



# 12 Nutrition Steps to Better Health, Learning, and Behavior

by Julie Matthews



## Welcome to Nourishing Hope!



Since you're here, maybe you're wondering if diet and nutrition can help your child – or, you're a parent that's already seen the benefits food and nutrition can make and are seeking even further improvements.

Fortunately, there are steps you can take to begin, see results, and know that you are headed in the right direction. Then, advanced steps for experienced parents to help you refine a personalized dietary approach for your child.

For 18 years, I've been researching and working with parents and children with autism as a Certified Nutrition Consultant and published researcher. I know the importance, and have seen the impact, of using diet and nutrition to improve healing and reduce symptoms. I have witnessed the life-changing impact of this approach to improve the health, learning, and behavior of children *through the food and nutrition they receive*.

Nourishing hope (using food and nutrition) benefits many childhood conditions:

- Autism
- ADHD
- Anxiety
- Eczema
- Allergies
- Asthma
- Tourette's/Tics
- Down Syndrome
- Gastrointestinal conditions

These **12 Nutrition Steps** reflect my new step-by-step program for parents, Nourishing Hope for Healing Kids, the best practices from my clinical experience and published research.

The proven methodology can benefit all children, including picky eaters. It's strategically designed for the quickest results and maximum improvement, for both beginner and experienced parents. Steps 1-6 are the **Nourishing Hope Diet and Nutrition Essentials**, and Steps 7-12 explore **BioIndividual Nutrition and Therapeutic Diets**.

Let's get started with the first six steps:

- 1) Avoid junk food and toxins
- 2) Eat healthfully
- 3) Boost nutrition with supplementation
- 4) Address picky eating
- 5) Eliminate gluten, casein, and soy
- 6) Take good care of yourself

It's great that you're here!

*Julie Matthews*



# 1

First action step:  
Remove artificial  
colors, flavors,  
and preservatives  
from your child's  
diet

## Food and Toxins



Junk food and chemicals in daily life can deplete the body of needed nutrients and harm the body, making behavior and symptoms worse.

Avoiding junk food is a crucial foundation to the rest of the Nourishing Hope program, as it's

hard to improve your child's symptoms without removing unhealthy, unsuitable foods. This guideline is based on science that proves the saying: "You are what you eat."

Standard prepackaged food is full of artificial nasties that provide little-to-no nutritional value, but are added solely to make the food look, smell, or taste better. Children with autism or ADHD struggle to adequately cope with many of these artificial additives, due to issues with the detoxification pathway.<sup>1,2</sup> When children are not able to process these chemicals properly, these food additives can cause hyperactivity, sleep challenges, irritability, even aggression in a child.

Cutting out artificial colors, flavors, and preservatives is a great place to start when reviewing diet, and can often provide fairly immediate relief and improvement of symptoms.

Avoiding toxins is also key. Children with autism and neurodevelopmental delays often have reduced detoxification capability due to poor methylation biochemistry and low glutathione levels (our major detoxifier).<sup>3</sup> As a result, they can react more strongly to and are more harmed by toxins.<sup>4</sup>

Artificial fragrances are bad news: they contain dozens of toxic chemicals that can damage the brain and liver. They also cause physical, emotional, and behavioral symptoms, such as: headaches, nausea, crying, mood swings, and hyperactivity. So all scented products should be avoided.

**First action step: Remove artificial colors, flavors, and preservatives from your child's diet, and fragrances from your home.**

**Nourishing Hope Action: Food additives: Start by searching through your cabinet and reading the labels on any packaged products. Throw out anything with artificial colors (represented by a color and a number); vanillin and other artificial flavors; and preservatives like BHT (names will vary). Avoid anything that has ingredients that you**



do not recognize as a food. A good rule of thumb is to avoid any ingredients with long complicated names that are hard to pronounce.

**Fragrance:** Start by throwing out all perfumes and aftershaves, fabric softeners, scented candles, and air fresheners and plug-ins that your family use, as well as any body care products with added fragrance.

## 2

First action step:  
Eat organic and  
GMO-free

# Eat Healthfully



Choosing healthy foods is a cornerstone of Nourishing Hope, as getting the right nutrition can transform the health and behavior of all young people, whether or not they have autism or ADHD. Of course, even foods we all know are healthy need to

be bought from reputable sources to ensure true quality, and to avoid contamination from environmental toxins.

