

The Power of the Body To HEAL

The natural path to Real Health
through Food

Research Project Results

1 to 7 year olds

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The information in this book is not intended to replace conventional medical practice, and is not intended to be relied on as medical advice. If you have health problems or have any doubts about the advice contained in this book, you should contact a qualified medical, dietary or other appropriate professional. The publisher and author are not responsible for any specific health problems that may require medical supervision.

PART 1

FINDING THE TRIGGERS

THE RESEARCH PROCESS

I invited Michelle Winters, a recently retired nurse, to accompany me on what I knew would be a fascinating journey to observe this research project on 1 to 7 year olds first-hand. We were setting out to study the benefits of tailored nutrition for the individual child on their health, cutting out any foods that appeared to be annoying their bodies, and substituting others. Having worked with nutrition and allergy testing for many years, I knew that younger children often responded very quickly and positively to simple changes in their diet, and that their vital healing energy was normally remarkably strong.

I advertised in the local paper, and on-line, offering free nutritional consultations and allergy tests in return for feedback on the children's health progress afterwards. Together we saw 33 children between February and May 2017, both for the first consultations and for the final reviews. We did not interfere with, or give advice on, any on-going medical treatment or medication, but simply worked by adjusting the children's diets to suit them.

The Consultation Process and Allergy Test

The consultation included asking for details of any symptoms of ill-health the child was experiencing; finding out how the child's body was working, such as their bowel and sleep patterns; and making a detailed list of what the child was regularly eating and drinking. An allergy test followed, testing many foods, chemicals and other potential stressors, such as Electromagnetic and Geopathic stress. I also tested various minerals and vitamins, for I have often found their excess, deficiency or imbalance to be an important part of ill-health. A list was then made of suggested foods to cut out, with ideas for healthy substitutes also given.

Of the 33 children who came for a consultation, the parents of 5 children seemed to disappear into thin air as I could not establish any further contact; so I have not included their case histories. This left us with 28 children, and all of their case histories are included.

GROUP A

14 children were brought back for a review with Michelle and myself by one of the parents to discuss their child's progress. I had had contact with a number

of the parents in between to discuss any issues they had. Their case histories are in Group A.

We also included one 16 year old who arrived at the end of one of the consultation days in Only Natural health food shop in Wexford where we were doing the testing. She badly needed help, and agreed to be part of the research.

GROUP B

Unfortunately I could not persuade all of the parents to come back with their children for the review session – work commitments got in the way – but I had communication with a parent of all 7 children in this group, and have included all the feedback I was given as ‘Thumbnail Sketches’.

GROUP C

The parents of 7 children only partially put the recommendations into practise and gave up, or decided not to continue with the project for a variety of reasons. I did have communication with a parent in each case, and so have included their case histories as ‘Thumbnail sketches’ in Group C.

This research is specifically aimed at helping those who suffer from obvious symptoms of dis-ease

It is worth noting that the children who were brought to us all had symptoms of ill-health; and the parent of each child wanted help to find the cause, in case they could find a natural path to help their child back to health. If children are not showing any obvious symptoms of ill-health, they are usually coping perfectly well with the diet they are being given. This research is specifically aimed at helping those who do suffer from symptoms in the hope that if they have not become too chronic, there is usually a clear and relatively simple path back to Real Health, should they choose to tread it.

This research took place in Only Natural health food shop, Wexford, Ireland

By very kind permission of Ger Colfer

February to June 2017

GENERAL FINDINGS OF THE RESEARCH PROJECT

The children we saw and worked with were from a great cross-section of people. **What we found was remarkable in that only three basic foods were causing most of the symptoms** in this 1 to 7 age-group; and all three of these foods seemed to be a problem to most of the children we saw, particularly if their intake was high. These were:-

- 1) **white wheat flour**
- 2) **highly processed milk and milk products**
- 3) **salted foods**

General Health Benefits

The overall health benefits to most of the children taking part in this Research Project were dramatic and heart-warming. Health naturally appeared to return to the children once their diets had been adjusted, sometimes extremely quickly. Feedback by many parents and children revealed that the process was carried out with surprising ease, and the children were very happy with their new wholesome diets. Some of the older children became much more aware themselves of the effects of certain foods on their body, and chose to avoid the trigger foods to stay well. Many parents also revealed that their children had become much more happy generally, and in some cases serious behavioural issues had simply vanished. Children who had originally come with dark rings under their eyes, and pale faces, now had rosy cheeks!

A number of other much less frequent, but also important, triggers included **Geopathic Stress, Electromagnetic Stress** (usually from overuse of the microwave for the child's food), **and Chemical Additives**. A few of the children also had a more severe problem with **gluten** than just white wheat flour, with all wheat products being the main issue.

Some of the results included:-

- serious bed-wetting (aged 5) gone within a few days;
- water retention, and weight issues, normalised within a few weeks;
- severe constipation, bloating, stomach pain and wind gone within a few days or weeks;
- diarrhoea and low energy normalised within days;

- frequent nausea, headaches and random vomiting cleared up within a few weeks;
- severe mucus problems, including asthma, gone within weeks;
- skin conditions clearing up over a few weeks;
- behaviour problems and temper tantrums faded away, sometimes within days;
- sleep issues, coughs and exhaustion all cleared up within a month or two;

In general most parents in this group were aware of the problems associated with excess sugar. Any known extreme allergies (particularly those resulting in life-threatening anaphylactic shock) were acknowledged and respected as such.

The Body is Programmed to Heal if given the right conditions

Taking away the trigger cause of the symptom in this age group appeared to prompt a natural and easy route to Real Health for many of the children. It also confirmed the idea that the body is programmed to do its utmost to heal, if given the right conditions, and that Prevention of the cause was the vital key. It appeared that the body generally Detoxed the more easily accessible toxicity first before then starting to Detox any more deeply stored toxicity. Also the more chronic the problem, the less easy it was to heal with any speed. The results of this project showed the body to be infinitely wise, and it appeared to carry out any natural Detox in children in a safe and efficient way.

Each person has their own level of sensitivity

Once each child's body was well and back in balance, this research pointed to the idea that, unless there is an obvious serious reaction, it is often a good idea to find out how great the person's sensitivity is to any trigger food. Each person seems to have their own level of sensitivity, and though it may be a full intolerance for some, to others a little dairy, wheat or added salt can often be tolerated with ease. Each person's body was ultimately their best guide, once symptoms and their causes were understood.

Inherited strengths and weaknesses

Each person's body is unique with its own inherited constitutional weaknesses and strengths. So food sensitivities, or tendencies to particular symptoms, often run in families. It appeared that if there was an inherited constitutional

weakness, simply by adjusting the diet to suit the person, this part of their body could be strengthened back to good health.

A Variety of Symptoms for the Same Basic Problem

Though symptoms are many, there can be different expressions of symptoms for the same basic cause in different people. For instance an excess of **internal mucus** can cause a whole range of symptoms including frequent colds, flu, earache, conjunctivitis or asthma. All generally stem from the same problem – usually inability to process one or two particular foods. Similarly with the many different **symptoms of acidity**, or **bowel disturbance**, though the symptoms are many and varied, the causes of imbalance and dis-ease appear to be relatively few.

