healthy kids happy moms

SHEILA KILBANE, MD

Foreword by David Katz, MD

A PDF COMpanion To The AudioBook
CHAPTER 2

FIVE TRIGGERS OF INFLAMMATION

GENETICS

FOOD
Processed, packaged foods, artificial dyes and colors, refined sugar
Food allergies, food sensitivities, celiac disease, food intolerance, and histamine intolerance

ENVIRONMENTAL ALLERGIES

Indoor allergens
cats, dogs, dust mites, mold, insects including cockroaches

Outdoor allergens
pollen (grass, trees, weeds), mold

ENVIRONMENTAL TOXINS

Mold toxins
found in water-damaged buildings

Heavy metals or chemicals
herbicides (glyphosate) or pesticides

INFECTIOUS DISEASES

Bacteria
Viruses
Fungi
Parasites
Protozoans
Prions

PHYSICAL STRESS
Broken bone, herniated disc, torticollis (tight neck muscle in babies), Eustachian tube dysfunction

EMOTIONAL STRESS
Relationships, abuse, family dynamics, cultural expectations, jobs, negative self talk, guilt
CHAPTER 3

leaky gut vs. healthy gut

BRISTOL STOOL CHART

Type 7
Liquid consistency with no solid pieces (Severe diarrhea)

Type 1
Separate hard lumps (Severe constipation)

Type 6
Mushy consistency with ragged edges (Mild diarrhea)

Type 2
Lumpy and sausage-like (Mild constipation)

Type 5
Soft blobs with clear-cut edges (Lacking fiber)

Type 3
Sausage shape with cracks (Normal)

Type 4
Like a smooth soft sausage or snake (Normal)
An unhealthy diet creates a leaky gut, causing inflammation and illness.

- Headaches, trouble focusing
- Sleep disturbance, snoring, fatigue
- Mouth breathing, meltdowns
- Allergies, nasal congestion
- Recurrent ear and sinus infections

A healthy diet and supplements create a healthy gut, keeping our mind and body in balance.

- Consistent full night’s sleep
- Good focus and energy
- Clear breathing through the nose
- Hydrated, healthy skin
- Healthy gut, optimal nutrient absorption
- Regular bowel movements
- Muscles working well, able to keep up with other kids while playing

Circle the symptoms that apply to your child.

GENETICS

Food + Environmental Allergies + Environmental Toxins + Infectious Diseases + Stress

Excess inflammation

Minimal inflammation
Unhealthy Gut Cell
Poor cell wall integrity, nutrient exchange, and cell signaling. An unhealthy cell leads to unhealthy systems.

Leaky Gut Cells of the Small Intestine
Poorly digested food creates inflammation and damages the tight junctions. This creates leakiness between cells, allowing toxins and undigested food particles to access the bloodstream, which leads to inflammation.

Brain & Nervous System Downstream Effects
- Emotional outbursts, frequent “meltdowns”
- Sleep issues (trouble falling asleep, staying asleep, restless leg)
  - Fatigue
  - Lack of focus
- Worsening behavior with constipation
Healthy Gut

**Gut Cell**
Healthy cell with good fats making up the cell wall. Nutrients and cell signals are able to flow in and out of the cell easily.

**Small Intestine**
Nutrients absorbed effectively and efficiently. Inflammation is minimized with healthy digestion.

**Brain**
Efficient breakdown and absorption of fats and proteins help to support brain function, energy, and the ability to remain calm, focus, fall asleep, stay asleep, and much more.

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**HEALTHY GUT VS. LEAKY GUT**

**Healthy Gut**

**Leaky Gut Cells of the Small Intestine**
This creates leakiness between cells, allowing toxins and undigested food...

- Emotional outbursts, frequent "meltdowns"
- Sleep issues (trouble falling asleep, staying asleep, restless leg)
- Fatigue
- Lack of focus
- Worsening behavior with constipation

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Concept creation in conjunction with Deborah Allen, RPh, as an adaptation from the book *Leaky Cells, Leaky Gut, Leaky Brain*, with permission from the authors, Jess Armine, DC, and Elizma Lambert, ND.
Comparison of Food Allergies, Food Sensitivities, and Celiac Disease

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>FOOD ALLERGIES</th>
<th>FOOD SENSITIVITIES</th>
<th>CELIAC DISEASE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Symptoms</td>
<td>Flushing, hives, itching, lip swelling, coughing, trouble breathing, wheezing, abdominal pain, nausea, vomiting, diarrhea, increased heart rate</td>
<td>Runny nose, nasal congestion, abdominal pain, bloating, gas, loose stools or constipation, foggy brain, fatigue, skin rashes (eczema, bumps on the cheeks or back of arms), red ring around the anus, emotional outbursts, trouble focusing</td>
<td>Weight loss or weight gain, poor growth in children (short stature, failure to thrive), abdominal pain, bloating, gas, chronic loose stools or constipation, foggy brain, fatigue, trouble sleeping, joint or bone pain, iron-deficient anemia, B12 deficiency, menstrual irregularities, infertility, skin rash (dermatitis herpetiformis), behavior challenges, meltdowns or mood swings, trouble focusing, ADHD, anxiety, depression, seizures, numbness or tingling in the hands and feet</td>
</tr>
<tr>
<td>Speed of Reaction</td>
<td>Usually within fifteen minutes to two hours (but can be delayed up to twelve hours)</td>
<td>Minutes to hours to days</td>
<td>Symptoms can be extremely gradual and insidious. It often takes individuals years to get the right diagnosis (97 percent of people who have celiac disease do not know it, and the prevalence is 1 in 133)</td>
</tr>
</tbody>
</table>
An Oral Food Challenge (OFC) is a medical procedure in which a food is eaten slowly, in gradually increasing amounts, under medical supervision, to accurately diagnose or rule out a true food allergy.
# Comparison of Food Intolerance and Histamine Intolerance

<table>
<thead>
<tr>
<th>TYPE OF REACTIONS</th>
<th>FOOD INTOLERANCE</th>
<th>HISTAMINE INTOLERANCE</th>
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</thead>
<tbody>
<tr>
<td>Symptoms/Disease</td>
<td></td>
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<tr>
<td><strong>Lactase deficiency (lactose intolerance):</strong></td>
<td>bloating, gas, abdominal pain, nausea with ingestion of dairy</td>
<td>Similar to allergy symptoms: Flushing of the face, neck, ears, and body (can make eczema worse) Nausea Burning in the mouth Headache Faintness Abdominal cramps Bloating Diarrhea Wheezing or other breathing problems Swelling of the face and tongue</td>
</tr>
<tr>
<td><strong>Allergic colitis:</strong></td>
<td>babies will present with blood in their stool</td>
<td><strong>Eosinophilic esophagitis (EE):</strong> discomfort in the upper chest and esophagus while eating; sometimes leads to avoiding eating</td>
</tr>
<tr>
<td><strong>Food protein-induced enterocolitis syndrome (FPIES):</strong></td>
<td>vomiting and diarrhea after ingesting certain foods in babies</td>
<td></td>
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<tr>
<td>Speed of Reaction</td>
<td>Can be rapid or within hours</td>
<td>Often within minutes to hours but can also persist if histamine levels remain elevated.</td>
</tr>
<tr>
<td>Cells Involved</td>
<td>Non-immune system Non-IgE mediated Cellular reaction</td>
<td>Non-immune system When the diamine oxidase (DAO) enzyme which breaks down histamine in our bodies is not functioning properly</td>
</tr>
<tr>
<td><strong>Even though these issues seem similar to food allergies, most often the standard IgE food test results will be negative for cow's milk even though it can be contributing to the inflammation</strong></td>
<td></td>
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</tr>
<tr>
<td>Food Examples</td>
<td>EE: common triggers Milk Eggs Soy Wheat Others</td>
<td>Histamine-rich foods Spoiled fish Cured or smoked meats Smoked or canned fish Shellfish Leftover meats Fermented food (including beer) Vinegar Cow's milk, yogurt Cheeses, aged cheeses</td>
</tr>
<tr>
<td><strong>FPIES: common triggers</strong></td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td>Food Examples (continued)</td>
<td>Soy</td>
<td>Rice</td>
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<td></td>
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<tr>
<td>Foods that trigger histamine release</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bananas</td>
<td></td>
<td></td>
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<tr>
<td>Citrus fruits (lemons, oranges)</td>
<td></td>
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<tr>
<td>Cherries</td>
<td></td>
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<tr>
<td>Pineapple</td>
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<td>Strawberries</td>
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<tr>
<td>Dried fruit</td>
<td></td>
<td></td>
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<tr>
<td>Tomatoes</td>
<td></td>
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<tr>
<td>Tree nuts</td>
<td></td>
<td></td>
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<tr>
<td>Legumes (peanuts, beans)</td>
<td></td>
<td></td>
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<tr>
<td>Chocolate</td>
<td></td>
<td></td>
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<tr>
<td>Wheat germ</td>
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<tr>
<td>Food dyes, additives, and some seasonings</td>
<td></td>
<td></td>
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<tr>
<td>Alcohol</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Testing</th>
<th>Doctor will decide based upon history, symptoms, and physical exam</th>
<th>Doctor will decide based upon history, symptoms, circumstances when the symptoms occur, and physical exam</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Possibly test stool for blood or perform endoscopy for abnormal cells (EE)</td>
<td></td>
</tr>
</tbody>
</table>

Photo courtesy of National Archives and Records Administration, September 1946.

The 5 Rs of Healing the Gut

1. Remove
2. Replace
3. Reinoculate
4. Repair
5. Reintroduce

Immune system
Digestive enzymes
DNA
Stool
Inflammation

Refer to appendix

Discuss with your doctor

Research is rapidly changing

Disco ball - my AH moment!

Visit my website for more info:
sheilakilbane.com/book

Proceed with caution

8 STEPS TO healthy kids     moms

A Natural Way to Get Omega-3 Fats, Fiber, and Protein All in One

<table>
<thead>
<tr>
<th></th>
<th>CHIA SEEDS PER OUNCE</th>
<th>FLAXSEEDS PER OUNCE</th>
<th>HEMP SEEDS PER OUNCE</th>
<th>BEEF, GRASS-FED, 3 OUNCES</th>
<th>BEEF, GRAIN-FED, 3 OUNCES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>137</td>
<td>150</td>
<td>162</td>
<td>213</td>
<td>213</td>
</tr>
<tr>
<td>Omega-3</td>
<td>4.9 g</td>
<td>6.4 g</td>
<td>2.8 g</td>
<td>0.03 g</td>
<td>0.2 g</td>
</tr>
<tr>
<td>Omega-6</td>
<td>1.6 g</td>
<td>1.7 g</td>
<td>7 g</td>
<td>0.23 g</td>
<td>0.3 g</td>
</tr>
<tr>
<td>Protein</td>
<td>4 g</td>
<td>5 g</td>
<td>10.3 g</td>
<td>21 g</td>
<td>21 g</td>
</tr>
<tr>
<td>Fiber</td>
<td>11 g</td>
<td>8 g</td>
<td>3 g</td>
<td>0 g</td>
<td>0 g</td>
</tr>
<tr>
<td>Calcium</td>
<td>177 mg</td>
<td>71.4 mg</td>
<td>38.9 mg</td>
<td>-10 mg</td>
<td>-10 mg</td>
</tr>
</tbody>
</table>
different countries’ recommendations on dairy intake

Dietary Reference Intakes for Calcium from the Institute of Medicine (the guidelines we follow in the US)

- 0 to 6 months 200 mg/day
- 6 to 12 months 260 mg/day
- 1 to 3 years 700 mg/day
- 4 to 8 years 1,000 mg/day
- 9 to 18 years 1,300 mg/day
- 19 to 50 years 1,000 mg/day
- 51 to 70 years (F) 1,200 mg/day
- 51 to 70 years (M) 1,000 mg/day
- 71+ years 1,200 mg/day

United Kingdom

- 1 to 3 years 350 mg/day
- 4 to 6 years 450 mg/day
- 7 to 10 years 550 mg/day
- 11 to 18 years (F) 800 mg/day
- 11 to 18 years (M) 1,000 mg/day
- 19 to 70 years 700 mg/day
# Dairy’s Role in Triggering Inflammation in the Following Common Childhood Illnesses

<table>
<thead>
<tr>
<th>Illness</th>
<th>TRIGGERS DAIRY = COW MILK PROTEIN</th>
<th>PERCENTAGE OF CHILDREN IN THE STUDY WHO WERE ALLERGIC OR SENSITIVE TO DAIRY</th>
<th>OTHER POSSIBLE INFLAMMATORY TRIGGERS NOTED IN THE STUDIES</th>
<th>FURTHER DETAILS ABOUT THE RESEARCH STUDY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eczema</td>
<td>Dairy</td>
<td>30%</td>
<td>Egg, Tomato, Artificial Colors, Preservatives, Gluten, Staph bacteria on the skin</td>
<td>16-week elimination diet of the foods the children tested positive for decreased the middle ear fluid in 86% of the kids. When the food was reintroduced over 16 weeks, 94% ended up with another ear infection.</td>
</tr>
<tr>
<td>Chronic ear infections</td>
<td>Dairy</td>
<td>38%</td>
<td>Wheat 33%, Egg 39%, Peanut 25%, Soy 20%, Corn 17%; Other foods that were of much lower significance: Orange, Tomato, Chicken, Apple</td>
<td>16-week elimination diet of the foods the children tested positive for decreased the middle ear fluid in 86% of the kids. When the food was reintroduced over 16 weeks, 94% ended up with another ear infection.</td>
</tr>
<tr>
<td>Constipation (bowel movements were 1 every 3 to 15 days—YIKES!)</td>
<td>Dairy</td>
<td>68%</td>
<td>Within 1 week of removing cow’s milk, 68% of the kids experienced a soft, non-painful bowel movement (some within 2 days). Some of the kids remained off dairy for 8 to 12 months and upon reintroduction, they all became constipated again.</td>
<td>16-week elimination diet of the foods the children tested positive for decreased the middle ear fluid in 86% of the kids. When the food was reintroduced over 16 weeks, 94% ended up with another ear infection.</td>
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<td>TRIGGERS</td>
<td>DAIRY = COW MILK PROTEIN</td>
<td>PERCENTAGE OF CHILDREN IN THE STUDY WHO WERE ALLERGIC OR SENSITIVE TO DAIRY</td>
<td>OTHER POSSIBLE INFLAMMATORY TRIGGERS NOTED IN THE STUDIES.</td>
<td>FURTHER DETAILS ABOUT THE RESEARCH STUDY</td>
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<td>-----------------------------------------------------------------------------</td>
<td>----------------------------------------------------------</td>
<td>------------------------------------------</td>
</tr>
<tr>
<td>Asthma</td>
<td>Dairy</td>
<td>15%</td>
<td>Eggs and environmental allergies—60% of kids with asthma also have environmental allergies</td>
<td>The authors of this study concluded, “It is worth considering possible milk allergy in children with asthma, particularly when poorly controlled in spite of proper routine management.”</td>
</tr>
<tr>
<td>Babies: Reflux (GERD)</td>
<td>Dairy</td>
<td>Up to 30%</td>
<td>Dairy allergy can mimic reflux symptoms in up to 30% of kids with reflux.</td>
<td></td>
</tr>
<tr>
<td>Breastfed babies and colic</td>
<td>Dairy in mom's diet</td>
<td>50% of breast-fed babies experienced an improvement when mom eliminated cow’s milk from her diet.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>iron-deficient anemia</td>
<td>Excess cow’s milk intake (more than 24 ounces per day) is a major cause of iron-deficient anemia in kids younger than 6 years of age.</td>
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</tr>
</tbody>
</table>
strategic supplements to support digestion

However, after treating hundreds of children, I’ve come to acknowledge that supplements are a necessary part of rebalancing children’s systems. The supplements we recommend here are the exact ones we use in our practice.

