

NEXT STEPS AND TROUBLESHOOTING



R.O.A.R

ROADMAP TO ATTENTION AND REGULATION

Module 5

WHAT TO DO IF YOU HAVE DONE EVERYTHING, A.K.A NEXT STEPS AND TROUBLESHOOTING!

The first thing to ask yourself is “Have you really done everything?” The pdf attached with module 5 “The Easy Implementation Roadmap” takes you through the whole ROAR journey from start to finish.

Take a day to review this journey and analyze if you feel that every step has been completed, and you are not seeing the results you expect.

Let us go through some common areas where a little fine tuning can really help:

1. The first thing that I often see is that you and/or your child is simply not eating enough protein at breakfast. **Include 2 servings of protein in your child's breakfast:**

- Egg + Vegan Protein Powder Shake [Truvani, Four Sigmatic are two brands I really like]
- 2 Eggs
- Nuts + Vegan Protein Powder Shake
- Nuts + Hummus, etc.

2. **How much sugar is your child eating?** Remember to eliminate white sugar, and use low quantities of *raw honey / maple syrup / coconut sugar*. Move to a diet that relies on protein, sour and/or fermented foods like sourdough, dosas, idlies, pickles, sauerkraut, yogurt, and so on...

3. **Is your child sleeping 10-12 hours everyday?** Even for older teens and adults, the recommendations are 8-10 hours per night.

Look back at the first lesson in this module, listen to my interview with Deepa Kannan and make sure that your child is indeed getting their sleep.

4. **Is your child having a bowel movement everyday** - without straining, with complete elimination, with minimal smell and normal color. Refer back to lesson 2 in Module 5 for my basic tips on normalizing bowel movements.

5. **Is your child experiencing food sensitivity reactions?** It is possible that some foods harmful to your child are still being eaten - maybe dairy, gluten, or even eggs, or in some kids nuts, lentils and so on... Consult with a Functional Medicine Practitioner to test for IgG food reactions, or do an elimination diet for help.

6. **Finally, is your child on a too-restrictive diet?** Are they eating too few carbs? Is there enough diversity in carbs, whole grains, vegetables, nuts and seeds, fish, whatever they can tolerate? Our aim is to have your child eat 30 different plants a week.

NEXT STEPS

Once you have moved through this list to make sure that nothing foundational is being missed, it is time to:

Book an appointment with a pediatrician specializing in functional medicine and ask for some detailed testing - I recommend three layers of testing at the core:

1. Food sensitivity Testing or IgG Testing: this will give you an idea of foods that are still inflammatory to your child.
2. Environmental Sensitivity: Mold, Other Allergens
3. Stool tests, like GI MAPS to understand the state of your gut microbiome
4. Urine OAT to understand a quick summary of the different metabolic processes in your child's body and gut.
5. A basic CBC, CMP, THYROID and IRON and VITAMIN D panel that i have mentioned earlier.

This may seem like a lot of testing, but these can really give a very useful snapshot of your child's current biochemical situation. If the situation asks for it, your child's doctor may recommend further tests.

HOW TO FIND A FUNCTIONAL PEDIATRICIAN

- The Institute of Functional Medicine's website: www.ifm.org. You can search for a practitioner there, though it is not an exhaustive list of everyone who practices functional medicine.
- MAPS stands for Medical Academy of Pediatric Special Needs, you can find highly trained MAPS practitioners at www.medmaps.org.

WHAT TO KEEP IN MIND WHEN WORKING WITH A FUNCTIONAL PRACTITIONER

1. Keep your diet at the right level of restriction - Remember the principles of an LRD - least restrictive diet, as outlined in Module 4 L3. An overly restrictive diet can only be followed for a **very short amount of time**.
2. Avoid the trap of *more testing being better*. You will need a baseline of about 5 tests, but if after 5-7 tests and iterations, you are not seeing results, it is time to move on... Remember many of these tests can be run on the same blood draw.
3. Similarly, use supplements wisely. Popping pills all the time may be psychologically traumatic and not the best health investment.
4. At the opposite end, if you find a doctor who says that diet doesn't affect brain health, I suggest you change doctors immediately. If you find a doctor who goes to medication before food, this is a huge red flag for me.

WHEN NUTRITIONAL INTERVENTION IS NOT ENOUGH

So you have done everything, and you are seeing some results, but your child doesn't seem content. Maybe aggression/behavior stopped but it started again. Perhaps it seems like you are at a stand still.

Nutritional Intervention is not enough, when:

1. Your child is not receiving an age appropriate education, an education that caters to their SPECIFIC learning style.

Your child needs an education that focuses on growth as opposed to testing, an education that does NOT assume they are learning delayed.

Without Assumption of Intelligence, Equal Education and Respectful Teaching, growth will be hindered. More about this in the Non-Linear Education Bonus

2. Your child's communication needs are not met. **If your child is non speaking or minimally speaking, or not functionally speaking, please consider low-tech AAC techniques like RPM and S2C.**

3. Your child has some movement issues that are not addressed. **Movement therapy like Anat Baniel Method, Reflex Integration, Rhythmic Movement Therapy can support neuroplasticity.** [Revisit Module 2 Lesson 1 for details]

4. Visual issues are not addressed. **See a Behavioral Optometrist or VisionTherapist for support.** Module 1 Lesson 1: Vision Therapy [Revisit Module 1 Lesson 1 for details]. www.functionalnutritionforkids.com/2020/24

5. There is severe gut infection or dysbiosis that is not addressed - this could be yeast ,bacterial infection, parasites etc. Please work with a functional medicine doctor for the right support.



Disclaimer: Vaishnavi Sarathy, Ph.D. is an educator, not a doctor, specifically not your child's doctor. Please consult your physician before implementing any supplement or diet recommendations.