



7 Steps to Heal and Prevent Common Childhood Illnesses

# healthy kids happy moms

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Foreword by David Katz, MD

A PDF COMPANION TO THE AUDIOBOOK

HEALTHY KIDS, HAPPY MOMS

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## CHAPTER 2

# FIVE TRIGGERS OF INFLAMMATION

### GENETICS

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#### 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

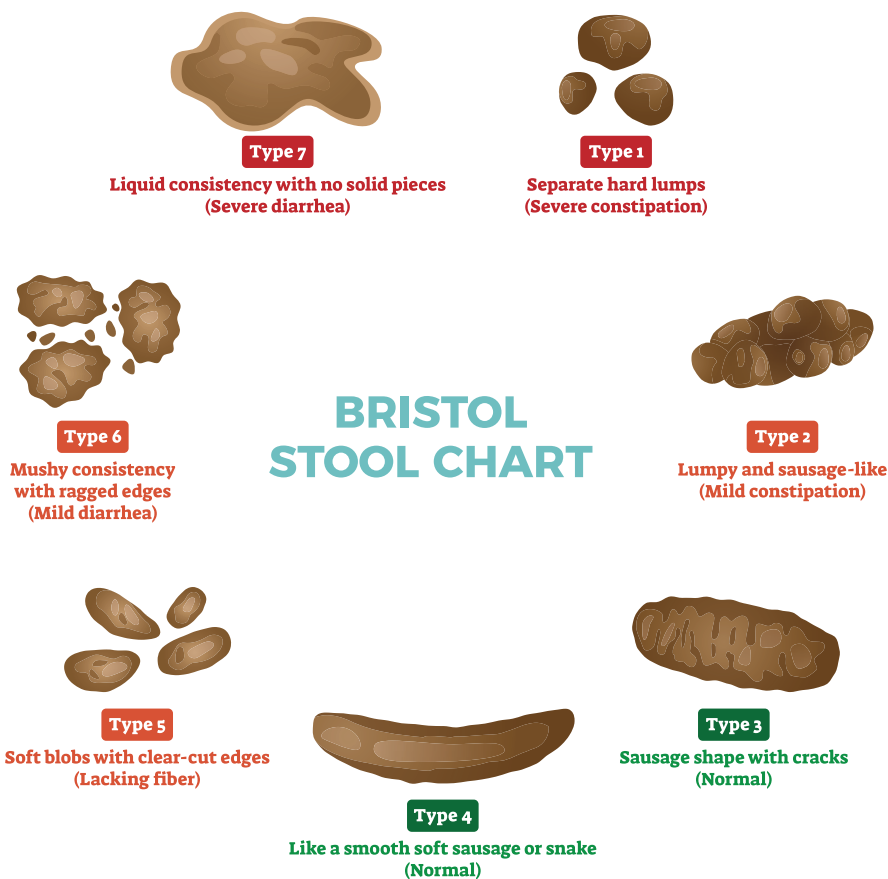
Broken bone, herniated disc, torticollis (tight neck muscle in babies), Eustachian tube dysfunction



#### EMOTIONAL STRESS

Relationships, abuse, family dynamics, cultural expectations, jobs, negative self talk, guilt

## CHAPTER 3



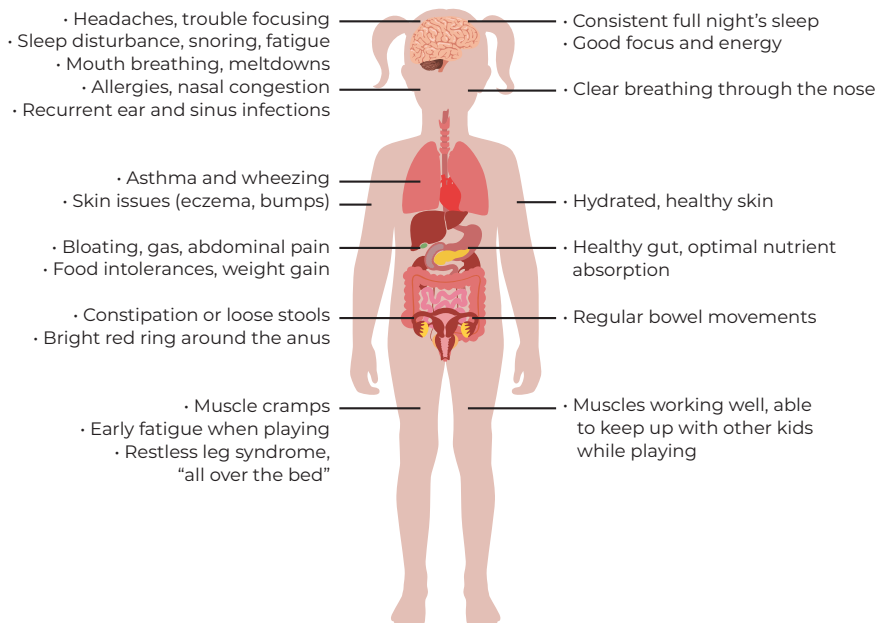


# INFLAMMATION - LEAKY GUT - ILLNESSES

Circle the symptoms that apply to your child.

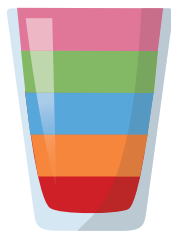
**An unhealthy diet creates a leaky gut, causing inflammation and illness.**

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



## GENETICS

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**Excess inflammation**



**FOOD**



**ENVIRONMENTAL ALLERGIES**



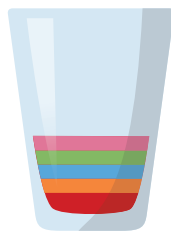
**ENVIRONMENTAL TOXINS**



**INFECTIOUS DISEASES**



**STRESS**



**Minimal inflammation**

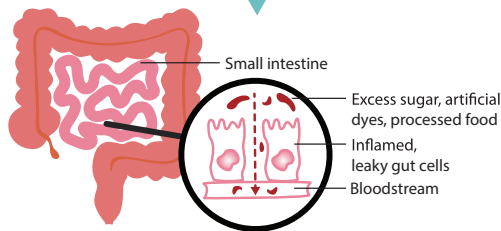
# HEALTHY GUT VS. LEAKY GUT

## Leaky Gut



### 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

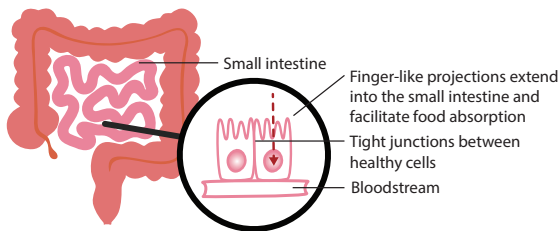
# HEALTHY GUT VS. LEAKY GUT

## 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.

## CHAPTER 4

### Comparison of Food Allergies, Food Sensitivities, and Celiac Disease

CATEGORY	FOOD ALLERGIES	FOOD SENSITIVITIES	CELIAC DISEASE
Symptoms	Flushing, hives, itching, lip swelling, coughing, trouble breathing, wheezing, abdominal pain, nausea, vomiting, diarrhea, increased heart rate	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	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, melt-downs or mood swings, trouble focusing, ADHD, anxiety, depression, seizures, numbness or tingling in the hands and feet
Speed of Reaction	Usually within fifteen minutes to two hours (but can be delayed up to twelve hours)	Minutes to hours to days	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)