**FOUNDATIONAL FIVE SUPPLEMENTS**

(See graph in the supplement part of the program in section II for instructions on how to get these started.)

I encourage you to use the ICON KEY

1. Remove
2. Replace
3. Reinoculate
4. Repair
5. Reintroduce

**The 5 Rs of Healing the Gut**

**Immune system**

**Digestive enzymes**

**DNA**

**Stool**

**Inflammation**

**Refer to appendix**

Discuss with your doctor

Research is rapidly changing

Disco ball - my AH moment!

Visit my website for more info: sheilakilbane.com/book

Proceed with caution

**7 STEPS TO healthy kids     moms HKHM**

**probiotic and enzyme supplements**

for optimal results. Once you begin the supplements, do the best you can to be consistent with them for at least three to six months. And it is very important to begin them one at a time for one week at a time. If your child has any type of reaction, good or bad, you will know what they reacted to.

1. **Probiotic**
2. **Digestive enzyme (plant-based)**
   - and for those who have celiac disease or a gluten sensitivity, Dipeptidyl Peptidase IV (DPP-IV) is the enzyme that breaks down gluten
3. **Omega-3 fat**
4. **Vitamin D**
5. **Multivitamin Mineral (MVM) (preferably one that is whole food based) or a whole food supplement (WFS)**

**TWO ADDITIONAL NUTRIENTS IMPORTANT FOR RESTORING GI FUNCTION, BONE, AND OVERALL HEALTH**

1. **Magnesium** (kids with constipation, asthma, sleep issues, headaches, muscle cramps, ADHD, anxiety)
2. **Zinc** (do a two-month trial for kids who are picky eaters, or have skin issues, loose stools, or recurrent illnesses)

You will find more detailed information in section II.

**SUPPLEMENT ROADMAP**

Then see the SUPPLEMENT ROADMAP for long-term recommendations.

Take the foundational supplements consistently for at least 3 to 6 months, possibly longer for more severe or chronic issues.
FACTORS THAT CAN IMPAIR DIGESTION

- Stress
- Chewing too quickly or not thoroughly
- Poor-quality food (and alcohol)
- Inflammation and leaky gut
- Recurrent illnesses
- Prescription medications
- Aging
- Genetics
- Lack of physical activity
- Poor-quality sleep
Life and Inflammation Happen
Throughout the year, there may be times where your child's symptoms return.

- **Food** - A grandparent is aging and needs extra care, so your family started eating more processed, fast foods than normal.
- **Environmental allergies** - Spring or fall allergy season arrive, or you get a cat and realize your child is allergic to the cat.
- **Environmental toxins** - You had an appliance leak and didn’t know it and now you have mold growth in your home.
- **Infectious Disease** - Your child gets sick with a bad cold, the flu, or strep throat.
- **Stress** - Your child gets bullied at school, or parents separate, or a family member passes away.

Getting Back on Track

- **Food** - The family starts cooking again together at home.
- **Environmental allergies** - Wintertime comes, and the cold weather brings a reprieve from fall allergies.
- **Environmental toxins** - Mold remediation was a success and your family is no longer being exposed to those mold mycotoxins.
- **Infectious Disease** - Summertime is here, and far fewer viruses are circulating.
- **Stress** - Your child is no longer being bullied, the family has adjusted to parents being divorced, or the family has moved through the most significant stages of grief after losing a loved one.
### The Many Benefits of Our Team of Supplements

<table>
<thead>
<tr>
<th>SYSTEM/ORGAN</th>
<th>PROBIOTIC</th>
<th>DIGESTIVE ENZYMES</th>
<th>OMEGA-3 FATS</th>
<th>VITAMIN D3</th>
<th>WHOLE FOOD SUPPLEMENT/MULTIVITAMIN/MINERAL</th>
<th>MAGNESIUM</th>
<th>ZINC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decreases inflammation</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<td>X</td>
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<tr>
<td>Gut health</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<tr>
<td>Digestion and absorption of nutrients</td>
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<td>X</td>
<td>X</td>
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<td>Immune function</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<tr>
<td>Cellular health</td>
<td></td>
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<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<td>Energy production</td>
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<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
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<td>Activates enzymes</td>
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<td>X</td>
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<td>Production of DNA</td>
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<td>Provides antioxidants</td>
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<td>Supports sleep and mood</td>
<td>X</td>
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<td>Supports ability to focus</td>
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<tr>
<td>Brain health (and in utero brain development)</td>
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<tr>
<td>Eye health (and in utero eye development)</td>
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<td>X</td>
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<tr>
<td>Heart health</td>
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<td>X</td>
<td></td>
<td></td>
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<td>X</td>
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<td>Muscle health (lessens cramps)</td>
<td>X</td>
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<td>Lung health (asthma)</td>
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<tr>
<td>SYSTEM/ORGAN</td>
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<td>WHOLE FOOD SUPPLEMENT/MULTIVITAMIN MINERAL</td>
<td>MAGNESIUM</td>
<td>ZINC</td>
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<tr>
<td>Skin health (eczema)</td>
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<td>X</td>
<td>X</td>
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<td>X</td>
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<tr>
<td>Bone health</td>
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<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
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<td></td>
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<tr>
<td>Teeth health (gum health)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
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<tr>
<td>Hair and nail health</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
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<tr>
<td>Taste buds and smell (picky eaters)</td>
<td></td>
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</tr>
</tbody>
</table>

See the further readings section for more detailed information on supplements and their effects.
STEP 1

THE ASSESSMENT

Photo Example

BEFORE AND AFTER THE PROGRAM

BEFORE: 2010  AFTER: 2011  FALL 2019
STEP 2
IDENTIFY
INFLAMMATORY ILLNESSES

INFLAMMATION-LEAKY GUT-ILLNESSES

Circle the symptoms that apply to your child.

An unhealthy diet creates a leaky gut, causing inflammation and illness.

- Headaches, trouble focusing
- Sleep disturbance, snoring, fatigue
- Mouth breathing, meltdowns
- Allergies, nasal congestion
- Recurrent ear and sinus infections

A healthy diet and supplements create a healthy gut, keeping our mind and body in balance.

- Consistent full night’s sleep
- Good focus and energy
- Clear breathing through the nose

- Asthma and wheezing
- Skin issues (eczema, bumps)
- Bloating, gas, abdominal pain
- Food intolerances, weight gain
- Constipation or loose stools
- Bright red ring around the anus

- Muscle cramps
- Early fatigue when playing
- Restless leg syndrome, “all over the bed”

- Hydrated, healthy skin
- Healthy gut, optimal nutrient absorption
- Regular bowel movements
- Muscles working well, able to keep up with other kids while playing

GENETICS

Excess inflammation

Minimal inflammation

FOOD
ENVIRONMENTAL ALLERGIES
ENVIRONMENTAL TOXINS
INFECTIOUS DISEASES
STRESS
STEP 3
IDENTIFY TRIGGERS OF INFLAMMATION

BEFORE THE MINI-CLEANSE, ESTIMATE YOUR CHILD’S CUP OF INFLAMMATION

<table>
<thead>
<tr>
<th>GENETICS</th>
</tr>
</thead>
</table>

| FOOD |
| ENVIRONMENTAL ALLERGIES |
| ENVIRONMENTAL TOXINS |
| INFECTIOUS DISEASES |
| STRESS |

%  
%  
%  
%  
%
Healthy soil represents a healthy gut microbiome. Depleted, dry soil represents an unhealthy gut microbiome.

<table>
<thead>
<tr>
<th>CIRCLE THE FACTORS THAT MAY BE HARMING YOUR CHILD'S MICROBIOME</th>
<th>STEPS TO DECREASE THEIR IMPACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not drinking enough water</td>
<td>Your child should drink half their body weight in ounces.</td>
</tr>
<tr>
<td>Consuming artificial dyes and colors</td>
<td>Avoid foods with artificial dyes and colors</td>
</tr>
<tr>
<td>Eating produce sprayed with herbicides</td>
<td>Eat organic whenever possible, and when you can’t, increase consumption from the EWG Clean 15 list and decrease consumption from the Dirty Dozen list. (See appendix.)</td>
</tr>
<tr>
<td>Not eating adequate fruits, vegetables, and other plant-based foods regularly (seeds, nuts, and legumes). These high-fiber foods become food for the beneficial bacteria in the gut.</td>
<td>Increase consumption of plant-based foods. People who eat up to thirty different plant-based foods each week, have the healthiest microbiomes. (See appendix for high-fiber foods.)</td>
</tr>
<tr>
<td>Eating at fast-food restaurants frequently</td>
<td>Decrease eating out by meal planning and meal prepping for the week. Involve the kids as much as possible and make it fun! (Check out the recipes in Section III.)</td>
</tr>
<tr>
<td>Taking recurrent rounds of antibiotics</td>
<td>Review the list of prebiotic, probiotic, and high-fiber foods in the appendix. Can you incorporate one or two of those each day into your child’s diet? Consider starting a probiotic supplement.</td>
</tr>
</tbody>
</table>
Unhealthy Gut Cell
Poor cell wall integrity, nutrient exchange, and cell signaling. An unhealthy cell leads to unhealthy systems.

Leaky Gut Cells of the Small Intestine
Poorly digested food creates inflammation and damages the tight junctions. This creates leakiness between cells, allowing toxins and undigested food particles to access the bloodstream, which leads to inflammation.

Brain & Nervous System Downstream Effects
- Emotional outbursts, frequent “meltdowns”
- Sleep issues (trouble falling asleep, staying asleep, restless leg)
  - Fatigue
  - Lack of focus
- Worsening behavior with constipation
Healthy Gut

Gut Cell
Healthy cell with good fats making up the cell wall. Nutrients and cell signals are able to flow in and out of the cell easily.

Small Intestine
Nutrients absorbed effectively and efficiently. Inflammation is minimized with healthy digestion.

Brain
Efficient breakdown and absorption of fats and proteins help to support brain function, energy, and the ability to remain calm, focus, fall asleep, stay asleep, and much more.