Suppression of Symptoms

The longer the child had the symptoms, and the more they were suppressed from being naturally Detoxed, either by medication, or simply by eating the problem food daily, the more chronic the child's symptoms of dis-ease became; and the more chronic the condition, the more difficult and drawn-out the path to Real Health became.

Emotional issues

In a few cases it became clear that emotional issues - often from the loss of a parent through separation, working away, or death - were at the core of the child's problems. In these cases, though adjusting dietary and other factors helped to lessen the stress to the child's body, we felt these emotional stresses also needed to be addressed more. Unfortunately, we did not have the time or opportunity to take this further.

Some parents were not committed to the process

It became obvious that not everyone is willing or able to adjust the diet of their children. In the cases where parents cut down, rather than 'cut out', the probable trigger foods, there was no significant improvement. In two cases, where children had more chronic issues, and the Detox was taking longer than a week or two, the parents appeared to give up and felt the process hadn't worked. One child was severely brain damaged from birth, and in the end it became impossible to help her.

A curious conundrum - Cravings

There is one curious conundrum – **whatever a person is most allergic to they**

often crave most; and conversely whatever a person craves most they are often most allergic to! This is obviously true of cigarettes to a smoker, coffee to a coffee addict, or chocolate to a chocoholic; but the same is often true when it comes to white bread, salt, or processed milk products. Such cravings are always unconscious, usually prompted by the person's **bowel flora** – that army of various species of bacteria and yeasts that inhabit the person's gut. Once the diet is changed to suit the person's body and promote real health, these cravings normally cease; and it appears the Bowel Flora, which is so important for a person's good health, will also change automatically to a more healthy variety.

The inspiration of working with a child's wise body

I remember well working with a bright child of pre-school age, Letitia (not in this group), who had a particularly severe skin condition which covered her entire face and body. This improved steadily and beyond all recognition over a few months once she started to change her diet to suit her body. I shall never forget her mother telling me the remark of one of her child's school-friends after the first week or two, 'Letitia, you are looking so beautiful today!' - for her daughter's cheeks were now clear for the first time! Some months later when she was 90% well, her mother said, '**The whole trajectory of my daughter's life has changed for the better because of our work together.**' This precious gift of Real Health is one that you can give with very little effort to your children - and along with it the vitality to live life to the full.

WHITE WHEAT FLOUR AND BOWEL ISSUES

26 of the 28 children appeared to have a problem with white wheat flour when allergy tested. The other 2 were already on a whole-grain diet.

The importance of eating good wholegrains (as opposed to refined ‘white’ flour products) cannot be underestimated – though it is equally crucial to eat only those grains that suit your body. They provide good, steady slow-release energy, roughage for the healthy working of the bowels, and are a most important source of B vitamins and the vital mineral Magnesium, which are in the outer ‘brown’ part of the grain. Magnesium is vital for many functions including good energy, strong teeth, bones and nails, and the ability to relax and concentrate. Wheat has changed a lot over the last 100 years because it has been selectively grown to make high yields – which are also now very high in gluten. Gluten is the protein in the centre of certain grains. In descending order of strength, it is in wheat, rye, barley, oats and spelt, but is particularly strong in white wheat flour. It is difficult to digest, being very sticky and rather glue-like once it is wet.

Many of the children we saw went to school with white ham sandwiches, ate white wheat pasta a few nights a week, and of course biscuits and cakes.

The bowels and white wheat flour

The most obvious symptoms that showed up from eating white wheat flour appeared to be associated with **the bowels** – particularly constipation, diarrhoea, bloating, IBS (Irritable Bowel Syndrome) and stomach cramps. The main cause of this appeared to be the gluten, though the incidence of a full gluten intolerance (coeliac) was very low – there was only one coeliac amongst the 33 children tested. However, the incidence of a partial gluten intolerance was extremely high, with white wheat flour products being by far the greatest problem. Switching to good quality brown bread and wholegrain pasta solved the bowel problems for most of the children. 8 children tested intolerant to all wheat, but had no problem with the other glutenous grains.

Mood swings, tantrums, energy lows, and gluten intolerance to some degree

In 4 cases there was a strong correlation between a gluten problem (to varying degrees) and pronounced **mood swings and tantrums**. If the intolerance to white wheat flour is severe, eating it can make a child feel very out of sorts, sometimes with tantrums, tummy aches or a sudden noticeable loss of general energy, as the body seems to focus all its resources on trying to digest the white

wheat flour that has just been eaten. The speed with which most of the children's bodies regained healthy bowels once they cut out white wheat flour (or the problem grains) was remarkable. In some cases it seemed to be overnight, while in others it took just a little longer.

Other less obvious problems that appear to be caused by a diet high in white wheat flour:

- A **lack of Magnesium** – a vital mineral which is found in wholegrains (not in refined white flour), which is involved in the proper use of calcium in the body, and so healthy teeth, bones and nails. It is also essential for the ability to relax, for good energy, and in peristalsis - the movement of waste along the bowels - amongst many other functions;
- White wheat flour appears to aggravate, and occasionally cause, a **mucus problem**;

Symptoms include:-

- Constipation
- Diarrhoea
- Bloating
- Stomach Cramps
- Irritable Bowel Syndrome (IBS)
- Wind/Flatulence
- Anal Fissure
- Mood Swings
- Excessive craving for food
- (or) Lack of Appetite from feeling full
- Low energy
- Tantrums
- Mucus symptoms – it appears to be the second greatest cause after processed milk and milk products

Olivia

Stomach cramps

Bloating

Lack of appetite

Constipation

Roisin

Very smelly wind

Stomach pains

White Wheat flour products commonly eaten by children include:

- White bread – particularly for school lunches
- White pasta
- Biscuits
- Cakes
- Pastries
- Chicken nuggets (the batter)
- Fish fingers (the batter)

Jack

Constipation

Bloating

Stomach cramps

Craving food

Anal fissure

Low energy

- Rusks (for babies)

There appear to be five different levels of gluten intolerance:-

- White wheat flour products
- All wheat, both white and wholemeal
- Wheat and rye
- Wheat, rye, barley and oats
- Wheat, rye, barley, oats and spelt – a full coeliac

Spelt and other Wholegrains

If wholemeal brown wheat bread, such as the Irish traditional soda bread, is too difficult to digest, then wholemeal spelt bread is often a very good alternative, as long as the child is not a full coeliac. Spelt is a cousin of wheat, an old-fashioned grain that is low in gluten. It has not been altered over the years in the same way as wheat, through selective growing to maximise yield, and is probably very like old-fashioned wheat used to be. Mass-produced gluten-free products tend to be rather low in good nutrition, for they seldom contain the vital nutrients that are in wholegrains such as Magnesium, B vitamins, and good slow-release energy. It is therefore important to include whatever wholegrains a person can eat in their diet, and not just rely on gluten-free substitutes.