Eating healthfully is a process we continue to refine over time. Whether your child and family already eat a lot of vegetables or not, there is always room to fine-tune your diet and eat healthier. In many ways, eating healthfully is a lifelong practice.

There are many areas to consider:

Macronutrients: Fats, carbs, and protein  
Micronutrients: Vitamins and minerals  
Quality: Nutrient rich

Preparation methods

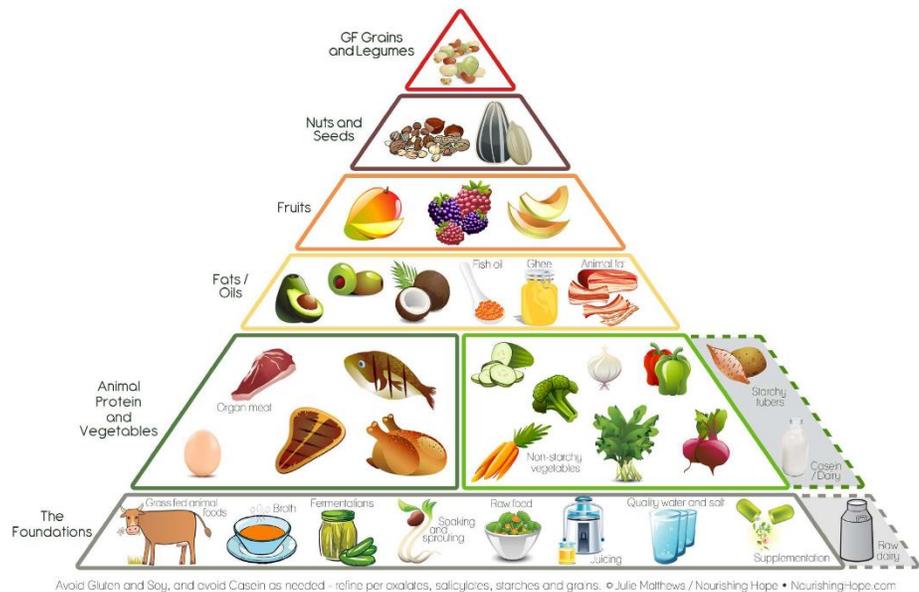
Natural: GMO-free  
Non-toxic: Pesticide-free

### **First action step: Eat organic and GMO-free**

There are many ways to improve the quality of your child's diet, and this is a good place to start. Genetically Modified Organisms (GMOs) are plants that have been engineered to withstand disease and create a larger crop yield – often using non-plant sources such as bacteria, or antibiotic-resistant genes. They're bad news for many reasons – in particular, studies show that eating GMO food brings a higher chance of allergies <sup>5</sup>– but not enough research has been done to establish the risks to the immune system. GMOs and conventional produce often use large amounts of pesticides which are known neurotoxins, and glyphosate which has been found to cause cancer. And children with autism have more difficulties detoxifying toxins, including organophosphate pesticides, which can impair neurobehavioral development.<sup>6</sup>

As children with autism or ADHD are sensitive to toxins, it makes sense to avoid GMOs and any foods treated with pesticides: opting instead for organic produce.

**Nourishing Hope Action: Start by eating organic food whenever possible, as it is free of pesticides and GMOs. If you don't have access to all organic choices, choosing organic is particularly important with the EWG's Dirty Dozen list of produce with the highest level of pesticides, such as: strawberries, spinach, nectarines, apples, and grapes; as well as GMO foods, and those high in glyphosate, including: soy, corn, canola, wheat, legumes, and oats. The Nourishing Hope Food Pyramid provides detailed guidance as you progress.**



The Nourishing Hope Food Pyramid

# 3

First action step:  
Add a  
multivitamin/  
mineral formula,  
EFAs, or digestive  
enzymes

## Boost Nutrition Status with Supplements



While good food choices are the best way to improve your child's nutritional intake, often a child with autism or ADHD needs additional help through supplementation. Supplements can aid your child's body in repairing itself, as well as in growth and daily needs.

