

Wellness Plan – Aurora

3rd September 2022

Goals:

- **Improve overall gut health to make Aurora more comfortable**
- **Regulate bowel motions**
- **Improve asthma and immune response**

Prescription:

Continue with the Ultra Flora Kids Care and the Multi Care for Kids as per the last Wellness Plan

Addition: *Metagenics Cod Liver A & D for Kids – 2ml daily mixed with juice or in food*

Essential fatty acids including omega 3s is important for our immune functioning, as well as cognitive function and moods. This mix is combined with vitamins A and D as well which will give extra immune support, reducing inflammation and support respiratory health

Addition: *Australian Bush Flower Essence – take 7 drops under the tongue in the*

morning and before going to bed – this mix will help promote willingness to try new things and possible fear around food choices

Dietary Advice:**Diet considerations for constipation & support immune health / asthma:****Increase:**

- Slippery elm powder (hide small amount in milkshake)
- Chia seeds (see included chia seed pudding recipe – can make sweeter with maple syrup or honey)
- Flax seed meal (hide small amount in milkshake)
- Water (1.5 litres per day)
- Kiwi fruit
- Sweet potato
- Broccoli
- Apples (see stewed apple recipe – can add some honey if needed)
- Herbal tea – chamomile (can make it into a iced tea & add some honey)
- Exercise / movement
- Fish (especially oily fish like tuna, mackerel, salmon – but any fish is better than none)

Decrease:

- Remove cows dairy (milk, cheese, yoghurt, ice-cream, chocolate)
- Bananas

Dairy Substitutes to try:

- Alternate milks (can tip into normal milk container so Aurora is not aware) – oat, soy, almond, coconut
- Goat or sheep's cheese or yoghurt
- Coconut yoghurt
- Cashew cheese

Allergy Testing Information:

Allergy testing for food and inhalants is something to consider to help pin point what Aurora's triggers are so these can be better avoided.

IgG 96 – tests for 96 common foods and is testing more for intolerances where reaction may be seen a day or two after being exposed rather than pure allergic reactions - \$270.00

IgE 27 – this tests more for actual allergies where there usually an instant response after being exposed - \$267

IgE50 – inhalants – this is to test environmental exposures and her reaction to these such as dust mites, grasses etc - \$252.00

If you had to choose one, I would be recommending the IgG96 as a starting point as it tests a wide range of foods and intolerances can be harder to pinpoint as the reaction is not always instant.

Previous dietary advice to continue with:

- Get Aurora involved in cooking – making gummies and bliss balls and prepping vegetables for dinner, helping make home made pizzas
- Get Aurora her own kids recipe book that she can choose a meal from once a week and get involved in cooking it
- Family style dinners once a week where you sit at the dining table together and everything is put in the middle and grab what you want – this can help expose her to more vegetables and after time she may be more likely to try them – have vegetable options you know she will eat plus some others – this helps give them some control over their choices
- Make dinner as stress free as possible
- Try to avoid excess snacking with regular, predictable meals times – and limit what sort of snack are available to Aurora
- Praise and reward trying new foods (non food rewards)
- Ensure Aurora is drinking 1-1.5 litres of water each day
- Increasing vegetables, fruit and wholegrains are the best way to increase fibre which makes it hard when our children are fussy eaters!

- Ideally we are aiming for a palm sized (child's palm) amount protein (chicken, fish, red meat, nuts and seeds) and good fats (avocado, nuts, nut butter) in every meal as well as vegetables – this will help her feel fuller for longer
- As parents, eating variety of foods yourselves also has a positive effect on what your child eats
- Try to hid vegetables in as many meals as you can – grated into pasta dishes, grated into rissoles or meatball, homemade chicken nuggets with grated veggies, homemade pizzas (and get Aurora involved in putting toppings on – blitz up vegetables into the pizza sauce), grating up veggies into the base for Mexican dishes
- If you are into podcasts, Jessica Donovan is a Naturopath who hosts the 'Natural Super Kids Podcast' – there are a heap of episodes on here with tips for fussing eating and getting more nutrition into our kiddies.