Suggested Food Substitutes for the Different Levels of Gluten Intolerance include:-

AVOID

Level 1 - for White wheat flour intolerance

White bread

White pasta

White wheat lasagne

Pancakes

Couscous (made from white wheat flour)

Biscuits made with refined flour

Cakes, pastries

White crackers

SUBSTITUTE

Wholemeal brown bread, such as soda, sourdough or yeasted bread

Brown wholemeal pasta, brown rice pasta, spelt or corn pasta

Brown spelt lasagne

Buckwheat or white spelt flour pancakes

Quinoa

Wholemeal or oat-based biscuits

Bake with white spelt flour

Wholemeal crackers, ryvita, oat cakes, rice cakes

Breakfast Cereals (any made from white wheat flour)

Porridge, wheetabix, shredded wheat, muesli, granola, oatabix

Chicken nuggets

Fresh home-cooked chicken

Fish fingers

Fresh home-cooked fish

Flour to thicken gravy etc.

Cornflour

Rusks

Home-made brown or brown spelt Toast, oven-hardened

Level 2 - for all wheat intolerance

Bread

Brown wholemeal spelt bread; oat bread; brown sourdough wheat or rye bread (the gluten is broken down by the sourdough process)

Pasta

Brown rice, spelt or corn pasta

Lasagne

Brown spelt lasagna

Pancakes

Buckwheat or white spelt flour Pancakes

Couscous

Quinoa

Biscuits

Oat or spelt based biscuits

Cakes, pastries

Bake with white spelt flour

Crackers

Oat cakes, ryvita, rice cakes

Breakfast cereals (any made from wheat) Wheetabix, shredded wheat etc.

porridge, granola, oatabix, oat-based muesli,

Flour to thicken gravy

Cornflour

Level 3 - for all wheat and rye intolerance

Bread

Brown wholemeal spelt bread; oat bread;

Pasta

Brown rice, spelt or corn pasta

Lasagne

Brown spelt lasagne

Pancakes

Buckwheat or white spelt flour pancakes

Couscous

Quinoa

Biscuits

Oat or spelt based biscuits

Crackers	Oat cakes, rice cakes, spelt crackers
Cakes, pastries	Bake with white spelt flour, ground almonds
Breakfast cereals	Porridge, granola, oatabix oat-based muesli
Flour to thicken gravy	Cornflour

Level 4 - for wheat, rye, barley and oats intolerance

Bread	Brown wholemeal spelt bread;
Pasta	Brown rice, spelt or corn pasta
Lasagne	Brown spelt lasagne
Pancakes	Buckwheat or white spelt flour pancakes
Couscous	Quinoa
Biscuits	Spelt based or gluten-free biscuits
Crackers	Rice cakes, Spelt crackers
Cakes	Bake with white spelt flour, ground almonds
Breakfast cereals - Porridge, oatabix, granola, oat based muesli	Gluten-free porridge (normally brown rice and millet based), brown rice pudding (see recipe below)
Flour to thicken gravy	Cornflour

Level 5 - for wheat, rye, barley, oat and spelt intolerance - COELIACS

It is a good idea to eat wholegrains that are naturally gluten-free as much as possible, as they are generally much more nutritious than most manufactured gluten-free products, particularly those made from white gluten-free flour. These include brown or wild rice, corn, quinoa, buckwheat

Bread	Brown gluten-free bread (including buckwheat)
Pasta	Brown rice noodles or pasta, corn pasta
Pancakes	Buckwheat flour pancakes

Couscous	Quinoa
Biscuits	Brown or white rice, sweetcorn
Crackers	Gluten-free biscuits
Cakes	Rice cakes
Breakfast cereals	Bake cakes with ground almonds or gluten-free flour
Flour to thicken gravy	Gluten-free porridge, brown-rice pudding (see recipe below)
	Cornflour

Brown-rice Pudding Recipe

This is best cooked the evening before you want to eat it for breakfast; this recipe gives 3 servings and lasts well in a cool place for 3 days.

X1 cup short-grain brown-rice

X2 cups water

Simmer gently with lid on until cooked and all water absorbed (40 minutes).

For breakfast, take one third of the cooked rice, and heat until just boiled with the milk of your choice. Add brown sugar or honey if desired.

Rice milk is naturally slightly sweet, and so added sugar or honey is usually unnecessary.

PROCESSED MILK AND MUCUS

26 of the 28 children appeared to have a problem with processed cows' milk and milk products when allergy tested. Of the other 2 children, one ate very little, and the other was on goats' milk.

For eons of time dairy foods have been a most important and nutritious part of the Western diet. In Ireland it was one of the very few staples for many of the population in more difficult times. But milk and milk products have altered dramatically over the last 100 years – the change being from raw milk to milk that is now highly processed, being both pasteurized and homogenized.

Pasteurization kills not only any bad bacteria, but also the good, which would naturally help our bodies (and calves) to digest the milk properly. The **homogenization** process alters the structure of the fats in the milk, and this appears to make them very hard to use in the body. Both processes appear to add to the human body's difficulty of breaking down and using cow's milk and its products, and it seems that the more processed it is, the more difficult it becomes.

Mucus symptoms, processed milk and milk products

There was a problem with raw milk – it was not always safe and sometimes T.B., brucellosis and other problems came from it. But have we dealt with this in the right way? It appears from this research that there is a strong correlation between highly processed milk and milk products, and **mucus symptoms**. This results either in on-going mucus symptoms in the children, such as frequent colds or runny noses, sneezing or coughing, or in storage of excess mucus in the lungs, resulting in frequent flu, asthma or vomiting of mucousy phlegm.

The incidence of **asthma** alone has risen dramatically over the last few decades, and this appears to be closely linked to the changes in our dairy products. A simple switch to almond or rice milk, and elimination of dairy foods from the diet is one way forward that works for most children (after weaning) who cannot tolerate processed milk; but how much better it would be to be able to suggest that these children simply switch to raw milk that has been carefully tested for pathogens before going on sale, or flash-pasteurized milk (at no higher than 72 degrees).

There seemed to be a clear strategy by the body in order to regain health from a mucus condition. Within **three days** of cutting out the trigger foods – which were almost always processed dairy foods and white wheat flour - from the diet the body appeared to start a Detox of excess mucus within the sinuses and chest. This sometimes lasted up to **three weeks**, discharging mainly through the nose, though in one or two cases the Detox started by vomiting up phlegm, discharging normally through the nose after that. If the case was severe, the discharge would carry on for longer, sometimes with a lingering cough to rattle free the last of the stored mucus in the lungs. By **six weeks** most children were clear of all of their mucus symptoms. Sometimes this was followed by a second, seemingly deeper, cleanse throughout the body (at cellular level) with short-lived flu-like symptoms; but after that the children appeared to stay well.

Symptoms include:-

- General mucus
- Rhinitis, streaming nose
- Frequent colds
- Sneezing or Coughing
- Frequent flu
- Tonsillitis, Sinusitis
- Conjunctivitis
- Earaches and impaired hearing
- Chestiness, Wheezing
- Asthma
- Vomiting mucousy phlegm
- Viral throats
- Abnormally fast breathing
- Eczema
- It can aggravate a bowel problem

Louisa

Very chesty
Vomiting mucousy phlegm

Kieran

Asthma
Chesty
Cough
Streaming nose

Fiona

Frequent coughs, colds
Constipation

Linda

Eczema on face

Larry

Abnormally fast breathing
Wheezy chest

Amy

Very wheezy chest

Processed dairy foods commonly eaten by children

- Milk
- Cheese, cheese strings
- Yoghurt
- Smoothies
- Ice Cream
- Milk Chocolate
- Custard, Rice Pudding
- Cream

I generally found that a little butter and buttermilk (used in soda bread) very rarely tested as being a problem; however, butter substitutes and margarines, which are made from oils that have to be altered/damaged to make them into a spreadable consistency, usually tested as being problematic.

