and/or glutamates
 - Very hard to find processed foods that meet the criteria so you usually HAVE to COOK!
 - Emphasises that it is not just foods – so you clean up the environment
 - Good support network – groups, newsletters, etc.
 - Group Members share safe brands & brands with "hidden" additives so you get better results

FAILSAFE

Why some people have problems with it:

- Doesn't eliminate all hidden sulphites
- Doesn't eliminate Gluten & Dairy
- Doesn't eliminate Soy & Corn
- Leaves in "safe" foods which some people actually have a problem with
- Body slows down enzyme production then when challenged you get a reaction, yet before the elimination they may have been ok with them
- VERY high in sugar
- Does not address the underlying CAUSE eg gut dysbiosis, liver function, immune issues, candida, etc – so over time people become more sensitive – *some people have been reduced to only a few foods (lamb, celery, rice)*
- Actively discourages supplements, esp Vit C, Fish Oil, Zinc

ER4YT - Blood Type Diet

- 4 Blood types: A, B, AB, O
- Certain lectins in foods react differently with each blood type
- Evolutionary Theory of blood types

ER4YT - Blood Type Diet

- **Blood Type O**
 - *the hunter*
 - the earliest human blood group.
 - muscular, active people
 - Cave man diet – Meat & Vegetables
 - Thrives on red meat
 - Often low vit K

Which Diet Is The Right Diet

Karen Wheelwright

ER4YT - Blood Type Diet

- **Blood Type A**
 - *the cultivator*
 - more recently evolved, dating back from the dawn of agriculture
 - a diet emphasizing vegetables and grains
 - often has trouble digesting red meat
 - suits a more vegetarian food intake
 - kids don't like eating breakfast

ER4YT - Blood Type Diet

- **Blood group B**
 - *the nomad*
 - associated with a strong immune system and a flexible digestive system
 - the only ones who can thrive on dairy products (not ASD!!)
 - A balanced diet

ER4YT - Blood Type Diet

- **Blood group AB**
 - *the enigma*
 - the most recently evolved type
 - intermediate between blood types A and B
 - relatively rare

Low Oxalate Diet

Why could oxalates be high in Autism?

- Excess absorption from food:
 - Inflammation in the gut leads to excess absorption of oxalates
 - Leaky gut leads to paracellular transport
 - Poor fat digestion (steatorrhea) causes fat to tie up the calcium that would ordinarily bind to oxalates & keep them from being absorbed
 - Lack of oxalate degrading gut flora

Low Oxalate Diet

Why could oxalates be high in Autism?

- Excess production of oxalates in the body caused by:
 - B6 deficiency
 - Thiamine deficiency
 - Pantothenic acid or CoA deficiency
 - Too much glycine
 - Too much Vitamin C

Low Oxalate Diet

Bad things Oxalates do:

- Induce oxidative stress
- Lower glutathione & increase oxidized glutathione
- Tie up sulphur chemistry
- Pull sulphate out of cells
- Shift immune system to TH2
- Cause histamine release from mast cells
- Impair growth & sugar regulation
- Tie up calcium & iron
- Lead to intestinal migraine
- Bind to damaged tissue prolonging injury
- Cause pain in tissues
- Impair growth

Which Diet Is The Right Diet

Karen Wheelwright

Low Oxalate Diet

High oxalate foods:

- Kiwi Fruit
- Lemon peel
- Lime peel
- Orange peel
- Berries
- Rhubarb
- Tangerines
- All nuts except macadamia
- Most seeds
- All soy products
- Whole Wheat incl:
 - Bread, Bran, Wheat Germ, Flour
 - Kamut
 - Oatmeal
 - Spelt
 - Buckwheat
 - Brown Rice (Medium)

Low Oxalate Diet

High oxalate foods:

- Beetroot - tops, roots, greens
- Celery
- Eggplant
- Green beans
- Kale
- Leeks
- Okra
- Parsley
- Parsnips
- Peppers, green
- Potatoes
- Rhubarb
- Spinach
- Squash, yellow, summer
- Silver Beet
- Swedes
- Sweet Potatoes
- Watercress
- Yams

Low Oxalate Diet Recommendations:

- Go to all low oxalate foods for a while
- Supplement calcium (pref citrate) or carbonate before each meal
- Use VSL#3
- Use Magnesium Citrate
- May have to Limit Vit C, Meat, Glycine
- Be aware of dumping cycle


Low Oxalate Diet

The Vitamin K Hypothesis (Catherine Tomaro)

- Not an Oxalate Problem – it's a Calcium Problem
- Lack of Vit K means Calcium is not channelled properly – becomes an excitotoxin
- To protect itself from the calcium the body Manufactures Oxalate to bind to the calcium
- Don't restrict dietary oxalates
- Supplement with Vit K2 after loading the other fat soluble vitamins – A, E, D, (CLO)
- Don't take calcium supplements


Specific Carbohydrate Diet

All Carbohydrates consist of the following molecules:



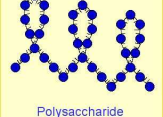
Monosaccharide

- **Monosaccharides**
 - Glucose, fructose and galactose
 - Fruits, most vegetables and honey



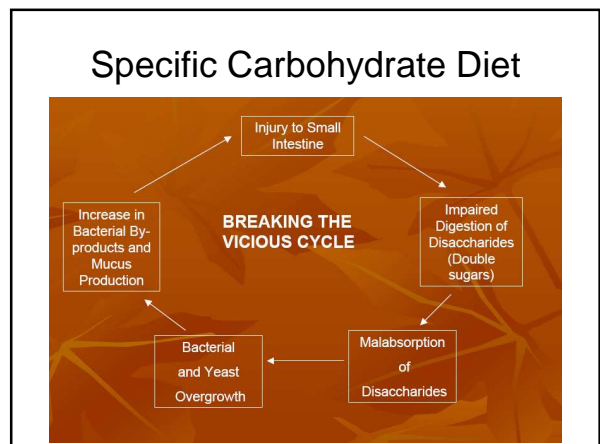
Disaccharide

- **Disaccharides**
 - Lactose, sucrose, maltose and isomaltose
 - Table sugar, lactose, maple syrup



Polysaccharide

- **Polysaccharides**
 - Amylopectin and amylose
 - Potatoes, corn, rice, grains and "grain alternatives" such as quinoa and amaranth



Which Diet Is The Right Diet

Karen Wheelwright

Specific Carbohydrate Diet Legal Foods

- Proteins
 - All fresh or frozen meat, poultry, fish, and shellfish, eggs,
 - Not processed meats
- Vegetables
 - Most Vegetables allowed (except starchy vegetables)
 - Must be Fresh or frozen (with no added sugar or starch) (not canned)
- Fruit
 - Must be ripe
 - Raw, cooked, frozen, or dried (no preservatives)
- Nuts
 - Not roasted, glazed or coated
- Sweetener - Honey (*unheated*)

Specific Carbohydrate Diet Foods NOT allowed:

- Processed meats, such as lunch meats, salami, etc
- Most store-bought products including baby food
- Potatoes, sweet potatoes, parsnips, yams, cassava, corn
- Soy beans, mung beans, fava beans, chickpeas, bean sprouts, bean flour
- Amaranth, quinoa, tapioca, oats, arrowroot, rice, buckwheat, millet, wheat
- Seaweed, Sea vegetables
- Xanthan gum, guar gum
- Canned vegetables and fruit
- Store-bought nut and coconut "milks".
- Instant coffee or tea, soft drinks
- Roasted nuts, beer nuts, glazed nuts
- Molasses, agar-agar, carrageenan, maple syrup
- Store-bought jams, jellies, sauces, mayonnaise, salad dressings

Specific Carbohydrate Diet

Needs to be introduced in Stages

- **Stage 1 – Intro Diet** 2 – 5 days
 - This is designed to totally rest the digestive system
 - Consists of very easy to digest foods:
 - Chicken broth
 - Beef broth
 - Chicken
 - Beef Mince
 - Turkey
 - Eggs
 - Homemade jelly (made from unflavored real gelatin and purple grape juice)
 - Grape juice and apple juice - 50% juice/50% water

Specific Carbohydrate Diet

Needs to be introduced in Stages

- **Stage 2 – Beginner Diet**
 - Introduce easy to digest vegetables and fruits:
 - Applesauce
 - Avocado
 - Bananas-very ripe
 - Butternut squash
 - Green Beans
 - Pear sauce
 - Spinach
 - Zucchini
 - These foods should be peeled, deseeded and well cooked
 - Only introduce 1 new food at a time

