

A Better Gut for a Better Brain: Diet, Digestion, Elimination

Type your questions into the chat
– specific to gut, digestion, diet

Why are you here? You feel...

- Confused about your next steps for helping your child
- Overwhelmed by all the information available on Dr. Google, Facebook groups, supplements, protocols from your doctor
- You've tried lots of things with varying degrees of success and can't seem to get beyond a certain point.
- You don't want to medicate.



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Why are you here? You feel...

- You understand fixing the gut is important, but just don't know what you should be doing or how



A Better Gut for a Better Brain: Diet, Digestion, Elimination

1. Review yesterday's Detective Work
2. Your questions
3. Diet – what does that mean, what should it be?
4. Digestion
5. Elimination
6. Picky eating

Ask the questions...

- Write some details about the birth process of your child.
 - Was it vaginal or C-section?
 - Did your child have early interventions right after birth?
 - Was your child premature and needed neonatal ICU care?
- Post natal period – after you brought your child home (if hospital birth)
 - Did your baby sleep with a baby monitor nearby or near wifi?
 - Was he breastfed?
 - Did she have formula? If so, was it organic?
 - Did she have colic, reflux, constipation or other digestive troubles?
 - Did he seem to react to anything you ate (see above)?
 - Anything else you noticed about post birth and your baby?

Be a Detective

- Write down some details about your pregnancy.
 - Did you conceive naturally or use IVF?
 - Were you stressed?
 - Were you exposed to toxins – pesticide spraying near your home, food poisoning, had an injection or antibiotics, took medications, had a surgery or anesthesia for any reason?
 - Did you have a traumatic event occur, or even a scare having to do with you, your relationship, another child, or the pregnancy?
 - Did you have ultrasounds throughout the pregnancy?
 - Did you sleep near a wifi router or suspect 'dirty' electricity?
 - What did you eat – organic fruits, vegetables, 'clean' meats or fast food, processed food, non-organic and GMO food?
 - Did you have mercury amalgam (silver) fillings?

Diet – What Does That Mean? What Should It Be !

Eliminate THESE Foods

- Gluten
- Dairy
- Soy
- Artificial flavors, colors
- Monosodium Glutamate (MSG)
- Artificial sweeteners
- Corn
- Eggs

Eliminate THESE Foods

- Vegetable oils: canola, corn, soy
- Non-organic fresh foods
 - Pesticides, herbicides
- www.ewg.org – Dirty Dozen, Clean 15

Eliminate THESE Foods

- Genetically modified organism (GMO) foods
 - Tomatoes, corn, papaya, squash, soy, potato, pineapple, apple, sugar beet
- Processed foods high in preservatives
 - TBHQ, parabens (ethyl, methyl, butyl
- Non-organic meats
 - What are the animals fed? GMO corn
 - What is put into their bodies? Antibiotics, hormones

Water

- What's in our water?
 - Chlorine
 - Fluoride
 - Pharmaceuticals (even in Antarctica!)
 - Metals
 - Microbes
 - Industrial chemicals
 - www.ewg.org/tapwater
- Always use purified water! Distilled is best
- Don't rely on well water being clean

Diets that can help

- Gluten Free, Dairy Free (GFCF)
 - Two studies* show that 80% and 69% of kids who do this diet improve with this alone
- Remove sugar
- Remove processed foods, including gluten free products
- GAPS (Gut and Psychology Syndrome)
- SCD - Specific Carbohydrate Diet
- FODMAP – Fermentable Oligosaccharides, disaccharides, monosaccharides, Polyols
- Body Ecology Diet
- Paleo Diet
- Ketogenic Diet

* Research compiled by Autism Research Institute, www.autism.org

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Diets that can help

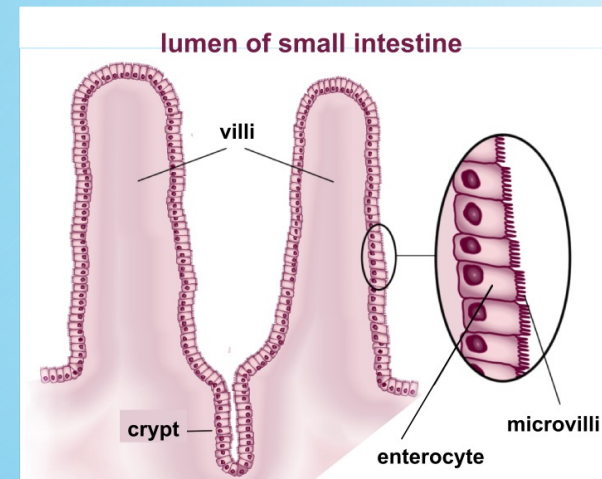
- Feingold Diet
- Low oxylate
- Low phenol
- Low salicylate
- See Julie Matthews – Nourishing Hope
- Epidemic Answers - <https://epidemicanswers.org/reference-library/the-gut/healing-the-gut/>