CATEGORY	FOOD ALLERGIES	FOOD SENSITIVITIES	CELIAC DISEASE
Cells Involved	Immune system IgE	Non-immune system	Immune system IgA and T-cells
Food Examples	Peanut Tree nuts Milk Egg Soy Wheat Corn Fish Shellfish Citric acid Sesame	Milk Egg Soy Wheat (gluten) Corn Citric acid Sesame	Gluten (the protein found in barley, wheat, and rye and many other processed foods)
Testing	Skin prick test <i>or</i> Bloodwork	Selective elimination diet  Blood test is controversial: many food sensitivity tests are available that test for IgG proteins to various foods. Some research suggests that elevated IgG4 proteins confer “tolerance” to a food	Blood test for antibodies  TTG (IgA, IgG) DGP (IgA, IgG) EMA(IgA)  Endoscopy with biopsy of the small intestine to look for damage  <b>Must be eating gluten for the testing to be accurate</b>
Gold Standard Test	Oral Food Challenge	Selective elimination diet followed by reintroduction of the food (the <b>HKHM</b> program)	Endoscopy with biopsy

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

TYPE OF REACTIONS	FOOD INTOLERANCE	HISTAMINE INTOLERANCE
Symptoms/Disease	<p><b>Lactase deficiency (lactose intolerance):</b> bloating, gas, abdominal pain, nausea with ingestion of dairy</p> <p><b>Allergic colitis:</b> babies will present with blood in their stool</p> <p><b>Eosinophilic esophagitis (EE):</b> discomfort in the upper chest and esophagus while eating; sometimes leads to avoiding eating</p> <p><b>Food protein-induced enterocolitis syndrome (FPIES):</b> vomiting and diarrhea after ingesting certain foods in babies</p>	<p>Similar to allergy symptoms: Flushing of the face, neck, ears, and body (can make eczema worse)</p> <p>Nausea</p> <p>Burning in the mouth</p> <p>Headache</p> <p>Faintness</p> <p>Abdominal cramps</p> <p>Bloating</p> <p>Diarrhea</p> <p>Wheezing or other breathing problems</p> <p>Swelling of the face and tongue</p>
Speed of Reaction	Can be rapid or within hours	Often within minutes to hours but can also persist if histamine levels remain elevated.
Cells Involved	<p>Non-immune system</p> <p>Non-IgE mediated</p> <p>Cellular reaction</p> <p>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</p>	<p>Non-immune system</p> <p>When the diamine oxidase (DAO) enzyme which breaks down histamine in our bodies is not functioning properly</p>
Food Examples	<p><b>EE: common triggers</b></p> <p>Milk</p> <p>Eggs</p> <p>Soy</p> <p>Wheat</p> <p>Others</p> <p><b>FPIES: common triggers</b></p> <p>Milk</p>	<p><b>Histamine-rich foods</b></p> <p>Spoiled fish</p> <p>Cured or smoked meats</p> <p>Smoked or canned fish</p> <p>Shellfish</p> <p>Leftover meats</p> <p>Fermented food (including beer)</p> <p>Vinegar</p> <p>Cow's milk, yogurt</p> <p>Cheeses, aged cheeses</p>

Food Examples (continued)	Soy Rice Chicken Others	Avocado Eggplant Spinach  <b>Foods that trigger histamine release</b> Bananas Citrus fruits (lemons, oranges) Cherries Pineapple Strawberries Dried fruit Tomatoes Tree nuts Legumes (peanuts, beans) Chocolate Wheat germ Food dyes, additives, and some seasonings Alcohol
Testing	Doctor will decide based upon history, symptoms, and physical exam  Possibly test stool for blood or perform endoscopy for abnormal cells (EE)	Doctor will decide based upon history, symptoms, circumstances when the symptoms occur, and physical exam



## CHAPTER 5

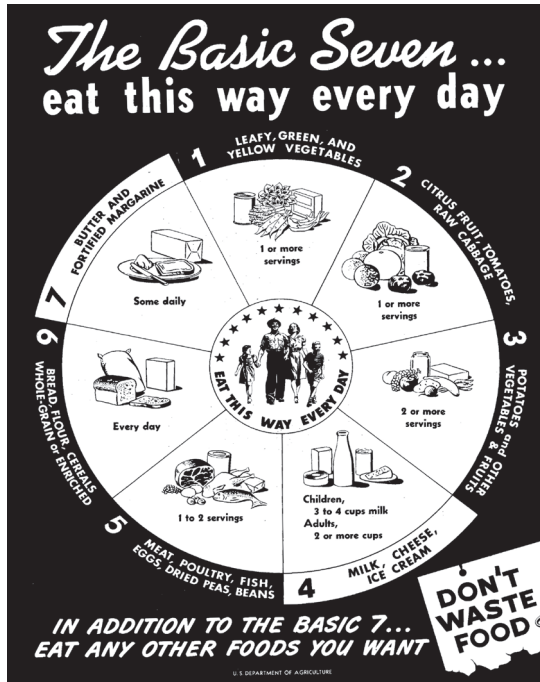
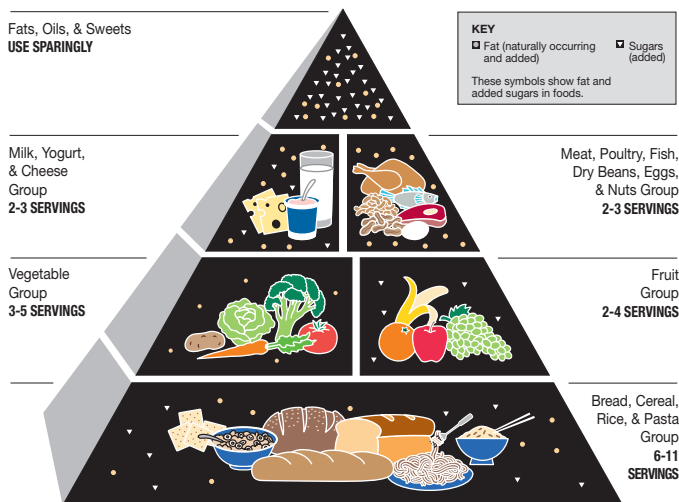
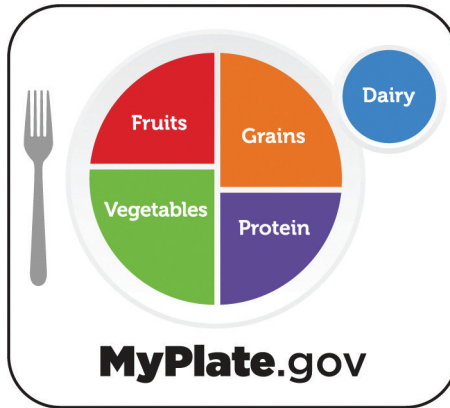


Photo courtesy of National Archives and Records Administration, September 1946.