Supplements are a useful tool for picky eaters who may be hesitant about trying new healthier foods right away. Using supplements can also aid your child's microbiome, counteracting the damage caused by leaky gut, and minimizing gastrointestinal symptoms. <sup>7</sup>

**First action step: Add a multivitamin/mineral formula, EFAs, or digestive enzymes**

These are the first three supplements I recommend to most clients.

**Multivitamins** are an efficient way to get vitamins and minerals into your child, but use caution – some of my clients can be sensitive to certain forms of nutrients, and need to proceed slowly, adding one at a time. <sup>8</sup> **Essential fatty acids** (EFAs) are an excellent starter supplement, particularly Omega-3, which is crucial for both cognitive and immune system function – children with autism have shown improvement after taking EFAs. <sup>9</sup> Finally, **digestive enzymes** help your child's gut break down food far more effectively, optimizing the nutrients that they absorb through food – while also reducing uncomfortable GI symptoms.

**Nourishing Hope Action: Choose supplements with high quality nutrients that contain no artificial colors or flavors, no gluten, and are low in sugar. Add supplements one at a time, choose one to start with, and go “low and slow,” slowly increasing to the suggested amount.**

# 4

First action Step:  
Introduce three  
new foods.

## Address Picky Eating



Picky eating is very common in children. 25% of children have a feeding disorder, and that number increases to 80% in children with developmental delays.<sup>10</sup>

So if your child is a picky eater, know that you and your child are not alone.

A vast majority of my clients are picky eaters. But with some nutrition education to be most strategic about your approach and some new creative ideas, most picky eaters improved. In fact, in my [Nourishing Hope for Healing Kids](#) program, 81% of children who were picky eaters improved after knowing these strategies. And all of the parents said they gained confidence to feed their child nutritiously.

There are biochemical reasons for picky eating as well as sensory issues. Sensory sensitivity can cause texture aversions. Sometimes we need to simply introduce more new foods. It can be easy to become discouraged after a child rejects our food choices.

### **First action Step: Introduce three new foods.**

Consider texture when you create your list of new foods. Notice whether your child likes a crunchy texture or maybe a pancake texture. Then find ways to prepare vegetables and nutritious food like protein in a way they enjoy.

**Nourishing Hope Action: Make a list of three new foods or vegetables you would like to try with your child. Consider chips and fries made with root vegetables like carrots, parsnips, sweet potatoes, and more. Try crunchy raw vegetables such as red bell pepper, cucumber, or jicama. Get creative with meat by making chicken pancakes.**

5

First action step:  
Add new gluten  
and casein free  
alternatives.

## Eliminate Gluten, Casein, and Soy



Gluten is a protein found in wheat, rye, and other cereals, while casein is the protein found in dairy. Both can be bad news for children with autism, as often their digestive system is impaired and unable to deal with these proteins.<sup>11</sup> Left to their own devices, both gluten

and casein can turn into morphine-like substances, that not only have an effect on your child's moods and cognitive function, but are very addictive, often causing an intense food preference – or cravings – for wheat and dairy foods like bread, milk, and cheese.



Soy has the same properties and challenges as gluten and casein, including the opiates, so avoid soy as well on this diet.

**First action step: Add new gluten and casein free alternatives.**



Try cutting out gluten entirely, making sure you avoid bread, cereals, pasta, noodles, and pastry – and remember to check labels carefully. Dairy must be avoided – so anything made from cow's, sheep's, or goat's milk: milk, cheese, butter, ghee, cream, ice cream,

or flavored milk. Avoid soy products: soy sauce, tofu, soy flour, and soy milk. Almond milk or coconut milk are a great alternative.

**Nourishing Hope Action: Start by making a list of meals your child likes. Discover gluten-free, casein-free, and soy-free (GFCFSF) alternatives, and try them with your child. Before you remove any foods, adding diet-compliant substitutes will give you choices, and the confidence to begin a GFCFSF dietary trial.**

# 6

## First action step: Self-care

# Take Good Care of Yourself



Yes, you read that right – to follow the Nourishing Hope program in full, you need to take some time out and make sure you are taking good care of yourself – finding an outlet for any stress you may be feeling.

Take as much care with your own diet as you do with that of your

child. As a parent, you have a lot on your plate, and while the Nourishing Hope program may seem like another aspect in your life that you have to squeeze in, I'm here to let you know you need to look after yourself in order to parent well. After all – on an airplane, you have to put your own oxygen mask on, before your child's.