Suggested food substitutes include:-

<u>AVOID</u>	<u>SUBSTITUTE (nut based ones only if tolerated)</u>
Milk	Raw milk, rice, almond or oat milk; cook with tinned coconut milk
Cheese	Almond, peanut or other nut butter; humus; raw cheese (e.g. French comte)
Yoghurt, Smoothies	Fruit smoothies
Ice Cream	Sorbets/ water ices
Milk Chocolate	Dark chocolate or dairy/soya free chocolate
Custard, Rice Pudding	Make with a substitute milk above
Cream	Dairy-free cream

Symptoms of intolerance to formula cow's milk as a baby

- Vomiting up milk formula
- Projectile vomiting
- Very smelly nappies or 'rabbit dropping' type stools
- Wind and stomach pains (Colic)
- Frequent mucus problems
- Flus
- Asthma (some diagnosed and put onto inhalers aged 1 ½)
- Earaches
- Eczema

Breast-feeding percentages

Breastmilk is natural, tailor-made for human babies, and free! There are no bottles to sterilize, or formula to mix and heat to the right temperature. If a breast-fed baby appears to have any sort of intolerance to breast-milk, the likelihood is that something the mother is eating or drinking is irritating him/her. A simple allergy test can usually help to sort this out with ease. There are so many important health benefits: 'Breastfeeding protects your baby from infections and diseases, reduces the child's risk of obesity, and helps to build a strong emotional bond between mother and child.' *NHS UK*

'Breast-feeding has sadly taken a nose-dive in many countries. In the UK more mothers are breastfeeding, but continuation rates in the UK remain among the

lowest worldwide.’ *Unicef* Shockingly, ‘Ireland has the lowest rates of breastfeeding in the world.

Not every mother either wishes to, or has enough milk to breast-feed. In that case it is very important to find a good milk formula that suits the baby. For instance, in this research group roughly half of the babies who were breastfed appeared to tolerate formula milk with ease, but the other half appeared to suffer with symptoms of intolerance – such as colic, reflux, stomach cramps, eczema, bronchitis and very smelly nappies. There is a special formula that seems to work for babies who have such difficulties. It is called Nutramigen Lipil, and has to be ordered with a doctor’s prescription. (*Please see Jacob’s case history ‘c’ at end of chapter.*)

Goat’s milk

Up to the 1950s goat’s milk and its products used to be the standard alternative for children who could not tolerate cow’s milk. However, goat’s milk and yoghurt are now pasteurized before reaching the shops, and so it too now appears to be mucus-forming to most children.

Soya milk

Soya milk became popular as an alternative to processed dairy foods in the 1970s. This is not something I recommend to children for two reasons – the first is that soya milk, and many soya products, mimic the hormone oestrogen, which can start to alter the natural hormonal balance in a person. The second is that during my many years of nutritional practice I have noticed a strong correlation between soya milk consumption and the compromised absorption of Magnesium and other nutrients in the body, creating a new set of problems

Calcium and a dairy-free diet

I have observed that once a child is weaned it is not essential to get the calcium one needs from dairy foods. The Chinese, for instance, traditionally have no milk products in their diet after weaning. There is very balanced calcium and magnesium (the mineral needed to be able to use calcium properly in the body) in whole grains, vegetables, nuts, seeds and pulses; and as long as a good wholefoods diet is being eaten, with wholegrains that suit the person’s body, there will not be a shortage of calcium. Traditionally raw milk was a very good source of calcium, and it seems that in its raw form it was a very valuable source of many nutrients. (*Please see Kieron’s case history ‘a’ at end of chapter.*)

Processed Milk, Altered Calcium, and Calcium Dumping

As well as causing mucus problems, I have found that processing the milk to the

degree we do now appears to **damage the calcium in the milk**, making it very hard to use in the body. Consequently, as one gets older, this calcium often appears to get ‘dumped’ somewhere in the body - in the veins as varicose veins; in the joints as osteoarthritis; in the kidneys or gall bladder as stones; in the breast as cancer, or calcification of the breast, in the prostate as prostate cancer; in the arteries, around the heart or in the eyes. I have also found heavy or clotting menstruation to be associated with the body’s attempt to get rid of this difficult calcium. (*Please see Kieron’s case history ‘a’ at end of chapter.*)

The Pasteurization Process

For a long time the **Pasteurization Process** was 72 degrees for 15 seconds. Now for baby milk formulas I am led to believe it is often pasteurized at 77 degrees due to the volume being pasteurized, and to ensure it all reaches the required 72 degrees for a full 15 seconds. Is this also true for the huge volumes of milk in the standard milk factories? This increased level of pasteurization changes the arrangement of the molecules in the milk, and the higher the temperature the more the basic milk structure is altered. UHT milk is pasteurized by heating it above 135 degrees. The higher the degree of milk pasteurization the greater its shelf-life; but conversely the more lifeless it becomes.

In the second of the case studies below, Susanna and her family were able to digest with ease raw milk that had been ‘flash’ pasteurized for 15 seconds at the traditional 72 degrees, but not milk that was also homogenized.

How safe is raw milk?

Selling raw milk is now legal in Ireland and the UK, and the laws governing the sale of all milk are stringent, and even more so when selling raw milk. The suppliers of raw milk I have spoken to take extreme care with cleanliness and the health of their cows, and most tend to have organic farms. Raw milk appears to be very safe if sold from a local reputable farm where cleanliness and healthy stock are of paramount importance, and the raw milk is clearly labelled, dated, and stored appropriately.

Ballymaloe Cookery School and raw milk

Ballymaloe, Ireland’s world-renowned flagship in County Cork for good food, has been selling raw milk in their Garden Shop from the Kerry and Jersey cows on their organic farm and using it in their cookery school for a decade or more. Their homemade raw cheese, buttermilk, yoghurt and cream are also sold in their shop. I was told by Darina Allen that ‘Many of our customers who suffer from allergies inform us that they can easily tolerate raw milk.’ There do not appear to have been any problems from the sale of their raw milk produce.

Informed options

The French are well-known to consume a lot of cheese without any noticeable problem, but for the most part this is raw cheese, and therein lies the crucial difference. Also the most famous and widely used of Italian cheeses – Parmesan - is also made from raw milk.

There are many arguments in favour both of raw milk, and of carefully pasteurized (but not homogenized) milk, and I am convinced that there is a good way forward for good general health when it comes to the consumption of dairy foods. Surely the public could be given an informed option of both pasteurized milk (if it is pasteurized at no more than 72 degrees for 15 seconds) and raw milk and their products. With the enormous advances of modern science, no doubt each batch of raw milk could be carefully tested for pathogens.