The food guide pyramid. Food and Nutrition Service, US Department of Agriculture.



USDA MyPlate.

## HEALTHY EATING PLATE

**HEALTHY OILS**

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.

**WATER**

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

**STAY ACTIVE!**

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## CHAPTER 6

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

	CHIA SEEDS PER OUNCE	FLAXSEEDS PER OUNCE	HEMP SEEDS PER OUNCE	BEEF, GRASS-FED, 3 OUNCES	BEEF, GRAIN-FED, 3 OUNCES
Calories	137	150	162	213	213
Omega-3	4.9 g	6.4 g	2.8 g	0.03 g	0.2 g
Omega-6	1.6 g	1.7 g	7 g	0.23 g	0.3 g
Protein	4 g	5 g	10.3 g	21 g	21 g
Fiber	11 g	8 g	3 g	0 g	0 g
Calcium	177 mg	71.4 mg	38.9 mg	~10 mg	~10 mg

### **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<sup>11</sup>**

- 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

	TRIGGERS DAIRY = COW MILK PROTEIN	PERCENTAGE OF CHILDREN IN THE STUDY WHO WERE ALLERGIC OR SENSITIVE TO DAIRY	OTHER POSSIBLE INFLAMMATORY TRIGGERS NOTED IN THE STUDIES	FURTHER DETAILS ABOUT THE RESEARCH STUDY
Eczema 	Dairy 	30%	Egg, Tomato, Artificial Colors, Preservatives, Gluten, Staph bacteria on the skin	
Chronic ear infections 	Dairy 	38%	Wheat 33%, Egg 39%, Peanut 25%, Soy 20%, Corn 17%; Other foods that were of much lower significance: Orange, Tomato, Chicken, Apple  78% of the kids were allergic to more than 1 food on skin prick test	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.
Constipation (bowel movements were 1 every 3 to 15 days—YIKES!) 	Dairy 	68%		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 re-introduction, they all became constipated again.

	TRIGGERS DAIRY = COW MILK PROTEIN	PERCENTAGE OF CHILDREN IN THE STUDY WHO WERE ALLERGIC OR SENSITIVE TO DAIRY	OTHER POSSIBLE INFLAMMATORY TRIGGERS NOTED IN THE STUDIES.	FURTHER DETAILS ABOUT THE RESEARCH STUDY
Asthma 	Dairy 	15%	Eggs and environmental allergies—60% of kids with asthma also have environmental allergies	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.”
Babies: Reflux (GERD) 	Dairy 	Up to 30%		Dairy allergy can mimic reflux symptoms in up to 30% of kids with reflux.
Breastfed babies and colic	Dairy in mom's diet 	50% of breast-fed babies experienced an improvement when mom eliminated cow's milk from her diet.		
iron-deficient anemia	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.			

## CHAPTER 8

## SUPPLEMENT START GUIDE

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.

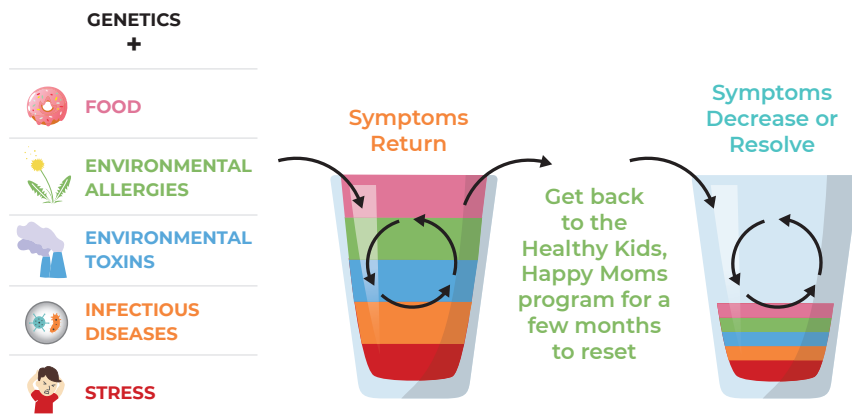
	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7
	PROBIOTIC	DIGESTIVE ENZYME	OMEGA-3 FATS	VITAMIN D3	WHOLE FOOD SUPPLEMENT OR MULTIVITAMIN MINERAL	MAGNESIUM	ZINC
BREAKFAST	PROBIOTIC - TAKE AT START OF BREAKFAST & DINNER						
	ENZYME - (PLANT-BASED) TAKE AT START OF BREAKFAST & DINNER						
	OMEGA-3 FATS - TAKE WITH DIGESTIVE ENZYME						
	VITAMIN D3 - TAKE IN WINTER ONLY						
	WHOLE FOOD SUPPLEMENTOR MULTIVITAMIN						
	MAGNESIUM						
	ZINC						
LUNCH							
DINNER	PROBIOTIC - TAKE AT START OF BREAKFAST & DINNER						
	ENZYME - (PLANT-BASED) TAKE AT START OF BREAKFAST & DINNER						
	MAGNESIUM						



## FACTORS THAT CAN IMPAIR DIGESTION



# CUMULATIVE INFLAMMATION ROADMAP



## 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

SYSTEM/ ORGAN	PROBIOTIC	DIGESTIVE ENZYMES	OMEGA-3 FATS	VITAMIN D3	WHOLE FOOD SUPPLEMENT/ MULTIVITAMIN MINERAL	MAGNESIUM	ZINC
Decreases inflammation	X	X	X	X	X	X	X
Gut health	X	X	X		X	X	X
Digestion and absorption of nutrients	X	X	X	X	X	X	X
Immune function	X	X	X	X	X	X	X
Cellular health		X	X	X	X	X	X
Energy production		X	X	X	X	X	X
Activates enzymes						X	X
Production of DNA					X		X
Provides antioxidants					X		
Supports sleep and mood	X	X	X	X		X	X
Supports ability to focus			X			X	X
Brain health (and in utero brain devel- opment)		X	X	X	X	X	X
Eye health (and in utero eye develop- ment)			X				X
Heart health		X	X		X	X	X
Muscle health (lessens cramps)		X	X			X	
Lung health (asthma)		X	X	X	X	X	X

