

Brain Integration and Nutrition

Dietary Dangers for Chronic Disease/Foods to Avoid "Don'ts"

- All process foods and "white" foods
- Refined Sweeteners : ending in "ose" and avoid 'tols such as sorbitol
- Excitotoxins
- Processed Homogenized/Pasteurized Dairy Foods
- Refined Grains - cereals, breads, pasta etc.
- Refined oils
- Cured meats with preservatives (nitrates and nitrites)
- Transfats such as hydrogenated oils
- Known allergy foods/sensitivities
- Soy and Corn - GMO foods
- Soda, fruit juice and sports drinks
- Artificial colors, caramel color, vanillin, BHA, BHT, EDTA, etc. (RED and BLUE dyes especially)
- Food Pyramid (Food plan developed to fatten hogs)

Whole Foods and Therapeutic Lifestyle Change "Do's"

- D3
- Omegas
- Probiotics
- CBD Oil Pure Hemp (Echoconnection.org or Kannaway.com/9826941)

- See Biochemistry resource on Genomind Assay
- Whole Foods
- Organics (shoot for 90% organic. Only eat organic pork)
- Grass fed meats, free range poultry, wild caught fish
- Whole milk dairy (raw milk) -
- Organic eggs
- Raw nuts/seeds (organic)
- Whole grains (limit 1 serving/daily)
- Traditional oils/fats (butter, palm, extra virgin olive)
- Natural sweeteners (agave nectar, xylitol, stevia, local raw honey)
- Filtered water
- Cookware-stainless steel, cast iron, glass or quality enamel
- Reduce stress
- Sleep/exercise
- Supplements (enzymes)

Special Diets to Consider

- Gluten Free/Casein Free
- Candida Diet
- Anti-Inflammatory Diet
- IgG Elimination Diet
- Feingold Diet
- SCD
- Low Oxalate Diet (Huge success with Autistic kids in few days, but a very challenging diet to follow).

References/Suggested Reading

- The Kid-Friendly ADHD and Autism Cookbook, Pamela J Compart M.D., Dana Laake, RDH
- Westonaprice.org
- Mercola.com
- Nourishing Traditions by Sally Fallon
- Enzymes for Autism by Karen DeFelice
- The Crazy Makers by Carol Simontacchi
- The Kid-Friendly Food Allergy Cookbook
- ADD the Natural Approach by Nina Anderson
- Body Ecology Diet by Donna Gates Breaking the Vicious Cycle by Elaine Gotshall
- Excitoxins by Russell Blaylock, MD
- Information provided by Cindy Adams, Certified Nutritionist with Tri-Life Health
- www.trilifehealth.com
- nutritionist@trilifehealth.com

Updated January 2019
Jaynee Hodgkins, Wholistic Design Connections
www.jayneehodgkins.com

