



CASE STUDY

FOR EDUCATIONAL PURPOSES

Healers – We invite you to save these recommendations for future reference and tailor them to future clinical situations after graduation. These recommendations are not intended to be an absolute ‘one size fits all’ protocol, they are intended to provide you with an educational understanding of clinical situations and provide a starting point for the design of personalized Holistic Nutrition Recommendations.

Holistic Nutrition Recommendations

Name: LaTrice Case Study

Date: Any Day

Holistic Nutrition Recommendations Focus: ADHD

Recommended Organic Foods & Safe Cookware with Rationale for Client Education: _____

Remember ALWAYS EAT ORGANIC!

Why? By eating organic food, you are nourishing your mind and body. You provide your body with the nutrients it needs to produce energy, heal, and prevent disease. It provides more of what you need and nothing you don't.

- In general, I recommend your child follows a beautiful, organic, low glycemic and anti-inflammatory diet that's rich in healing vitamins and minerals, antioxidants, complex carbs (ex. beans) and fiber. This will keep them feeling fuller longer, help balance their blood sugar, uplift their mood and aid in improving their digestive system, eliminating toxins from the body. ☺ This would mean switching LaTrice off the school lunch program she's currently on.**
- Protein – made of amino acids that are important to neurotransmitter production, improving mood and rich in omega 3 fatty acids that have been shown to improve the symptoms of ADHD:*
 - Chicken and turkey from organic, pasture raised sources
 - **Choose low mercury, wild seafood** that's rich in omega-3 fatty acids like salmon/salmon eggs, mackerel, sardines, scallops, shrimp, mussels, oysters, etc. The fish/fish eggs mentioned are also nice sources of Vitamin D.
 - Green superfoods like spirulina and chlorella are great protein sources, while also containing omega-3s. Plus they can easily be found in powder form and added to a shake!
 - Nuts, seeds and legumes are also wonderful sources of protein and fiber. Opt for black beans, garbanzo beans/hummus, sunflower seeds, almonds, Brazil nuts, walnuts and cashews.
 - Don't forget about nut butters like peanut butter, almond butter and cashew butter.
 - Many of these protein options serve double duty as brain nourishing foods rich in lecithin and choline like legumes, seafood and chicken while fish like halibut is also high in GABA.
- Increase antioxidant rich foods – eat the rainbow! Antioxidants can help combat inflammation in the brain:*
 - Berries are my favorite! Raspberries, blueberries, strawberries, acai berries, goji berries, etc.
 - Include fruit like apples, oranges, kiwi, grapes, bananas (GABA source), avocados, etc.
 - Veggies like cucumbers, broccoli (GABA source), carrots, peas, cauliflower, bell peppers, spaghetti squash, sweet potatoes, celery, green beans, snow peas and romaine lettuce tend to be kid friendly.
 - Shoot for 3 servings of fruit per day and 3-4 servings of vegetables a day.
 - Many of the above foods are also rich sources of Vitamin C like oranges, strawberries, kiwi, etc.
 - Don't forget the spices: cinnamon, oregano, basil, mint, thyme, paprika and rosemary.

4. *Bitter salad greens – help balance the Fire Element, rich in necessary minerals, like magnesium, for calming:*
 - Arugula, romaine, watercress, dandelion greens, mustard greens, broccoli rabe, etc.
 - Try juicing these greens with other things like apples, kiwi and lemon, for example, to help kids embrace the taste

5. *Go Gluten Free – gluten may impair function and behavior in children with ADHD:*
 - Try quinoa, buckwheat, brown rice, wild rice, gluten free oats, amaranth and/or millet (similar to couscous). Opt for gluten free, organic chicken nuggets in moderation.
 - Bean pastas make great white pasta alternatives. Try red lentil!
 - Finding a gluten free bread that the whole family likes is key. Try and try again, don't despair! Check your local health food store. 😊

6. *Dairy & Dairy Free Options – removing conventional cow's dairy can improve the symptoms of ADHD:*
 - Try unsweetened, organic coconut milk, almond milk, cashew milk, oat milk and/or macadamia nut milk. My personal favorite is shelf stable Pacific Foods Organic Unsweetened Almond or Coconut Milk. 😊
 - Opt for goat's milk or sheep's milk in moderation instead of cow's milk as they are much less inflammatory. Monitor behavior and remove animal dairy entirely if symptoms arise.