### **First action step: Self-care**

Self-care is personal, but here are a few examples of small things you can do to alleviate stress and change focus. If you're worried about time, set an alarm for 20 minutes.

While cooking for your child, make extra breakfast - for yourself - to ensure you're getting your day off to a good start with nourishment too.

Enjoy a square of quality dark chocolate. Hold it in your mouth and savor the sensations!

Meditate. Do yoga or Pilates. Listen to relaxing music. Take a bath.

**Nourishing Hope Action: Choose one self-care activity to accomplish each day. Write it down so you can look back with perspective about caring for yourself.**

## References for Steps 1-6:

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Beyond GFCF:  
How **BioIndividual Nutrition**  
and **Therapeutic Diets** Can Help  
Your Child Improve

Steps 7-12



## Personalizing Your Diet and Nutrition Approach

Once you've made changes in your child's diet and seen some improvements, now it's time to customize your approach, optimizing the food your child eats to suit their unique needs. There are many special or therapeutic diets; however, it can be confusing to know what to do next and which to choose.

I created Nourishing Hope to help children with autism and ADHD improve their health, learning, and behavior through improved diet and nutrition choices. Through my years in nutrition practice, I recognized that children respond differently to varied foods and diets. And because there is no "one-size-fits-all" diet, I developed the BioIndividual Nutrition® approach, a way of personalizing diet and nutrition to the child's unique biochemistry and needs.

I have studied and researched the most effective therapeutic diets to help you really drill down and make the right choices for your child. In the second half of my **Nourishing Hope for Healing Kids** program we go through a process of questionnaires, food elimination and inclusion to fine tune your child's nutritional intake and tailor their diet to their specific needs.

Steps 7-12 aim to make an extra difference to your child's life by bioindividualizing your diet and nutrition approach.

Whether your action step is to join my program now, or get started on your own, I hope these 12 steps support you on your path of nourishing hope.

If you are ready to join me in the global community of parents, health practitioners (and researchers) that are nourishing hope through bioindividual nutrition;

- Parents can explore my [Nourishing Hope for Healing Kids](#) program.
- Health Practitioners can explore my [BioIndividual Nutrition Certification Training](#) program.

Here are steps 7-12:

- 7) Low Phenol Diets
- 8) Food Allergies and Sensitivities
- 9) Grain-Free Diets
- 10) Low Oxalate Diet
- 11) Additional BioIndividual Diets
- 12) Supplements for BioIndividual Nutrition



*Julie Matthews*

# 7

## DIETS INCLUDE:

Low Salicylate Diet

Low Amine

/Histamine Diet

Low Glutamate Diet

Feingold Diet

FAILSAFE Diet

Low SAGTM Diet

# Low Phenol Diets

## What are phenols and amines?



Plants produce phenols as part of a defense mechanism in relation to stress. Phenols attack microorganisms that may be eating the plant.<sup>1</sup> But this mechanism can affect your child as they eat foods containing a type of phenol called **salicylates**. Foods containing salicylates include apples,

grapes, and berries.

Even worse: phenols are often artificially added to foods – artificial coloring, artificial flavoring, and artificial preservatives such as BHA, BHT, TBHQ are all phenols that many children (particularly children with ADHD and autism) struggle to metabolize adequately, due to insufficient phenol sulfotransferase (PST) enzyme to aid the sulfuration pathway.<sup>2</sup> Phenols can then act as a neurotoxin on your child's brain.

**Amines, (phenolic and non-phenolic)** turn up in foods that involve fermentation or protein breakdown, and can be found in both fresh produce (bananas, avocados, and tomatoes) and processed foods (cheese, chocolate, fish products, and yeast extracts). **Histamines** are the most well known type of amines, as everyone knows someone who suffers from hayfever and takes an antihistamine. But your child can also consume histamines in their food, leading to long term inflammation, skin irritation, diarrhea, and headaches.<sup>3</sup>

## Diets include:

Low Salicylate Diet

Low Amine/Histamine Diet

Low Glutamate Diet

Feingold Diet

FAILSAFE Diet

Low SAG™ Diet (low salicylate, amine, glutamate diet by Julie Matthews)

I find these diets to be helpful with: hyperactivity, behavioral challenges, irritability, aggression, sleeping challenges, crying, moodiness. One telltale sign is red cheeks and/or red ears.

