

The background is a solid teal color with several faint, light-colored snowflake patterns scattered across it. One prominent snowflake is in the upper left, and another is in the lower right. The text is centered and has a white outline.

Which Diet is the Right Diet for MY Child?

**Karen Wheelwright
Biomed Coach
June 2008**

Just as no two snowflakes are alike...

Just as no two snowflakes are alike...

No two children 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

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

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 GFCF 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 GFCF diet

Clean up the environment!

– Personal Products

- *Shampoo, conditioner, toothpaste, deodorant, Mum's perfume, Dad's aftershave, etc*
- must be GFCF
- 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 GFCF 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!!*)

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

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

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)*

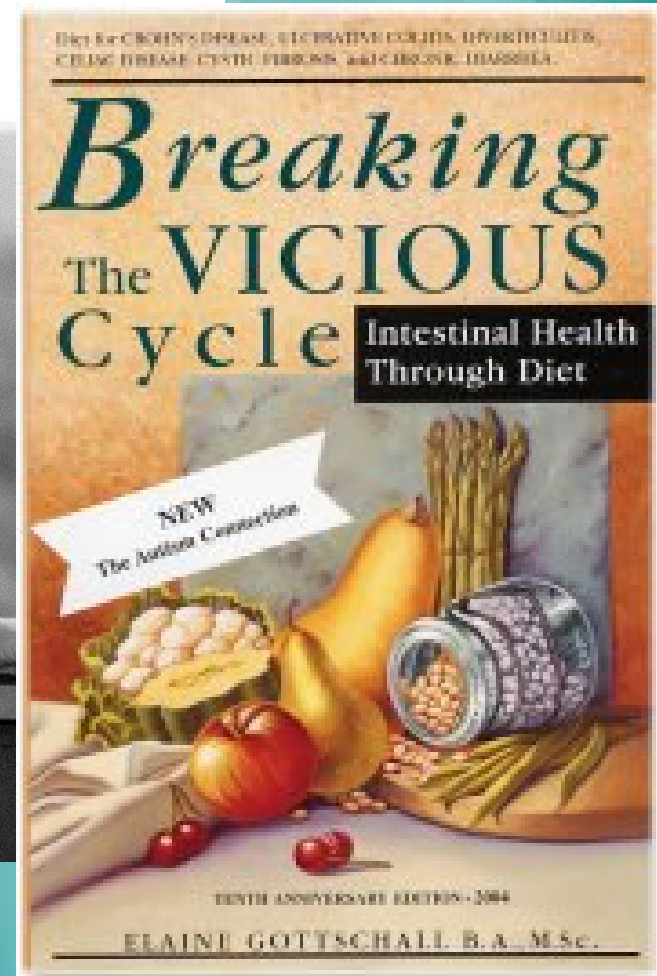
- Not an Oxalate Problem – it's a Calcium Problem
- Lack of Vit K means Calcium is not channelled properly – becomes an excitotoxin
- To protect itself from the calcium the body Manufactures Oxalate to bind to the calcium