Specific Carbohydrate Diet

Needs to be introduced in Stages

- **Stage 3 – Intermediate Stage**
 - After the "Beginner" foods are well-tolerated, more variety can be added to the diet
 - All fruits and vegetables are appropriate at this point
 - But at the "Intermediate" stage, **all foods should still be cooked, peeled and deseeded**
 - Nut butters and nut flours can be introduced as well

Specific Carbohydrate Diet

Needs to be introduced in Stages

- **Stage 4 – Advanced Stage**
 - All fruits and vegetables are appropriate at this point.
 - Raw foods can be cautiously added to the diet.
 - After raw foods are well tolerated, dried fruits such as raisins, dates, currants and fruit leather can be tried.
 - Homemade jerky can also be introduced.
 - After all allowed SCD foods are well tolerated, approved beans can be introduced into the diet.

Which Diet Is The Right Diet

Karen Wheelwright

GAPS – Gut and Psychology Syndrome

- Uses Specific Carbohydrate Diet (SCD)

GAPS – Gut and Psychology Syndrome

- Uses Specific Carbohydrate Diet (SCD)
- Also includes a Supplement Protocol:
 - An effective Therapeutic Strength Probiotic
 - Essential Fatty Acids
 - Vitamin A (*Cod Liver Oil*)
 - Digestive Enzymes (HCl)
 - Vitamin & Mineral Supplements (*limited*)

GAPS – Gut and Psychology Syndrome

- An effective Therapeutic Strength Probiotic
 - As many different species as possible
 - A mixture of different groups: eg Lactobacilli, Bifidobacteria, soil bacteria
 - At least 8 billion cells per gram
 - Therapeutic dose for at least 6mths
 - Then maintenance dose Every Day for LIFE!!
 - For maintenance can use fermented foods – yoghurt, kefir, sauerkraut, etc

GAPS – Gut and Psychology Syndrome

- **Essential Fatty Acids**
 - A good seed/nut oil blend
 - ratio 2:1 omega 3: omega 6
 - Cod Liver Oil
 - EPA, DHA, Vit A, Vit D
 - Fish Oil
 - with higher EPA than DHA
 - (there are no toxic levels of these)
 - After or with food – not on empty stomach
 - Good oils/fats:
 - Olive Oil
 - Animal Fats
 - Coconut (also anti viral, anti bacterial and anti fungal)

GAPS – Gut and Psychology Syndrome

- **Vitamin A**
 - Chicken & Egg:
 - Poor digestion causes Vit A deficiency
 - Vit A deficiency causes poor digestion
 - Also essential for:
 - immune response, brain development, vision, cell differentiation, embryogenesis, reproduction, growth, and many other functions
 - GAPS can't synthesise from betacarotene
 - Synthetic form doesn't work for GAPS patients
 - So – COD LIVER OIL!
 - RDA (WHO):
 - for 1-3yrs ½ to 1 tspn
 - 4-6yrs ½ to a more than full tspn
 - 7-10yrs 2/3 tspn to a dessert spoon

GAPS – Gut and Psychology Syndrome

- **Digestive Enzymes**
 - People with abnormal gut flora have Low Stomach Acid Production
 - GAPS patients need supplementation with stomach acid:
 - Betaine HCl with added Pepsin (*Taken at the beginning of each meal*)
 - Cabbage Juice stimulates stomach acid production
 - A few spoonfuls of cabbage juice or a cabbage salad
 - Sauerkraut is even stronger
 - Homemade Bone Broth
 - Once gut starts healing don't need to add stomach acid supplements

Which Diet Is The Right Diet

Karen Wheelwright

GAPS – Gut and Psychology Syndrome

- Vitamin & Mineral Supplements
 - Choose ones that won't aggravate the gut – watch ingredients & fillers
 - Liquids are better than powder, tablet or capsule
 - Choose those with added fulvic acid to ensure high absorption
 - Fulvic acid also helps chelate heavy metals
 - Keep supplements to an absolute minimum!