## DIETS INCLUDE:

Elimination Diet

Rotation Diet

Egg-Free

Nut-Free

Citrus-Free

Wheat-Free

Dairy-Free

Soy-Free

# Food Allergies and Sensitivities



Food sensitivities are common in autism and ADHD, among other childhood conditions. Food sensitivities are an immune system reaction, often a delayed food reaction causing chronic symptoms like congestion, constipation, and tummy aches. Foods such as wheat,

dairy, soy, corn, and eggs are common sensitivities, and they can cause inflammation and many symptoms.

## What is an elimination diet?

An elimination diet is a short-term process that helps you identify your child's food sensitivities (and keep them out of the diet).

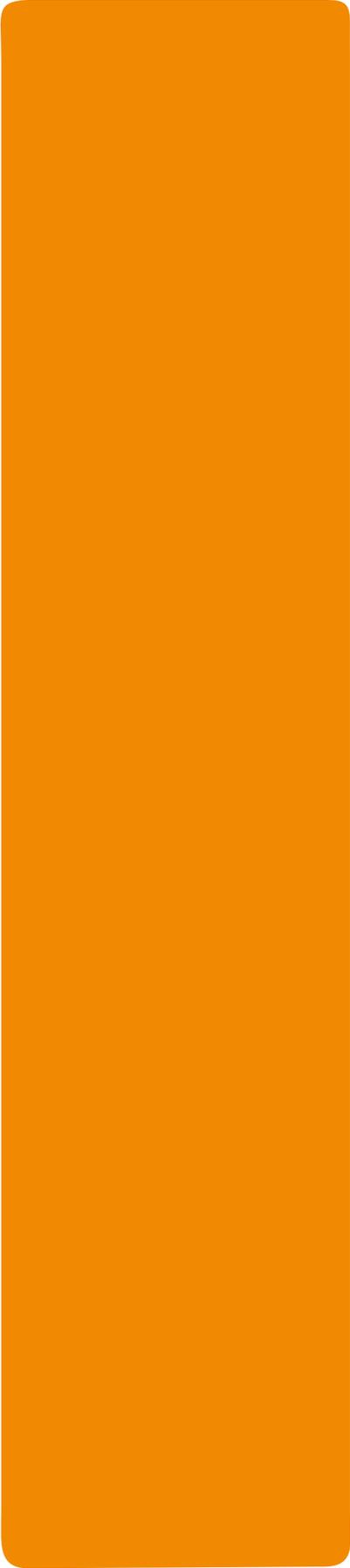
*Regardless of what other dietary choices you make for your child, an elimination diet helps refine their overall food plan.*

An elimination diet addresses immune system reactions such as food sensitivities, such as an IgG antibody response, food allergy, or other inflammatory response.

Using a process of trial and error, the elimination diet is a great way to identify food sensitivities. By removing certain foods, you can look for the reduction of symptoms to see if you are on the right track. Often an elimination diet has a "provocation" phase where foods are reintroduced a few weeks later. Here you can check for the return or flare up of certain symptoms associated with food intolerance – a powerful tool when making changes in diet for a child with ADHD.<sup>6</sup> The elimination stage lasts 2-3 weeks, and then the reintroduction phase can last a further 3 weeks. *This Elimination Diet testing phase is not a forever diet.* However, once food reactions are determined, depending on the reaction and reason, some foods may need to be avoided for the long term.

Restricts: Gluten, casein, soy, corn, eggs, citrus fruit, nuts, beef, seafood, chocolate, and sugar.

And can often help with gastrointestinal symptoms, headaches, congestion, pain, anxiety and other symptoms caused by these inflammatory foods.



## Rotation diet

In a rotation diet, you rotate different food groups – so on a four day rotation diet if you eat chicken on the first day, you can't eat chicken again for four days. Some individuals with food sensitivities or mild allergies adopt a rotation diet long-term to prevent food reactions, as the short-term break from the foods can reduce the inflammatory response and allow them to be better tolerated.

By addressing food sensitivities, by using an elimination or rotation diet, you can help reduce inflammation in your child.