- 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

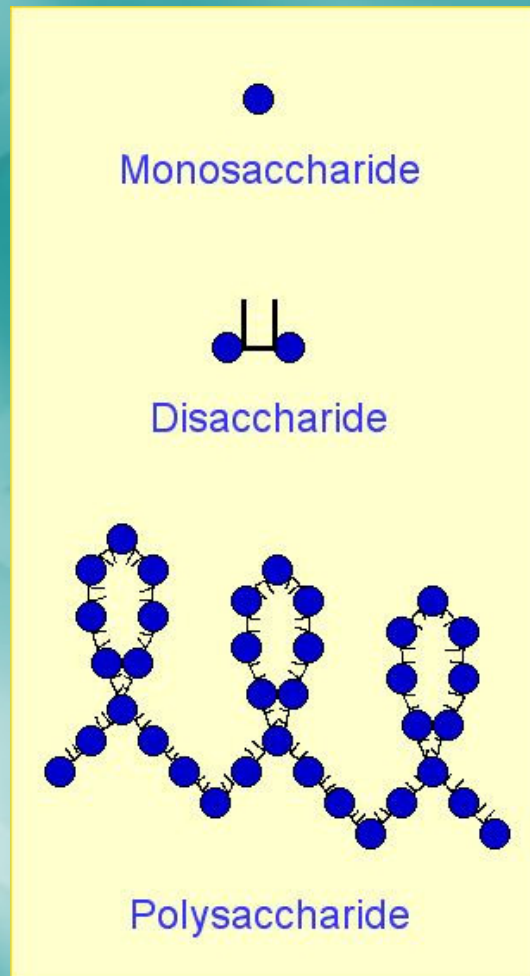


Elaine Gottschall



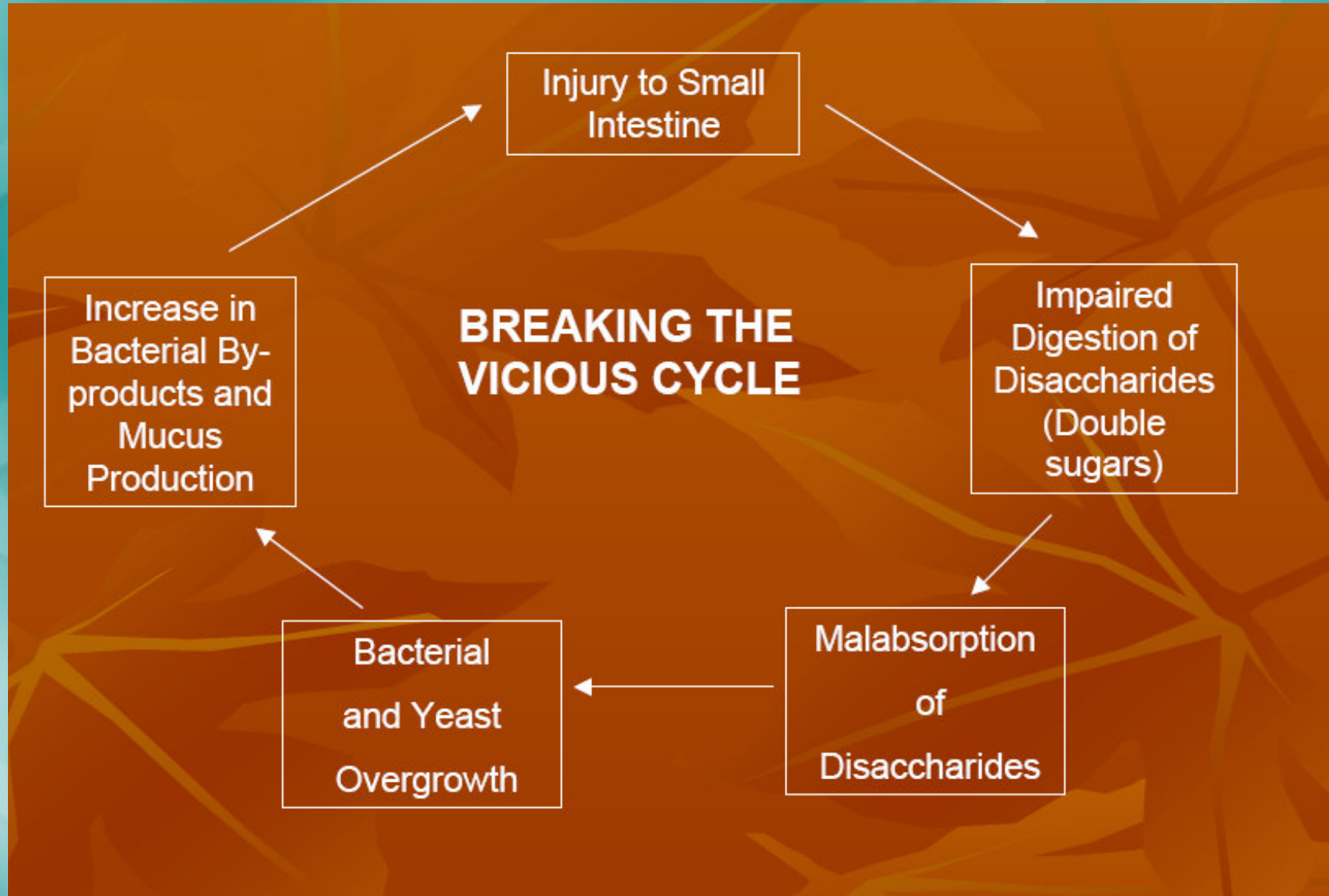
Specific Carbohydrate Diet

All Carbohydrates consist of the following molecules:



- **Monosaccharides**
 - Glucose, fructose and galactose
 - Fruits, most vegetables and honey
- **Disaccharides**
 - Lactose, sucrose, maltose and isomaltose
 - Table sugar, lactose, maple syrup
- **Polysaccharides**
 - Amylopectin and amylose
 - Potatoes, corn, rice, grains and “grain alternatives” such as quinoa and amaranth

Specific Carbohydrate Diet



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, currents 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.