Concept creation in conjunction with Deborah Allen, RPh, as an adaptation from the book *Leaky Cells, Leaky Gut, Leaky Brain*, with permission from the authors, Jess Armine, DC, and Elizma Lambert, ND.
**5 Rs OF GUT HEALING USING FOOD**

**OVERVIEW: STEP 5 AND 6 (FOOD AND SUPPLEMENTS)**

### The 5 Rs of Gut Healing


---

**MINI CLEANSE**

**Complete the Mini Cleanse for Kids**

**Complete HKHM - SYMPTOM TRACKER before and after Mini Cleanse**

**IF SYMPTOMS RESOLVE:**

Add supplement and continue them for 3-6 months

**IF SYMPTOMS PERSIST:**

Remove dairy and start supplements

---

**REMOVE DAIRY AND ADD SUPPLEMENTS**

Gradually remove dairy and add supplements

**Complete HKHM - SYMPTOM TRACKER each week**

**IF SYMPTOMS RESOLVE:**

Remain OFF dairy and ON supplements for 3-6 months

**IF SYMPTOMS PERSIST:**

Remove gluten and remain OFF dairy and ON supplements

---

**REMOVE GLUTEN**

Gradually remove gluten, remain OFF dairy and ON supplements

**Complete HKHM - SYMPTOM TRACKER at the end of your gluten removal trial**

**IF SYMPTOMS RESOLVE:**

Remain OFF dairy and gluten and ON supplements for 3-6 months

**IF SYMPTOMS PERSIST:**

Seek additional medical support
# MINI CLEANSE FOR KIDS

## NATURALLY SWEET FOODS
- fresh or frozen fruit (cherries, blueberries, grapes)
- carrots (baked or raw)
- smoothies
- maple syrup, honey, blackstrap molasses
- monk fruit

## FLAVOR ENHANCERS
- ginger, fresh lemon, or lime juice
- natural vanilla bean (not vanilla flavoring), cacao

## CLEAN PROTEINS
- wild-caught sockeye salmon
- organic baked chicken, grass-fed steak or beef burgers, wild meat (deer, buffalo, turkey, duck), organic/nitrate-free bacon or sausage
- farm-raised eggs
- energy balls, chia pudding, paleo pancakes

## HEALTHY FATS
- coconut oil, olive oil
- olives, avocado, chia, hemp, and flaxseed
- cold water fish (wild-caught sockeye salmon)

## REPLACE WITH REMOVE OR DECREASE

### REMOVE OR DECREASE
- sugary cereals, candy
- sweetened yogurts
- fruit juice concentrates
- high-fructose corn syrup, corn syrup
- artificial sweeteners

### REPLACE WITH
- filtered water
- green vegetables
- real food snacks

### SUGARY DRINKS
- sodas, sport & energy drinks
- fruit juices, sweet tea

### ARTIFICIAL COLORS
- colored candies
- medications, supplements with dyes

### PACKAGED SNACKS
- chips
- muffins & cookies
- fish-shaped crackers

### FILTERED WATER
- kids should drink half their weight in ounces (30-pound child should drink 15 ounces per day)
- adults and older kids should drink 2-3 liters per day
- herbal teas, mineral or filtered water with lime or lemon

### GREEN VEGETABLES
- broccolini, okra, celery
- lettuce (butter, romaine, green leaf)
- dark green leafy vegetables (kale)

### REAL FOOD SNACKS
- tree nuts, pumpkin seeds
- carrot or celery with hummus, apples or celery with SunButter or nut butter, sweet potato fries
- baked kale, crispy chickpeas, magnesium muffins

---

**DAY 4**

**DAY 5**

**DAY 6**

**DAY 7**

**REPLACE WITH**

**FILTERED WATER**

**GREEN VEGETABLES**

**REAL FOOD SNACKS**
### NATURALLY SWEET FOODS
- Fresh or frozen fruit (cherries, blueberries, grapes)
- Carrots (baked or raw)
- Smoothies
- Maple syrup, honey, blackstrap molasses
- Monk fruit

### FLAVOR ENHANCERS
- Ginger, fresh lemon, or lime juice
- Natural vanilla bean (not vanilla flavoring), cacao

### CLEAN PROTEINS
- Wild-caught sockeye salmon
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- Farm-raised eggs
- Energy balls, chia pudding, paleo pancakes

### HEALTHY FATS
- Coconut oil, olive oil
- Olives, avocado, chia, hemp, and flaxseed
- Cold water fish (wild-caught sockeye salmon)

---

### MINI CLEANSE FOR KIDS

<table>
<thead>
<tr>
<th></th>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
<th>DAY 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>REPLACE WITH</td>
<td>NATURALLY SWEET FOODS</td>
<td>CLEAN PROTEINS</td>
<td>HEALTHY FATS</td>
<td>Take this day to regroup. Limit screen time, get outside, dig in the dirt, dance, laugh!</td>
</tr>
<tr>
<td>REMOVE OR DECREASE</td>
<td>Refined Sugar</td>
<td>Processed Meats</td>
<td>Processed Fats</td>
<td></td>
</tr>
</tbody>
</table>

---

### REMOVE OR DECREASE

#### ADDED SUGAR AND SWEETENERS
- Sugary cereals, candy
- Sweetened yogurts
- Fruit juice concentrates
- High-fructose corn syrup, corn syrup
- Artificial sweeteners

#### PROCESSED MEATS
- Packaged lunch meats that are not organic (pepperoni, salami, bologna, turkey, ham, hot dogs, sausage, bacon)

#### PROCESSED FATS
- Most packaged crunchy foods (chips)
- Fast food & deep-fried food (onion rings, french fries, chicken fingers)

### REPLACE WITH

#### NATURALLY SWEET FOODS
- Fresh or frozen fruit (cherries, blueberries, grapes)
- Carrots (baked or raw)
- Smoothies
- Maple syrup, honey, blackstrap molasses
- Monk fruit

#### FLAVOR ENHANCERS
- Ginger, fresh lemon, or lime juice
- Natural vanilla bean (not vanilla flavoring), cacao

#### CLEAN PROTEINS
- Wild-caught sockeye salmon
- Organic baked chicken, grass-fed steak or beef burgers, wild meat (deer, buffalo, turkey, duck), organic/nitrate-free bacon or sausage
- Farm-raised eggs
- Energy balls, chia pudding, paleo pancakes

#### HEALTHY FATS
- Coconut oil, olive oil
- Olives, avocado, chia, hemp, and flaxseed
- Cold water fish (wild-caught sockeye salmon)
MEAL SUGGESTIONS

BREAKFAST
- Whole grain or gluten-free toast with nut butter
- Avocado toast
- Green smoothie
- Eggs
- Fruit
- Gluten-free oatmeal with chia, hemp, or flaxseed
- Paleo pancakes
- Energy balls

SNACKS
- Carrot or celery with hummus
- Crispy chickpeas
- Pickles, olives
- Apples or celery with nut butter
- Chia seed pudding
- Tree nuts, pumpkin seeds
- Hard boiled eggs
- Sweet potato fries
- Baked kale

CONDIMENTS / FLAVOR ENHANCERS
- Low-sugar, organic ketchup, salad dressings, sauces
- Tessamae brand
- Primal Kitchen brand
- Lime or lemon
- Coconut oil
- Olive oil
- Avocado

LUNCH / DINNER
- Jovial brand pasta
- Soup
- Sweet potato
- Baked kale
- Rice with turmeric and raisins
- Green vegetables
- Cauliflower rice

For those who eat meat:
- Wild-caught sockeye salmon
- Organic chicken or turkey (chicken salad)
- Grass-fed steak or burgers
- Wild game
# REMOVING DAIRY

<table>
<thead>
<tr>
<th>Supplement Options to Add</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner and Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Probiotic</td>
<td>NO DAIRY FOR BREAKFAST, WEEKS 1-6</td>
<td>NO DAIRY FOR BREAKFAST &amp; LUNCH, WEEKS 2-6</td>
<td>NO DAIRY FOR BREAKFAST &amp; LUNCH, WEEKS 3-6</td>
</tr>
<tr>
<td>Digestive Enzyme</td>
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<tr>
<td>Omega-3 Fat</td>
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<tr>
<td>Vitamin D (winter time only)</td>
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<tr>
<td>Whole Food Supplement (or MVI)</td>
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</table>

**HKHM System Tracker**

<table>
<thead>
<tr>
<th>Date</th>
<th>Total</th>
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6/22/21   1:32 PM

8593 HealthyKidsHappyMoms_FIN.indd   165
6/22/21   1:32 PM
REMOVING DAIRY

COW’S MILK, YOGURT, ICE CREAM, & CHEESE
- other animal milk products (goat, sheep)
- casein and whey (the proteins in dairy products)
- lactose-free milk (it still contains the protein casein)
- carrageenan (a thickening agent found in many plant- and tree-nut-based milks)

CEREAL & COW’S MILK FOR BREAKFAST

REMOVE → REPLACE WITH

NON-DAIRY MILK, YOGURT, ICE CREAM, CHEESE
- almond, cashew, coconut, hemp, oat, rice, pea, peanut
- grass-fed ghee (clarified butter, dairy proteins removed)

CALCIUM-RICH FOODS FOR HEALTHY BONES
(Refer to “Calcium content of various foods” in appendix)
- collard and turnip greens
- mung beans, white beans, black-eyed peas, broccoli, bok choy, kale
- oranges, dried figs, almonds, blackstrap molasses
- coldwater fish in a can with the bones
- salmon, sardines, herring, mackerel

FATS FOR BRAIN DEVELOPMENT
- avocado, olive oil, grass-fed ghee
- MCT oil (medium chain triglyceride)—coconut oil is an MCT
- tree nuts (if your child tolerates them), chickpeas, seeds (chia, hemp, flax)
- wild-caught sockeye salmon, grass-fed beef or lamb, eggs
- chicken and turkey do not have much fat

VITAMIN D FOR HEALTHY BONES AND IMMUNE SYSTEM
- 15 to 30 minutes of sun per day
- coldwater fish (tuna, salmon, sardines, mackerel, herring)
- high-quality supplement

VITAMIN K FOR HEALTHY BONES
- green leafy vegetables (kale, collards)

GREEN SMOOTHIE
- bok choy, lettuce, or microgreens
- chia, hemp, or flaxseeds
- water or non-dairy milk, coconut oil
- natural sweetener or flavor enhancer if needed
<table>
<thead>
<tr>
<th>WEEK 7</th>
<th>WEEK 8</th>
<th>WEEK 9</th>
<th>WEEK 10</th>
<th>WEEK 11</th>
<th>WEEK 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>BREAKFAST</td>
<td>LUNCH</td>
<td>DINNER</td>
<td>SNACKS</td>
<td>BREAKFAST</td>
<td>DINNER</td>
</tr>
<tr>
<td>NO DAIRY OR GLUTEN</td>
<td>NO DAIRY OR GLUTEN</td>
<td>NO DAIRY OR GLUTEN</td>
<td>NO DAIRY OR GLUTEN</td>
<td>NO DAIRY OR GLUTEN</td>
<td>NO DAIRY OR GLUTEN</td>
</tr>
</tbody>
</table>

**TO CONTINUE**
- PROBIOTIC
- WHOLE FOOD SUPPLEMENT (or MV)
- VITAMIN D (wintertime only)
- OMEGA-3 FAT
- DIGESTIVE ENZYME
- WHOLE FOOD SUPPLEMENT (or MV)

**SYMPTOM TRACKER**

**TOTAL**

**DATE**

**REMOVING GLUTEN**
REMOVING GLUTEN

REMOVE ➞ REPLACE WITH

WHEAT, BARLEY, AND RYE
as well as
• spelt
• couscous
• bulgur
• semolina
• triticale
• durum flour
• kamut
• orzo
• farro
• barley malt
• brewer’s yeast
• malt vinegar

GLUTEN-FREE GRAINS
Some grains can bother individuals with celiac disease or a gluten sensitivity. Pay attention to GI upset, skin rash, or irritability if you use these grains. Be sure the packaging says gluten-free.
• millet, teff, amaranth, sorghum, buckwheat, oats
• white or brown rice, quinoa, gluten-free pastas

GLUTEN-FREE FLOURS
• arrowroot powder
• cassava powder
• coconut flour
• legume flours (chickpea, black bean)
• tree nut flours (almond, cashew)

GLUTEN-FREE PRODUCTS
Keep these to a minimum—they are often highly processed.
• crackers
• cereals
• bread, paleo waffles, or pancakes

SNACKS
• dips (honey, mustard, yogurt, nut/seed butters, hummus, salsa, guacamole)
• smoothies (see section III, “Recipes”)
• fruit bars
• jerky (only occasionally)
• farm-raised hard boiled eggs
• unsweetened non-dairy yogurts
• grain-free tortilla chips with salsa, guacamole
• rice cakes, celery, apple (with nut/seed butter)

FRUITS, VEGETABLES, NUTS, SEEDS
See Mini Cleanse

MEATS/FISH
See Mini Cleanse
<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>MAGNESIUM</td>
<td>ZINC</td>
<td>ENZYME (PLANT-BASED) TAKE AT START OF BREAKFAST &amp; DINNER</td>
</tr>
<tr>
<td>PROBIOTIC-TAKE AT START OF BREAKFAST &amp; DINNER</td>
<td>PROBIOTIC-TAKE AT START OF BREAKFAST &amp; DINNER</td>
<td>PROBIOTIC - TAKE AT START OF BREAKFAST &amp; DINNER</td>
</tr>
<tr>
<td>WHOLE FOOD SUPPLEMENT OR MULTIVITAMIN</td>
<td>VITAMIN D3 - TAKE IN WINTER ONLY</td>
<td>OMEGA-3 FATS - TAKE WITH DIGESTIVE ENZYME</td>
</tr>
</tbody>
</table>

**Take the foundational supplements consistently for at least 3 to 6 months, possibly longer for more severe or chronic issues.**

Then see the SUPPLEMENT ROADMAP for long-term recommendations.
BENEFITS OF PROBIOTICS (PLANTADOPHILUS)
Lactobacillus plantarum strain

- May help with mood disorders
- Robust and survives the stomach acid
- Aids with digestion and nutrient absorption
- Acts as a stool softener
- May help with inflammatory bowel disease (IBD) and irritable bowel syndrome (IBS)
- Resistant to some antibiotics and may help prevent antibiotic-associated diarrhea

Decreases inflammation
Enhances immune function
WEEK 2
Start Digestive Enzyme

FACTORS THAT CAN IMPAIR DIGESTION

- Genetics
- Stress
- Chewing too quickly or not thoroughly
- Poor-quality food (and alcohol)
- Inflammation and leaky gut
- Recurrent illnesses
- Lack of physical activity
- Poor-quality sleep
- Prescription medications

BENEFITS OF DIGESTIVE ENZYMES

- Improves movement of food from the mouth to the rectum
- Improves the breakdown of food
- Decrease heartburn
- Decrease bloating and gas
- Improves absorption of nutrients, fats, proteins
- Improves bowel movements
- Decreases inflammation
WEEK 3
Start an Omega-3 Fat

**BENEFITS OF OMEGA-3 FATS**

- Supports retina and brain development
- Helpful for mood disorders (anxiety, depression, bipolar disorder)
- Improves mental abilities (focus, attention)
- Enhances cell signaling (helps us to think, feel good, pay attention, do math problems)
- Keeps hair, skin, and nails healthy
- Maximizes nutrient absorption in the gut
- Enhances cellular function

Babies require omega-3 fats from mom during pregnancy (especially the third trimester when the brain grows rapidly) and while breastfeeding. It is critical for mom’s health and well being to get adequate amounts as well as for the baby. Please talk to your doctor if you are pregnant or getting ready to be pregnant.