**DIETS INCLUDE:**

Specific  
Carbohydrate  
Diet (SCD)

Gut and  
Psychology  
Syndrome (GAPS)  
Diet

Paleo Diet

# Grain-free Diets

## When and why reduce grains and starches?



In the first half of my program, I explain the tricky nature of gluten and how it can affect your child's body and behavior. But grains and starches can be difficult for your child to digest, and can cause irritation – and even inflammation – of the gut, impacting the gut microbiome.<sup>7</sup> And gastrointestinal issues are very common in ADHD and autism.<sup>8</sup> Often children with autism struggle with

their digestion because they have reduced numbers of carbohydrate digesting enzymes. Reducing starch and grain intake gives your child's gut a chance to heal.

### Specific Carbohydrate Diet

The Specific Carbohydrate Diet (SCD) is designed to restrict disaccharides (double-sugars) and polysaccharides (starches), however, your child is allowed to eat natural monosaccharides, such as honey, fruits, and non-starchy vegetables. SCD was developed on the basis that some individuals struggle to digest carbs, due to damaged mucosa in the small intestine.<sup>9</sup> An inability to digest double sugars – which are eaten by gut bacteria and yeast – causes microbial overgrowth, and restricts enzymes from breaking down carbohydrates further. This contributes to more damage in the gut. Avoiding eating double sugars and starches should bypass this, and help to heal the gut.

Restrict: grains, rice, bread, pasta, potatoes, starches, some beans, maple syrup, table sugar.

### Gut and Psychology Syndrome (GAPS) Diet

The Gut And Psychology Syndrome (GAPS) Diet is based on the diet principles on the Specific Carbohydrate Diet above, with a few tweaks. The GAPS diet is named for the link between the gut and brain, and more emphasis is placed on bone broths and eating fermented foods to help heal the gut microbiome.

Restricts: Same as SCD: grains, rice, bread, pasta, potatoes, starches, some beans, maple syrup, table sugar.

## Paleo Diet

Known as the caveman diet, the paleolithic (or paleo) diet has been designed to mimic the diet of our ancestors, before we began to farm and process our food. As the paleo diet is hunter-gatherer in style, the emphasis is on: wild fish, grass fed beef, free-range chickens and eggs – along with fruit, vegetables, mushrooms, and nuts.

Since this diet avoids grains it is used to counteract gastrointestinal issues, and was first introduced for this purpose by gastroenterologist, Walter L. Voegtlin in 1975. Paleo has become popular with a wider audience due to the emphasis on wholefoods, and avoiding processed food, but most importantly those who follow the diet have a wider, more diverse microbiome, which can reduce gastrointestinal symptoms.<sup>10</sup>

Restricts: grains, legumes, refined sugar.

For children that have gastrointestinal issues even after gluten-free, considering a grain-free diet may be helpful.

DIETS INCLUDE:  
Low Oxalate Diet

# Low Oxalate Diet

## What are oxalates?



Oxalate is an antinutrient found in plants, where they have a number of functions, one of which is to deter animals from eating their leaves.

High oxalate levels can be a problem, as they can lead to malnutrition, and, through leaky gut, can scatter around the body causing inflammation. Oxalates have been linked to autism.<sup>13</sup>

There are a number of reasons for high oxalates in the body. Normally, your gut microbiome deals with oxalates, but an imbalance in your gut bacteria can lead to higher oxalate levels. Additionally, digestion of fats, vitamin and mineral levels, and individual biochemistry all affect oxalate levels.

## Low Oxalate Diet

The low oxalate diet is designed to restrict the intake of high oxalate foods, with the understanding that there is no way to eradicate oxalates from the diet completely. Instead, the diet concentrates on limiting exposure where possible, with some flexibility. Low oxalate is a helpful tool to use alongside diets like GFCF or SCD to fine-tune your child's diet.

Restricts: greens (e.g spinach), nuts, seeds, legumes, grains, certain fruits, sweet potatoes, chocolate.

Oxalates can cause: pain, fatigue, gastrointestinal issues, microbiome imbalance, slow growth, and brain fog. And the low oxalate diet can be helpful when oxalates are the cause of these symptoms.

If you are considering a low oxalate diet, research and go slowly as it's generally recommended not to remove oxalates too quickly.