7. *Healthy Oils & fats in moderation – can improve brain function as the brain is 60% fat:*
 - Olive oil (no heat), avocado oil (low to high heat), coconut oil (low to med/high heat), flaxseed oil (no heat), hemp seed oil (no heat) and fish oil (no heat) are all great.
 - Shredded coconut and coconut butter is great too!

8. *What to drink – clean water avoids chemicals and heavy metals in water:*
 - Spring water or filtered water from a trusted filtration system – ½ the body's weight in ounces daily

Recommended Foods, Beverages & Cookware to Discontinue with Rationale for Client Education: _____

1. *Eliminate as much sugar as possible from the diet – impairs memory, impacts learning and contributes to hyperactivity:*
 - I like using fruit puree to sweeten and natural, sugar free products like whole leaf stevia and/or pure, monk fruit sweetener.
 - Dates, applesauce and bananas make wonderful sweeteners as they include a bunch of fiber, minerals like potassium, for example, and other nutrients.
 - Always avoid artificial sweeteners like aspartame, sucralose, etc.
 - There are better options than soda, caffeinated drinks, fruit juice, processed candy and processed dessert – try fresh pressed juices and opt for healthy, homemade desserts like banana muffins or avocado ice cream. Recipes can be found online.

2. *Avoid processed food & food additives – these are unhealthy options that contribute to impulsiveness, cancer, anxiety, insomnia, hyperactivity, etc:*
 - Be wary of anything with a crazy long ingredient list especially refined, white - breads, crackers, frozen foods, baked goods, boxed mac and cheese and pasta. **Avoid fats that are hydrogenated as these are trans fats which can lead to arteriosclerosis!**
 - Avoid: artificial dyes and food coloring that are found in processed food, soda, cereal, toothpaste, etc. You must be an expert label reader and if you see the words "red #5," for example, you'll want to avoid the food or product.
 - Avoid pesticides and environmental chemicals by eating organically
 - Avoid preservatives in food and products like nitrites and potassium sorbate.
 - Avoid MSG, soy (common allergen in ADHD), hydrolyzed vegetable protein (HVP) and yeast extract.

3. *Avoid using plastic as much as you can - the chemicals in plastic can contribute to hormonal imbalance and more due to their toxic effects on the endocrine system:*
 - Opt for ceramic, glass, enamel, cast iron, stainless steel and silicone when cooking and storing food.
4. *Avoid any food allergies...to be determined...*

Recommended Nutrients & Herbs:

1. *Klaire Labs Vitaspectrum Powder Multivitamin*
 - Excellent multivitamin that will provide your child's body with vitamins and minerals in Therapeutic Range to create energy production and homeostasis.
 - It has excellent forms of B-Vitamins, Vitamin C and choline for cognitive support
 - It included 300mg of highly absorbable magnesium which has shown to play a role in reducing impulsiveness and agitation in ADHD (12)
2. *Nordic Naturals ProOmega 2000 Junior*
 - High dose fish oil supports learning in children and brain function (1)
 - "Supplementation of high-dose EPA/DHA concentrates resulted in marked changes in fatty acid levels...This study found a statistically significant improvement in the psychiatrist's report of inattention, hyperactivity, oppositional/defiant behavior and conduct disorder..." according to an article in the *Nutrition Journal* called *Effects of an open-label pilot study with high-dose EPA/DHA concentrates on plasma phospholipids and behavior in children with attention deficit hyperactivity disorder* (11).
3. *Extra Vitamin D (Nordic Naturals) & Professional Formulas Chlorella*
 - Aids in detoxification, cellular energy production and immune system support
4. *Sun Warrior Warrior Blend Protein Powder*
 - Provides the necessary neurotransmitter precursors
5. *Designs for Health PharmaGABA*
 - GABA naturally occurs in the brain
 - GABA calms the central nervous system
 - GABA calms the body from stress and anxiety
6. *Klaire Labs Ther-Biotic Children's Chewable Probiotic*
 - Lactobacillus rhamnosus has been shown to prevent the development of ADHD and ASD in one study and specialists feel it may be helpful for current cases (10)
 - Various species support the immune system, help maintain gut integrity and nutrient absorption
7. *Organic, Therapeutic Grade Essential Oils*
 - Try vetiver and cedarwood
 - Shown to aid in cognitive support (13)
 - May aid in concentration and focus
 - Shown to reduce the symptoms of ADHD (13)
 - Always opt for organic, pure, quality products