SYSTEM/ ORGAN	PROBIOTIC	DIGESTIVE ENZYMES	OMEGA-3 FATS	VITAMIN D3	WHOLE FOOD SUPPLEMENT/ MULTIVITAMIN MINERAL	MAGNESIUM	ZINC
Skin health (eczema)		X	X		X	X	X
Bone health		X		X	X		X
Teeth health (gum health)	X	X		X	X		X
Hair and nail health		X	X				X
Taste buds and smell (picky eat- ers)							X

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

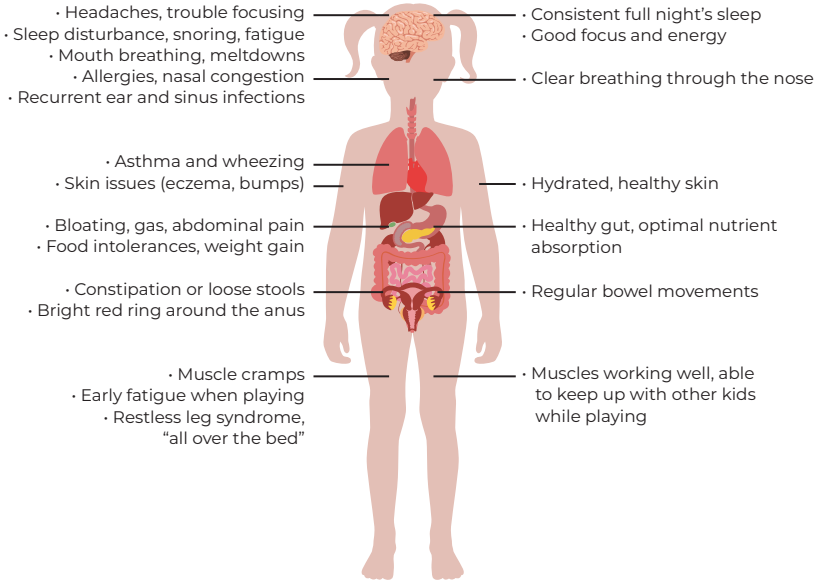
### IDENTIFY INFLAMMATORY ILLNESSES

## INFLAMMATION - LEAKY GUT - ILLNESSES

Circle the symptoms that apply to your child.

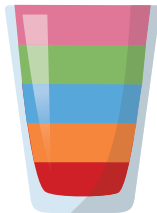
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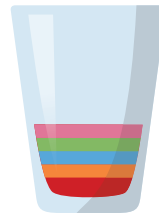


#### GENETICS

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**Excess  
inflammation**



**Minimal  
inflammation**






### STEP 3

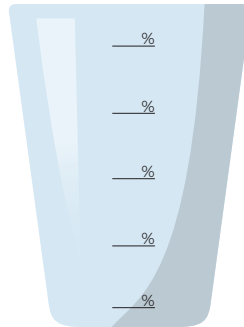
## IDENTIFY TRIGGERS OF INFLAMMATION

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

#### GENETICS

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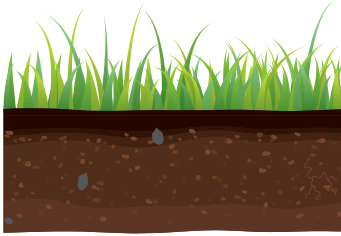
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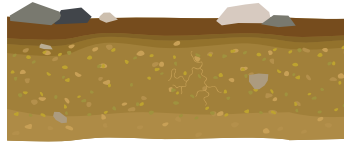


## STEP 4

### DECREASE FACTORS THAT HARM GUT HEALTH



Healthy soil represents  
healthy gut microbiome



Depleted, dry soil represents  
unhealthy gut microbiome

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

CIRCLE THE FACTORS THAT MAY BE HARMING YOUR CHILD'S MICROBIOME	STEPS TO DECREASE THEIR IMPACT
Not drinking enough water	Your child should drink half their body weight in ounces.
Consuming artificial dyes and colors	Avoid foods with artificial dyes and colors
Eating produce sprayed with herbicides	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.)
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.	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.)
Eating at fast-food restaurants frequently	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.)
Taking recurrent rounds of antibiotics	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.

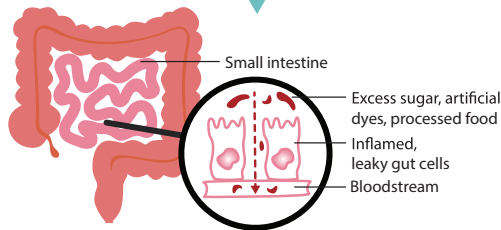
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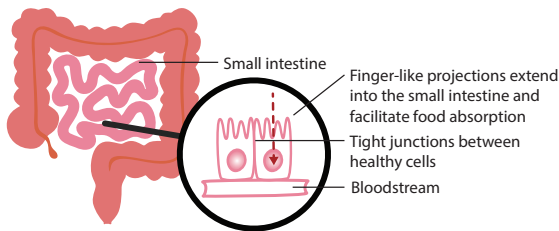
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Healthy cell with good fats making up the cell wall. Nutrients and cell signals are able to flow in and out of the cell easily.



### 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.

## STEP 5

# 5 Rs OF GUT HEALING USING FOOD

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

### The 5 Rs of Gut Healing

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

#### MINI CLEANSE

1 week  
(or more if needed!)

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

6 weeks

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

6 weeks

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

	DAY 1	DAY 2	DAY 3
REMOVE OR DECREASE	 SUGARY DRINKS	 ARTIFICIAL COLORS	 PACKAGED SNACKS
REPLACE WITH	 FILTERED WATER	 GREEN VEGETABLES	 REAL FOOD SNACKS

## REMOVE OR DECREASE

### 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

## REPLACE WITH

### 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

- broccoli, 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

# MINI CLEANSE FOR KIDS

	DAY 4	DAY 5	DAY 6	DAY 7
<b>REMOVE OR DECREASE</b>	 REFINED SUGAR	 PROCESSED MEATS	 PROCESSED FATS	 Take this day to regroup. Limit screen time, get outside, dig in the dirt, dance, laugh!
<b>REPLACE WITH</b>	 NATURALLY SWEET FOODS	 CLEAN PROTEINS	 HEALTHY FATS	

## REMOVE OR DECREASE

### ADDED SUGAR AND SWEETENERS

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

### 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

### PROCESSED MEATS

- packaged lunch meats that are not organic (pepperoni, salami, bologna, turkey, ham, hot dogs, sausage, bacon)

### 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

### PROCESSED FATS

- most packaged crunchy foods (chips)
- fast food & deep-fried food (onion rings, french fries, chicken fingers)