**DIETS INCLUDE:**

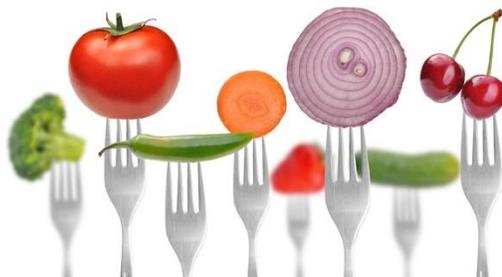
Low FODMAPs Diet

Body Ecology Diet

Ketogenic Diet

Nightshade-Free

## Additional BioIndividual Diets



As you can see, there are many diets that all serve a different biochemical purpose. These diets are more to consider on your journey of therapeutic diets and bioindividual nutrition as you refine your child's way of eating, and reduce symptoms. For example, you may use the GFCF diet, but, in addition, restrict nightshades.

### Low FODMAPs Diet

FODMAPs stands for fermentable oligo-, di-, monosaccharides and polyols – which are short chain carbohydrates and alcohol sugars that the body finds hard to digest. Instead, when you consume FODMAPs, they travel to the gut and are a food source for your gut microbiome. Unfortunately, when gut bacteria eat FODMAPs they can produce hydrogen or methane gas – causing gastrointestinal discomfort in sensitive people. FODMAPs can also trigger diarrhea by bringing liquid into the gut. FODMAPs have been linked with IBS, and a Low FODMAPs diet has shown to reduce IBS [14 15](#)

Restricts: fructose, cow and soy milk, wheat, legumes, certain fruits (including apples and cherries), certain vegetables (including the onion family).

A Low FODMAPs diet can help with bloating, gas, diarrhea, constipation, and digestive pain.

### Body Ecology Diet

The Body Ecology Diet works to on the basis of avoiding feeding yeastbalancing the microbiome, most commonly reducing yeast (candida) to regain health. Yeast overgrowth in the gut can contribute to an imbalanced microbiome (dysbiosis), and lead to inflammation in the gut and beyond – affecting decreasing nutrient absorption, increasing food reactions, and negatively impacting health. Additionally, dysbiosis creates symptoms of its own such as brain fog, hyperactivity, and neurological symptoms. The Body Ecology Diet avoid the foods that yeast loves, including sugar, starches, and vinegar-based fermented food, while balancing acid and alkaline forming foods. Live-culture fermented foods used in the Body Ecology Diet are a great way to regain the balance. [19](#)

Restricts: foods that imbalance the microbiome: sugar, certain grains and starches, industrial vegetable oil, acid forming foods,

The Body Ecology diet can be helpful with yeast overgrowth and when the microbiome, digestion, and the gut need support.

### **Ketogenic Diet**

The ketogenic diet is a very high fat, very low carbohydrate diet that uses fat, ketones, for energy rather than carbohydrates. Designed to reduce seizures in children with epilepsy, it has a number of neurological benefits, and can improve behavior in children with autism.<sup>12</sup> Because it is a strict diet, families should always work with their physician, and have an understanding of supplementation. The keto diet places an emphasis on healthy fats, with adequate protein, and a small number of non-starchy vegetables, but restricts most fruits.

Restricts: grains, fruits, sugar, honey, starches, beans.

The Ketogenic diet can be helpful for some children with seizures, neurological disorders, mitochondrial dysfunction, and a doctor well versed in a ketogenic diet can help.

Restricts: grains, fruits, sugar, honey, starches, beans.

The Ketogenic diet can be helpful for some children with seizures, neurological disorders, mitochondrial dysfunction, and a doctor well versed in a ketogenic diet can help.

### **Nightshades**

The nightshade family is a group of fruits and vegetables. Tomatoes and white potatoes are two popular foods, but they are also nightshades. Nightshades are a known inflammatory food, as they contain alkaloids, which can act like a toxin.<sup>20</sup> Many children with autism or other neurological disorders struggle to process toxins through their detoxification pathway, and this results in inflammation, leaky gut, and neuropsychiatric disorders.<sup>21</sup> Alkaloids (found in nightshades) aggravate gastrointestinal symptoms. If you suspect your child has a reaction to nightshades, you might consider a short elimination diet and see if symptoms improve.

