

# Helpful Tips In Transitioning the Diet and with Picky Eaters

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**For additional food resources, see the pdf titled, “recipes and cookbooks”**

NOTE: Lyme and mold affect the gut too, so once they’re worked with it will help, but first we stabilize, so here are a few helpful tips along the way.

Extreme OCD can affect their compliance with any changes, including food. If your child has extreme OCD, anxiety, clinginess, and fearfulness then they are likely in a PANS episode (we will discuss this in week 3 of the 30 day kickstart). The herbal formulas for PANS will be started once you’ve implemented the first couple weeks’ supplements of this program. (There are guidelines for this on the blue image on the “Introduction” page. We stabilize first.

## **Help calm the sensory overload**

Sensory issues affect the mouth and how food feels. This makes them uncomfortable. See the lymphatic drainage video on the ‘Detoxification’ page in module 1, and massage their neck downward as the video shows. This helps open up lymphatic drainage but also reduces the sensory overload for the jaw and mouth. It helps all of us feel more alert too as it assists the flow of the cerebrospinal fluid (CSF). Very helpful for autism!

## **Start with these top ones, then move on.**

- With picky eaters, offer the reward system: a bite of something you want your child to eat for a bite of something they want to eat.
- This elixir tests as being the most helpful: [Stress Reducer Elixir](#). Use code ROSE15 for 15% off elixirs.
- [Allergy Relief Elixir](#) calms allergic reactions including histamine issues and mast cell activation issues.

- If you know your child is addicted to gluten and still eating some during the transition to a better diet, or they simply could use some help with digestion, then you could also add in [Trienza enzymes](#) (capsule form can be opened up and mixed into food or beverage-use our Brainchild Nutritionals discount for the capsule form), [Trienza](#) (chewable-not through Brainchild so no discount is available for this one). **Trienza enzymes help break down gluten and casein, as well as fats, sugars and carbohydrates.**
- Also get the macro minerals, (on module 1 supplement guide).
- Emotion Code work (see module 1, sensory page) is very helpful for this too. Good for mom and dad also.

#### **Further assistance, if still needed:**

- ONE DROP of [Restore](#) (Ion Gut Health) can begin soothing the gut lining prior to eating. Slowly move up in dosage over time. Muscle test to determine dosages, daily. (Note: Start slowly with one drop. Too much Restore in the beginning can cause an increase in behavioral issues due to the reorganization of the gut microbiome.)
- [Glutagenics](#) can also help with gut healing and soothing the gut lining. Be sure to take away from food.

#### **Some suggestions if you're needing help with instant nutrition due to low food intake:**

- Organic Bone broth, even just a tablespoon or two, can help to coat and begin mending the gut lining prior to eating and it has a protein and collagen content too. Test for any sensitivity first. **Some have histamine sensitivities to this.** You can make your own (do not simmer for more than 4.5 hours or it builds histamines). You can also purchase organic

bone broth powders. Due to freshness, most online sites change their links to these products frequently so I've not added one here, but you can find them there or at a local quality health food store. You can also use collagen to coat and help heal the gut and it's a good protein source. See below.

- [Keto Collagen Protein: powder](#) **flavored or unflavored powders** can be added to any hot or cold beverage, sprinkled on food, added to smoothies and into food processors. High protein source, **not** vegetarian. Use the link provided and code **Karen** for **20% off all** Perfect Keto individual products (**one-time use**). (See podcast on, "The Benefits of Collagen Protein" at [NaturallyRecoveringAutism.com/117](https://NaturallyRecoveringAutism.com/117).)
- **Ketobars.com** for really good protein bars.
- The [Super Greens from The Good Inside](#) are in a powder form and can be a good way to get additional greens (a vitamin and mineral food source) into your child, and they help alkalize. Muscle test first for body acceptance.
- Pureed on-the-go nutritious foods from Serenity at, [NaturallyRecoveringAutism.com/food](https://NaturallyRecoveringAutism.com/food).
- [Organic hemp powder](#) is easily tolerated in digestion and offers another way to get protein into your child. You can add it to smoothies or mix into any food or beverage. This is the **vegetarian option to protein** (vs collagen). If you're not vegetarian, then Collagen is a preferred choice due to its gut healing properties and it is a very good protein source.
- Natural sweetener allowed: [Organic green leaf stevia](#)

## Healthy "Rice" and "Noodle" Replacements

A good replacement for regular rice is cauliflower rice. It looks and tastes a lot like rice and it may satisfy your child's craving or need for the real thing. Hopefully he won't even know it's different.

You can purchase cauliflower rice in many health food stores. It's often found in the frozen section. Be sure if you purchase it that it's organic and doesn't have any fillers.

You can also make it easily yourself at home. I found this website with good instructions, <https://www.loveandlemons.com/how-to-make-cauliflower-rice/>. She also has recipes for broccoli rice and zucchini noodles.

When in doubt...think "keto".

### **See below for some smoothie ideas.**

The diet changes can be challenging. He is addicted to the bad foods and so is the candida in his gut. As the candida 'dies off' it will release more toxins into his bloodstream causing further behaviors. To combat this, be sure you have binders.