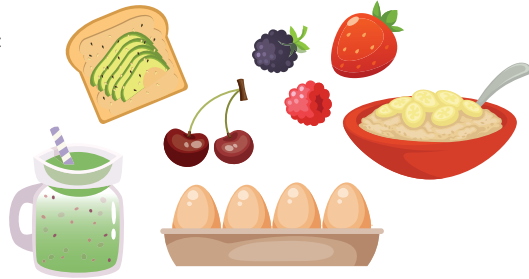
### HEALTHY FATS

- 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
- Tessemae brand
- Primal Kitchen brand
- Lime or lemon
- Coconut oil
- Olive oil
- Avocado



## LUNCH / DINNER

- Jovial brand pasta
- Soup
- Sweet potato
- Baked kale
- Rice with tumeric 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

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
BREAKFAST	NO DAIRY FOR BREAKFAST, WEEKS 1-6					
						
LUNCH	NO DAIRY FOR BREAKFAST & LUNCH, WEEKS 2-6					
						
DINNER AND SNACKS	NO DAIRY FOR BREAKFAST, LUNCH, DINNER & SNACKS, WEEKS 3-6					
						
SUPPLEMENT OPTIONS TO ADD	PROBIOTIC					
						
	DIGESTIVE ENZYME					
	OMEGA-3 FAT					
	VITAMIN D (wintertime only)					
	WHOLE FOOD SUPPLEMENT (or M.V.)					

HKHM  
SYMPTOM  
TRACKER

TOTAL \_\_\_\_\_  
DATE \_\_\_\_\_

TOTAL \_\_\_\_\_  
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# REMOVING DAIRY

## REMOVE → REPLACE WITH

### **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**

### **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

# REMOVING GLUTEN

	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
BREAKFAST	NO DAIRY OR GLUTEN FOR BREAKFAST, WEEKS 7-12					
LUNCH	NO DAIRY OR GLUTEN FOR BREAKFAST & LUNCH, WEEKS 8-12					
DINNER AND SNACKS	NO DAIRY OR GLUTEN FOR BREAKFAST, LUNCH, DINNER, & SNACKS, WEEKS 9-12					
SUPPLEMENT OPTIONS TO CONTINUE	PROBIOTIC DIGESTIVE ENZYME OMEGA-3 FAT VITAMIN D (wintertime only) WHOLE FOOD SUPPLEMENT (or MV)					

healthy kids **happy** moms - SYMPTOM TRACKER TOTAL \_\_\_\_\_ DATE \_\_\_\_\_

# REMOVING GLUTEN

## REMOVE → REPLACE WITH

### WHEAT, BARLEY, AND RYE

as well as

- spelt
- couscous
- bulgur
- semolina
- triticale
- durum flour
- kamut
- orzo
- faro
- barley malt
- brewer's yeast
- malt vinegar

### QUESTIONABLE

- modified food starch
- dextrin and maltodextrin
- flavorings and extracts
- hydrolyzed vegetable protein
- imitation seafood
- creamed or thickened soups, stews, and sauces

### 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

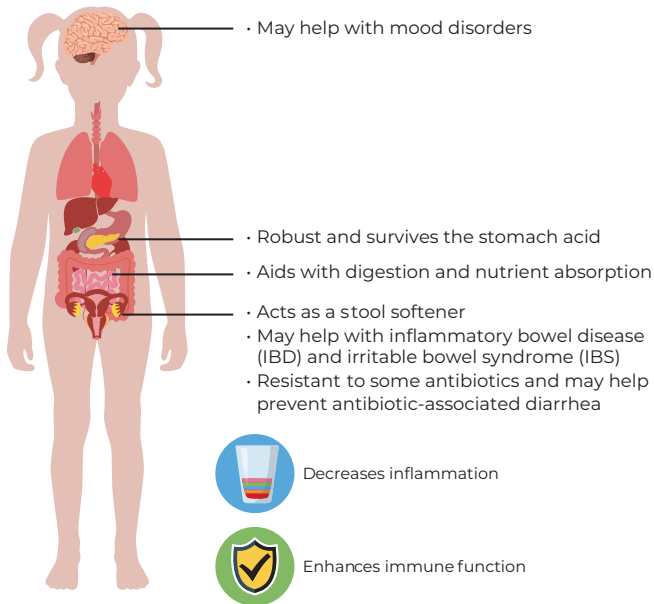


## WEEK 1

### Start Probiotic

#### BENEFITS OF PROBIOTICS (PLANTADOPHILUS)

*Lactobacillus plantarum* strain

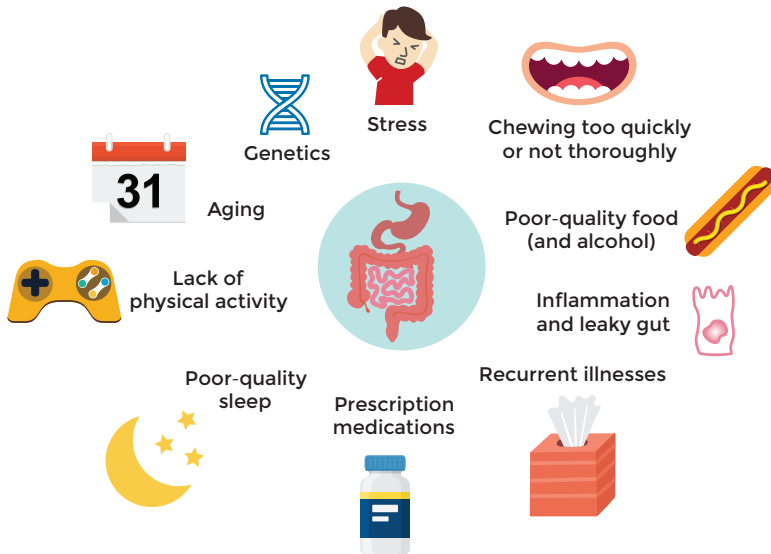


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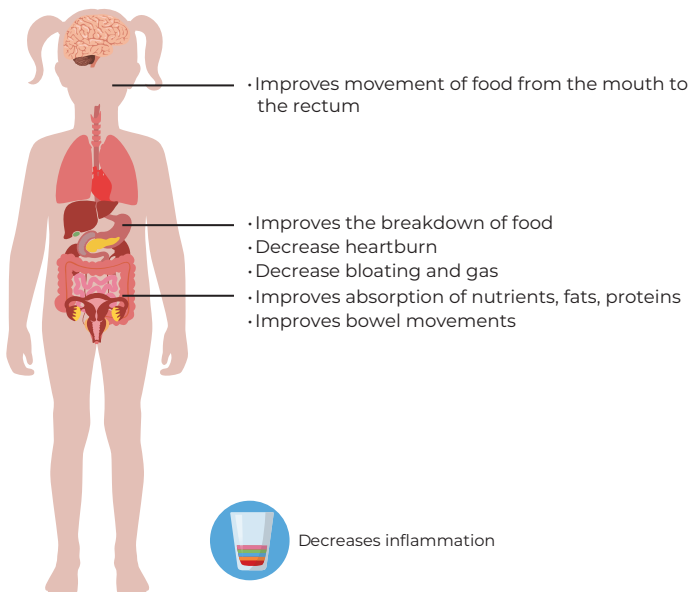
## WEEK 2

