

**This is a start and not an exhaustive list.**

- 1 Maintain a log/diary of tics/new mannerisms, illnesses (both child and family), medications, etc.
- 2 See a local integrative/functional doctor if not done already.
- 3 Remove gluten and sugar from the diet for a minimum of 6 months as it feeds bad bacteria in the gut.
- 4 Initial blood work to include:
  - Immune Function
    - ☐ IgG
    - ☐ IgM
    - ☐ IgE
  - Bacteria:
    - ☐ Strep (ASO and DNASEB)
    - ☐ Mycoplasma
  - Viruses:
    - ☐ EBV
    - ☐ CMV
    - ☐ COVID
  - Vitamin Levels
    - ☐ D3
    - ☐ B12
  - Genetic:
    - ☐ MTHFR (nearly half of the population has this. When present, remove folic acid from the diet and replace with a methylfolate supplement)
    - ☐ Do 23andme or the equivalent. Download the raw DNA and upload into geneticgenie.org or equivalent.

No information dispensed at Hello Health is provided as medical advice. Please consult your doctor.



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†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## 5 Helpful Daily Supplements include:

- Probiotic
- D3
- B12
- Methylfolate (it won't hurt if they don't have MTHFR and will help if they do)
- Oregano capsules (supports bacterial infections)
- Olive Leaf capsules (supports viral infections)
- Omega 3 (DHA & EPA) (fish, krill or vegan plant-based such as seaweed, seamoss or algae)
- Turmeric and Boswellia Serrata (supports healthy inflammatory response)
- Magnesium Glycinate

6 Rub bottom of feet at night with Tea Tree Oil, Francincense (Boswellia Serrata), Oregano, Thieves variety of Cinnamon/Cloves, etc.

7 Maintain consistency day-to-day whenever possible.

8 Health challenges can have an impact on the entire family. Consider a family psychologist that understands long-term health conditions.

9 Remember, many health conditions are a result of the body not maintaining a healthy inflammatory response. By controlling areas in the environment and food that may cause inflammation, this can help while the body heals.

**We invite you to listen to the enCOURAGEing wellness podcast and connect with Hello Health on YouTube and Instagram for community support.**

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