



**naturally
anew**

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Aiden Blachman

Treatment Goals (short-term)

1. Support Aiden's goal of improving energy levels **via** supporting quality nutrient intake and assimilation **to** enhance performance in sports and other physical and mental activities
2. Support growth and positive eating behaviours **via** identifying and addressing nutrient deficiencies and possible toxicities **to** investigate the full spectrum of contributors and tackle "the chicken" and "the egg"
3. Support mood and motivation **via** modulating the gut-brain axis and supporting cofactors and precursors to neurotransmitters **to** provide optimal environment for initiating and sustaining health eating patterns
4. Expand Aiden's repertoire of foods **via** deliberate food exposure **to** create a balanced diet and reduce future risks related to poor dietary intake

Treatment Goals (long-term)

1. Support growth and development **via** correcting nutrient deficiencies and environmental toxicities **to** support homeostatic processes
2. Support energy levels and mood **via** ensuring adequate nutrient intake and assimilation **to** support homeostatic processes
3. Support 'healthy' eating habits **via** mineral balancing **to** remove obstacles contributing to 'picky' eating
4. Cultivate positive association with food and mealtime **via** conscious and subconscious exposure to new food **to** create a positive and nurturing mealtime environment



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Basic Plan

Morning:

- Take 1 scoop of Pure Children's Essential in water, smoothie, juice
- Take (gradually increasing) 4g dose of PHGG in water, smoothie, juice, porridge
- Incorporate essential fatty acids into porridge (1-2 x week)

Lunch/Evening:

- Focus on protein, small portion nutrient superdoses
- Get familiar with vegetables, make a salad myself for the family
- Social food experiment (modeling)
- Family mealtimes (1-2 x week)

Further Testing:

HTMA Hair Analysis

ORDERING SUPPLEMENTS OPTIONS:

1. Through me, I will advise on delivery timeframe, often within 3 days, no shipping charge, pickup from me OR
2. Through the Naturopath Prescription Website www.Vital.ly, I will set up an account for you, you will be able to order any items we discuss yourself, to your house, shipping charges may occur.

Detailed Plan

See Report below

Nutrition

Product	Hero ingredients	Intent	Instruction
<p>Pure Children's Essentials by Orthoplex White \$39.75 <i>Vegan</i></p> <p>1 bottle =1-2 month supply</p> <p>Ordering options: 1. Pickup from Me (will take a few days, will notify you when arrives). There is no shipping cost with this option.</p> <p>2. Order online directly to you from <i>Vital.ly</i>, shipping may apply. If you choose this option I will set up a patient account for you and you can order whenever you have a script from me directly from them.</p>	<p>High quality, absorbable essential vitamins :</p> <p>Vitamin A Vitamin B1, B2, B3, B5, B6 (P5P), B12, Biotin, Folate Vitamin C Vitamin D3 Vitamin E Vitamin K1, K2</p> <p>Essential Minerals: Calcium Choline Chromium Iodine Iron Magnesium Manganese Molybdenum Potassium Selenium Zinc</p> <p>Amino Acids: Glycine Lysine</p>	<p>Energy, Mood and Nutrient Replenishing: This formula ensures children are obtaining their foundational nutrients.</p> <p>These vitamins and minerals help maintain a strong body, and the growth of bones, teeth, muscles and organs.</p> <p>They supports brain and cognitive development, maintains healthy immune system, and supports energy production.</p> <p>This is a maintenance formula to ensure Aiden is getting all the 'important stuff' to help him grow and succeed while we investigate specifc nutrient deficiencies.</p> <p>Growth & Development: These amino acids are "essential" to the human body, meaning, they are not produced internally and must be obtained through the diet (meat, fish, yogurt, legumes, bone broth). They are important for healthy growth and development, aiding in the formation of protein, tissues, muscles, bones and collagen.</p>	<p>Take 1 scoop (5g) of powder, in water, juice or smoothie.</p> <p>Experiment and see what is best tolerate, the taste should be sweet but.... each child has their own tastes.</p> <p>If you need to use juice or even honey to encourage compliance, that's ok.</p> <p>Keep me updated and let me know how it goes! We may increase the dose in the future.</p> <p>Allowing Aiden to us a small electric mixer may help make the activity fun.</p>