Though not strictly part of this Research Project I am including two case studies, one of a 40-year-old man, and the other of a teenager. One gives a typical example of the merits of Raw Milk, and the other of the more traditional pasteurization temperature (at 72 degrees only), versus current Pasteurised and Homogenized, Milk.

a) KIERON age 40 sore eyes, kidney pain, skin rash

Kieron had been reared on a dairy farm with his two brothers and one sister. They each used to drink **6 or 7 pints of raw milk daily**, as it made up a large part of their diet. In his own words, ‘Mostly what we had was milk. We were all very well on it, and our parents have only recently moved into a nursing home in their 90s.’ When I saw Kieron he was no longer living at his family home, and had worked in a yoghurt factory for years - and so had been able to bring home plenty of yoghurt for his young family. He ate yoghurt and a little cheese, and often drank one litre or more of processed milk daily. But for the last 3 or 4 years, Kieron had suffered on and off with a skin rash all over his trunk and legs, which was sometimes very painful. He used antibiotics and steroid creams, which seemed to take away the symptoms, but only temporarily – they would always come back. He also had lower back pain (over his kidney area) and very sore eyelids all the time, which ‘had been killing him’ and felt sandy or gritty; and for the last 3 or 4 weeks it had been very painful passing water. He was also generally tired.

Allergy Test

An allergy test showed that he was intolerant to high processed dairy foods, and I also suspected that he had too much calcium in his body from it, which now

appeared to be affecting his eyes and kidneys. Kieron was asked to come off all milk products and substitute other foods. It took two months for his body to sort itself out properly. His skin rash got a lot worse before it started to clear up, working its way down his sides and legs.

After 3 weeks passing water had again become easy, and his red painful eyes, which he had wanted to rub all the time, were now back to normal and well. It took 6 weeks for the pain on either side of his back to go, which as he said he 'used to be murdered with all day up to the allergy test!' After two months Kieron's skin rash finally cleared up completely, and his overall energy was much better. I saw him some years later, and his skin rash and other problems had never returned. Indeed, he had since felt able to start having just a little milk daily with his porridge, without any obvious problems.

b) SUSANNA age 19 *Severe sore throats, tonsillitis*

Susanna and her family were brought up on flash-pasteurised milk from their herd of Jersey cows. Though milk from Jersey cows is renowned for having the highest fat content of any cow's milk, none of the family had any weight problems, mucus conditions or calcium issues. They used a **home pasteurizer** for the milk as a precaution, but the milk was never homogenized.

Susanna's problems with dairy foods only started when the family's dairy herd was sold. For 5 years after that she suffered with severe sore throats and tonsillitis – even whispering hurt, and if she did anything in the way of singing she would quickly become hoarse. The throat specialist checked her larynx and all was fine there, but he said based on the number of antibiotics she'd had (about six a year) and the amount of time she was spending at home sick, missing school, he thought she would benefit from a tonsillectomy.

Allergy Test

Susanna was allergy tested, and processed dairy foods, which she was consuming daily as milk, yoghurt, milk chocolate, and a few times a week as cheese or ice cream, showed up as being a big problem; also white wheat flour, which she was eating as pasta twice a week. Once she substituted brown for the white wheat pasta and gave up processed dairy foods, she became well in just a few weeks – and she was also able to keep her tonsils! She is still very sensitive to highly processed dairy foods, and even a little will bring back a twinge of her throat problems.

c) JACOB age 8 months *vomiting, diarrhoea, hives, awake and crying a lot at night*

Jacob was suffering from almost constant vomiting and diarrhoea, and every

nappy change his clothes had to be changed as well. He often seemed to get hives, particularly after certain meals, and subsequently was awake and crying all night. He would then be like a demon the next day! He woke on and off through the night even on the better nights. His nose was either very runny or completely blocked, and he couldn't breathe through it. He had always had reflux, and so Jacob's mother had been asked by his doctor to add Gaviscon to all his bottles (a medicine used to relieve heartburn). He had already had 3 antibiotics for ear infections.

Allergy Test

I gave Jacob a simple, non-invasive allergy test. The results showed a sensitivity to all wheat and rye, which I suspected was affecting his bowels in particular; also a sensitivity to most cow's milk and soya products, which I suspected was causing the vomiting, reflux and mucus issue with his nose. I also suggested Jacob's bottled milk and other food should not be microwaved, as he also tested sensitive to this. I suggested he be put on the infant formula *Nutramigen Lipil* which is especially for allergenic babies, and needs to be prescribed through a doctor.

Along with his new bottles of formula Jacob was the given an oat or brown rice based breakfast with oat or rice milk; for lunch mashed vegetables and rice, or potatoes, or a suitable (non-wheat) pasta, followed by mashed raw or cooked fruit; for his evening meal a little meat, vegetable and potato.

I had a text from Jacob's mother 3 weeks later:-

'The formula is working brilliantly and he's like a new baby. His diarrhoea, cough and mucus are gone and he has clear skin again and is sleeping 12 or 13 hours a night. He's a joy to be around again thank God!'

SALT EXCESS, ACIDITY AND WATER RETENTION

16 of the 28 children appeared to have a problem with excess salt when allergy tested.

Salt is one of the main essential minerals for our bodies; but as with all minerals, balance is a vital key to health. Naturally in fresh food there is very little salt, and plenty of its balancing mineral potassium; so in order to balance this our kidneys are programmed to hold on to as much salt as possible and re-direct it around the body for storage (usually no matter how much of it is eaten) in case there is ever a shortage. This salt is generally stored in the fluid outside the cells all around the body; and the more salt that is stored there, the more the body also redirects fluid there so that the salt does not become too concentrated. This generally leads to water retention, and so weight gain, and appears to be one of the principal causes of obesity. Some people's bodies sweat it out, especially if they take any exercise, or as night sweats; with others their kidneys work overtime to try to flush it out, which can result in prolonged bed-wetting in children.

Salt, internal acidity, hyperactivity and anxiety

There also appears to be a strong correlation between over-consumption of salt and symptoms of internal acidity, such as heartburn and acid reflux. Other symptoms, such as excessive thirst, difficulty relaxing and sleeping, hyperactivity, irritability, anxiety, and dry skin all appeared to be linked to excess salt. The rapid progression from symptoms of 'salt-excess' to full health, once a child stopped eating 'added salt' in the diet, was remarkable. Many of the obvious symptoms, such as bed-wetting, heartburn and random vomiting stopped within the first week; water retention often seemed to disappear within three weeks, as well as paleness of the face, dark rings under the eyes, and difficulty sleeping. Pronounced sweating and dry skin – both ways of detoxing through the skin - also seemed to normalize within a few weeks.

Hidden salt in the diet

Though most parents do not consciously add salt to their cooking, many children are eating a lot of hidden salt - in the form of ham (a salted meat) for their school lunches, cheese (also salted), and more importantly having two or three packets of crisps, popcorn or other salty snacks a week. It appeared that the more hidden salt a child ate, the greater the 'salt symptoms' that developed.

