

How can Holistic Nutritional Medicine help in the treatment of Autism and ADHD/ADD spectrum disorders?



Research has shown that an imbalanced diet, food intolerances & allergies, poor gut health, nutrient deficiencies, toxic overload, inflammation, neurotransmitter imbalances and lifestyle choices, can have a huge impact on a child's behavioural, neurological, cognitive, physical and social development.

Holistic Nutrition takes an integrative and individualised approach to treating children with spectrum disorders, by looking at all of the above factors. Diet and lifestyle changes may make improvements in the affected developmental areas of the child.

The human body works as a complicated and integrated system of cells, tissues, organs and organ systems, which are reliant on nutrients (from foods) to fuel our biochemical pathways, in order to provide balance and optimal functioning. These pathways can become deficient or imbalanced not only due to diet, but due to lifestyle and environmental influences. For this reason, it is important to treat the body as a whole, looking at the underlying causes and influences affecting the individual child and treat these, rather than just treating the presenting signs and symptoms.

What can you expect from a consultation?

- Lots of questions! About your child's current and past health and your family health history
- A detailed evaluation of your child's current diet, including their likes & dislikes, restrictions, eating habits, water consumption & anything you feel may be relevant (you may be asked to complete a food & symptom diary)
- Questions surrounding your child's digestive health, sleep, exercise, lifestyle & cultural influences, social interaction, emotional & psychological health, any behavioural issues or concerns (these may include fixations, repetitive behaviours, compulsions & aversions)
- In house testing: fingernail & tongue analysis, weight & height measurements, body composition analysis & urinary pH may be carried out
- Referral for external testing: screening for food allergens & sensitivities, pathology, oligoscan (trace element & heavy metal testing within tissues) and any other functional tests believed to be beneficial for developing an individualised treatment plan for your child
- Discussion about health goals for your child & what you feel are the most important ones
- Education on healthy eating habits & lifestyle changes
- Support to implement any changes needed, as this is a process - there are no quick fixes or 'magic' pills

WHAT TO BRING:

- Any recent pathology or testing carried out for your child, that may be of importance to their treatment plan

What does treatment involve?

'Diet, Nutrient Therapy, Detoxification & the treatment of any underlying causes of inflammation & imbalance'

Diet Changes

- Removal of known allergens & inflammatory foods
- Increase of foods high in specific nutrients known to detoxify, heal the digestive system & improve gut health (supplementation may be recommended)
- Investigation & implementation of strategies to help the individual child, increase range & variety of food (eg. one vegetable tried different ways: raw, steamed, mashed, blended, etc)

Lifestyle Changes

- May involve changes to current exercise & sleep routines (eg. More green time outside & less screen time inside)
- Implementation of behavioural changes & sensory reducing activities
- Removal/Reduction of environmental toxins



What changes & improvements can be expected during & after treatment



The below information outlines the changes & improvements, which may be achieved by implementing a holistic nutrition treatment plan. It is important to note however, that results will be individualised and cannot be guaranteed in each child. Every BODY is unique, we all have different genetic make-ups, lifestyle, cultural & environmental influences, which will impact the treatment and the results obtained.

Visible (behavioural) Changes

Reductions in:

- Inattentiveness, impulsivity & hyperactivity
- Sensory overload
- Social & communication barriers
- Repetitive behaviours

Improvements in:

- Behaviour
- Concentration & cognitive function
- Emotional & psychological wellbeing
- Neurological functioning
- Eating habits & diet variety
- Sleep onset & duration
- Immune health & general wellbeing
- Social skills & non-verbal interactions (this can have a major impact on relationships and family dynamics)

Systemic (physical) Changes

- Improved gastro intestinal health
- Reduction in gastro-intestinal symptoms (eg. constipation, diarrhoea, flatulence, cramping, etc)
- Reduced inflammation for improved immune response & nutrient deficiency correction
- Reduced toxicity & heavy metal accumulation
- Balanced blood glucose & hormone levels
- Balanced neurotransmitter production
- Balanced healthy cell production & cell regeneration



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