GAPS – Gut and Psychology Syndrome



Natasha Campbell-McBride

Gut and Psychology Syndrome

Natural treatment for



Dr. Natasha Campbell-McBride MD,
MMedSci(neurology), MMedSci(nutrition)

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, keffir, 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

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:

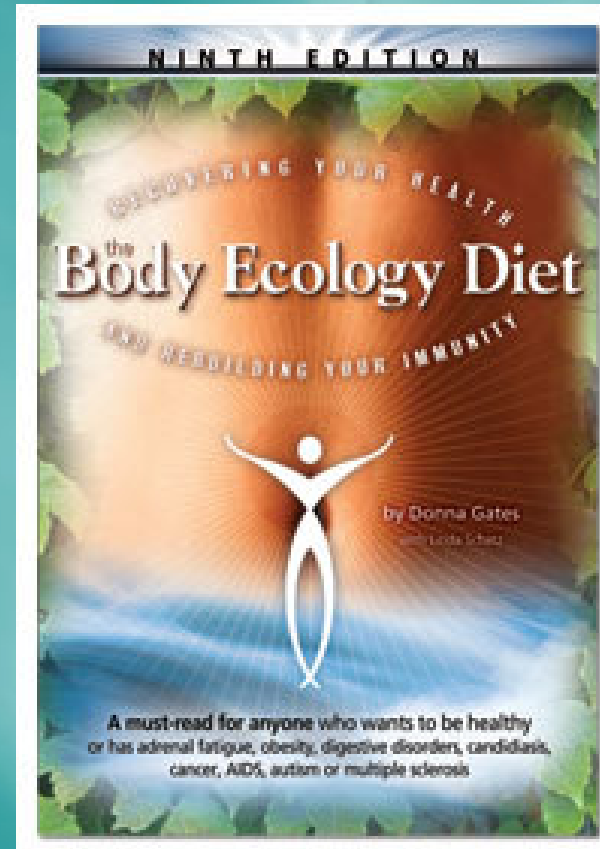
- **Food sensitivities**
 - Many children have IGG sensitivities to eggs and other foods – this limits the number of foods available in an already restricted diet
- **Nut Diet v Specific Carbohydrate Diet**
 - Many people try to duplicate the modern western diet (cakes, biscuits, bread, etc) and so there 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

- BEDROK – Body Ecology Diet Recovering Our Kids



Donna Gates



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

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)

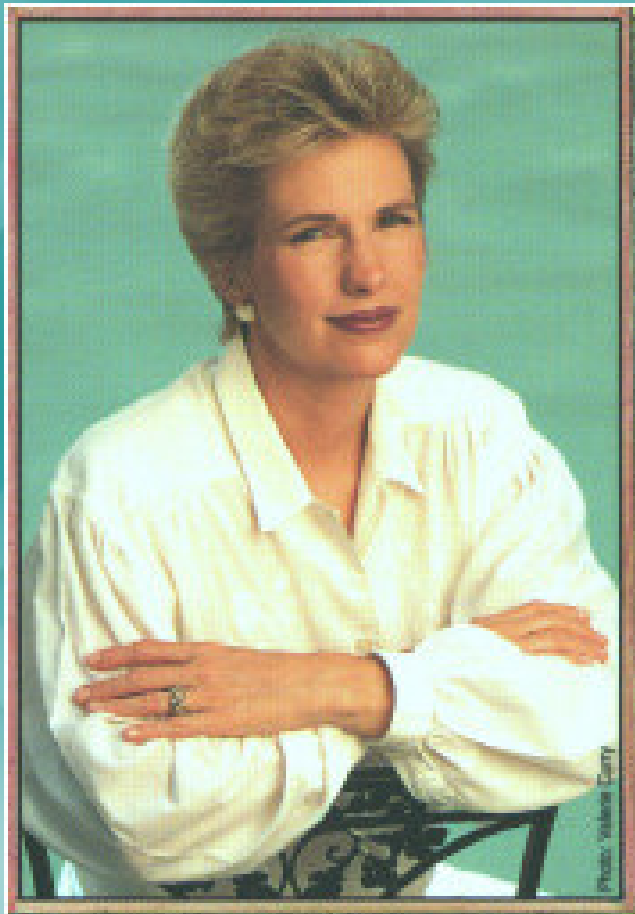
- It is VERY strict and does not allow for processed food so you HAVE to COOK
 - This cuts out hidden additives or forces additive free
 - Increases the number of nutrients eaten (processed food is lacking in nutrients)
- Ensures more veggies are in the diet
- Targets yeast – no sugars
- Less chance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