Symptoms include:-

- Water retention, particularly puffy hands
- Bed-wetting when no longer in nappies
- Heartburn
- Feeling sick frequently
- Acid Reflux
- Vomiting for no apparent reason
- Pain in solar plexus
- Any Internal acidity
- Recurring kidney infections
- Recurring thrush (internal acidity favouring yeast invasion in the gut)
- Excessive sweating
- Excessive thirst
- Dry lips or skin
- Dark rings under eyes
- Pale face
- Difficulty relaxing and sleeping
- Hyperactivity
- Irritability
- Anxiety
- Very fine dandruff; dry scalp

Olivia

Severe reflux

Kelly

Severe eczema on hands

Water retention

Louis

Random vomiting

Heartburn

Pale face

I

Jack

Fluid retention

Puffy hands

Dark circles under eyes

Acid and stingy rectum

Very acidic vomiting

Salted foods commonly eaten by children

- Salty snacks such as crisps, salted popcorn
- Salted meats – ham, bacon, rashers, sausages
- Cheese
- Stock cubes in stews
- Soya Sauce
- Gravy granules
- Fast food
- Salty spreads (e.g. marmite)
- Salted nuts
- Salt in the cooking
- Packet soups
- Tinned foods
- Pre-prepared food (e.g. chicken goujons, burgers)

Amy

Kidney infections

Recurring thrush

Puffy hands

Difficulty relaxing

Excessive thirst

Judy

Bed-wetting

Suggested food substitutes include:-

Salty snacks

Home-cooked popcorn (unsalted)

Ham, bacon, rashers, sausages
Cheese

Stock cubes
Soya sauce
Gravy granules

Fast Food

Salty spreads
Salted nuts
Salt in the cooking

Packet soups
Tinned or pre-prepared food

Any other meats

Nut butters, humus or low-salt cheese,
such as raw French Comte

Herbs, spices, celery, celeriac

Garlic & ginger, herbs spices

Home-made gravy with meat juices,
vegetable water & cornflour

Take-away Thai or Indian food (without
soya sauce or MSG); home-cooked
food

Nut butters, humus, honey, jam

Unsalted nuts

Unsalted cooking; using herbs & spices
for extra flavour

Homemade soups

Cook from fresh

THE EFFECTS OF CHEMICAL ADDITIVES, ELECTROMAGNETIC STRESS, AND GEOPATHIC STRESS

Three other issues showed up in the allergy testing of the children, but not nearly as frequently as the dairy, white wheat flour products and excess salt. The first two, **chemical additives** and **electromagnetic stress**, basically originated in the 20th century. Both are now major issues in all of our lives. **Geopathic Stress**, most commonly an issue when sleeping or working over underground streams, is a more ancient problem, but one that we are only now rediscovering in the West. Water diviners used to be part of the community, water and wells being an essential part of life; and houses were never traditionally built over underground streams.

1) CHEMICAL ADDITIVES IN FOODS & DRINKS **(the ‘E’ numbers in a list of ingredients on food packets)**

5 of the 28 children tested intolerant to chemical additives.

Chemical additives are the ‘E’ numbers on food labels, and they became widespread in processed foods, drinks and sweets in the 1960s.

The body does not appear to find it easy to process chemical additives, particularly the more obvious ones in foods and drinks. It seemed that the more chemicals the child was consuming, the greater the intolerance. The effect appeared to cause irritation to the body, and sometimes behavioural problems too.

Chemical Additives commonly eaten by children include:-

- Chemical colourings and sweeteners in sweets;
- Chemical colourings in fizzy drinks and concentrates;
- Chemical sweeteners in ‘Sugar free’ fizzy drinks and concentrates;
- MSG (monosodium glutamate), also known as ‘Flavour Enhancer’ or E621, is in many processed or fast foods, Chinese food, and in many salty snacks and crisps;
- Preservatives and other hidden chemicals in processed foods;

Suggested alternatives for sweets with chemical colourings and sweeteners include:-

There are several companies now making sweets using natural colourings that are well labelled as being free from chemical colourings and other additives. There is nothing wrong with a treat now and again that contains some

sugar (unless you have diabetes) – for it is better to have a little sugar that the body knows how to break down and use, rather than chemicals which are alien to it; and the more brightly coloured the sweets the more chemical colourings they are likely to have in them.

Obviously it is a bad idea to consume a lot of sugary foods and drinks, as this is well-known to turn into fat in the body unless used up straight away as energy. I remember well a young woman who was addicted to a highly-coloured sports drink that was full of sugar. I shall never forget what I can only describe as a tyre just above her waist as a result!

Sugar eaten frequently also causes rather erratic energy, with a ‘high’ followed by a ‘low’ – at which point there is usually craving for yet another piece of sugar! The simple key is to have sweets that are as natural as possible, and not to over-do the treats! Health food shops have an array of sweets that are made from natural ingredients – such as jelly babies, and other fruit-based sweets. Peppermints have no colourings in them, and there are several brands that are not too strong for children. Fruit and dried fruit are also obvious substitutes for sweets.

Suggested alternatives for drinks with chemical colourings and sweeteners include:-

Many sweet fizzy drinks, including ‘energy drinks’ are made with chemical colourings, and appear to be very addictive. Parents often think they are doing their children a good service by giving them concentrates or fizzy drinks that are labelled ‘Sugar free’ – but these are made with chemical sweeteners instead.

It is of course not a good idea to give your child too much sugar, but there is growing evidence that chemical sweeteners can actually encourage obesity even more rapidly in the body, as well as sugar intolerance – a step on the way to Type 2 diabetes. (Note: see ‘The Clever Guts Diet’ by Dr. Michael Mosley).

The body needs good water, and this is the best drink anyone can have. Fruit juices, watered down for younger children, or natural fruit concentrates without any chemical additives in them, and which can also be well watered down, are good alternatives.

The most natural of the fizzy drinks is the simple colour-free 7-up.

Suggested alternatives for foods with MSG

Monosodium Glutamate is a chemical used to heighten the ‘taste’ of foods, and is heavily used in the preparation of Chinese food. It is also in many brands of crisps and other salty snacks. It can cause headaches in some people, as well as tiredness and a range of other symptoms. Most Chinese restaurants now will

accommodate a request for ‘No MSG’ in their food.

Thai and Indian food are generally made from fresh natural ingredients, and both are normally free of MSG. However in some Indian restaurants the Tandoori and Tikka dishes can have added colourings – it is worth checking. There are some brands of crisps which have no MSG; but a better alternative altogether is to cook home-made popcorn – for then you can also avoid all the added salt.

Suggested alternatives for foods with chemical preservatives, emulsifiers, and other hidden chemicals in processed foods

Most processed foods, such as burgers, sausages, rashers and many of the pre-prepared foods have chemical additives and preservatives in them. Eating fresh or home-cooked food made from natural, fresh ingredients is the best way to avoid all chemical additives. The abundance of chemicals now used in modern farming practices have now crept into the mainstream food chain. It is worth noting that food grown with the Organic Label is farmed in the traditional way without the use of chemicals.

Chemicals in the home

Many chemical products are now used regularly in many homes, such as cleaning materials, disinfectants, washing powders, and house and car ‘smells’. There are usually natural alternatives available to all of these. Synthetic dyes in clothes, and chemical fire retardants in carpets, mattresses (even cot mattresses), soft furniture and some baby toys are also worth being aware of. It is now possible to buy organic mattresses, including crib mattresses (on-line).

Though there was no clear case of a child with severe intolerance to chemicals in this group of children, I have known of some, through my years of work, to transform from very challenging behavior to normal loving behavior once chemical additives were removed from their diet.

2) ELECTROMAGNETIC STRESS, PARTICULARLY FROM MICROWAVE OVERUSE

10 of the 28 children tested high in Electromagnetic Stress, largely from an excess of microwaved food.