Discuss with your doctor

healthy kids happy moms - SYMPTOM TRACKER TOTAL _____ DATE _____
WEEK 4
Start Vitamin D (Wintertime Only)

BENEFITS OF VITAMIN D

- Preserves brain and nervous system function
- Enhances mood
- Improves energy (lessens fatigue)
- Healthy teeth
- Prevents upper respiratory tract infections
- Reduces the incidence of the flu
- Protects against autoimmune conditions (MS, type 1 diabetes, lupus)
- Reduces asthma attacks
- Enhances calcium absorption in the gut
- Improves bone health

Almost every cell of the body has a vitamin D receptor—it plays an integral role in our overall health.
WEEK 5
Start a Whole Food Supplement or Multivitamin Mineral

BENEFITS OF A WHOLE FOOD SUPPLEMENT

• Can help shorten the course of cold symptoms
• Increases the levels of antioxidants in the blood (which decreases risk factors for heart disease and other chronic illnesses)
• Improves skin health
• Improves gut health
**BENEFITS OF MAGNESIUM**

- Calms the nervous system (anxiety)
- Prevents headaches
- Improves energy, focus, and attention
- Helps with sleep

- Helps with asthma
- Strengthens the heart

- Helps relieve constipation
- Important for digestion

- Relieves muscle aches and spasms
- Required for proper calcium balance
- Improves bone health

Magnesium supports the immune system, activates over 300 different enzymes, and supports good sugar regulation.

Many medications deplete our magnesium:
- PPIs (proton pump inhibitors; antacid medication)
- Inhalers
- Stimulants
- Antidepressants
- Anti-anxiety meds

**WEEK 6**
Start Magnesium If Needed
WEEK 7
Start Zinc If Needed

BENEFITS OF ZINC

- Enhances taste buds (good for picky eaters)
- Improves skin and hair health
  - Helps wound healing
- Supports gut health
  - Helps with loose stools

Zinc is integral in the production of our DNA. It supports our immune system and activates over 200 enzymes.
# Mini Cleanse for Kids Foods

Remain fully off of these foods or minimize them as much as possible as your new lifestyle.

**Dairy**

- If your child experienced significant improvements off dairy, consider making dairy-free a lifestyle and only eat it on special occasions such as birthday parties. Taking a digestive enzyme and a probiotic will also help minimize symptoms.
- OR
- If no symptoms improved off dairy, you may resume eating it, but keep it minimal, two or three days per week. Grass-fed butter is often better tolerated than cow’s milk and cheese.

**Gluten**

Same as with dairy

**Other Food Allergens or Sensitivities**

(such as eggs, corn, or soy)

Same as with dairy and gluten

**Reintroducing Foods**

Remember that gluten and dairy in high amounts create inflammation in all of us, whether we are sensitive to them or not. If you decide to add gluten or dairy back into the diet because your child’s symptoms have not resolved after the three-to-six-month trial off of dairy and/or gluten, be mindful to monitor the symptoms.

Symptoms can return weeks or months after ingesting the foods again on a more regular basis. The inflammation starts to accumulate. If that happens, remove whichever food or foods you found were the main triggers of symptoms and inflammation in your child. At that point, you may need to make a lifestyle of not eating that particular food.
Life and Inflammation Happen
Throughout the year, there may be times where your child's symptoms return.

- **Food** - A grandparent is aging and needs extra care, so your family started eating more processed, fast foods than normal.
- **Environmental allergies** - Spring or fall allergy season arrive, or you get a cat and realize your child is allergic to the cat.
- **Environmental toxins** - You had an appliance leak and didn't know it and now you have mold growth in your home.
- **Infectious Disease** - Your child gets sick with a bad cold, the flu, or strep throat.
- **Stress** - Your child gets bullied at school, or parents separate, or a family member passes away.

Getting Back on Track

- **Food** - The family starts cooking again together at home.
- **Environmental allergies** - Wintertime comes, and the cold weather brings a reprieve from fall allergies.
- **Environmental toxins** - Mold remediation was a success and your family is no longer being exposed to those mold mycotoxins.
- **Infectious Disease** - Summertime is here, and far fewer viruses are circulating.
- **Stress** - Your child is no longer being bullied, the family has adjusted to parents being divorced, or the family has moved through the most significant stages of grief after losing a loved one.
**Dr. Kilbane's 7 Steps to Take During Cold Weather Months**

<table>
<thead>
<tr>
<th>ZINC</th>
<th>MAGNESIUM</th>
<th>PROBIOTIC</th>
<th>DIGESTIVE ENZYME</th>
<th>OMEGA-3 FATS</th>
<th>VITAMIN D3</th>
<th>WHOLE FOOD SUPPLEMENT OR MINERAL VITAMIN</th>
<th>TAKE AS NEEDED FOR DIGESTIVE ISSUES</th>
</tr>
</thead>
<tbody>
<tr>
<td>A TRIAL OF ZINC MAY BE BENEFICIAL FOR KIDS NOT EATING ZINC RICH FOODS (SEE APPENDIX) OR FOR PICKY EATERS, ECZEMA, LOOSE STOOLS, OR RECURRENT ILLNESSES. DO NOT TAKE LONGER THAN 2 MONTHS UNLESS BEING FOLLOWED BY YOUR DOCTOR BECAUSE ZINC CAN IMPACT COPPER LEVELS.</td>
<td>TAKE YEAR ROUND IF YOUR CHILD IS NOT EATING MAGNESIUM RICH FOODS (SEE APPENDIX) OR IF HE/SHE HAS CONSTIPATION, ASTHMA, SLEEP ISSUES, HEADACHES, MUSCLE CRAMPS, ADHD, OR ANXIETY.</td>
<td>TAKE DURING COLD WEATHER MONTHS.</td>
<td>TAKE DURING COLD WEATHER MONTHS.</td>
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<td>TAKE DURING COLD WEATHER MONTHS.</td>
<td>TAKE AS NEEDED FOR DIGESTIVE ISSUES.</td>
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SECTION III

the

recipes
GETTING STARTED WITH SMOOTHIES

Smoothies give us the perfect kickstart to this process of restoring health. Even if you are not going to remove dairy 100 percent from your child’s diet, I would still recommend removing it from breakfast if possible. Smoothies are a great way to do this.

I can hear you thinking right now, “My child is not going to drink a green smoothie!” Continue reading for some tips and tricks to get your child interested in smoothies.

SIMPLE SMOOTHIE TIPS

Let’s take a step back and talk about how you might approach this with your not-so-eager child. Part of the fun of this program is being in the kitchen with your child. It may take some creative mixing to find a nutrient-dense smoothie with the taste and texture that he will drink.

What if you make this a great kitchen and food adventure with your child? What would get him interested? Is it color, concoction, different flavors, or her participation as mom and dad prepare meals? Play with this to see what excites your child.

LIQUID FOR SMOOTHIES

The liquid base of these smoothies should ideally be water. If you can, try not to use commercial juice products or cow’s milk yogurt because of the sugar. Juices bought in the store, even if they are organic, are
predominantly sugar. Freshly extracted vegetable juices are an entirely different ball game and are extremely healthful.

Unsweetened non-dairy milk or non-dairy yogurts are another option if your child and family are craving a creamier smoothie. However, the sweetened non-dairy milks and yogurts may contain a significant amount of sugar, so my first preference will always be water.

**PICKY EATERS**

The best place to begin for a picky eater is with a slightly heavy fruit mixture that is quite sweet. Kids, as you know, tend to like things that are sweet. My friend Haynes calls this the beginner smoothie and I love that!

The typical American child’s taste buds are constantly bathed in sugar, affecting their taste preferences. Once we begin giving their bodies more of the vitamins, minerals, and phytonutrients they need in order for their cells to work properly, their taste buds often begin to shift, and their palate often naturally expands.

Over time, decrease the fruit content while increasing the vegetable content. Literally, you can add in one, two, and three leaves of lettuce, bok choy, or microgreens at a time. If your child is particular about the color of the smoothie, put it in an opaque cup with an opaque straw so they cannot see the color!

If your child will not drink a smoothie at first, let’s see if we can get her to eat something with protein and fat in the morning instead of simple carbs and sugar (a waffle with syrup or cereal and cow’s milk). Since everyone, even picky eaters, seems to like bacon, I’d rather she eat organic bacon for breakfast and maybe eventually a small smoothie, instead of cereal and milk.

**SMOOTHIE BLENDING TIPS**

**Fresh greens.** Blend more smoothly than frozen greens, but just use whatever you have on hand. It’s also best to mix greens with your liquid first and then add the rest of the ingredients.
If your child has a robust GI system, meaning they have at least one formed bowel movement per day and rarely complain of stomachaches or bloating, you may use raw spinach, kale, dandelion greens, or any other dark green leafy vegetable for your smoothies. If your child has constipation or loose stools, bloating, or regular abdominal pain, start with lettuce, microgreens, or bok choy. They will be easier to digest at first. Once the stool becomes daily and easy and the abdominal pain has resolved, then you can start rotating in those other darker leafy greens which are full of vitamin K and folate.

**Chia seeds.** Consider soaking them for ten to fifteen minutes in three to four tablespoons of water before adding them to your smoothie. This makes them gelatinous, and they will mix better this way.

**Coconut oil.** It’s liquid at room temperature, and at cooler temperatures, it is solid. If you add coconut oil to frozen fruit, it will become quite hard. If I am using any frozen fruit in my smoothies, I usually blend everything first and then add the coconut oil. This keeps it smoother and it blends better with the other ingredients. Remember, a small amount goes a long way. I would keep it to half a teaspoon or less.

**SWEETENERS**

If your child still needs a sweeter smoothie when you begin this process, consider adding a touch of honey or maple syrup.

Flavor enhancers to consider using: ginger, fresh lemon or lime juice, vanilla, and cacao powder.

**ABOUT THESE RECIPES**

The recipes included here were a team effort by three wonderful friends and health coaches: Haynes Paschall of The Right Bite and the sister duo, Adri Warrick and Carolyn Hallett, of the Whole Tulip. Please check out their websites. These ladies are incredible, and they are huge advocates in our community to help families take back their health and their nutrition!
BEGINNER SMOOTHIE:
banana berry heaven

MAKES 2–3 SMOOTHIES

3 lettuce leaves or 2-inch piece bok choy or 1 tablespoon microgreens (fresh blends the best)
1 banana, peeled and sliced (fresh or frozen)
1 cup frozen berries (strawberries or raspberries are a good start) or 1 peeled orange
1 cup water or 1 cup non-dairy milk (e.g., organic coconut, rice, hemp, or almond)

Add the greens, banana, berries, and liquid of choice to a blender and blend until smooth. As your child gets used to this smoothie, enlist his or her help in preparing the intermediate smoothies that follow.

You may also increase the amount of “green” in this smoothie by adding 1 or 2 spinach leaves each time you make it. Letting your child be the one to add the leaves will encourage his or her interest in the smoothie becoming more and more “green.”

INTERMEDIATE SMOOTHIE:
pina colada

MAKES 2–3 SMOOTHIES

2 cups lettuce, bok choy, or microgreens (fresh blends the best)
2 cups coconut milk
1 teaspoon chia seeds (soaked for 5 to 10 minutes or overnight)
1 cup pineapple chunks
1 cup frozen mango
2 bananas, peeled and sliced
1 tablespoon coconut oil

Add the greens, coconut milk, chia seeds, pineapple, frozen mango, bananas, and coconut oil to a blender and blend until smooth.
If the coconut oil doesn’t blend smoothly, try mixing all of the other ingredients together first. Then add the coconut oil and blend into the mixture.

**INTERMEDIATE SMOOTHIE:**

cilantro-mango detox green

This recipe comes from Jen Hansard, website Simple Green Smoothies.

This smoothie is one of my favorites!

**MAKES 2–3 SMOOTHIES**

1½ cups spinach, fresh
½ cup cilantro, fresh
2 cups water
1½ cups frozen mango
1 cup pineapple chunks
1 tablespoon chia seeds (soaked for 5 to 10 minutes or overnight)
½ avocado, peeled and chopped

Add the spinach, cilantro, water, mango, pineapple, chia seeds, and avocado to a blender and blend until smooth.
**jolly green smoothie**

**MAKES 2–3 SMOOTHIES**

1 banana, peeled and sliced (frozen is preferable)
1 cup frozen raspberries
1 cup frozen strawberries
1 big handful of spinach, fresh
½ orange or 1 clementine, peeled and separated
1 tablespoon chia or flaxseeds
1 tablespoon maca (optional)
2 cups unsweetened vanilla almond milk

Add the banana, raspberries, strawberries, spinach, orange or clementine, chia/flaxseeds, maca, and almond milk to a blender and blend until smooth and a beautiful red color.

**rockin’ cacao smoothie**

**MAKES 1–2 SMOOTHIES**

1 cup ice
1 banana, peeled and sliced
3 tablespoons raw cacao powder
3 dates (pitted)
1 tablespoon chia seeds
1 cup unsweetened coconut milk (enough to cover the base of your smoothie)

Add the ice, banana, cacao powder, dates, chia seeds, and coconut milk to a blender and blend until smooth. Add more liquid or ice to achieve the desired consistency.
cashew milk

MAKES ABOUT 4 CUPS

ITEMS NEEDED
Cheesecloth (at least two pieces)
Strainer

1 cup raw cashews
4 cups filtered water, plus 2 cups for soaking
1 teaspoon vanilla extract
Pinch of sea salt

In a large glass bowl, soak the nuts in 2 cups of filtered water overnight.

Drain off the water in the morning and put the nuts in a blender with the remaining 4 cups of filtered water. Add the vanilla and salt. Blend for 3 minutes on high speed.

Cover the large strainer with two layers of cheesecloth and hold it over a large bowl that has a pouring spout.

Pour the contents of the blender through the strainer and catch the milk in the bowl. Wrap the cheesecloth around the pulp and squeeze out any excess water.

Pour the milk into a glass jar with a tight lid. Any unused milk can be stored in the refrigerator for 3 to 4 days.

Shake before using.

NOTE:
You may be able to find a recipe online to make something with the pulp. I once made delicious carrot cake with the pulp from juiced carrots!
baked eggs in a muffin tin

From Haynes Paschall of The Right Bite

Shhh . . . The kids may think the sweet potato is cheese! For children who are still learning to love veggies, skip the onion and red pepper. The sweet potato and coconut milk give this recipe a pleasantly sweet flavor.