GAPS – Gut and Psychology Syndrome

- Uses Specific Carbohydrate Diet (SCD)
- Also includes a Supplement Protocol
- Also includes a Detoxification Protocol:

GAPS – Gut and Psychology Syndrome

Detoxification

- Remove the main source of toxicity:
 - clean up & heal the gut
- Use Juicing for chelation
 - (freshly juiced at home only!)
- Reduce the toxic load
 - Chemical free home
 - No chemical cleaners
 - Don't paint or get new carpets or furnishings
 - Toxins in cosmetics, toiletries, perfumes & other personal care products & washing powders, etc
 - Flouride "Avoid it like the plague"
 - Don't use soap, etc for kids – use cider vinegar & epsom salts in bath on alternate days
 - Swimming Pools (chlorinated) are toxic
 - swim in lakes, rivers & the sea
 - Houseplants

Specific Carbohydrate Diet

Some Reasons why it may work for your child:
(apart from the stated reasons given in BTVC)

- It is VERY strict and does not allow for processed food so you HAVE to COOK
 - This cuts out hidden additives or forces additive free
 - Increases the number of nutrients eaten (processed food is lacking in nutrients)
- Ensures more veggies are in the diet (not much else to eat)
- Ensures protein at Breakfast (no cereal & toast) & so helps stabilise blood sugar

Specific Carbohydrate Diet

Some Reasons why your child may have problems with it:

- Food sensitivities
 - Many children have IgG sensitivities to eggs and other foods – this limits the number of foods available in an already restricted diet
- Nut Diet v Specific Carbohydrate Diet
 - Many people try to duplicate the modern western diet (cakes, biscuits, bread, etc) and so there is too much nut flour, dried fruit and honey
- Not doing the Intro Diet and the stages
 - This is not the GFCF diet – you can't just take the list of allowed and not allowed and do them all from the start
- Blood Type A
 - May have problems with the amount of meat – may be more suited to a BED type diet
- Oxalates
 - Some children have an oxalate problem and many common SCD foods are high in oxalates – eg Nuts, Spinach, Celery, Green Beans, etc

Body Ecology Diet

Goals:

- Nourish the cells and tissues of the body with high quality, easily-digested foods that contain superior nutrition
- Bring ALL infections under control
 - (sees autism as a brain/gut brain fungal infection.)
- Create a strong, vital inner ecosystem in the intestines that will:
 - ensure the digestion and absorption of foods so that nutrient deficiencies that accompany autism are corrected
 - ensure a healthy intestinal lining
 - relief from food allergies
 - a strong immune system that will protect the child from further infections
 - Since neurotransmitters are manufactured in the intestines, a healthy inner ecosystem leads to happier, more stable emotions and a sense of well being

Which Diet Is The Right Diet

Karen Wheelwright

Body Ecology Diet

Begin by Removing:

- All foods containing:
 - sugars in any form (*including honey & fruits*)
 - gluten
 - casein
 - processed foods

Body Ecology Diet

Foods Allowed (*and encouraged*):

- Young coconut kefir ("yck")
- Young coconut spoonmeat
- Raw Butter
- Nariwa Water (*alkaline, magnetised, trace minerals*)
- Vegetables (*75-80% of each meal*)
- Cultured Vegetables
- Vitality Supergreen
- Undenatured Whey Protein
- Animal proteins (*hormone and antibiotic-free, 20-25% of each meal*)
- The Four BED grains: Quinoa, Millet, Amaranth, Buckwheat (*soaked*)
- Healthy Oils & Fats: eg Coconut, Virgin Olive, MacNut, pumpkin seed, Cod Liver Oil, Flaxseed, Raw Butter, Raw Cream, X-Factor Butter
- Eliminate Fruit except: lemons, limes, black currants & cranberries

Body Ecology Diet

Begin by Introducing:

Fermented foods (yck and cv's) are the real "stars" of the BEDROK protocol

Make them a part of every meal

Body Ecology Diet

- **How to transition onto the BEDROK program:**

- With children, we understand the need to transition onto the BEDROK protocol step by step...
- picking up one useful "tool" at a time
- Continue to move in the direction of the strict version of the Body Ecology Diet which is necessary to conquer the fungal infection and firmly establish a healthy inner ecosystem

Body Ecology Diet

Some Reasons why it may work for your child:
(*apart from the stated reasons given in the BED book*)