Nowadays there is much more general electromagnetic stress in a home than there has ever been. Mobile or cordless phones, Wifi and satellite T.V.

coverage are now the norm, besides the many electrical gadgets in a home. Overuse of electronic games, computers and excessive watching of T.V. was also a major potential problem amongst the children, but not one I could easily monitor.

But there are some more specific potential causes of electronic stress that it is easier to monitor, such as:-

- Sleeping too close to the main fuse box of the house;
- Living very close to large electricity pylons or phone masts;
- Eating an excess of microwaved food.

In this group of children, eating an excess of microwaved food appeared to be the greatest cause of electromagnetic stress. Microwaves have also been found to alter the structure of molecules in the food, as well as destroy some important nutrients.

Simon
Terrible Tantrums

Symptoms of electromagnetic stress

The main symptoms connected with electromagnetic stress appeared to be moodiness, terrible tantrums, and possibly internal acidity too.

Please see Appendix III for details of a machine to help remedy severe cases of electromagnetic sensitivity.

3) GEOPATHIC STRESS

2 of the children tested high in Geopathic Stress. This was addressed in one of the cases (but not in the other), and there was a marked improvement once the child's bed was moved out of the Stress line.

Geopathic Stress is most commonly caused by radiation from underground streams; but it can also be caused by underground caves, or other disturbances in the earth. If a child sleeps over Geopathic Stress, this can have a marked negative effect on their health. Our bodies are made to recuperate and recharge while we sleep, and for this we appear to need the natural earth energy, which has a particular resonance and vibration. The longer a person sleeps over it, the greater the health hazard, for of course we all spend many hours in bed. There are varying degrees of Geopathic Stress, and sometimes the remedy is as simple as moving the bed out of the Geopathic Stress line; but this is not always possible. Two streams crossing under a bed can bring very severe Stress.

Dan
Tiredness on waking
Restless in bed
Disturbed sleep

Symptoms

Common symptoms of Geopathic Stress are a difficulty 'settling' and getting to sleep, disturbed sleep, waking un-refreshed, and a general tiredness. If the stress is severe and lived in for three years or more, the symptoms can become far-reaching and include cancer.

Please see Appendix III for details of a machine to help remedy Geopathic Stress if moving out of the Stress line is not possible.

Though not part of this Research Project I am including a recent case history that clearly illustrates the powerful negative effect of Geopathic Stress.

FIONNUALA age 60

I had known Fionnuala for a long time, and she had always struck me as being remarkably healthy – one of those people who never seemed to get sick, and had always kept a naturally trim figure. About a month ago she confided in me that she was worried about herself as she had realized with alarm that she had lost about 2 stone in weight over the last couple of years. This had crept up on her without her really noticing there was a problem, but now although she was eating as much as she could, she was not able to stop herself from losing weight. She had also become very tired, often sleeping for twelve hours, though she never felt refreshed on waking. Alarmingly her hands now seemed to have a slight tremor, and her writing was starting to look like that of her 90-year old mother! Fionnuala had just been for a medical check-up and had had extensive investigation to her digestive system, but all appeared to be well.

Fionnuala and her husband had moved into their new home just 3 years ago, and the tell-tale symptoms had only arisen since then. I suspected Geopathic Stress might be the problem, and so went to test their house. Fionnuala's bedroom and work-room, where she often spent time, were both on the same side of the house, and both tested positive to having Geopathic Stress, most probably from underground streams. But there was another bedroom on the other side of the house that was clear of it. I suggested that there were only two really safe alternatives that I had found to work long-term: the first was to simply avoid spending time in the affected rooms, and the second was to buy a German Duplex machine specifically designed to combat the Geopathic Stress, that one could simply plug into the mains electricity on the ground floor. As these machines are not particularly cheap (though vitally important if there is no other good option), she and her husband opted to move into another bedroom, at least for now.

Three weeks later

Just three weeks later I saw Fionnuala again. She had immediately stopped

sleeping in her old bedroom after my last visit, and was able to tell me that her hands had now stopped shaking, her writing was back to normal, her energy had returned, and her weight was not only stabilizing, but she had put on 3 pounds! She was most relieved, and felt firmly on the road to recovery.

Three months later

I saw Fionnuala three months later, and she said she felt, and indeed looked, fully back to her natural good health.

PART 2

CASE HISTORIES

7

GROUP A

Case Histories with full Assessments

Group A

Olivia was 16, and so not in the age category we were working with; but we included her in our research as she was desperate for help, and arrived at the end of one of our Research Project Days

1 OLIVIA Age 16 – reflux, stomach cramps, bloating, constipation and bleeding, severe periods, no appetite

Breast or bottlefed - unknown

Olivia was age 16, and in a dire state when she came to see us. She appeared to be over-weight and bloated all over, though it transpired she was barely eating anything. Every time Olivia ate she suffered with reflux. She felt bloated all the time, had no hunger, and often had cramps and pain in her tummy area. She also suffered with constipation, which sometimes caused bleeding, though a bowel scope had showed her large intestine as being all clear. Her periods were so difficult that for the last four years she had suffered with vomiting and diarrhoea with them, and consequently had missed four or five days of school each month. Olivia had had tonsillitis on and off for years, and many antibiotics. She had had her tonsils and adenoids taken out the previous year.

A Wexford hospital consultant had recently suggested she see a nutritionist, start from scratch with her diet, and come off all her medication.

Olivia was eating just two slices of white toast in the day, a few cream crackers, and sometimes some white pasta with cheese and broccoli. She said white bread was the only thing that didn't hurt, and her energy was, not surprisingly, very low. She ate a chocolate bar a few days a week, some Pringles occasionally, and drank one cup of coffee daily. She said she used to live at the vending machines, eating 7 or 8 packs of crisps a week, and her staple food used to be pasta and tomato sauce, or bought pasta bakes.

Allergy Test

After an allergy test Olivia was taken off all **white wheat flour**, which I suspected was the main cause of her tummy pains, bloating and constipation, and Olivia was asked to eat a very simple diet while her digestive system healed itself. This included brown rice daily (brown rice noodles being a quick

and easy way to eat this), home-made vegetable soup, and a daily cooked main meal with fish or chicken, carrots and another vegetable, and potatoes. Quinoa and other gluten-free grains were also recommended, with plenty of olive oil in her diet. She was also asked to try brown spelt bread, as this was very low in gluten, and might be something her bowels could tolerate with ease, either now or when her intestines were healed.

She was asked to avoid any **added salt** or stock cubes, tomatoes and acid fruit, which I suspected was causing the reflux, and **dairy foods**, which I suspected had been the main cause of her tonsillitis problem. Olivia was also asked to take a daily supplement of Aloe Vera colon cleanse for about six weeks until her colon fully healed.

One week later

Just 1 week later Olivia was doing very well. She had had 'no medication, no reflux, no pain, no ups-and-downs and no bloating', as her mother said, 'and she was definitely coming to!'

Two weeks later

After 2 weeks her mother said Olivia had suffered once with diarrhoea after an ice cream, and once with cramps after cake at a party, but now knew for sure what her body felt about those two foods. She was eating well, and was still on the Aloe Vera colon cleanse. Her bowels were now regular daily - and she loved the spelt bread!

