

Nourishing Hope for Autism

Nutrition Workshop: Supplements, Kids, and Fun with your Blender

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PRESENTATION
Excerpt

Sponsored by:

nourishlife
SpeechNutrients™



Julie Matthews is not a physician. She does not diagnose or treat disease. This information and her statements are not intended to replace a one-on-one relationship with a qualified health-care professional, and is not intended to provide medical advice. For medical advice, always seek a physician. This information is intended for educational purposes only, and is solely as a sharing of knowledge and information based upon the experience and research of Julie Matthews/Nourishing Hope.

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First 9 Supplements to Consider



1. Digestive Enzymes
2. Probiotics
3. Calcium (particularly important on a casein-free diet)
4. Magnesium
5. B6 - pyrodoxine or P5P
6. B12 - methylcobalamin
7. Folate - Folinic or 5-MTHF
8. Cod liver oil or fish oil
9. Multivitamin/mineral formula

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Taste It!

- Make sure it tastes palatable
- Taste different supplements
- Get creative with what supplements can go where
- Taste finished product

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Multivitamin–Mineral Formulas

- Contain lots of important nutrients
- Strong in flavor, because of B vitamins
- Smoothies one of best for multi's because it gets suspended and is a little more easy to disguise any grittiness.
- Juices

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Supplements for Smoothies

- ✓ Multivitamin/mineral formula
- ✓ Folate and B-vitamins
- ✓ Amino acids: 5-HTP, L-Carnitine, GABA, taurine, L-theonine
- ✓ Inositol
- ✓ Probiotics
- ✓ Digestive Enzymes
- ✓ MCT oil
- ✓ Fish oil
- ✓ Antioxidants: Antioxidant complex, CoQ10, Pycnogenol
- ✓ Herbals/Botanicals: Curcumin, Biocidal complexes

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Food Boosters for Smoothie

- Green powders or leafy greens
- Antioxidant fruits
- Acai berry juice
- Avocado
- Frozen veggie puree cubes
- Frozen veggie juice cubes
- Hemp seed or nut/seed butter
- Raw pastured egg yolks
- Local raw honey

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Liquid Ionic Minerals

- Salty mineral taste: Ionic calcium, Ionic magnesium, Chelate Mate by New Beginnings (10 minerals)
- Use them with:
 - Bone broths
 - Soups
 - Meat patty
 - Rice or grain dishes
 - Any salty and savory

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Calcium/Magnesium Powder Blends

- Calcium citrate, a bit chalky but flavorless
- Magnesium citrate, natural lemon/citrus
- Good in savory food
- Powders in pancakes
- In smoothies

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Fish oils

- Emulsified is good texture for most kids, and tastes great.
- Not great in straight juice, floats and is hard to swallow for some kids
- Good in SMALL amount of something that it can be suspended in:
 - Smoothie
 - Apple sauce
 - Yogurt



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Add Supplements to THESE foods too...

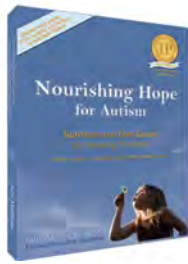
- In addition to Smoothies
- Popsicles
- Banana or mango ice cream
- Melted chocolate drops
- Avocado pudding
- Apple/pear sauce
- Soups and broths

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