- It is VERY strict and does not allow for processed food so you HAVE to COOK
 - This cuts out hidden additives or forces additive free
 - Increases the number of nutrients eaten (processed food is lacking in nutrients)
- Ensures more veggies are in the diet
- Targets yeast – no sugars
- Less chance of trying to duplicate modern diet with too many cakes, breads, biscuits, etc

Body Ecology Diet

Some Reasons why your child may have problems with it:

- Food sensitivities
 - Many children have IgG sensitivities to eggs and other foods – this limits the number of foods available in an already restricted diet
- More like a typical Asian Diet than a Western Diet
 - It is a radical change in diet compared to what the child was on before – may struggle with the change over & the strange foods
- Blood Type O / Protein Metabolic Types
 - May struggle with the 25/75% rule - may want more meat
- Oxalates
 - Some children have an oxalate problem and many veggies are high in oxalates – May have difficulty with this when the diet is so heavily weighted to lots of veggies & the 4 BED grains are high oxalate

Which Diet Is The Right Diet

Karen Wheelwright

Nourishing Traditions

- Dr Weston A. Price
- In the 1930's he studied primitive people (untouched by civilization) around the world and found they were all very different:

Nourishing Traditions

- Swiss village
- Gallic fishermen living off the coast of Scotland
- The Eskimo diet
- Well-muscled hunter-gatherers in Canada, the Everglades, the Amazon, Australia and Africa
- African cattle-keeping tribes like the Masai
- Southsea islanders and the Maori of New Zealand

Nourishing Traditions

- They had things in common:
 - all enjoyed superb health
 - free from:
 - Chronic disease
 - Dental decay
 - Mental illness
 - Strong, sturdy & attractive
 - Produced healthy children with ease, generation after generation

Nourishing Traditions

Price's worldwide findings clearly showed that dental caries and deformed dental arches, resulting in crowded, crooked teeth and unattractive appearance, *were merely a sign of physical degeneration, resulting from what he had suspected – nutritional deficiencies.*

Nourishing Traditions

- The foods that allow people of every race and every climate to be healthy are:
 - whole natural foods
 - meat with its fat
 - organ meats
 - whole milk products (unpasteurised)
 - Fish
 - Insects
 - Whole grains
 - Tubers
 - Vegetables
 - Fruit

Nourishing Traditions

- not newfangled concoctions made with
 - white sugar
 - refined flour
 - rancid and chemically altered vegetable oils
 - Pasteurised milk

Which Diet Is The Right Diet

Karen Wheelwright

Nourishing Traditions

- They all allow grains, milk products, and often vegetables, fruits and meats to ferment or pickle by lacto-fermentation
 - Makes nutrients more available
 - Removes antinutrients
 - Supplies probiotics to the digestive tract
- They all use bone broths
 - Rich in gelatin & calcium & other minerals

Nourishing Traditions

Bone Broth – a rich source of nutrients

- Stimulates digestion
- Aids digestion
- Contains gut healing nutrients
- Protects against antinutrients

Nourishing Traditions

Bone Broth – a rich source of nutrients

- Only ORGANIC
- Only from Young Animals – Lamb, Veal, Chicken

What do most of these diets have in common?

- Clean up the diet – get rid of NON foods
- Organic
- Fresh, homecooking
- Don't feed the bad bugs
- Replenish the good bugs
- Increase HCl production
- Good Fats & Oils Including omega 3

So Which Diet Do I Choose??

For ALL kids (*if you want your kids to be healthy and happy*)

- Cut out ALL colours, flavours and preservatives and artificial sweeteners and try to avoid processed foods
- Include Omega 3 oils, esp Cod Liver Oil
- BONE BROTH
- Cultured foods – (Yoghurt, YCK, CVs,) Probiotics
- Avoid microwaves
- Drink plenty of FILTERED* water (*remove Chlorine & Fluoride*) or good quality spring water
- Avoid margarine and use butter and other good animal fats
- Use good quality cold pressed oils like Olive, Macadamia, Pumpkin Seed, Coconut, Rice Bran Oil & Avoid Canola & other highly processed vegetable oils
- Cut down or cut out Sugar, Deep fried foods, Hydrogenated fats, trans fats
- Include some protein at breakfast
- Reduce the amount of starchy carbohydrates and adopt a more caveman (paleo) diet: meat, vegetables, fruits, nuts & seeds

So Which Diet Do I Choose??