### Start Digestive Enzyme

#### FACTORS THAT CAN IMPAIR DIGESTION



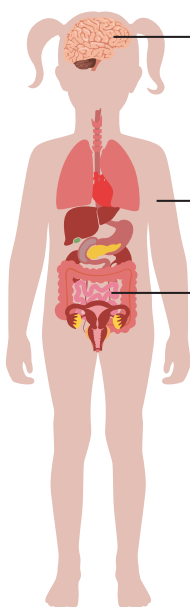
#### BENEFITS OF DIGESTIVE ENZYMES



## 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.



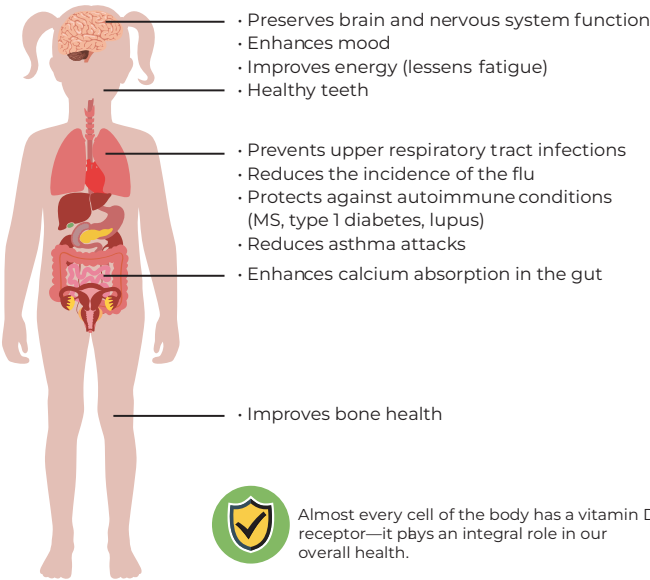
**Discuss with your doctor**

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**WEEK 4**  
**Start Vitamin D (Wintertime Only)**

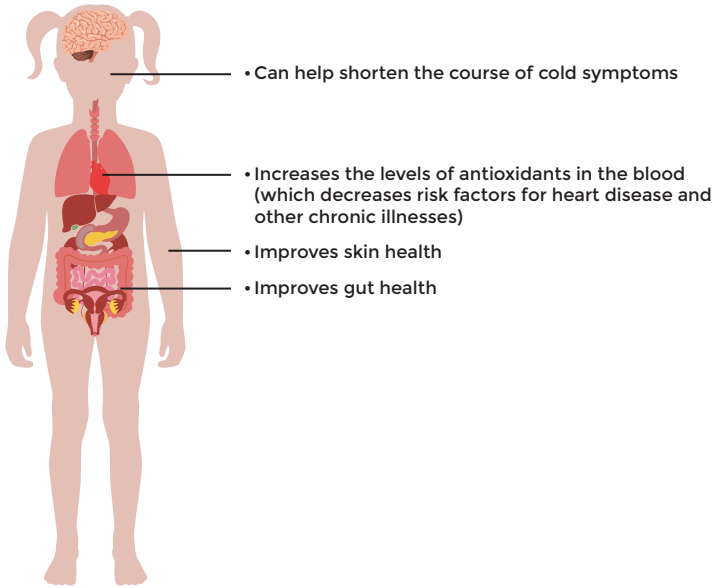
**BENEFITS OF VITAMIN D**



## WEEK 5

### Start a Whole Food Supplement or Multivitamin Mineral

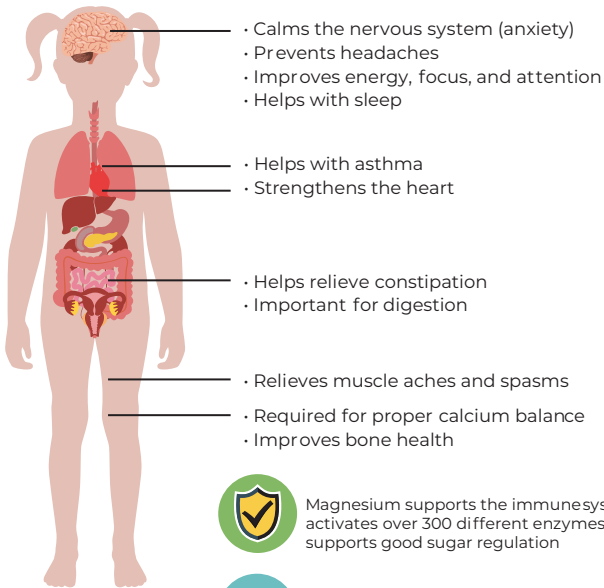
#### BENEFITS OF A WHOLE FOOD SUPPLEMENT



## WEEK 6

### Start Magnesium If Needed

#### BENEFITS OF MAGNESIUM



Magnesium supports the immunesystem, activates over 300 different enzymes, and supports good sugar regulation



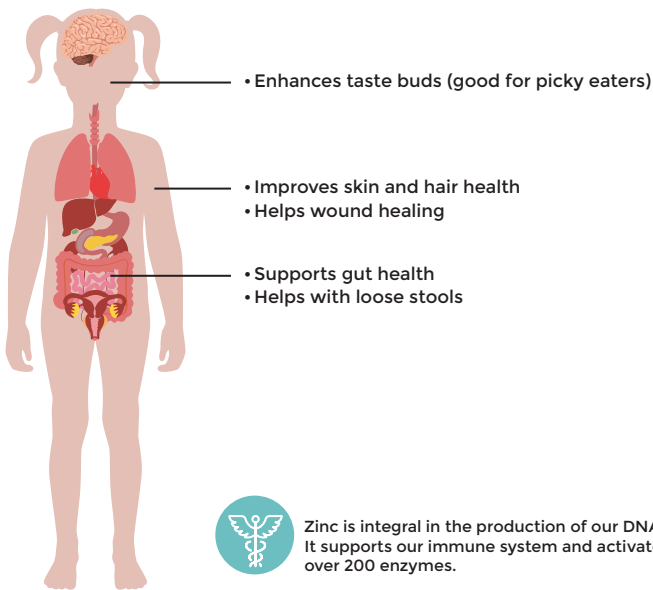
Many medications deplete our magnesium

- PPIs (pro ton pump inhibitors; antacid medication)
- Inhalers
- Stimulants
- Antidepressants
- Anti-anxiety meds

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**WEEK 7**  
**Start Zinc If Needed**