Restricts: nightshades (e.g tomatoes, peppers, eggplant, white potatoes).



A nightshade-free diet can help reduce pain and inflammation caused by these inflammatory substances.

### **Further Diets to Consider**

This step involves assessing any other diets that might be important to the individual. In addition to the options above, someone might want to consider:

- Low sulfur,
- Low lectin
- Low purine,
- The carnivore diet
- The Nemechek Protocol
- ...and more

Vitamins

Minerals

Fatty acids

Amino acids

Antioxidants

## Supplements for BioIndividual Nutrition



We return to supplementation once you've tried different ways of eating, and figured out any foods problematic to your child. Now you're in a position to identify any nutrients your child may be lacking, and take steps to overcome this. As I've established above, children with neurological disorders can

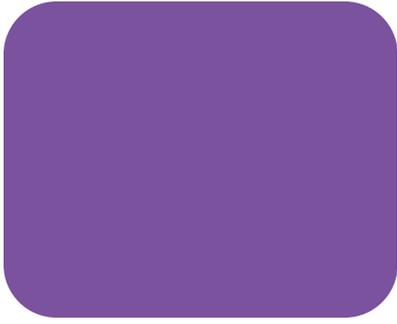
struggle to digest, absorb, or use nutrients on a cellular level, so using supplements is a wonderful way to optimize your child's diet, and help improve their behavior.

In addition to a multivitamin/mineral formula and fatty acid blend that can cover the bases of many common deficiencies in children with neurodevelopmental disorders (that we talk about in step #3, Boost Nutrition Status with Supplements), there are other supplements that can address additional individual biochemical needs, such as: mitochondrial support, neurotransmitter production, microbiome balance, detoxification support, and more. These next-level supplements may include:

- Probiotics
- Carnitine [22](#)
- Amino acids (Tryptophan and tyrosine are low in autism [23](#))
- Vitamin D
- Sulfate/MSM
- Glutathione
- Sulforaphane [24](#)
- CoQ10
- Medicinal herbs
- Biotin
- Taurine

When using some supplements in Step 12 you may benefit from using lab testing, and guidance from a health practitioner. Tests may include labs for gastrointestinal health, toxins and detoxification, nutritional status such as vitamin D levels, hormones, and genetic. Though it seems like a lot to cover, do remember you're not just looking – you're seeing if those nutrients are being used in the body in the right ways!

Some of these may be tried on a trial basis of a few weeks to see if there is a positive response (such as a girl in our study that had profound improvements in energy from carnitine). [25](#)



Introduce supplements one at a time and slowly. And remember to stop a supplement if your child reacts and can't tolerate it. Keep your healthcare professionals informed of what your child is taking.

Research the supplements carefully before you buy – you want high quality ingredients. Supplementation when done right can make a huge difference to your child's health, in conjunction with dietary and lifestyle changes.

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# The Guidance to Make Positive Changes

By now, you've got a better idea of how my Nourishing Hope program works – and how you may be able to aid your child in improving their health, and their behavior. I'm passionate about my work because I've seen it in action – reduction in anxiety, hyperactivity, gastrointestinal symptoms, and more. I've also seen family life improve for many of my clients.

## Nutrition Program For Parents



If you'd like to join me in my live step-by-step program, learn more about the program here at [\*Nourishing Hope for Healing Kids\*](#).

This program is only for parents and individuals, not for practitioners.

## BioIndividual Nutrition Training for Health Practitioners



If you are a practitioner, check out my [\*BioIndividual Nutrition Training\*](#) for professionals that want to use BioIndividual Nutrition in their practice to get the best results with their clients. And for those specializing in autism, ADHD, and childhood nutrition, visit our [\*Pediatric Program\*](#).

## About Julie Matthews

**I'm a Certified Nutrition Consultant, Author, and Published Researcher. I teach parents and practitioners that children with autism, ADHD, and related disorders can improve and heal – and that there's hope for their children.** I educate and empower them to make strategic dietary changes that positively affect children's health, learning and behavior. With my unique range of knowledge, from nutrition research and clinical experience to cooking in the kitchen for my pickiest clients, I've created Nourishing Hope and BioIndividual Nutrition for parents and practitioners to help children live happy, healthy lives.



Welcome to our community.

Keep nourishing hope!