For kids with:

- ADD, ADHD, ASD, Learning Delays, Behaviour Problems, etc
- Neurotypical kids with history of reflux, constipation, diarrhoea, ear infections, etc
- Siblings of kids with ASD, ADHD
 - Trial Gluten, Casein, Soy, Corn and Colour, Flavour & Preservative Free Diet for at least 3mths (pref 6 - 12 mths)
 - Avoid Sugar
 - Use Organic Food
 - Cut down or cut out fish (due to Mercury) and avoid those high in Mercury - eg shark, swordfish, etc, but ensure adequate Omega 3 supplements (good quality and tested for mercury)
 - Look for other food sensitivities and allergies - (Blood tests, muscle testing, food diaries, etc)
 - Avoid foods that don't suit their blood type

Which Diet Is The Right Diet

Karen Wheelwright

So Which Diet Do I Choose??

For Kids with symptoms such as:

- night waking, night sweats, dark circles under eyes, irritability, hyperactivity, red cheeks/ears, lethargy, self-injurious behaviour, inappropriate laughter, difficulty sleeping, diarrhoea, eczema and other skin conditions, toe walking, stammering, behaviour problems, stuttering, chronic cough, etc
 - Look at phenol intolerance
 - Apples, Oranges, Grapes, Bananas, Chocolate, (and the phenol flavouring vanillin it normally contains), lentils, chickpeas, skin on zucchini.
 - Use Epsom Salts (baths, cream, spray) to assist Sulphation
 - Ask Dr about Molybdenum
 - Look at Salicylates, Amines and Glutamates (Failsafe, RPA)
 - Look at Sulphur and Sulphites (particularly for kids with Asthma)
 - Sulphur foods - cabbage, Brussel sprouts, onions, garlic, etc
 - Sulphites - sulphite preservatives (including hidden ones in some gluten free flours especially potato, arrowroot, tapioca & ALL processed corn products), dried fruit, caramel colour, commercial gelatine
 - Natural Sulphites - in grapes (and esp sultanas/raisins)
 - Use Epsom Salts (baths, cream, spray) to assist Sulphation
 - Ask Dr about Molybdenum

So Which Diet Do I Choose??

For Kids who:

- crave carbohydrates and/or nuts and other high oxalate foods
- are always hungry
- have urinary problems including urinary urgency, frequent urination, genital pain, overextended bladder or kidney stones
- family histories of kidney stones and/or gout
- ongoing yeast problems despite yeast treatment
- problems with sulphur metabolism
- growth delay
- distended stomach unresponsive to other treatment or diet
- sudden outbursts of bad behaviour or GI or other pain within minutes to within a couple of hours of eating

Look at a trial of Low Oxalate Diet

(only need to trial for about 2 weeks to see if it works)

So Which Diet Do I Choose??

- For kids who have been on the other diets and still have:
 - problems with diarrhoea and/or constipation
 - and/or are not progressing
 - distended stomach
 - other signs of ongoing gut problems, etc
- OR for kids who have known yeast/candida problems (and/or long history of antibiotics, mother with candidiasis, etc)

SCD/GAPS diet

or

Body Ecology Diet

So Which Diet Do I Choose??

Look at SCD/GAPS diet if:

- Blood Type O
- Chronic Diarrhoea or Constipation
- Severe Gut problems – eg Ulcerative Colitis
- Regression after MMR

So Which Diet Do I Choose??

Look at Body Ecology diet if:

- Blood Type A
- Yeast / Candida problems
- Long history of antibiotics
- Mother with candidiasis

Some things to add to whichever diet you choose:

- Balance your Protein, Carbs & Fats
- Keep in mind blood type/metabolic type – helps to figure out why certain foods don't agree with some people
- Bone Broth can be used in all diets
- Young Coconut Kefir and Fermented Vegies can be used in all diets

Which Diet Is The Right Diet

Karen Wheelwright

Take home message:

- No one diet works for every child
- Use what does work but remember you will have to modify them to suit your particular child
 - Allergies, sensitivities, specific metabolic disorders, etc
- Use different elements from all of them (eg bone broth, cultured foods, etc)
- Remember the past – when we used to be healthy!!