**BENEFITS OF ZINC**



# THE FOOD ROADMAP



## 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

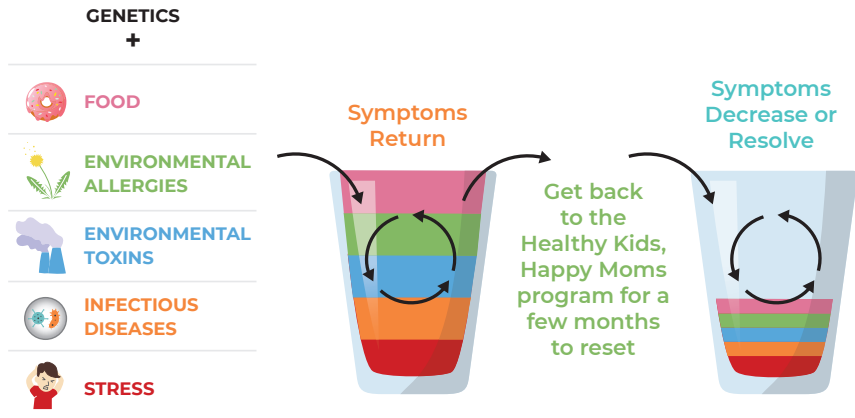
Remember that gluten and dairy in high amounts create inflammation in all of us, whether we are sensitive to them or not.

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.

# CUMULATIVE INFLAMMATION ROADMAP



## 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.

# SUPPLEMENT ROADMAP

	WINTER	SPRING	SUMMER	FALL
PROBIOTIC	TAKE DURING COLD WEATHER MONTHS			TAKE DURING COLD WEATHER MONTHS
DIGESTIVE ENZYME	TAKE AS NEEDED FOR DIGESTIVE ISSUES			
OMEGA-3 FATS	TAKE YEAR ROUND IF YOUR CHILD IS NOT EATING OMEGA-3 RICH FOODS (SEE APPENDIX) OR IF HE/SHE HAS ECZEMA, RECURRENT ILLNESSES, ASTHMA, ALLERGIES, CONSTIPATION, ADHD, OR ANXIETY			
VITAMIN D3	TAKE DURING COLD WEATHER MONTHS			TAKE DURING COLD WEATHER MONTHS
WHOLE FOOD SUPPLEMENT OR MULTIVITAMIN MINERAL	TAKE YEAR-ROUND			
MAGNESIUM	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			
ZINC	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			

SECTION III

the

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recipes

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# smoothies and cashew milk

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## **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**

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**MAKES 2-3 SMOOTHIES**

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**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**

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**MAKES 2-3 SMOOTHIES**

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**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!

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**MAKES 2-3 SMOOTHIES**

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**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

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**MAKES ABOUT 4 CUPS**

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## 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!*

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# breakfasts

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## 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.

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### MAKES 6 SERVINGS

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**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  $\frac{3}{4}$  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
- ⅔ 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**

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**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**

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**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*

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### 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)**

**⅓ 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.*

## **magnesium muffins—egg-free**

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

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### **MAKES 8-12 MUFFINS**

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- 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)
- ⅓ 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

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.*

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# five lunches or dinners

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## gluten-free chicken fingers

*This recipe is from Leanne Ely, website Saving Dinner*

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### 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*

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**MAKES 6-8 SERVINGS**

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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.

*(recipe continues)*

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.

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# five dinners and five side dishes

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## chicken vegetable soup and sweet potato fries

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**MAKES 2 SERVINGS**

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### 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  
1 16-ounce can crushed tomatoes  
1 16-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*

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**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!*

## baked broccoli and cauliflower

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**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.*

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# desserts

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## almond meal cookies

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**MAKES 8-12 COOKIES**

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- 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

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**MAKES 18-24**

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- 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
- ⅓ 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.

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**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.)*

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# appendix

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## healthy kids **happy** moms - SYMPTOM TRACKER\*

We will use this tracking tool to assess your child's symptoms and progress throughout the program.

**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!

**None = 0**

**Mild = 1 or 2**

**Moderate = 2 or 3**

**Severe = 4 or 5**

Abnormal bowel movements \_\_\_\_\_  
Abdominal pain \_\_\_\_\_  
Headaches \_\_\_\_\_  
Poor sleep quality \_\_\_\_\_  
Mouth breathing or snoring \_\_\_\_\_  
Dark circles under the eyes \_\_\_\_\_  
Bumps on cheeks, arms, thighs \_\_\_\_\_  
Eczema \_\_\_\_\_  
Allergies \_\_\_\_\_  
Asthma \_\_\_\_\_  
Recurrent ear infections \_\_\_\_\_  
Recurrent sinus infections \_\_\_\_\_  
Meltdowns or mood swings \_\_\_\_\_

**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. 🍌

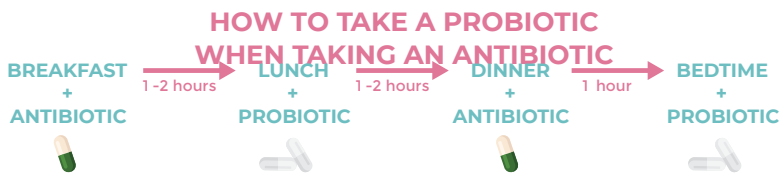
\* This is a tool to be used solely for tracking symptoms over time. It has not been scientifically validated.

## 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.



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.



Proceed with caution

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

AGE	2 TO 18 YEARS	ADULT WOMEN	ADULT MEN
Recommended Upper Limit of Teaspoons daily	4 to 6 (16 to 24 grams)	6	9
The Actual Average Daily Intake in Teaspoons <sup>5</sup>	12 to 34 (teenagers have the highest intake)		

Sugar Content of Common Beverages Kids Drink

TWELVE-OUNCE BEVERAGE	SUGAR (GRAMS)	NUMBER OF TEASPOONS
Can of soda	39	9¾
Orange juice	28	7
Cow's milk	19½	4¾
Vitamin Water (ten ounces)	16	4
Soy milk	14	3½
Almond milk, unsweetened	< 1	< 1

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

OILS TO AVOID	OILS BEST FOR LOW OR NO HEAT COOKING	OILS SAFE FOR HIGH HEAT COOKING
Canola oil Grapeseed oil Rice bran oil "Vegetable" oil Safflower oil Soybean oil Corn oil Cottonseed oil	Olive oil Coconut oil Butter	Avocado oil Ghee (clarified butter)

### High-Fiber Foods

VEGETABLES	FRUITS	SEEDS	NUTS	LEGUMES
Asparagus Broccoli Brussels sprouts Cauliflower Eggplant Onion Sweet potato Sugar beets Turnips	Apples Avocado Berries Grapefruit Oranges Pears Prunes	Chia Flaxseed Hemp Psyllium seed husk	Almonds (soaking before eating makes them easier to digest)	Beans Lentils Peas

### Daily Fruit and Vegetable Recommendations

AGE	FRUIT CUPS PER DAY	VEGETABLES CUPS PER DAY
2 to 3 years	1	1
4 to 8 years	1 to 1½	1½
9 to 13 years (male)	1½	2½
9 to 13 years (female)	1½	2
14 to 18 years (male)	2	3
14 to 18 years (female)	1½	2½

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

### 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

## 2020 SHOPPER'S GUIDE TO PESTICIDES IN PRODUCE

### Environmental Working Group (EWG.org)

By following this shoppers' guide for organic foods, you can reduce your family's exposure to toxic chemicals by 92%.