	Hero ingredients	Intent	Instruction
<p>Fibre: Partially Hydrolysed Guar Gum</p> <p>Ordering Options:</p> <p>1. Pickup from me, will arrive with other supplement or order through Vital.ly with other supplement <u>PHGG by Ariya</u> 200g \$32.00 <i>Vegan</i></p> <p>2. Order yourself, <u>PHGG by Nourshme Organics</u> 200g \$36.99 -45.00 <i>Kosher, Vegan</i></p>	<p>Partially Hydrolysed Guar Gum (PHGG)</p>	<p>Fibre has many functions in the body and PHGG is also considered a prebiotics, acting as selective fuel for beneficial bacteria in the gut promoting microbial health and diversity, and promotes the production of short-chain fatty acids (SCFAs) which, among other things, reduce inflammation.</p> <p>There is emerging evidence suggesting links between fussy eating and dysbiosis, an imbalance in the gut microbial community. The gut microbiota communicates with the brain through the gut-brain axis, influencing various aspects of behavior, including eating habits. Disruptions in the gut microbiota may potentially contribute to the development or persistence of fussy eating behaviors. Conversely, fussy eating habits may influence the types of foods consumed, which, in turn, can impact the gut microbiota.</p> <p>PHGG is a great, flavourless addition to the diet, aiming to compensate for the lack of diversity in the current diet, normalise gut health and reduce systemic inflammation.</p>	<p>Build up to a dose of <u>4g per day</u>, take in smoothie, water, juice, or even include it in porridge, it is not heat sensitive.</p> <p><u>Gradual Increase Schedule:</u></p> <p>1. Start with 1/4 of the dose for 3 days. (see how Aiden tolerates, mainly any GIT symptoms like constipation)</p> <p>2. Take 1/2 dose for another 3 days (again observe how body tolerates)</p> <p>3. Increase to 3/4 of dose for another 3 days (observe)</p> <p>4. Take full dose 4g,</p>

Further comments:

These two powders can be taken together in a smoothie or juice, as mentioned above, using a little electric mixer, like the one pictured below helps dissolve the powders well and may make it a fun activity that encourages Aiden to “want” to drink it. This can be easily bought yourself, alternatively if you would like to include one in your order, this one is available for \$14.95.

Please keep me updated once you receive the products on how Aiden is doing on these powders, compliance wise and any changes you may notice. I'd love to hear from Aiden himself too, if he wants to send me a video or voicenote of his opinion on everything too!



Treatment Plan

Herbal

Product	Herb	Intent	Instruction
N/A for this session			

Safety & Adverse Reaction Information

- Take products only as directed.
- If you encounter any reactions such as feeling nauseous, headache, dizziness or the like, **STOP** taking your product immediately and contact Naturally Anew dina@naturallyanew.com/0409770430. I will get back to you as soon as possible to discuss the situation with you.
- In the case of an emergency, contact your GP or emergency service.
- Please keep all medication out of reach of children.

Diet

Intervention	Instruction	Intent
<p>Vegetables</p> <p>Geting familiar with the look, touch, feel and variety of vegetables</p>	<p>Give Aiden agency in preparing foods for a meal 1-2 times a week, exploring different vegetables, unrelated to ‘his’ meals, but for the family.</p> <p>Salad: Generally a good place to start is having the child take responsiblity for making a salad for the family, using a safe knife.</p> <p>Here is an option for knife: https://kiddikutter.com.au</p> <p>Though helping in the kitchen can be enjoyable and positive for all foods, this activity is best done with foods he generally doesn’t eat, like raw vegetables.</p> <p>If there is a vegetable he does like or is willing to try you can have him add this to the salad and slowly he it might make it more attractive for him to try.</p>	<p>This is a technique used to get the child comfortable around different foods without the pressure of eating them. Seeing all the different colours, textures, variations, how they look inside, can help them foster interest and familiarity with new foods.</p> <p>It also helps them positively associate with these ‘nutritious and beneficial’ foods, which they prepared by themselves to help the family, and watch them enjoy.</p> <p>This is aimed to be a no pressure environment. The child will still eat what they usually do, while enjoying the pleasure of having contributed. Of course, if they pick at the foods while preparing, or express an interest in tasting anything, that is a very welcome outcome, though it is not neccessarily expected at this stage.</p> <p>Follow his lead, if he enjoys preparing a salad you can move on to other preparations.</p>