**MAKES 6 SERVINGS**

- 2 tablespoons coconut oil, divided
- 5 farm-fresh eggs
- ¼ cup unsweetened coconut milk
- Salt and pepper to taste
- ½ cup sweet potato, peeled and grated
- ¼ cup onion, diced
- ¼ cup red bell pepper, diced

Preheat the oven to 350 degrees.

Grease 6 muffin tins with 1 tablespoon of coconut oil.

Whisk the eggs, coconut milk, and salt and pepper, and set aside.

Sauté the sweet potato, onion, and bell pepper in 1 tablespoon of coconut oil over medium heat, for 5 to 7 minutes or until soft.

Stir the sautéed veggies into the egg mixture. Pour evenly into the greased muffin tins. Each cup should be about ¾ full. Bake for 12 to 15 minutes, rotating the pan after 8 minutes, until the eggs are set in the center and a fork inserted into the middle of a muffin comes out clean.

Leftovers can be stored in the refrigerator and reheated as needed.
quinoa breakfast cereal

**MAKES 4 SERVINGS**

1 cup organic non-dairy milk  
1 cup water  
1 cup organic quinoa  
1 tablespoon chia seeds  
1 cup fresh or frozen blueberries  
½ teaspoon ground cinnamon  
Honey to taste

In a medium saucepan, combine the milk, water, and quinoa. Bring to a boil over high heat. Reduce the heat and cover. Simmer for 15 minutes or until most of the liquid is absorbed. Turn off the heat, stir in the chia seeds, and let stand covered for 5 minutes. Stir in the blueberries and cinnamon. Add honey to taste.

apple chia seed pudding

**MAKES 2 SERVINGS**

2 cups unsweetened non-dairy milk  
½ teaspoon vanilla extract  
½ cup chia seeds  
2 tablespoons unsweetened coconut flakes  
2 apples, cored and chopped  
2 teaspoons cinnamon

**WARM CHIA SEED PUDDING:**
Place the milk and vanilla extract in a medium saucepan and warm over low heat for 2 to 3 minutes. The milk does not have to be boiling hot, just warm enough for your taste. Add the chia seeds to a cereal bowl. When the milk is warm, add the milk to your bowl of chia seeds. Stir continuously for about 2 minutes, while the chia seeds absorb the milk. Allow the mixture to sit for 2 to 3 minutes. Top with the coconut flakes, apple slices, and cinnamon.
ROOM-TEMPERATURE CHIA SEED PUDDING:
Add the milk to your bowl of chia seeds. Stir until the chia seeds have absorbed the milk (about 3 to 5 minutes). Top with the coconut flakes, apples, and cinnamon.

easy paleo pancakes

MAKES 1 SERVING

1 banana, peeled and mashed
2 farm-fresh eggs, whisked

Stir the banana and eggs together until well combined.

Fry the mixture in ghee or coconut oil.

You also can make a big batch of pancakes and freeze them.

scrambled eggs and smashed potatoes

MAKES 6 SERVINGS

4 white potatoes
Ghee
¼ to ½ cup warmed nut milk (optional)
6 fresh-farm eggs
1 red, sweet, and slightly hot habañero pepper, seeded and diced
2 handfuls of microgreens, chopped
1–2 tablespoons of water
Salt and pepper to taste

SMASHED POTATOES:
Wash and cut the potatoes into fourths, leaving the skin on.

Place them in a small pot of boiling water until they are soft (about 20 to 30 minutes).
Drain the water and smash the potatoes with a hand masher. Add ghee (or butter) and salt to taste. If you don’t want to use nut milk, you can add a little water to soften the smashed potatoes.

**SCRAMBLED EGGS WITH PEPPERS AND MICROGREENS:**
Heat a cast-iron skillet with a small amount of ghee (enough to cover the bottom of the skillet).

Scramble the eggs in a bowl, add the diced habañero peppers, chopped microgreens, a small amount of water (1 to 2 tablespoons), and salt and pepper. Pour the mixture into the skillet and cook until the eggs are firm.

Serve with a handful of fresh microgreens and hot tea.

**NOTES:**
If you’re casein free, consider using ghee instead of butter, because the butter may contain trace amounts of casein.

If you feel like you need a piece of toast, try a warmed organic corn tortilla. I heat these directly over the open flame on my gas stove.
magnesium muffins

This recipe comes from Andi Stowe, website Nourished Blessings

MAKES 8–12 MUFFINS

3 cups baked sweet potato or 2 15-ounce cans of organic pumpkin pie filling
4 farm-fresh eggs, room temp;
5 farm-fresh eggs if using pumpkin pie filling
½ cup honey (amount can be decreased, based on personal preference)
½ cup coconut oil, melted
½-pound bag raw pumpkin seeds (without shells)
1 teaspoon baking soda
¾ teaspoon ground cinnamon
½ teaspoon ground nutmeg
¼ teaspoon ground ginger
¼ teaspoon ground sea salt
Enjoy Life Gluten-Free Dairy-Free Mini Chocolate Chips (optional)

Preheat the oven to 350 degrees.

Bake the whole sweet potatoes until tender. Allow to cool completely, then peel and chop.

Blend the sweet potato or pumpkin pie filling, eggs, honey, and coconut oil in a high-powered blender until well combined.

Add the pumpkin seeds to the sweet potato/pumpkin mixture and blend until smooth.

In a small bowl, mix the baking soda, cinnamon, nutmeg, ginger, and sea salt, and slowly combine with the sweet potato/pumpkin mixture.

If you want to include the chocolate chips, chill the batter before folding the chips into the mixture.
Pour the mixture into a lined muffin pan and bake 20 to 30 minutes or until a toothpick inserted in the center of a muffin comes out clean.

**NOTES:**
If you use pumpkin pie filling instead of sweet potatoes, bake for 28 to 35 minutes.

Caution: Pumpkin seeds are high in magnesium and thus act as a laxative.

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**magnesium muffins—egg-free**

*This recipe comes from Andi Stowe, website Nourished Blessings*

**MAKES 8-12 MUFFINS**

1 tablespoon ground psyllium husk
2 tablespoons water
3 cups baked sweet potato
4 psyllium husk “eggs”
½ cup honey (or much less, depending on taste)
½ cup coconut oil (melted)
½-pound bag raw pumpkin seeds (without shells)
1 teaspoon baking soda
¼ teaspoon ground cinnamon
½ teaspoon ground nutmeg
¼ teaspoon ground ginger
¼ teaspoon ground sea salt

Preheat the oven to 350 degrees.

To make the “eggs,” mix the psyllium husk and water together, then set aside.

(recipe continues)
Bake the whole sweet potatoes until tender. Allow to cool until warm, then peel and chop.

Blend the “eggs,” honey, coconut oil, and pumpkin seeds in a high-powered blender until well combined.

Add the warm sweet potato to the blender and mix until smooth.

In a medium bowl, mix the baking soda, cinnamon, nutmeg, ginger, and sea salt. Blend on low with the sweet potato mixture.

Pour the mixture into a lined muffin pan and bake for 20 to 30 minutes or until a toothpick inserted in the middle of a muffin comes out clean.

**NOTE:**

*Caution: Pumpkin seeds are high in magnesium and psyllium husks act as a laxative.*
five lunches or dinners

gluten-free chicken fingers

This recipe is from Leanne Ely, website Saving Dinner

**MAKES 4 SERVINGS**

- 2 farm-fresh eggs
- ½ cup coconut flour
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¾ cup unsweetened shredded coconut
- 1 pound organic chicken tenderloins

Preheat the oven to 400 degrees.

Whisk the eggs in a medium bowl. In a second bowl mix the coconut flour, paprika, garlic powder, salt, and pepper. In a third bowl, place the shredded coconut.

Take one chicken tenderloin at a time and dip it into the eggs, then into the coconut flour mixture. Dip the tenderloin in the egg mixture again, and then in the shredded coconut.

Place the coated tenders on a baking pan lined with parchment paper or a wire rack that fits on a baking sheet. Bake for 20 minutes, flipping the tenders at the 10-minute mark. When done, the chicken tenders will be golden brown and completely cooked through.
**potato soup**

*From Haynes Paschall of The Right Bite*

**MAKES 6–8 SERVINGS**

This dairy-free soup gets its creaminess from cauliflower. Picky eaters will never know! This dish can be made on the stovetop or in a slow cooker.

- 8 cups organic chicken or vegetable broth
- 1 head cauliflower, washed and chopped
- 2–3 pounds Yukon gold potatoes, washed and chopped
- 2 garlic cloves, minced
- 1 onion, diced
- 1–2 teaspoons salt
- Pepper to taste

Bring the broth to simmer in a large pot. Add the cauliflower, potatoes, garlic, onion, salt, and pepper and bring to a boil. Reduce the heat and simmer for 30 minutes or until the potato and cauliflower are tender and break apart easily. Let the soup cool for 10 minutes, then blend with an immersion blender or blend in small quantities in a regular countertop blender.

This soup can also be made in a slow cooker. Place all ingredients in the cooker and cook on low for 6 to 8 hours, then blend with immersion or countertop blender.

**turkey chili**

**MAKES 4 SERVINGS**

- 2 tablespoons extra virgin olive oil
- ½ cup white onion, diced
- 1 pound organic ground turkey
1 15-ounce can organic cannellini beans
1 16-ounce can or jar organic crushed tomatoes
½ cup of organic chicken broth
1 tablespoon chili powder
1 teaspoon red pepper flakes
1 tablespoon turmeric powder
Salt and pepper to taste

Heat the olive oil in a large pot over medium heat. Add the onions and sauté for 3 to 4 minutes. Add the ground turkey and cook all the way through. Add the cannellini beans, crushed tomatoes, and chicken broth, and combine well. Stir in the chili powder, red pepper flakes, turmeric, salt, and pepper. Cover with a lid and let simmer until ready to serve. Adjust seasoning and thickness as needed.

quinoa fried rice

**MAKES 4 SERVINGS**

4 cups cooked and chilled quinoa
3 tablespoons ghee
2 eggs, whisked
2 medium carrots, peeled and diced
1 small white onion, diced
½ cup frozen peas
3 garlic cloves, minced
Salt and pepper to taste
3–4 tablespoons gluten-free tamari, or more to taste
½ cup pineapple, diced
½ teaspoon toasted sesame oil

Prepare the quinoa as directed on the package. After it is fully cooked, allow it to cool and then chill in a refrigerator.
Heat ½ tablespoon of the ghee in a large skillet over medium-high heat until melted. Add the eggs and cook until scrambled, stirring occasionally. Remove the egg and transfer to a separate container.

Add an additional 1 tablespoon of ghee to the pan and heat until melted. Add the carrots, onion, peas, and garlic, and season with a generous pinch of salt and pepper. Sauté for about 5 minutes or until the onion and carrots are soft.

Increase heat to high, add in the remaining 1½ tablespoons of ghee, and stir until melted. Immediately add the cooked quinoa, tamari, and pineapple. Stir until combined. Continue stirring for an additional 3 minutes to fry the quinoa. Add the eggs and stir to combine.

Add the sesame oil, stir to combine, and remove from heat.

Serve warm.

**kid-approved zucchini, squash, and snap pea stir fry**

**MAKES 4 SERVINGS**

- 2 organic chicken breasts
- 1 zucchini, rinsed and sliced thin
- 1 squash, rinsed and sliced thin
- 1 cup snap peas
- 1 head broccoli, chopped
- 1 box rice noodles
- 2–3 tablespoons gluten-free tamari sauce or Bragg’s Liquid Aminos
- Handful of basil leaves, chopped

Cut the chicken into bite-size pieces. Marinate for 1 hour or longer in your favorite gluten-free marinade.

While the chicken marinates, boil a pot of water for the rice noodles.
Heat the ghee in a sauté pan and add the zucchini, squash, snap peas, and broccoli, stirring frequently.

Heat ghee in another sauté pan and add the chicken. Cook the chicken 5 to 7 minutes, until cooked all the way through.

Add the rice noodles to the boiling water and prepare as directed on the package.

Add the cooked chicken and noodles to the veggie pan and toss with 2 to 3 tablespoons of the tamari or Bragg’s Liquid Aminos. Add the chopped basil. Add additional tamari sauce if desired.

Serve hot.
Chicken Vegetable Soup and Sweet Potato Fries

Makes 2 Servings

**Chicken Vegetable Soup**

- ½ medium onion, chopped
- 2 large carrots, peeled and chopped
- 3 celery stalks, chopped
- 1 cup uncooked wild rice, rinsed and drained
- 1 bay leaf
- ½ teaspoon dried thyme or 1 tablespoon fresh thyme
- Salt and black pepper, to taste
- 1 organic chicken breast
- 4 cups low-sodium organic chicken broth

In a slow cooker, combine the onion, carrots, celery, wild rice, bay leaf, thyme, salt, and pepper. Top with the chicken breast. Add the chicken broth.

Place the lid on the slow cooker and cook on low heat for 8 hours or on high heat about 4 hours.

Remove the chicken and shred it with two forks. Return it to the slow cooker and stir. Remove the bay leaf. Add salt and pepper to taste.

**Sweet Potato Fries**

- 1 large sweet potato, peeled
- Olive oil
- Salt to taste
Preheat the oven to 375 degrees.

Rinse and slice the sweet potato into thin slices like a French fry. Lightly coat with olive oil. Sprinkle with salt.

Cook 15 to 20 minutes or until the fries start to brown and are slightly crunchy.

turkey kale soup

MAKES 4 SERVINGS

1 tablespoon olive oil
4 celery stalks, thinly sliced
½ onion, chopped
3 large carrots, peeled and chopped
Salt and pepper to taste
1 pound organic ground turkey
1 tablespoon tomato paste
116-ounce can crushed tomatoes
116-ounce can cannellini beans, drained and rinsed (optional)
4 cups organic low-sodium chicken stock
1 teaspoon Italian seasoning
3 cups kale, stems removed and roughly chopped into ribbons

In a large, heavy-bottomed pot, heat the olive oil over medium heat. Add the celery, onion, and carrot, and a little salt and pepper, and sauté until the onions are translucent and the carrots and celery are soft.