#### EWG's 2020 Dirty 12™

- |                 |              |
|-----------------|--------------|
| 1. Strawberries | 7. Peaches   |
| 2. Spinach      | 8. Cherries  |
| 3. Kale         | 9. Pears     |
| 4. Nectarines   | 10. Tomatoes |
| 5. Apples       | 11. Celery   |
| 6. Grapes       | 12. Potatoes |

#### EWG's 2020 Clean 15™

- |               |                        |                    |
|---------------|------------------------|--------------------|
| 1. Avocados   | 6. Sweet Peas (Frozen) | 11. Broccoli       |
| 2. Sweet Corn | 7. Eggplant            | 12. Mushrooms      |
| 3. Pineapple  | 8. Asparagus           | 13. Cabbage        |
| 4. Onions     | 9. Cauliflower         | 14. Honeydew Melon |
| 5. Papaya     | 10. Cantaloupe         | 15. Kiwi           |

## Removing Dairy/Gluten

### Dietary Reference Intakes for Calcium from the Institute of Medicine

*Calcium expressed in milligrams per unit specified*

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

### 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.

Oat	350	Quinoa	300
Hemp	300	Rice	290

## Tree Nut Milks

Almond	480	Cashew	47
Coconut	460	Walnut	24

(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.

Pea	440	Soy	300
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## Vegetables (calcium per 1 cup cooked unless otherwise specified)

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

## Fruit

Olives (1 cup)	100 to 190	Avocado (1 cup pureed)	30
Orange Juice (calcium-fortified)	290	Kiwi (1 large)	30
Orange (1 large)	75	Fig (1 large)	30
Blackberries	40	Strawberries	25
Raspberries	30	Prunes (5)	20
		Blueberries	10

## Legumes (calcium per 1 cup canned)

Tofu	870	Hummus	90
Black-eyed peas	370	Snap peas (raw)	80
Mung beans	270	Green beans (cooked)	55
Kidney beans	260	Lentils	40
Soybeans	200	Peas (1 cup cooked)	40
White beans	190	Peanuts (¼ cup)	35
Chickpeas	210	Peanut butter (2 tablespoons)	15
Black beans	100		
Edamame	100		

## Tree nuts (calcium per ¼ cup)

Almonds	95	Cashews	20
Pistachio	50	Walnuts	20



**Seeds (calcium per 1 tablespoon)**

Sesame	90	Flax	25
Tahini	65	Hemp	15
Chia	60		

**Sweetener**

Blackstrap molasses (1 tablespoon)	145
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**Plants/herbs**

Stinging nettle		Artichoke (1 large)	70
(1 cup cooked)	450	Parsley (1 cup)	80

**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.

Teff	120	Quinoa	30
Amaranth	115	Sorghum	30
Steel cut oats	50	White rice	15
Buckwheat	30		

**Animal products**

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

Sardines	110	Salmon	80
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**Cooked animal products (calcium per 3 ounces)**

Oysters	100	Beef	15
Shrimp	70	Pork	15
Herring	65	Lamb	15
Mackerel	65	Salmon	10
Mussels	30	Chicken	15
Egg (1 large)	25	Bone broth (1 cup)	10 to 70


**Animal milks (calcium per 1 cup)**

Goat's milk	330 (contains A2 beta-casein and very low amounts of A1 beta-casein)
Sheep's milk	475 (contains A2 beta-casein and almost no A1 beta-casein)

**Cow's Milk Foods—Calcium Content for Comparison**

Milk (1 cup)	300 (contains A1 beta-casein—can cause GI distress) <sup>6</sup>
Greek yogurt (3/4 cup)	190
Cheese (1 ounce)	200

# 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).

HKHM Plantadophilus		
AGE	START OF BREAKFAST	START OF DINNER
Infants	Only under the guidance of a doctor	
1 year +	1 capsule	1 capsule

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)

AGE	START OF BREAKFAST	START OF DINNER
Infants	Only under the guidance of a doctor	
1 to 2 years	half a scoop	half a scoop
3 years +	1 scoop	1 scoop

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)

AGE	START OF BREAKFAST	START OF DINNER
2 to 3 years	1 chewable	1 chewable
4 years +	2 chewable	2 chewable

### HKHM Digest capsules

AGE	START OF BREAKFAST	START OF DINNER
3 to 5 years	½ capsule	½ capsule
6 years +	1 capsule	1 capsule

## 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

AGE	START OF BREAKFAST	START OF DINNER
3 to 5 years	½ capsule	½ capsule
6 years +	1 capsule	1 capsule

# 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

AGE	DOSE
0 to 12 months	500
1 to 3 years	700
4 to 8 years	900
9 to 13 years (male)	1,200
9 to 13 years (female)	1,000
14 to 18 years (male)	1,600
14 to 18 years (female)	1,100



Refer to my website [sheilakilbane.com/book](https://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**

AGE	DOSAGE
0 to 1 year	400 IUs/day
2 to 70 years	600 IUs/day
71 years +	800 IUs/day

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.



Refer to my website [sheilakilbane.com/book](http://sheilakilbane.com/book)  
for up-to-date and specific supplement suggestions

## 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.

### Foods that Naturally Contain Vitamin D

	VITAMIN D <sup>a</sup> IU PER OUNCE
Blue fish	280
Cod	104
Grey sole	56
Salmon, Farm	240
Salmon, Wild	988
Trout, Farm	388
Ahi Tuna—Yellowfin	404

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 [sheilakilbane.com/book](https://sheilakilbane.com/book)  
for up-to-date and specific supplement suggestions

# Magnesium

**Magnesium RDA**

AGE	MILLIGRAMS (MG) PER DAY
7 to 12 months	75
1 to 3 years	80
4 to 8 years	130
9 to 13 years	240
14 to 18 years (male)	410
14 to 18 years (female)	360
19 to 30 years (male)	400
19 to 30 years (female)	320
30 years + (male)	420
30 years + (female)	320

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](https://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.

Zinc RDA	
AGE	DOSE
0 to 6 months	2 mg
7 to 12 months	3 mg
1 to 2 years	3 mg
4 to 8 years	5 mg
9 to 13 years	8 mg
14 to 18 years (male)	11 mg
14 to 18 years (female)	9 mg
19 years + (male)	11 mg
19 years + (female)	8 mg

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](http://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