Diet

Intervention	Instruction	Intent
<p>Protein</p> <p>The recommended intake of protein for an 8 year old boy is 20 g/day (0.91 g/kg), approximately 1½ serves per day*</p> <p>This increases to 40 g/day (0.94 g/kg) for 9-13 year olds, but let's take it 1 step at a time.</p>	<p>Focus on protein foods that Aiden likes, aim for 1½ serves a day.</p> <p>*What does a serve look like?</p> <p>Meat, fish, poultry, eggs, nuts, seeds, legumes:</p> <p>1 serve =</p> <ul style="list-style-type: none">• 65 gm cooked lean beef, lamb, veal• 80 gm cooked lean chicken or turkey• 100 gm cooked fish fillet• 2 large eggs• 30 gm (1½ tablespoons) peanuts, almonds, sunflower seeds or sesame seeds (LSA below)	<p>Protein is often considered one of the most nutrient-dense foods for kids because it provides essential nutrients in a relatively small amount of food.</p> <p>Proteins are made up of amino acids, which are the building blocks of the body. Some amino acids are considered essential because the body cannot produce them, and they must be obtained through the diet. Animal-based protein sources such as meat, dairy, and eggs generally provide a complete set of essential amino acids, ensuring that children get all the necessary building blocks for growth and development.</p> <p>Many protein-rich foods also contain other essential nutrients, e.g. lean meats provide iron, zinc, and B vitamins, while dairy products offer calcium and vitamin D.</p>

High-Protein Food Sources				
Food	Serving	Protein (grams)	Age 4 to 8	Age 9 to 13
Chicken, meat, or fish	3 ounces	21	111%	62%
Lentils or beans, cooked	1/2 cup	9	47%	27%
Milk or soy milk	1 cup	8	42%	24%
Tofu	1/4 cup	7	37%	21%
Cheese	1 ounce/slice	7	37%	21%
Hummus	1/3 cup	7	37%	21%
Peanut butter	2 tablespoons	7	37%	21%
Eggs	1 large	6	32%	18%
Nuts	1/4 cup	6	32%	18%
Whole grain bread	2 slices	6	32%	18%
Yogurt	1 (6 ounce) container	5	26%	15%
Quinoa, cooked	1/3 cup	3	16%	9%
Rice or pasta, cooked	1/3 cup	3	16%	9%

Diet

Intervention	Instruction	Intent
<p>Essential Fatty Acids</p> <p>Chia Seeds and/or LSA seeds</p> <p>You can buy this in a healthfood store or Royal Nut Company.</p>	<p>Add 1/2 - 1 tablespoon of chia and/or LSA whenever you make porridge, see if Aiden notices and can tolerate this.</p> <p><i>LSA = a mix of ground linseeds/flaxseeds, sunflower seeds, and almonds.</i></p>	<p>Chia seeds are small, nutrient-dense seeds derived from the plant <i>Salvia hispanica</i>. Despite their tiny size, chia seeds pack a nutritional punch, and are a source of fiber, protein, omega-3 fatty acids, vitamins (such as vitamin B and vitamin E), and minerals (including calcium, magnesium, and phosphorus), and antioxidants.</p> <p>LSA is rich in healthy fats, fiber, and other nutrients, particularly alpha-linolenic acid (ALA), a type of omega-3 fatty acid.</p> <p>Supporting a comprehensive diet for Aiden would include ensuring he gets adequate essential fatty acids (EFAs), including omega-3 and omega-6 fatty acids. These are crucial for growing children and those with low energy, supporting brain development, eye health, energy production and mood regulation.</p>