Microbiome

- The microbes that live in our gut
- Produce neurotransmitters
- Produce vitamins like B12
- Break down toxins
- Get imbalanced due to toxicity in gut, the wrong microbes flourish
 - Glyphosate is food for the bad guys
- Fecal Microbiome Transplants (FMT)

Leaky Gut

- When space opens up between cells in the gut lining
- Large, undigested food particles can leak out
- Allergies, sensitivities, neurological issues, joint pain
- Red ears, cheeks, rashes
- Glyphosate's role in leaky gut
 - Consider that glyphosate is sprayed on many crops right before harvest
- Candida overgrowth



“ Ryan – 9 year old (summer 2021)

Picky eating, elimination

- ✓ Picky eater
- ✓ Craves carbs
- ✓ Pooping 2-3x/week
- ✓ Difficulty sleeping
- ✓ Overwhelmed easily
- ✓ Daily tantrums
- ✓ Anxiety
- ✓ Easily frustrated
- ✓ Spacey
- ✓ Little eye contact

- ✓ Outbursts when gets home from school, may hit head against wall.
- ✓ Can cry for a long time
- ✓ Highly sensitive
- ✓ Didn't respond to name being called
- ✓ Doesn't answer questions appropriately
- ✓ Hyperactive at home, moving around a lot

“ Ryan – 10 year old (summer 2022)

- ☒ Eats anything mom gives him
- ☒ Poops 1-2x/day.
- ☒ Asks to go to sleep and sleeps the whole night
- ☒ More communicative, speaking in Spanish at home.
- ☒ Progressing in reading comprehension in school.
- ☒ Articulating well in speech, progress in speech therapy.
- ☒ I more alert, more mature

Elimination (Pooping) Affects

- Anxiety
- Anger, Meltdowns
- Stimming
- Crying for seemingly no reason
- Toxins in colon -> get recirculated into body, brain

What helps:

- Starts with pooping every day, 1-4 times
- Drink more water – hydration!
- More fiber from fruits and vegetables
- Use [magnesium in supplement](#) or Epsom salts baths
- [Castor oil pack](#)
- Colon massage



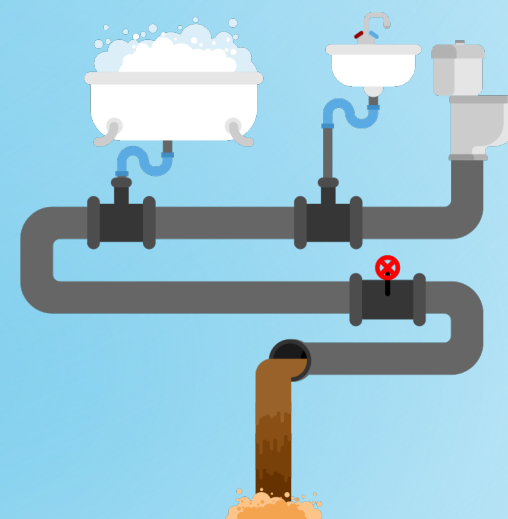
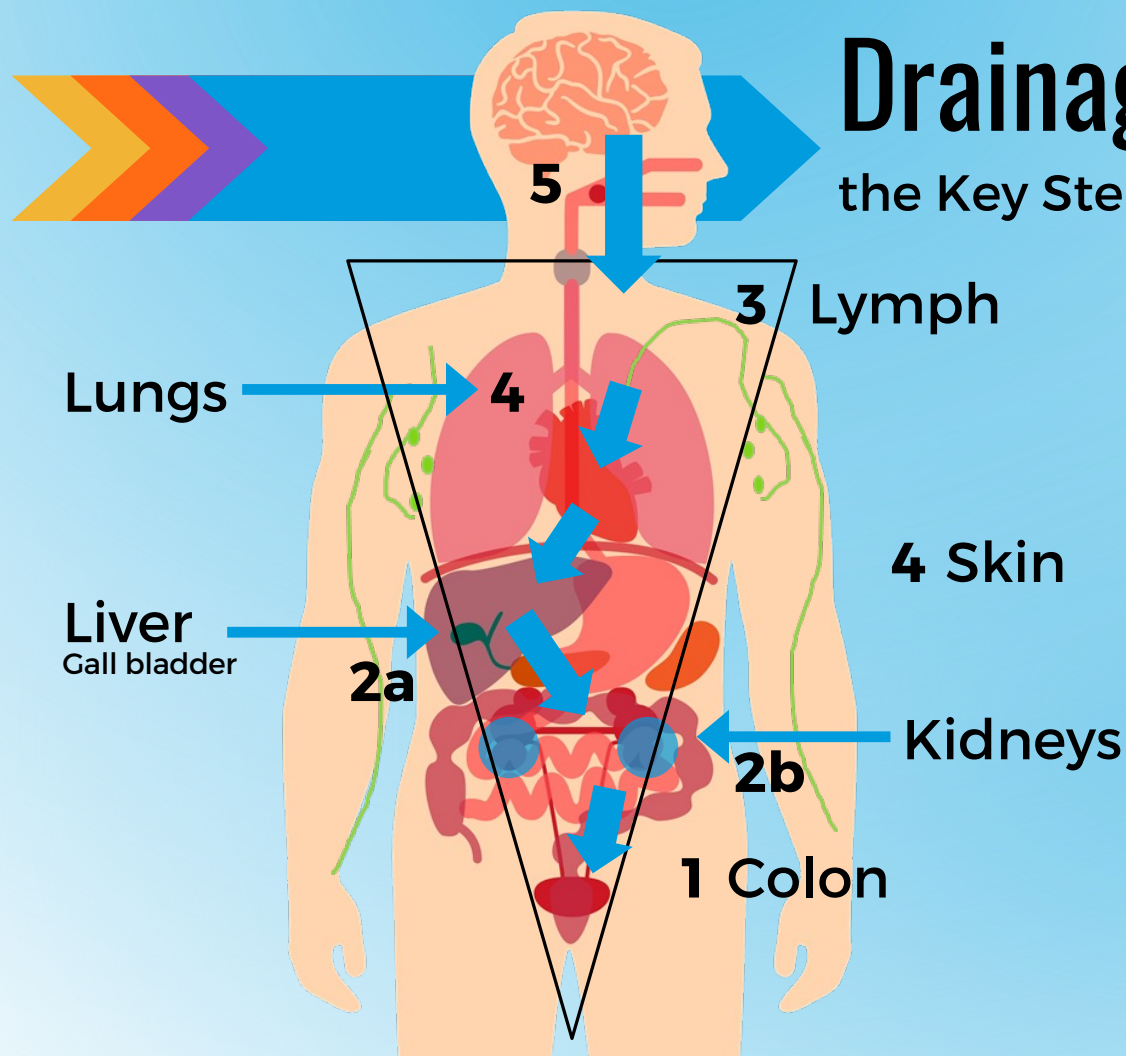
- *You will purchase this through the Transforming Autism Program, as a key supplement in the protocol.