Add the ground turkey and a little more salt and pepper to give the turkey some flavor. Stir often until the turkey is cooked through. You might need to move the vegetables to the sides of the pan and get some heat to it before working it into the vegetables.

(recipe continues)
After the turkey is cooked through, stir in the tomato paste and let cook for a few minutes, stirring frequently so the tomato paste doesn't burn. Add the crushed tomatoes, cannellini beans, and chicken stock. Bring to a boil and let simmer for 20 to 25 minutes.

Before you are ready to serve, stir in the kale and let it wilt. Season with salt and pepper to taste and serve.

**lentil tacos**

*From Haynes Paschall of The Right Bite*

**MAKES 8–10 SERVINGS**

- 1½ cups dried lentils
- 2 cups vegetable broth (or more as needed)
- 2 tablespoons coconut oil
- ½ onion, chopped
- 2 carrots, diced
- 3 garlic cloves, minced
- 1 teaspoon ground cumin
- 1 teaspoon cayenne pepper
- 1 teaspoon chili powder
- Salsa (optional)
- Guacamole (optional)

Combine lentils and vegetable broth in a medium pot and bring to a boil. Reduce the heat to low and cover. Simmer 30 to 40 minutes, stirring occasionally, until desired consistency is reached. Add more broth as needed, so the lentils do not stick to the pan and burn.

In a separate pot, sauté the onion and carrots in coconut oil over medium heat until soft, about 10 minutes. Add the garlic, cumin, cayenne pepper, and chili powder and cook another 3 minutes.
When the lentils have reached the desired consistency, combine them with the onion/carrot/spice mixture.

Serve with crunchy organic corn taco shells, with soft corn shells, or over a salad. Top with salsa and guacamole if desired.

**teriyaki salmon**

*Makes 4 Servings*

- ¼ cup gluten-free tamari
- 1 teaspoon sesame oil
- 1 orange, juiced (about ¼ cup)
- 1 tablespoon honey
- 1 tablespoon grated ginger
- 4 wild-caught salmon filets

First, make the teriyaki sauce by whisking together the tamari, sesame oil, orange juice, honey, and grated ginger in a bowl. Place the salmon in an oven-safe casserole dish, skin-side down. Baste the salmon with some of the teriyaki sauce and place the dish on the top oven rack. Turn the oven on and set it to a low broil (high broil will cook it too quickly and make it tough). Let the salmon cook for about 5 minutes, then baste the salmon with more teriyaki sauce. Keep basting the salmon every few minutes until cooked to desired doneness.
turmeric rice

MAKES 4 SERVINGS

1 cup rice
2¼ cups water
1½ tablespoons coconut oil or ghee
1 tablespoon turmeric powder, more to taste
¼ teaspoon ground black pepper
Sea salt to taste (Himalayan sea salt is preferable)
4 to 6 cardamom seeds (whole, dried)
A handful of raisins (optional)
½ cup broccoli chopped into small pieces—add into rice with about 5 minutes left of cooking
¾ to 1 cup of spinach, chopped—stir in after the rice has cooked and while it is still hot
1 cup of organic cooked chicken chopped and mixed in (optional)

This can be made in a rice cooker or on the stove just as you would cook rice. Follow the instructions on the package for the rice. You may need to add a bit more water than what the rice package indicates.

NOTES:
I often use basmati or jasmine rice, but brown or black rice has a lower glycemic index.

Although the black pepper facilitates absorption of the turmeric, those with Crohn’s disease or ulcerative colitis should leave out the black pepper, because this allows the turmeric to remain within the GI system and carry out its anti-inflammatory properties where it’s needed most—in the gut.
**baked kale**

MAKES 4 SERVINGS

One bundle of fresh, organic kale
Olive oil for drizzle
Salt to taste

Preheat the oven to 250 degrees.

Wash and cut the kale. You can use kitchen scissors to cut the kale into about 2-inch pieces, cutting off the thick stems.

Spread the kale on a baking sheet.

Sprinkle olive oil over the leaves

Bake for about 15 to 20 minutes. If the pieces are not as crisp as you like, turn the oven off, close the door for 5 more minutes, and then check them.

Salt to taste and enjoy.

**baked beets**

MAKES 4 SERVINGS

2 beets, washed and sliced
Ghee, melted for drizzle

Preheat the oven to 375 degrees.

Spread the beets out on a baking sheet.

Sprinkle the beets with the ghee. Since beets are baked at a higher temperature, and the smoking point of ghee is higher than olive oil, ghee is used for a little flavor and fat.

(recipe continues)
Bake for 20 to 30 minutes.

Salt to taste and enjoy!

**NOTES:**

*I usually don’t peel the beets if they’re organic. I cut the beet in half and then make thick slices from each half.*

*Be aware that what comes out of your body over the next several days may look very purplish!*

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### baked broccoli and cauliflower

**MAKES 4 SERVINGS WITH LEFTOVERS**

- 1 head organic fresh broccoli
- 1 head organic fresh cauliflower
- 1 tablespoon ghee, softened
- Pinch of sea salt (Himalayan preferable)
- Fresh ground black pepper
- Turmeric powder to taste (optional)

Preheat the oven to 475 degrees.

Wash and chop the broccoli and cauliflower into small pieces that are easy for children’s small fingers to pick up. Toss the pieces in a bowl with the softened ghee.

Spread the broccoli and cauliflower in one layer on a baking sheet.

Sprinkle with sea salt and ground black pepper. Bake for 10 to 15 minutes.

**NOTES:**

*The ghee provides a small amount of saturated fat, which will help your child absorb the nutrients from the veggies.*

*If you’re feeling adventurous, you could add a small amount of turmeric to the ghee to add a powerful anti-inflammatory spice and a great taste!*
crispy chickpeas

MAKES 6 SERVINGS

4 15-ounce cans organic chickpeas
4 tablespoons extra virgin olive oil
Sea salt to taste

Preheat the oven to 400 degrees.

Rinse the beans, drain, and pat dry. Place them on a cookie sheet in one even layer. Drizzle with olive oil and toss until coated. You also can put the chickpeas in a bowl and toss with olive oil before you place them in the pan, but if you want to save a dish, coat them with olive oil on the pan.

Sprinkle with sea salt (add more later if desired).

Bake for 30 minutes or until desired crispiness is reached. Shake the pan a few times as the chickpeas cook. You may also want to add more olive oil during the baking process.

NOTES:
Make sure the chickpea can is BPA free, or prepare your own dry beans.

Coconut oil can be substituted for olive oil but does have a slightly different flavor.

Crispy chickpeas make a delicious salad or soup topper! You can also experiment with adding additional spices like turmeric, chili powder, or paprika. And don’t forget to save leftovers! Kids love these in their lunchboxes.
almond meal cookies

MAKES 8–12 COOKIES

1 cup almond meal
1 teaspoon ground cardamom
1 teaspoon ground cinnamon
2 tablespoons water
¼ cup maple syrup

Preheat the oven to 350 degrees.

Combine the almond meal, cardamom, cinnamon, water, and maple syrup and form the mixture into balls. Place on a baking sheet. Bake for 15 minutes or to desired crispiness.

no-bake energy balls

MAKES 18–24

1 cup gluten-free oats
1 cup unsweetened shredded coconut
½ cup dark chocolate chips (try to get 60% or higher cacao)
½ cup peanut butter, sunflower seed butter, or another nut butter (organic and no added sugars, oils, or corn syrup)
½ cup ground flaxseed
½ cup raw honey (try to use local and raw)
1 teaspoon vanilla
Mix the oats, coconut, chocolate chips, peanut butter, flaxseed, honey, and vanilla together. Chill the mixture for an hour, and then form into balls.

Energy balls can be stored in the refrigerator for up to one week.

**Chocolate sunflower butter protein balls**
A fabulous perk of these protein balls is that they’re allergy-friendly, so you can send them to schools that don’t allow nuts.

**Makes 12-18**

- 6 tablespoons sunflower seed butter
- 4 tablespoons raw cacao
- 2 tablespoons coconut oil
- 1 tablespoon ground flaxseed, chia seeds, or almond meal
- 2 tablespoons hemp seeds
- 1 tablespoon honey
- Pinch of sea salt
- 1 cup unsweetened shredded coconut
- Water (as needed)

Combine the sunflower seed butter, cacao, coconut oil, ground flaxseed/chia seeds/almond meal, hemp seeds, honey, sea salt, and coconut in a large bowl.

Stir and add water ½ teaspoon at a time, until you get the desired consistency for the protein balls. The mixture should be thick and easily roll into a ball. If the mixture is too thin, refrigerate it for 30 minutes to 1 hour and let it harden.

Roll the dough into little balls and place them on a cookie sheet or wax paper.

*(recipe continues)*
Place the coconut in a bowl and roll each ball in the coconut. Feel free to dust the balls with more cacao for an extra boost of antioxidants.

You can eat the balls right away or freeze them for 10–15 minutes.

**strawberry, banana, and peanut butter popsicles**

**MAKES ABOUT 12 POPSICLES**

- 1½ cups frozen organic strawberries
- 1 banana, peeled and sliced
- 3 tablespoons peanut butter or other nut butter
- 1 tablespoon chia seeds
- 1½ to 2 cups unsweetened vanilla almond milk or unsweetened coconut milk

Add the strawberries, banana, peanut butter, chia seeds, and almond/coconut milk to a blender. Blend until smooth and creamy. Pour into popsicle molds and freeze overnight.

**chocolate banana pudding**

**MAKES 1 SERVING**

- 4 tablespoons chia seeds
- 1 cup non-dairy milk (hemp, coconut, or almond)
- 1 small banana, peeled and mashed
- 1 heaping teaspoon raw cacao
- Honey to taste
- Hemp seeds for garnish (optional)
- Shredded coconut for garnish (optional)

For best results, combine the chia seeds, non-dairy milk, banana, and cacao the night before and let the mixture set in the refrigerator. The next morning, you can eat the pudding cold.
If you prefer the pudding warm, simply heat the non-dairy milk in the morning make sure the milk is warm, not boiling. While the milk warms up, mix the chia seeds, banana, and cacao in a bowl. Add the milk to the bowl and stir well.

*For either the cold or warm option, you can add honey, hemp seeds, and shredded coconut.*
DR. KILBANE’S APPROVED PACKAGED FOODS

Food manufacturers frequently change product ingredients. Please always double check what you are buying. Not all of these products are organic. Keep non-organic products to a minimum.

Condiments
- Primal Kitchen condiments
- Tessemae’s dressings
- New Primal condiments
- Kite Hill
- Hope Cashew and Almond Dip
- Hope Hummus
- Bulletproof Products (Brain Octane Oil)

Snacks
- Siete grain-free chips
- The New Primal Jerky
- Kite Hill almond cream cheese and Greek yogurt
- Simple Mills Crackers
- Primal Kitchen Bars
- Larabar
- Forager Unsweetened Cashew Yogurt
- So Delicious Unsweetened Coconut Yogurt
- Purely Elizabeth Grain-Free Granola
- Nativas Organics Power Snacks
- Lesser Evil Paleo Puffs
- Mavuno Harvest Organic Dried Fruit
- Chomp’s Jerky
- Hu Grain-Free Crackers

Sides and Mains
- Jovial Organic Pasta
- Banza Pasta
- Birch Benders Gluten Free pancake and waffle mix
Applegate Natural & Organic Meats
Daily Harvest Ready-To-Blend Smoothies
Cappello’s grain-free pizza crust and pasta
Sprouted for Life Gluten-Free Bread

**Sweets**
Simple Mills Gluten Free baking mixes
Enjoy Life Dark Chocolate Chips
Eating Evolved Chocolate
Hu Kitchen Chocolate
NadaMoo! Coconut milk ice cream

**Drinks**
Pay attention to the sugar content of flavored milks
(chocolate or vanilla)
Califia Farms organic non-dairy milks
Elmhurst non-dairy milks
MALK organic non-dairy milks
New Barn organic non-dairy milks
Oatly organic non-dairy milks
Simple Truth organic non-dairy milks
Three Trees organic non-dairy milks
Thrive Market organic non-dairy milks

**Electrolyte Drink**
Ultima Replenisher

*List created in collaboration with my amazing hair stylist, Brooke Ridberg, mother of three.*)
The most important number to follow is the TOTAL at the bottom. As your child’s symptoms begin to improve, this number should decrease. If you want to share your child’s progress on the closed Facebook group - Dr. Kilbane’s Healthy Kids Happy Moms Book Club (along with before and after pictures of your child) for support and encouragement, please do! We can do this together!

<table>
<thead>
<tr>
<th>None = 0</th>
<th>Mild = 1 or 2</th>
<th>Moderate = 2 or 3</th>
<th>Severe = 4 or 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abnormal bowel movements</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Abdominal pain</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Headaches</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poor sleep quality</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mouth breathing or snoring</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dark circles under the eyes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bumps on cheeks, arms, thighs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eczema</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Allergies</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asthma</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recurrent ear infections</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recurrent sinus infections</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meltdowns or mood swings</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**TOTAL**                 **DATE**

Stopped or decreased any prescription or over-the-counter meds?

- [ ] No
- [ ] Yes

If yes, What medication? ____________________________

New dose? ____________________________

Consistency with nutrition and supplements this week?