Lifestyle

Intervention	Instruction	Intent
Family Mealtimes	<p>Eat together as much as possible, aim for 1-2 times a week.</p> <p><i>I know this is very hard with your lifestyle, we'll start slow!</i></p> <p>Shift the focus of meals from 'food & eating' to togetherness, chatting or even playing a game during mealtimes.</p>	<p>A study found that children who regularly sit with their families for evening meals make wiser food choices, eat more vegetables and get more nutrients than those who do not.</p> <p>Another study published in the Journal of Adolescent Health in 2013 found that more frequent family dinners are related to fewer emotional and behavioural problems, greater emotional wellbeing, more trusting and helpful behaviours towards others and higher life satisfaction in adolescents.</p>
Peer Influence, <i>the social context of eating</i>	<p>Whenever friends or family are around, especially if you know they are strong eaters, provide a variety of food options to choose from.</p>	<p>Studies have consistently shown that children consumed more fruits and vegetables at schools where more fruit and vegetables were served (school lunches), concluding that there is not only a link to food availability, but also to the social context in which children's eating patterns develop and are maintained.</p>
Don't underestimate the power of friends, and their eating habits and environments.	<p>You never know when your child will decide to be <i>influenced</i> by their friend, one can only hope!</p> <p>Good time to implement this during the holidays.</p>	<p>The social context of a child's eating pattern is important, as the behaviour in that environment serves as a model for the developing child, particularly when it comes to food selection. This effect becomes even more powerful when the model is similar to the observer, like a friend.</p> <p>Studies have shown that when children were given opportunities during meals to observe other children choosing and eating vegetables that the observing child did not like, preferences for and intake of the disliked vegetable were increased,</p>

Intervention	Instruction	Intent
Functional testing (through Naturopath only)	Hair Tissue Mineral Analysis + Paediatric interpretation by <i>Interclinical Laboratories</i> \$199	Holistic medicine often considers the interconnectedness of various aspects of health, believing that nutrient deficiencies can contribute to a range of health issues, including symptoms associated with picky eating, mood and other behavioural signs.
Prepare hair sample in provided envelope, fill out the form and drop off at my house. I will prepare and send to the labratory and update you.	What is it? Hair tissue mineral analysis (HTMA) is a diagnostic test that analyzes mineral content and the presence of toxic metals in the hair. Proponents of HTMA claim that imbalances in minerals and the accumulation of toxic metals can impact various aspects of health, including dietary preferences and energy levels. How to take an HTMA? <u>Click here for a tutotial</u> Want to see a sample report? <u>Click here</u> Have more questions? Be in touch with me!	<p>In the context of picky eating, certain nutrient deficiencies might contribute to symptoms or behaviors associated with selective eating habits. For example, Zinc plays a role in taste and smell perception. A deficiency might lead to altered taste perceptions, potentially making certain foods less appealing. Anemia resulting from iron deficiency may lead to fatigue and reduced energy levels, which could impact a child's willingness to engage in mealtime.</p> <p>There is also some research suggesting a potential link between exposure to certain toxic metals and behavioral issues. Toxic metal accumulation, like lead, mecury, cadmium, & arsenic, have been linked to behavioural issues including hyperactivity, attention difficulties and aggression in children, affecting the developing brain.</p> <p>Some studies have also shown that exposure may also alter taste perception, possibly influencing food preferences.</p>

Next appointment

I'd like to see Aiden again in 4-6 weeks, ideally once we receive the results of the hair test, though there may be delays due to holiday season.

Please be in touch in between with any updates or feedback!

Next Appointment Goals:

- Review changes since supplement introduction.
- Discuss how the food integration and preparation is going.
- Discuss implementation of food chart and reward system for eating “growing foods”, “brain foods”, “energy foods” and “NEW energy foods I have tried”
- Review hair mineral test and plan next stage of intervention.
- Consider herbal support to help support new food integration and energy.
- Review how Aiden is feeling, his goals and how I can further support him.

