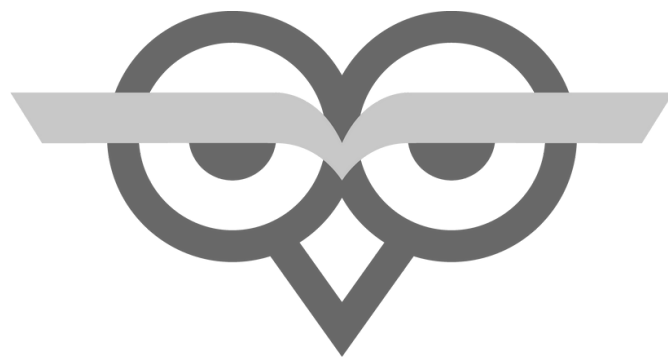


# THE EASY IMPLEMENTATION ROADMAP

---



R.O.A.R

ROADMAP TO ATTENTION AND REGULATION

**Module 5**

# Here is the ROADMAP to ATTENTION and REGULATION in 9 easy steps.

## **1: Balance Blood Sugar**

- Fat, Fiber, Protein
- No refined sugar
- Low refined carbs

**Normalize Bowel Movement [Module 5]**

**Sleep : 9-12 hours uninterrupted [Module 5]**

## **Remove added Chemicals**

- Colors
- Preservatives
- Flavors
- Artificial Sweeteners

### **Add micronutrients**

- Supplements
- GBOMBS
- Veggie Challenge
- Whole Foods Diet

### **Experiment short removal of Salicylates etc**

- Apples (Red)
- Berries
- Almonds
- Coconut
- Aged / Packaged Meats
- Any other food on the list in Module 3 that your child eats a LOT of.

### **Food Sensitivity**

- Dairy Removal
- Gluten Removal
- Consider Elimination Diet

### **Gut Health - see a practitioner**

- Inflammation
- Infection
- Digestion

### **Learning Environment**

- Presume Competence
- Learning Pathways [Visual, Auditory, Kinesthetic, etc]
- Sensory Issues / Integration
- Motor Issues
- Vision / Hearing
- Screen Time

### **Lifestyle and Environment**

- CALM - vagal tone
- Reflex Integration
- Vision Therapy
- Movement Therapy
- Exercise



**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.