Nutrients & Herbs: _____

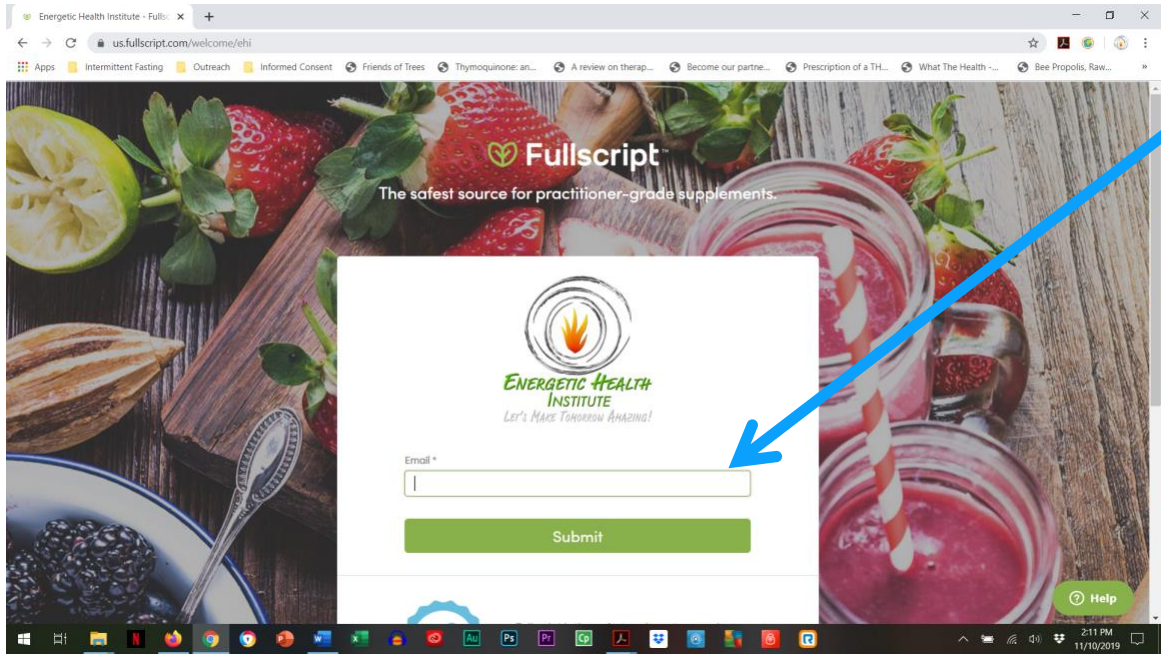
Nutraceuticals Taken 6 Days Each Week	<i>Upon Waking</i>	<i>With Breakfast</i>	<i>2 Hours After Breakfast</i>	<i>With Lunch</i>	<i>With Dinner</i>	<i>2 Hours After Dinner</i>	<i>Before Bed</i>
Treatment Protocol - Kids							
Cellular Energy Production							
<i>Klaire Labs Vitaspectrum Powder Multi</i>		<i>1 scoop</i>					
<i>Nordic Naturals ProOmega 2000 Junior</i>		<i>2 softgels</i>					
<i>Professional Formulas Chlorella in Glycerin</i>		<i>¼ to ½ ml</i>					
<i>Nordic Naturals Baby's Vitamin D</i>		<i>1 drop (400 IU)</i>					
<i>Sun Warrior Warrior Blend Protein Powder</i>		<i>1/4 to 1/2 scoop in smoothie</i>					
Addition Nutraceuticals Indicated							
<i>Designs for Health PharmaGABA</i>		<i>1 chewable</i>					<i>1 chewable</i>
Immune Support							
<i>Klaire Labs Ther-Biotic Children's Probiotic</i>		<i>1 chewable</i>					
Additional Considerations							
<i>Organic Essential Oils (see above)</i>	<i>Diffuse/apply before school</i>				<i>Diffuse/apply before homework</i>		<i>Diffuse/apply before bed</i>

Optional Recommendations in Red

Purchase Medicinal Grade Supplements & Herbs

Save 10% On Every Order!

1. **Fullscript** – <https://us.fullscript.com/welcome/ehi>
 - a. Enter Your Email & Click Submit...It's That Easy!