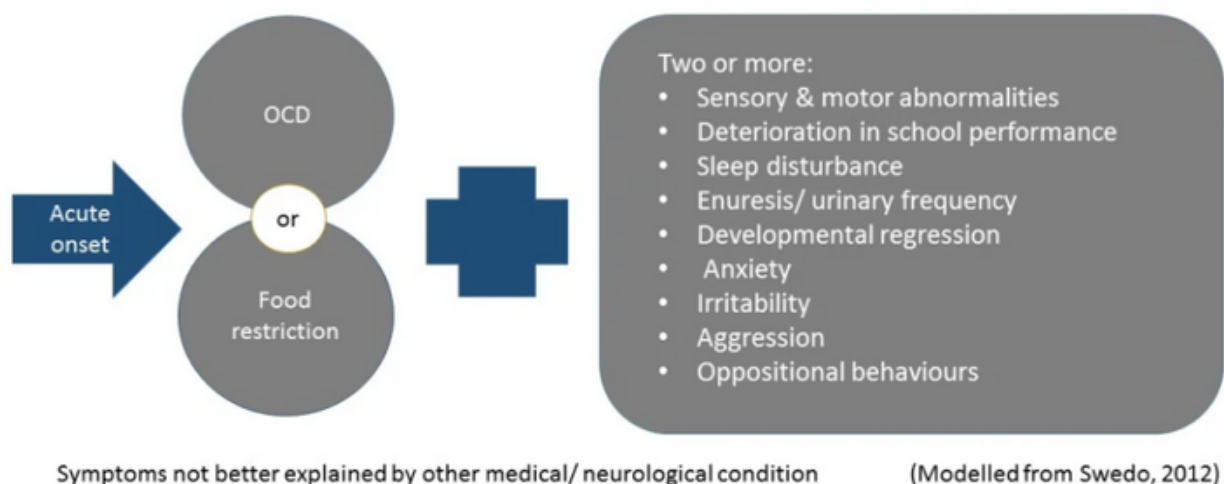
More information

PANS/PANDAS

As we discussed in the appointment, this may not be relevant to you but here is some more information about PANS that may be of interest to you and your husband. Though it is rarely diagnosed, it does affect 1/200 children, and is often an undetected cause of childhood suffering, and is worth reading about. These children usually do not fall under any other category of medical diagnosis, though they are often continuously “referred on”.

If you feel like this sounds relevant to you, we can explore it further.

Diagnosis



What is PANDAS/PANS?

Pediatric Autoimmune Neuropsychiatric Disorders Associated with Strep (PANDAS) and Pediatric Acute-Onset Neuropsychiatric Syndrome (PANS) are neuropsychiatric syndromes triggered by a misdirected immune system response.

What causes PANDAS/PANS?

Patients may experience symptoms after a “strong stimulant” to the immune system, such as strep infection, flu, pneumonia or even the common cold. In patients with PANDAS/PANS, the immune system is thought to mistakenly react and cause an autoimmune reaction that causes inflammation in the part of the brain responsible for motor control, executive functions, behaviors and emotions. This reaction may cause neurological, psychological and cognitive symptoms as a result of neurological inflammation.

What are typical PANDAS/PANS symptoms?

PANDAS/PANS can produce sudden, uneven and unusual symptoms in children, typically aged 4 to 10 years. But it can also occur in teens, and new research indicates that it can occur into young adulthood as well. Symptoms may include separation anxiety, obsessions and compulsions, inability to tolerate certain activities, tics, involuntary movements or hyperactivity. Caretakers may also observe changes in handwriting and academic performance, reduced attention span, changes in eating and sleep habits, increased sensory sensitivity and other changes in personality or behavior.

–From PANDAs Network

Further Resources:

[PANDAs Network](#)

[Child Mind : Guide to PANS](#)

[PANs Australia & New Zealand](#)