- [ ] 100% We were total rock stars! 😊
- [ ] 75% We were quite good! 😊
- [ ] 25% We had some other priorities but are still doing better than before the cleanse! 😏
- [ ] 0% We had a full life outside of supplements and green smoothies. 😥

* This is a tool to be used solely for tracking symptoms over time. It has not been scientifically validated.
GUT HEALTH
Antibiotics and Probiotics

Antibiotics kill the bacteria in our ears, lungs, or sinuses that cause acute infection and are highly necessary at times. However, they also can impact the beneficial bacteria in the gut. If your child needs to take an antibiotic, it’s important to follow your doctor’s guidance and take the antibiotic. You may also consider adding in a probiotic (and/or fermented and prebiotic foods). See list of foods that contain prebiotics and probiotics and are high in fiber.

A five- to ten-day course of antibiotics can impact the gut bacteria anywhere from six months to a year. I recommend my patients take a probiotic while they are taking an antibiotic to support the gut environment. Probiotics can also help prevent antibiotic-associated diarrhea and the yeast-driven diaper rash or vaginal irritation that can sometimes accompany a round of antibiotics. We need more research in this area, but this is how I advise my patients currently.

**HOW TO TAKE A PROBIOTIC WHEN TAKING AN ANTIBIOTIC**

![Diagram showing how to take probiotics](image)

- Take the probiotic 1 to 2 hours before or after taking the antibiotic.
- Please modify if the antibiotic has to be taken 3 or 4 times a day.
- Continue the probiotic for at least two months after you stop the antibiotic.

Research is rapidly changing
Discuss with your doctor
FOODS THAT SUPPORT THE HEALTH AND DIVERSITY OF THE MICROBIOME

Foods That Contain Probiotics

- Fermented foods, not pickled foods. Fermented foods contain beneficial bacteria and yeast. Fermentation takes time whereas pickling uses vinegar.
- Pickles (be sure they don’t contain high-fructose corn syrup or vinegar)
- Sauerkraut
- Kimchi
- Kombucha
- Tempeh, natto, and miso (soy based)
- Yogurt (non-dairy for those who are sensitive or allergic to dairy)

Often with my patients, the family is just beginning to make major shifts in diet and lifestyle. If the probiotic- and prebiotic-rich foods aren’t commonplace, we use a probiotic supplement while we begin incorporating some of these foods into the diet.

Fermented foods and some probiotics can increase histamine levels in the body for some people, making symptoms (such as bloating, gas, loose stools, and/or eczema) worse or even creating new symptoms.

Foods containing prebiotics
(food for the beneficial gut bacteria)

- Bananas
- Onion
- Garlic
- Chicory root
- Dandelion greens
- Jerusalem artichokes
- Leeks
- Asparagus
- Apples
- Jicama root
- Chia seed
- Flaxseed
- Hemp seed
- Vegetables, especially homegrown in the soil or purchased from a farmer (the soil is teeming with microorganisms that support our gut health)
Activities that support the microbiome
Playing outside in the dirt  Spending time on a farm
Gardening  Walking outside in the woods
Being around animals

MINI CLEANSE
Sugar  4 grams = 1 tsp

To figure out how many teaspoons of sugar are in a particular food, look at the number of grams of sugar and divide that by 4 (24 grams of sugar / 4 = 6 teaspoons).

American Heart Association (AHA) Guidelines on Daily Sugar Intake

<table>
<thead>
<tr>
<th>AGE</th>
<th>2 TO 18 YEARS</th>
<th>ADULT WOMEN</th>
<th>ADULT MEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recommended Upper Limit of Teaspoons daily</td>
<td>4 to 6 (16 to 24 grams)</td>
<td>6</td>
<td>9</td>
</tr>
<tr>
<td>The Actual Average Daily Intake in Teaspoons</td>
<td>12 to 34 (teenagers have the highest intake)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Sugar Content of Common Beverages Kids Drink

<table>
<thead>
<tr>
<th>TWELVE-OUNCE BEVERAGE</th>
<th>SUGAR (GRAMS)</th>
<th>NUMBER OF TEASPOONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can of soda</td>
<td>39</td>
<td>9¾</td>
</tr>
<tr>
<td>Orange juice</td>
<td>28</td>
<td>7</td>
</tr>
<tr>
<td>Cow’s milk</td>
<td>19½</td>
<td>4¾</td>
</tr>
<tr>
<td>Vitamin Water (ten ounces)</td>
<td>16</td>
<td>4</td>
</tr>
<tr>
<td>Soy milk</td>
<td>14</td>
<td>3½</td>
</tr>
<tr>
<td>Almond milk, unsweetened</td>
<td>&lt; 1</td>
<td>&lt; 1</td>
</tr>
</tbody>
</table>

Notice how much sugar your child has ingested after eating a bowl of cereal with milk and a glass of orange juice in the morning.
Oils to Avoid and Their Healthy Replacements

<table>
<thead>
<tr>
<th>OILS TO AVOID</th>
<th>OILS BEST FOR LOW OR NO HEAT COOKING</th>
<th>OILS SAFE FOR HIGH HEAT COOKING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canola oil</td>
<td>Olive oil</td>
<td>Avocado oil</td>
</tr>
<tr>
<td>Grapeseed oil</td>
<td>Coconut oil</td>
<td>Ghee (clarified butter)</td>
</tr>
<tr>
<td>Rice bran oil</td>
<td>Butter</td>
<td></td>
</tr>
<tr>
<td>“Vegetable” oil</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Safflower oil</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soybean oil</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn oil</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cottonseed oil</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

High-Fiber Foods

<table>
<thead>
<tr>
<th>VEGETABLES</th>
<th>FRUITS</th>
<th>SEEDS</th>
<th>NUTS</th>
<th>LEGUMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>Apples</td>
<td>Chia</td>
<td>Almonds</td>
<td>Beans</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Avocado Berries</td>
<td>Flaxseed</td>
<td>soaking before eating</td>
<td>Lentils</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>Grapefruit</td>
<td>Hemp</td>
<td>makes them easier to digest</td>
<td>Peas</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Oranges</td>
<td>Psyllium seed husk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggplant</td>
<td>Pears</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Onion</td>
<td>Prunes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet potato</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugar beets</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Turnips</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Daily Fruit and Vegetable Recommendations

<table>
<thead>
<tr>
<th>AGE</th>
<th>FRUIT CUPS PER DAY</th>
<th>VEGETABLES CUPS PER DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 to 3 years</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>4 to 8 years</td>
<td>1 to 1½</td>
<td>1½</td>
</tr>
<tr>
<td>9 to 13 years (male)</td>
<td>1½</td>
<td>2½</td>
</tr>
<tr>
<td>9 to 13 years (female)</td>
<td>1½</td>
<td>2</td>
</tr>
<tr>
<td>14 to 18 years (male)</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>14 to 18 years (female)</td>
<td>1½</td>
<td>2½</td>
</tr>
</tbody>
</table>

Source: https://www.myplate.gov/eat-healthy/fruits

Some helpful comparisons

2 medium carrots = 1 cup
3 medium stalks of celery = 1 cup
1 medium cucumber = 1½ cups
1 medium pepper chopped = ½ cup
1 small apple (tennis ball size) = 1 cup
Removing Dairy/Gluten

Dietary Reference Intakes for Calcium from the Institute of Medicine

Calcium expressed in milligrams per unit specified

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Calcium Intake</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 to 6 months</td>
<td>200 mg/day</td>
</tr>
<tr>
<td>6 to 12 months</td>
<td>260 mg/day</td>
</tr>
<tr>
<td>1 to 3 years</td>
<td>700 mg/day</td>
</tr>
<tr>
<td>4 to 8 years</td>
<td>1,000 mg/day</td>
</tr>
<tr>
<td>9 to 18 years</td>
<td>1,300 mg/day</td>
</tr>
<tr>
<td>19 to 50 years</td>
<td>1,000 mg/day</td>
</tr>
<tr>
<td>51 to 70 years (F)</td>
<td>1,200 mg/day</td>
</tr>
<tr>
<td>51 to 70 years (M)</td>
<td>1,000 mg/day</td>
</tr>
<tr>
<td>71+ years</td>
<td>1,200 mg/day</td>
</tr>
</tbody>
</table>

Calcium Content of Various Foods

Calcium expressed in milligrams per unit specified

Non-dairy Milks (Calcium per 1 Cup)

Many of these milks are fortified with calcium in the manufacturing process and may vary from product to product. If you make them at home, please be aware that the calcium content may be lower.

<table>
<thead>
<tr>
<th>Food</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oat</td>
<td>350</td>
</tr>
<tr>
<td>Hemp</td>
<td>300</td>
</tr>
<tr>
<td>Quinoa</td>
<td>300</td>
</tr>
<tr>
<td>Rice</td>
<td>290</td>
</tr>
</tbody>
</table>
### Tree Nut Milks

<table>
<thead>
<tr>
<th>Tree Nut</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almond</td>
<td>480</td>
</tr>
<tr>
<td>Coconut</td>
<td>460</td>
</tr>
<tr>
<td>Cashew</td>
<td>47</td>
</tr>
<tr>
<td>Walnut</td>
<td>24</td>
</tr>
</tbody>
</table>

(coconut is actually a fruit, but the FDA labels it as a tree nut)

### Legume Milk

Legumes can irritate the lining of the GI tract for some kids. These may not be good options for kids with significant GI issues or eczema.

<table>
<thead>
<tr>
<th>Legume Milk</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pea</td>
<td>440</td>
</tr>
<tr>
<td>Soy</td>
<td>300</td>
</tr>
</tbody>
</table>

### Vegetables (calcium per 1 cup cooked unless otherwise specified)

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Collard greens</td>
<td>265</td>
</tr>
<tr>
<td>Turnip greens</td>
<td>200</td>
</tr>
<tr>
<td>Mustard greens</td>
<td>165</td>
</tr>
<tr>
<td>Bok choy</td>
<td>160</td>
</tr>
<tr>
<td>Beet greens</td>
<td>160</td>
</tr>
<tr>
<td>Turnip greens</td>
<td>105</td>
</tr>
<tr>
<td>Swiss chard</td>
<td>100</td>
</tr>
<tr>
<td>Rhubarb</td>
<td>100</td>
</tr>
<tr>
<td>Broccoli rabe</td>
<td>100</td>
</tr>
<tr>
<td>Kale</td>
<td>95</td>
</tr>
<tr>
<td>Winter squash</td>
<td>90</td>
</tr>
<tr>
<td>Sweet potato</td>
<td>90</td>
</tr>
<tr>
<td>Butternut squash</td>
<td>85</td>
</tr>
<tr>
<td>Okra (raw)</td>
<td>80</td>
</tr>
<tr>
<td>Broccoli</td>
<td>60</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>55</td>
</tr>
<tr>
<td>Acorn squash (raw)</td>
<td>45</td>
</tr>
<tr>
<td>Watercress</td>
<td>40</td>
</tr>
<tr>
<td>Carrots (raw)</td>
<td>40</td>
</tr>
<tr>
<td>Asparagus</td>
<td>30</td>
</tr>
<tr>
<td>Cauliflower (raw)</td>
<td>25</td>
</tr>
<tr>
<td>Red bell pepper (raw)</td>
<td>10</td>
</tr>
<tr>
<td>Spinach</td>
<td>250</td>
</tr>
<tr>
<td>(Only a small percentage of the calcium in spinach is absorbed.)</td>
<td></td>
</tr>
</tbody>
</table>

### Fruit

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olives (1 cup)</td>
<td>100 to 190</td>
</tr>
<tr>
<td>Orange Juice (calcium-fortified)</td>
<td>290</td>
</tr>
<tr>
<td>Orange (1 large)</td>
<td>75</td>
</tr>
<tr>
<td>Blackberries</td>
<td>40</td>
</tr>
<tr>
<td>Raspberries</td>
<td>30</td>
</tr>
<tr>
<td>Avocado (1 cup pureed)</td>
<td>30</td>
</tr>
<tr>
<td>Kiwi (1 large)</td>
<td>30</td>
</tr>
<tr>
<td>Fig (1 large)</td>
<td>30</td>
</tr>
<tr>
<td>Strawberries</td>
<td>25</td>
</tr>
<tr>
<td>Prunes (5)</td>
<td>20</td>
</tr>
<tr>
<td>Blueberries</td>
<td>10</td>
</tr>
</tbody>
</table>

### Legumes (calcium per 1 cup canned)

<table>
<thead>
<tr>
<th>Legume</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tofu</td>
<td>870</td>
</tr>
<tr>
<td>Black-eyed peas</td>
<td>370</td>
</tr>
<tr>
<td>Mung beans</td>
<td>270</td>
</tr>
<tr>
<td>Kidney beans</td>
<td>260</td>
</tr>
<tr>
<td>Soybeans</td>
<td>200</td>
</tr>
<tr>
<td>White beans</td>
<td>190</td>
</tr>
<tr>
<td>Chickpeas</td>
<td>210</td>
</tr>
<tr>
<td>Black beans</td>
<td>100</td>
</tr>
<tr>
<td>Edamame</td>
<td>100</td>
</tr>
<tr>
<td>Hummus</td>
<td>90</td>
</tr>
<tr>
<td>Snap peas (raw)</td>
<td>80</td>
</tr>
<tr>
<td>Green beans (cooked)</td>
<td>55</td>
</tr>
<tr>
<td>Lentils</td>
<td>40</td>
</tr>
<tr>
<td>Peas (1 cup cooked)</td>
<td>40</td>
</tr>
<tr>
<td>Peanuts (¼ cup)</td>
<td>35</td>
</tr>
<tr>
<td>Peanut butter (2 tablespoons)</td>
<td>15</td>
</tr>
</tbody>
</table>

### Tree nuts (calcium per ¼ cup)

<table>
<thead>
<tr>
<th>Tree nut</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almonds</td>
<td>95</td>
</tr>
<tr>
<td>Cashews</td>
<td>20</td>
</tr>
<tr>
<td>Pistachio</td>
<td>50</td>
</tr>
<tr>
<td>Walnuts</td>
<td>20</td>
</tr>
</tbody>
</table>
### Seeds (calcium per 1 tablespoon)

<table>
<thead>
<tr>
<th>Seed</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sesame</td>
<td>90</td>
</tr>
<tr>
<td>Tahini</td>
<td>65</td>
</tr>
<tr>
<td>Chia</td>
<td>60</td>
</tr>
<tr>
<td>Flax</td>
<td>25</td>
</tr>
<tr>
<td>Hemp</td>
<td>15</td>
</tr>
</tbody>
</table>

### Sweetener

<table>
<thead>
<tr>
<th>Sweetener</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blackstrap molasses (1 tablespoon)</td>
<td>145</td>
</tr>
</tbody>
</table>

### Plants/herbs

<table>
<thead>
<tr>
<th>Plant</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stinging nettle</td>
<td>450</td>
</tr>
<tr>
<td>Artichoke (1 large)</td>
<td>70</td>
</tr>
<tr>
<td>Parsley (1 cup)</td>
<td>80</td>
</tr>
</tbody>
</table>

### Gluten-free grains/flours (calcium per 1 cup)

Be sure the packaging says gluten-free.