Body Ecology Diet

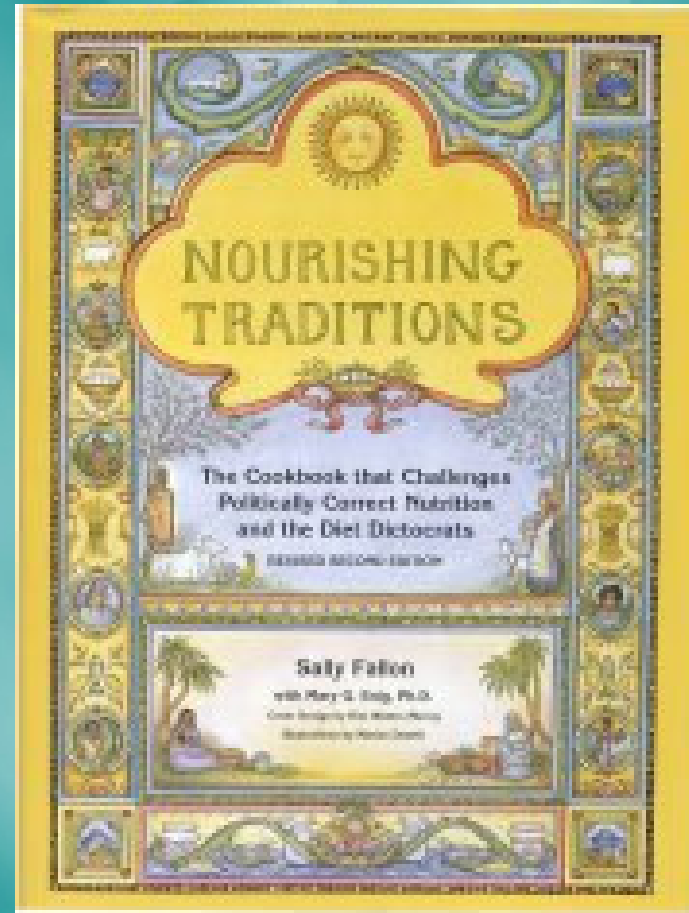
Some Reasons why your child may have problems with it:

- **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

Nourishing Traditions



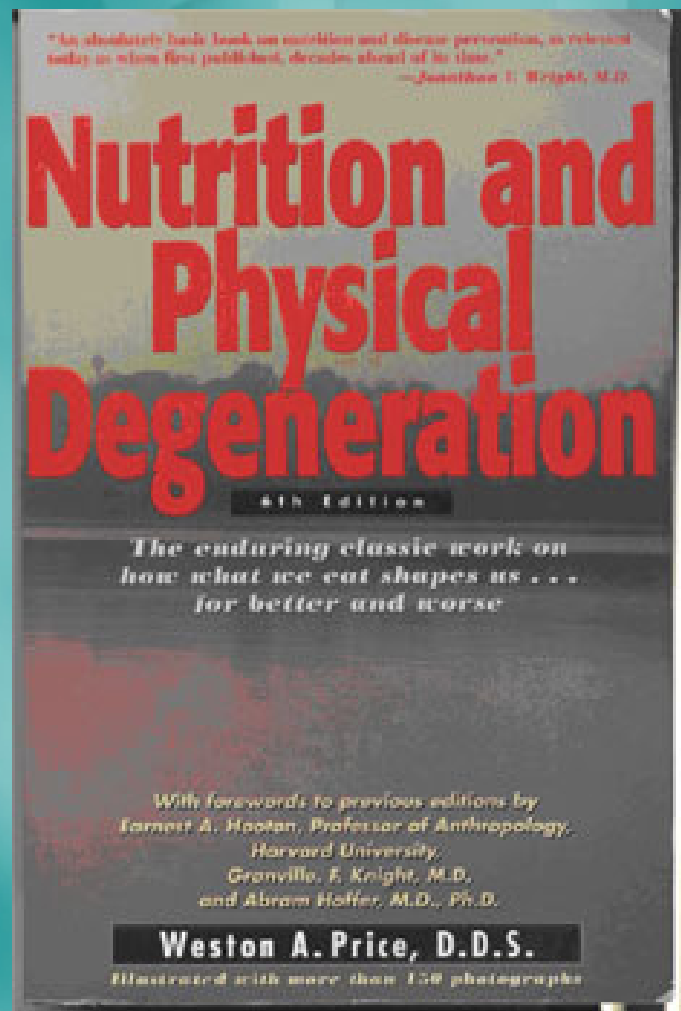
Sally Fallon



Nourishing Traditions



Weston A. Price



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



Photo © Price-Pottenger Nutrition Foundation
www.price-pottenger.org



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Nourishing Traditions



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www.price-pottenger.org

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

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

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, stimming, 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

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!!