Autism
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Drainage

the Key Step Most Practitioners Miss



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Picky eating

- Oral-mouth sensory issue?
- Nutritional deficiency
- Weak digestion
- Side effects of medications

Work at the Foundational Level

Build the Foundation

- Eliminate toxicity to eliminate neuroinflammation, gut inflammation
 - Open drainage systems of body in the right order so toxins and cell waste can flow out of the body
 - Create a gut environment that will assimilate food/nutrients
 - Provide proper nutrients as building blocks to body



Powerful Action

Colon Massage

You can do at home for FREE to help your child feel greater calm and ease



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Be a Detective

- Look in your pantry

- Sauces
- Box mixes or packets of flavorings
- Mac and cheese, pasta
- crackers, cookies, jars, cans, bottles

- Look in your fridge

- Ketchup (sugar)
- Mayo (canola or soy oil?)
- Condiments
- Salad dressings
- Prepared foods
- Lunch meats, cheese, meats

- Identify 5 things that have the 'bad' ingredients in them and that are the easiest for your family to do without. Eliminate/replace one of them today.
- Bring your list to the workshop tomorrow.
- Suggestions for replacements, what to eat instead

Strategies and Supplements for Pooping

- **Chia seeds as a laxative** — 1 Tbsp seeds in 2-3 Tbsp purified water. Let sit for 15-30 minutes. Give with fruit, in oatmeal or smoothie
- **Aloe Vera whole leaf juice, organic**, 1 tsp – 1 Tbsp in am
- **More fiber from fruits and vegetables**
- **OxyPowder magnesium supplement**, ½ - 2 caps, start with less and build up
- **Epsom salts bath in the evening for easier pooping in the morning**, 1-2 cups in bath water
- **Castor oil pack** — part of the Transforming Autism Jumpstart program
- **Colon massage**

Caution: Always give a small amount of supplement and build up to giving more, especially for sensitive systems. This is taught in the Transforming Autism Jumpstart Program – how to add supplements slowly and one at a time.

Supplements for Picky Eating and Gut Healing

[Sign up for a Fullscript account in the Autism Transformed Dispensary](#)

- Zinc supplement
 - [Liquid](#) - ½ - 1 tsp per day with food
 - [Lozenge](#) — ½ - 1.5 lozenge/day with food (15-30mg)
 - [Juice Plus chewable](#)
- Probiotics
 - [Klaire Therbiotics Complete](#)
 - [MegaSpore](#)
 - Prebiotics – [MegaPre](#)
 - [MegaMucosa](#)
 - [MegalgG](#)
 - Bone Broth Powder – [Chicken](#), [Beef](#)

*Caution: Not all supplements work for all kids. Some children are sensitive to these, which is why you should always work with your knowledgeable practitioner before using supplements.

In the Transforming Autism Jumpstart Program we meet with you to see if any of these will help your child and guide you in the best way to give supplements.

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