Some grains can bother individuals with celiac disease or a gluten sensitivity. Be sure to pay attention to any GI upset, skin rash, or irritability if you decide to use any of these flours.

<table>
<thead>
<tr>
<th>Grain/flour</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teff</td>
<td>120</td>
</tr>
<tr>
<td>Amaranth</td>
<td>115</td>
</tr>
<tr>
<td>Steel cut oats</td>
<td>50</td>
</tr>
<tr>
<td>Buckwheat</td>
<td>30</td>
</tr>
<tr>
<td>Quinoa</td>
<td>30</td>
</tr>
<tr>
<td>Sorghum</td>
<td>30</td>
</tr>
<tr>
<td>White rice</td>
<td>15</td>
</tr>
</tbody>
</table>

### Animal products

### Fish (canned with bones, calcium per 1 ounce)

<table>
<thead>
<tr>
<th>Fish</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sardines</td>
<td>110</td>
</tr>
<tr>
<td>Salmon</td>
<td>80</td>
</tr>
</tbody>
</table>

### Cooked animal products (calcium per 3 ounces)

<table>
<thead>
<tr>
<th>Animal</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oysters</td>
<td>100</td>
</tr>
<tr>
<td>Shrimp</td>
<td>70</td>
</tr>
<tr>
<td>Herring</td>
<td>65</td>
</tr>
<tr>
<td>Mackerel</td>
<td>65</td>
</tr>
<tr>
<td>Mussels</td>
<td>30</td>
</tr>
<tr>
<td>Egg (1 large)</td>
<td>25</td>
</tr>
<tr>
<td>Beef</td>
<td>15</td>
</tr>
<tr>
<td>Pork</td>
<td>15</td>
</tr>
<tr>
<td>Lamb</td>
<td>15</td>
</tr>
<tr>
<td>Salmon</td>
<td>10</td>
</tr>
<tr>
<td>Chicken</td>
<td>15</td>
</tr>
<tr>
<td>Bone broth (1 cup)</td>
<td>10 to 70</td>
</tr>
</tbody>
</table>

### Animal milks (calcium per 1 cup)

<table>
<thead>
<tr>
<th>Milk</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goat’s milk</td>
<td>330 (contains A2 beta-casein and very low amounts of A1 beta-casein)</td>
</tr>
<tr>
<td>Sheep's milk</td>
<td>475 (contains A2 beta-casein and almost no A1 beta-casein)</td>
</tr>
</tbody>
</table>

### Cow’s Milk Foods—Calcium Content for Comparison

<table>
<thead>
<tr>
<th>Food</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk (1 cup)</td>
<td>300 (contains A1 beta-casein—can cause GI distress)</td>
</tr>
<tr>
<td>Greek yogurt (3/4 cup)</td>
<td>190</td>
</tr>
<tr>
<td>Cheese (1 ounce)</td>
<td>200</td>
</tr>
</tbody>
</table>
SUPPLEMENT DOSING GUIDE

Please refer to my website sheilakilbane.com for an up-to-date list of the supplements I recommend, including dosing by age.

When possible, dosing is based upon the RDA or the AI. The RDA (recommended dietary allowance) is based upon scientific evidence and defined as the average daily dietary nutrient intake level sufficient to meet the needs of 98 percent of healthy individuals. AI (adequate intake) is established when evidence is insufficient to develop the RDA and it is set at a level assumed to ensure nutritional adequacy. You’ll notice the omega-3 fat dosing is based upon the AI.

Probiotic

Probiotics should *not* be given to anyone who is immunocompromised or who has venous access with a central line (an access port for those getting chemotherapy or long-term antibiotic infusions).

<table>
<thead>
<tr>
<th>HKHM Plantadophilus</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AGE</strong></td>
</tr>
<tr>
<td>Infants</td>
</tr>
<tr>
<td>1 year +</td>
</tr>
</tbody>
</table>

You can open up the capsule and mix it with soft food, and it tastes surprisingly good!

For a list of foods that contain prebiotics and probiotics, see the Gut Health section of the Appendix.

Digestive Enzymes

Pick one form which will work best for your child: powder, chewable, or capsule.
**HKHM Digest Powder (contains flax)**

<table>
<thead>
<tr>
<th>AGE</th>
<th>START OF BREAKFAST</th>
<th>START OF DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infants</td>
<td>Only under the guidance of a doctor</td>
<td></td>
</tr>
<tr>
<td>1 to 2 years</td>
<td>half a scoop</td>
<td>half a scoop</td>
</tr>
<tr>
<td>3 years +</td>
<td>1 scoop</td>
<td>1 scoop</td>
</tr>
</tbody>
</table>

Take at the **start of breakfast and dinner along with the probiotic.** May mix in soft food or liquid.

**HKHM Kids Digest Chewable (contains flax)**

<table>
<thead>
<tr>
<th>AGE</th>
<th>START OF BREAKFAST</th>
<th>START OF DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 to 3 years</td>
<td>1 chewable</td>
<td>1 chewable</td>
</tr>
<tr>
<td>4 years +</td>
<td>2 chewable</td>
<td>2 chewable</td>
</tr>
</tbody>
</table>

**HKHM Digest capsules**

<table>
<thead>
<tr>
<th>AGE</th>
<th>START OF BREAKFAST</th>
<th>START OF DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 to 5 years</td>
<td>½ capsule</td>
<td>½ capsule</td>
</tr>
<tr>
<td>6 years +</td>
<td>1 capsule</td>
<td>1 capsule</td>
</tr>
</tbody>
</table>

**Enzyme That Helps Break Down Gluten**

Dipeptidyl Peptidase IV (DPP-IV) enzyme: For those with celiac disease or a gluten sensitivity who are off gluten but continue to have symptoms.

**HKHM CARBO-G**

<table>
<thead>
<tr>
<th>AGE</th>
<th>START OF BREAKFAST</th>
<th>START OF DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 to 5 years</td>
<td>½ capsule</td>
<td>½ capsule</td>
</tr>
<tr>
<td>6 years +</td>
<td>1 capsule</td>
<td>1 capsule</td>
</tr>
</tbody>
</table>
NATURAL WAYS TO IMPROVE DIGESTION

Do more of the activities that support digestion and fewer of the ones that compromise our digestion:

Be in a relaxed state when you are getting ready to eat.
Chew your food thoroughly.
Eat mindfully and slowly.
Eat with people you love.
Enhance your toolbox of ways to handle stress.
Eat foods that support the microbiome.
Cut out the processed, packaged, high-sugar foods.
Be sure you are having at least 1 daily, easy, formed bowel movement.

Omega-3 fats

The Current Recommended Adequate Intakes (AI) of Omega-3s for Kids

<table>
<thead>
<tr>
<th>AGE</th>
<th>DOSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 to 12 months</td>
<td>500</td>
</tr>
<tr>
<td>1 to 3 years</td>
<td>700</td>
</tr>
<tr>
<td>4 to 8 years</td>
<td>900</td>
</tr>
<tr>
<td>9 to 13 years (male)</td>
<td>1,200</td>
</tr>
<tr>
<td>9 to 13 years (female)</td>
<td>1,000</td>
</tr>
<tr>
<td>14 to 18 years (male)</td>
<td>1,600</td>
</tr>
<tr>
<td>14 to 18 years (female)</td>
<td>1,100</td>
</tr>
</tbody>
</table>

Refer to my website sheilakilbane.com/book for up-to-date and specific supplement suggestions
Omega-3 Foods

- Coldwater fish: salmon, mackerel, herring, trout, char, sockeye, sardines
- Flaxseeds, flax oil
- Chia seeds
- Hemp seeds
- Walnuts
- Almonds
- (specify the meats)
- Berries: blackberries, blueberries, strawberries
- Brussels sprouts and other green leafy vegetables
- Eggs (free range)

Vitamin D

*Remember:* Vitamin D is a fat-soluble vitamin which means you can overdose on it. Please follow the recommended guidelines unless advised by your doctor.

### Vitamin D Recommendations of The American Academy of Pediatrics (AAP) and The Institute of Medicine

<table>
<thead>
<tr>
<th>AGE</th>
<th>DOSAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 to 1 year</td>
<td>400 IUs/day</td>
</tr>
<tr>
<td>2 to 70 years</td>
<td>600 IUs/day</td>
</tr>
<tr>
<td>71 years +</td>
<td>800 IUs/day</td>
</tr>
</tbody>
</table>

Breastfeeding infants should be supplemented daily. Formula-fed babies who are not drinking one quart (thirty-two ounces) daily should be supplemented. Thirty-two ounces of formula contains 400 IU vitamin D.

Adequate vitamin D is extremely important for a developing baby. Studies show that less than 30 percent of US infants are getting adequate amounts, and breastfed babies were more likely to fall short of the guidelines than formula-fed babies.

I typically give kids two years and older 1,000 IUs/day, but I also follow their levels via bloodwork. I try to keep my patient’s levels between 40 and 60 ng/mL (100 to 150 nmol/L). This should only be done in conjunction with your child’s doctor.
How Do We Get Vitamin D Naturally?

We synthesize vitamin D through the absorption of sunlight from our skin. The amount of vitamin D we synthesize from the sun varies greatly and depends upon age, where you are in the world, the time of year, and skin pigmentation. Darker skin requires longer sun exposure. The time needed can range from ten minutes for a fair-skinned individual to sixty minutes for more pigmented skin. Sunscreen prevents the skin from synthesizing vitamin D.

A small number of foods contain vitamin D naturally.

<table>
<thead>
<tr>
<th>Foods that Naturally Contain Vitamin D</th>
<th>VITAMIN D IU PER OUNCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue fish</td>
<td>280</td>
</tr>
<tr>
<td>Cod</td>
<td>104</td>
</tr>
<tr>
<td>Grey sole</td>
<td>56</td>
</tr>
<tr>
<td>Salmon, Farm</td>
<td>240</td>
</tr>
<tr>
<td>Salmon, Wild</td>
<td>988</td>
</tr>
<tr>
<td>Trout, Farm</td>
<td>388</td>
</tr>
<tr>
<td>Ahi Tuna—Yellowfin</td>
<td>404</td>
</tr>
</tbody>
</table>

Vitamin D content varies from fish to fish and depending upon its source (farm raised have lower amounts than wild caught).

Foods Fortified with Vitamin D
(which means it doesn’t occur naturally in that food)

Pasteurized milk, 100 IUs per 8 ounces
Orange juice, 100 IUs per 8 ounces
You’d have to drink more than 32 ounces daily of juice or milk to provide your body with the recommended amount of 600 IUs. I don’t recommend anyone drink that much milk or juice in one day!

**Whole-Food Supplement Options or Multivitamin Mineral Options (Pick One)**

Multivitamin mineral supplements can be made from whole foods or synthetic based, meaning many of the ingredients are manufactured in a lab. My preference is for kids to supplement with products directly derived from food whenever possible.

**Whole-Food Supplement Options**
- Hiya Kids Daily Multivitamin
- Greens First Kids
- Garden of Life mykind Organics Kids Multi Gummies
- Vitamin Code Kids Chewable Whole Food Multivitamin
- JuicePLUS

or

**Multivitamin Mineral Options**
- Seeking Health Multivitamin Mineral
- Dr. Mercola Chewable Multivitamin for kids
- Smarty Pants Kids Complete

Refer to my website sheilakilibane.com/book for up-to-date and specific supplement suggestions
Your child may need a higher dose than what is listed if they have constipation or asthma. Magnesium supplements (in the right form) are safe and well-tolerated. You can dose magnesium to tolerance, which means if the stools become loose, decrease to a lower dose. You may titrate up or down for one soft stool per day.

Refer to my website sheilakilbane.com/book for up-to-date and specific supplement suggestions

**Foods High in Magnesium**
- Green leafy vegetables (spinach)
- Nuts
- Seeds (pumpkin, chia, and flaxseed)

Sodas are high in phosphate which binds to magnesium, rendering it ineffective.
Many children (and adults) don’t eat these foods on a daily basis, so magnesium supplementation can be extremely helpful. Many of the kids in my practice are on a magnesium supplement.

<table>
<thead>
<tr>
<th>Zinc RDA</th>
</tr>
</thead>
<tbody>
<tr>
<td>AGE</td>
</tr>
<tr>
<td>0 to 6 months</td>
</tr>
<tr>
<td>7 to 12 months</td>
</tr>
<tr>
<td>1 to 2 years</td>
</tr>
<tr>
<td>4 to 8 years</td>
</tr>
<tr>
<td>9 to 13 years</td>
</tr>
<tr>
<td>14 to 18 years (male)</td>
</tr>
<tr>
<td>14 to 18 years (female)</td>
</tr>
<tr>
<td>19 years + (male)</td>
</tr>
<tr>
<td>19 years + (female)</td>
</tr>
</tbody>
</table>

Do not give zinc longer than two months unless you are doing it in conjunction with your child’s doctor.

Refer to my website sheilakilbane.com/book for up-to-date and specific supplement suggestions

Foods High in Zinc

Oysters
Beef
Crab
Pork
Chicken

Pumpkin seeds
Cashews
Almonds
Chickpeas
Oats