When you login you can find most of the products recommended for you organized in the Catalog under Favorites '1 Energetic Health-Start Here' Section. 😊

Identify the Staples You Want Them To Pay Close Attention To & Incorporate Into Their Lives

Energetic Health Staples Guidelines: _____

Staples Guidelines for Adults	Daily	Weekly	Monthly	Annual
Major Meals	1-3			
Major Meals Alkalinizing %	60% to 80%			
Total Calories (depending on activity level)	1200			
Intermittent Fasting	16 Hours From Last Meal Of Previous Day			
Clean Water & Tea (fl.oz.)	Drink ½ your body's weight in ounces			
Plant & Animal Based Protein				
0 to 12 Months	9 to 13 grams			
1 to 9 Years	16 to 19 grams			
9 to 13 Years	25 to 35 grams			
13 to 30 Years	40 to 60 grams			
30 Years & Up	30 to 40 grams			
Expecting/Lactating Moms	70 grams			
High Performance Athletes	?? grams			

Staples Guidelines for Adults	Daily	Weekly	Monthly	Annual
Saturated Fats (Vegans Only)	1 teaspoon			
Fiber (Per Major Meal)	8 to 9 grams			
Servings of Organic Fruits	3			
Servings of Organic Veggies	3 to 4			
Energetic Health Lifestyle				
Meditation		4-6x/week for 5 minutes		
Sleep	10 to 11 hours			
Green Space Therapy		4 - 6x/week for 20+ minutes		
Exercise, Sport or Activity of Choice like Swimming 😊		4 - 6x/week: 30+ minutes		
Play, Creativity, Music, Etc.	Everyday! 😊			
Pooping (Per Major Meal)	1			

72-Hour Clinical Water Fasting			Up To 1 Cycle	4 to 6
14-28 Day Cellular Cleansing				2 to 3

Identify the Indulgences You Want Them To Discontinue/Avoid

Energetic Health Indulgences Guidelines: _____

Indulgences Guidelines for Adults	Daily	Weekly	Monthly	Annual
Eating Out – Acidic Meals		2		
Refined Sugar (try subbing stevia or monk fruit sweetener)	Minimal			
Synthetic Sugar	0 or Less			
Known Primary IgG Food Allergens			1 to 2 after 56 day elimination	
Dairy, Casein, Whey (Goat or Sheep only, no cow's dairy)	Monitor for symptoms & eliminate completely if necessary			

Recommendation Organization, Symptoms to Monitor & Additional Notes:

- Energetics – In Traditional Chinese Medicine the **Fire Element** out of balance, pertaining to the Yin Organ of the Heart and the Yang Organ of the Small Intestine:
 - *Have you child eat bitter foods, rich in protein, minerals and healthy fats, follow your doctor's recommendations for supplementation. Consider rosemary as a cooking herb and/or essential oil.*
- Primary Therapy – **Organic Holistic Nutrition**
 - See above for recommendations
- Complementary Therapies – **Green Therapy**
 - This simple, yet effective therapy can be utilized everyday to increase focus and impulse control.
 - "Green Therapy" just means getting outside in nature and can definitely be effective in your own back yard!
 - 20 minutes per day is all it takes! Aim for 4-6x/week.
- Essential Therapy – **Sleep**
 - 10-11 hours of sleep is critical for minimizing the symptoms of ADHD and the educational frustrations of daily learning.
 - Aim for a dark room without any electronics. Screen time is best avoided at least 2 hours before bed.
- Fine Tuning Therapy – **Breathing Practice**
 - A breathing practice is one of the best ways to keep the brain focused and healthy
 - For a child, I think keeping it simple is best and building up from there. Starting with 1 minute and increase to 5+. If 1 minute is too long, then break it down even more, starting with 30 seconds.
 - It's great to incorporate breathing outside, in green space, which will hit two of these therapies at the same time! 😊

- Lead by example. Sit in a comfortable position and instruct your child to do the same. Simply state something like, “we’re going to breathe in fresh air for a minute with our eyes closed. Feel the sunshine on your face.” You can also try, “close your eyes and concentrate on your favorite animal for 1 minute.” See how it goes. Be flexible, adjust. Try not to feel defeated. Taking a moment to sit together outside is an achievement!

Symptoms to Monitor:

- Concentration, focus, attention, hyperactivity, amount of sleep, impulsiveness, etc.

Additional Notes & Future Consideration:

- Let’s start here and reevaluate after lab work 😊

Recommended Labs:

- IgG Delayed Food Allergy, IgE Food Allergy, Stool Test, Lead Test, Iron, B6 and Zinc

These Holistic Nutrition Recommendations are for educational purposes. Everyone is responsible for their own health.

Note from the Ashley Scripture, BCHN:

Healers, we are so proud of each and every one of you! You got this! You have the love, knowledge and tools to help your clients and their children/loved ones achieve their health goals!

References:

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