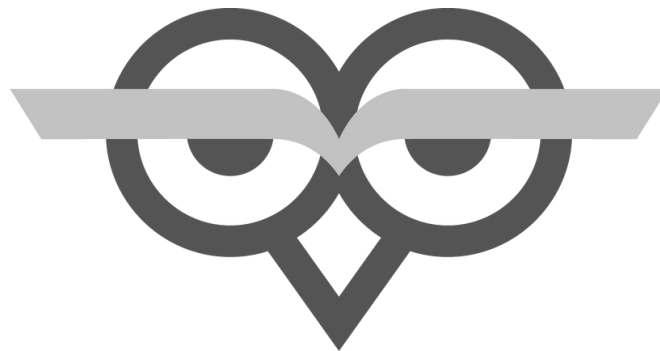


SPRINKLE:

A NUTRIENT - BOOST
PARTY



R.O.A.R

ROADMAP TO ATTENTION AND REGULATION

Module 2

Often when you are stuck in a space of not being able to change your child's diet as you would like to ideally, this technique comes in very handy.

The super-foods we are going to sprinkle are powerful, because they can be used in small quantities (hence the sprinkle) while still giving enormous benefits.

There is a caveat: this isn't a "once-in-a-while" party - I encourage you make it part of your daily routine.

The 5 superfoods we will be sprinkling are:

1. REISHI
2. LION'S MANE
3. CINNAMON
4. TURMERIC
5. CACAO

LION'S MANE is, to me, the King of Mushrooms, with research-backed properties. It is:

- Neuroprotective
- Nootropic (increases memory and recall)
- Helps with Myelination (neuronal connectivity)
- Anti-inflammatory
- Anti-depressant
- Increases NGF and BDNF (Nerve Growth Factor and Brain Derived Neurotrophic Factor)

Dosage:

Use ¼ tsp and build to 1 tsp daily if tolerated.

REISHI, then, can be called the Queen of Mushrooms.

- Supports Sleep and Anxiety
- Is Immune Modulating
- Has Anti-Tumor Effects
- Lowers Blood Glucose levels

Dosage:

Use ¼ tsp and build to 1 tsp daily if tolerated.

CINNAMON, everyone's favorite spice, is an antioxidant, is antimicrobial. Most importantly, for us, it is blood sugar lowering, and modulates the immune system.

Use:

Sprinkle Cinnamon liberally, especially in breakfast recipes

TURMERIC

It is likely that you have heard of Turmeric, the magic herb/spice that lowers inflammation, supports mood and has cognitive benefits. What's not to like!

Use:

¼-1 tsp with a dash of pepper to boost absorption.

CACAO

Cacao is perhaps the easiest of the superfoods to add. High in fiber and Magnesium, it is a natural food to add to increase nutrient density. If you are new to the term, raw unprocessed cocoa is called Cacao.

Use:

1 tbsp or more - as much as you like

HOW TO USE

Since the doses of the nutrient boosters are so small, I prefer adding them to batters, smoothies or soups, and they don't really change the taste of the food that much.

MAKE IT A HABIT

To see changes, they need to become routines. Sit with your child and ask them which one they want to start with, and add it to their favorite breakfast.

****Rotate among the superfoods.***



Disclaimer: The information on this document is for Educational Purposes only. 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.