I suggest ordering the Pure body regular zeolite now, so you have it on hand. This can be used multiple times daily, with or without food. Two drops every two or three hours can be a good start. These binders help to sop up the toxins and reduce cravings and behaviors that come from the "die off".

You can purchase some activated charcoal to have on hand now too. It is helpful for the really bad 'die off' days. Use it for a couple days, up to a week at the most. It is for intermittent help. Not for everyday use, but it really helps. You can use the link I gave you on the supplement page in module 1, or if you need it today, (I get it) then go to a local quality health food store and purchase one. Be sure there are no bad fillers such as gluten, casein, soy, maltodextrin, etc. Read the label and ask the employee for help if you need it. Always get NON-GMO.

Test for the number to give your child now. If it only comes in capsule form you can open it up and pour into a beverage. It is best to give it away from food, if possible, or at least with very little food, so it soaks up the toxins and not the food.

Definitely refer to the tips here to help with the transition. I know it's challenging. Do it slowly. It will be easier. The binders will help, along with the lymphatic drainage massage over the neck to calm sensory issues in the mouth. See the lymphatic drainage video on the "deep dive pearls" page too. Use low histamine foods too.

It is also VERY helpful to take CBD/calm hemp oil (from the same company we get the pure body regular zeolite and pure body extra strength, and the supergreens from-with 5% off your entire first order with my code, which is on the supplements page for module 1), 20 minutes before eating, and if you have Robert's stress reducer elixir, it will help a lot before eating. They can all be used multiple times a day too for calming anytime, and helpful with sleep...for the whole family!

## **Smoothie and Food Processor Ideas:**

### **For getting in nutrition and binders**

We're not going to be as concerned about him having a little fruit. We just need to get some nutrition in.

Also adding just a tablespoon or two of collagen protein, bone broth, or some supergreens or hemp powder can help get some nutrition in too. Almond butter is also a nice addition for protein and good fats. Once the inflammation reduces and the gut begins to heal the picky eating gets much better. It happened for my own son and for many in the program but it does take some time to transition so just try and be patient and don't worry about it taking time. This is a process and we cannot hurry it up safely.

Slow is good. **Note:** the OCD from a PANS flare-up (see module 7) can cause OCD around food too. Once PANS is worked with the picky eating can also get better. We use the herbal formulas for PANS. You will begin then usually about 3-4 weeks or so into the program but the timeline varies per child as to how quickly they are able to stabilize and be ready for more.

### **How To Hide Healthy Foods To Get Nutrition In**

Anything can be added to a smoothie or a food processor to "hide" ingredients in. If your child will eat something that has a little fruit in it then give some in the beginning with

other healthier foods. Include very small amounts (just a tablespoon or two will do) of anything with nutrition from the list of foods you CAN have such as organic poultry, olive oil, almond butter or avocado.

**NOTE:** If you add protein and any of the good fats, (coconut oil, extra virgin olive oil, almond butter), together they absorb more slowly in the digestive tract (better for nutrition absorption) and they keep us full longer.

**For more ideas with meals please see the “[Recipe Help and Cookbooks](#)” pdf here on the “gut healing diet” page. There is also a special section for this at the top of the “Forum” page for a topic title called “Recipes” where recipes are shared.**

**Additional breakfast suggestions, especially if your child is allergic to eggs: (See egg substitutes on ‘Recipe Help’ pdf guide.)**

Egg allergies are common. Chicken allergies are common too since vaccinations use chick embryos (gross I know) so the immune system has often made an allergen marker to them. (See below for ways to desensitize this allergy.)

- a collagen-based smoothie provides a lot of protein and has gut healing properties. Vegetarians can use hemp powder for smoothies or add either to any food you can puree together into for additional protein, (see picky eating guide for links to quality collagen that tastes good, and to other protein bars and resources).
- coconut powder pancakes (see cookbooks for coconut powder on the diet page. Also, any recipe that calls for wheat flour can be replaced 1:1 with coconut flour instead. Almond flour works too. The internet is loaded with great recipe options you can alter with healthy ingredients.
- smoked salmon (not farmed)

- almond butter with anything
- try turkey bacon (in moderation). Just make sure there are no added nitrates and nitrites. One 2-ounce serving can provide 17 grams of protein.
- keto toast such as nut-based ones (almond or coconut) with almond butter on them.
- nuts (except peanuts)
- dairy-free yogurt: Most vegan yogurts are lacking in protein, but brands such as Kite Hill and Siggi's have recently come out with dairy-free yogurts that offer about 10 grams of protein per serving. Just be mindful of the added sugar content of flavored yogurts. Purchase unsweetened varieties and add organic stevia if you want a natural sweetener.

### **Allergy Desensitization**

Vial # 1 in Ynge's at-home allergy kit targets chicken, egg, milk, cheese, calcium, vitamin C and parasites.

You can get either the entire autism allergy kit, or the food allergy kit, or at least vial #1 from the kits. It is sold separately. You'll need the laser too. [See the "Supplements" page here in the member site for more on the allergy kits and vials.](#)