Seven weeks later

We saw Olivia 7 weeks after her first consultation. She looked much better, had lost a little weight, and was just back from the gym. She said she felt well, her periods were now fine and she had no pain, bloating, or any of the symptoms she used to get - and her bowels now worked easily once or twice a day. She had even got herself a Summer job!

Group A

2 JACK age 6 – constipation, stomach cramps, anal fissure, acidity, puffy hands, mucus issues

Bottle-fed – no issues until solids introduced

Since Jack was six months old and started to eat solids, he had suffered with constipation. He had often been blocked up for 5 or 6 days at a time, with bloating around his tummy, and sometimes bad stomach cramps, which would last for 2 hours at a time. He had an anal fissure which often tore when he passed stools, and his rectum tended to feel very acidic and stingy. He also seemed to crave food constantly.

Jack had dark rings under his eyes, and noticeably puffy hands. Recently he had started to get sick in his sleep, which appeared to be very acidic.

He also had a daily phlegm problem. He took plenty of exercise.

Jack has been prescribed sachets and medicine both by his G.P. and a paediatrician, but this only seemed to help for a little while.

Allergy Test

An allergy test appeared to show that the main problem was **all wheat**, both white and brown, which I suspected was causing his bowel problem, and the food craving. Jack used to have wheetabix for breakfast, white toast, and then a white roll for school lunch. He was also asked to cut out all **added salt** - including sausages and salt on home-made chips, and the two packets of salty snacks he had each week - which I suspected was causing the acidity, puffy hands and dark circles under his eyes. He was also asked to cut out most **dairy** foods, which I suspected was causing the phlegm.

Three weeks later

After 3 weeks his mother wrote:-

‘Jack came to see you 3 weeks ago. From that day we cut out the foods that did not agree with his body. After 24 hours Jack’s energy levels raised hugely in mind and body. He has adjusted to his new food life with great ease. He is very aware of his own body and how it reacts and feels. Jack is very disciplined and enjoys trying new foods and tastes. He really enjoys fruit smoothies, a food he would not have tried or wanted to (try) before.

Jack has reduced all his salt and sugar intake. His fluid retention has gone in

his hands, and his stomach bloating has gone - his clothes are now loose around his waist.

Jack had dark circles under his eyes which have completely gone. His eyes are bright, and his smile.

Jack enjoys his meals and does not crave food constantly anymore. His constant need for a drink has decreased to a normal requirement during the day.

Overall Jack has become a brighter, relaxed, happy child and the change has been amazing. His bowel movements have improved greatly. He has not been constipated or had any discomfort since the change in his diet. His spirits have lifted and (are) in great mood.'

Six weeks later

We saw Jack again just over 6 weeks after his first consultation. He was looking great! The dark rings had gone from under his eyes, and his hands were no longer puffy. His bowels were now easy, and the fissure and all bloating had gone. As he said himself, he 'felt good and happy'.

It transpired Jack had one more problem which had not yet cleared up – a scalding rash between his two legs. This disappeared completely after a week or two of cutting out all cow's milk and tomato sauce, which he used to have every few days - tomatoes and tomato sauce can be very acidic if eaten in excess.

Group A

3 **SIMON** age 1 ½ - terrible tantrums; conjunctivitis

Bottle-fed – no issues

For the last 2 months Simon had been very grumpy and moody, and would get terrible tantrums. Sometimes he would roar for 20 minutes at a time and go rigid. He used to be quite constipated, but eating more fruit seemed to be easing this in that his bowels were now working easily and regularly.

Simon had been bottle-fed without any noticeable problems, but had recently had conjunctivitis and a runny nose for 5 or 6 weeks. Otherwise he was a big healthy-looking young chap who slept well and had plenty of energy.

Allergy Test

On the whole Simon's diet was very good, and he was usually given brown bread at breakfast and lunch. When allergy tested the few problem foods that came up were **white wheat flour**, in the form of the very occasional white roll, pasta once or twice a week, and baby biscuits – all of which I suspected were involved in his tendency to constipation. Cheese, milk and yoghurt also showed up as being problems, and I suspected the **processed dairy foods** were involved in the conjunctivitis and runny nose.

Simon had been bottle fed, and had had no problems with this. But for the last few months his mother had started to heat his four bottles of cows' milk a day in the **microwave**, and sometimes re-heated food for him in it too.

Electromagnetic stress tested as being a big problem, and the microwaved milk and food seemed to be the only likely cause of this. I suspected this might have been a trigger for his angry tantrums, as they only seemed to start once his bottles of milk were microwaved.

Simon's milk was changed to a local goat's milk, which was 'flash' pasteurised at the farm (presumably at 72 degrees), and he was put onto a fully whole-grain diet. His mother also stopped using the microwave.

Two weeks later

I spoke to Simon's mother 2 weeks after the consultation. His runny nose had started to clear up, and his conjunctivitis had gone. His moodiness was also getting much better, and instead of happening a few times a week, he had only had one tantrum a week since we saw them.

Eleven weeks later

We saw Simon again 11 weeks after his consultation. He was now in much better form, and sleeping well. His eyes and nose were now clear, and most importantly there were no more tantrums! His mother said she 'had been worn out with his screaming and roaring, and it used to take ½ hour to stop him crying. There was none of that now'.

Sometime later I spoke to Simon's mother at length about the probable cause of the tantrums. He had been eating such a small amount of white wheat flour that it seemed unlikely that this was the cause; and as the formula milk had ever caused him any noticeable digestive problems, we felt that dairy foods were also extremely unlikely to be the cause.

As the tantrums had only started when Simon's mother started to microwave his milk 4 times a day (and sometimes other food too) we both agreed that this looked like the only likely cause – especially as they stopped so quickly and easily once the microwaving stopped.

Group A

4 **DAN age almost 5** – stomach pains, mood changes, tendency to diarrhoea, frequent colds and flu, bed wetting

Bottlefed – no issues

Dan complained a lot of tummy pains. He spent a lot of time sitting on the toilet, and passed stools 5 or 6 times daily. He had been to a consultant in Dublin who had tested his bloods, and said he was not a coeliac. He seemed to have a lot of mood changes, and would swing quickly from being happy to being irritable after certain foods.

Dan got a lot of colds and up to 7 bouts of flu a year, and so had had a lot of antibiotics. His mother felt his hearing was not great, and their doctor was talking about putting in grommets.

He also still had a big problem with nightly bed wetting, and had to wear nappies to prevent flooding the bed, even though he stopped drinking from 6pm onwards. He also had dry lips and dry skin patches around his face.

Allergy Test

Although in general Dan was given a good diet, he also ate quite a lot of white bread, crackers and white pasta. I suspected that this was causing his tummy pains and mood swings. He tested sensitive to **all wheat**, and so was asked to eat brown spelt or brown sourdough bread. He also ate cheese daily and loved milk, sometimes having up to 3 glasses of chocolate milk daily. Dan also tested sensitive to **processed milk products**, which I suspected were causing his colds and flus. He was asked to change to almond, rice, or raw milk, and to have almond or peanut butter instead of cheese, and dairy-free chocolate.

Dan ate quite a lot of **salted food** - ham and cheese daily, with crisps or bought popcorn twice a week, marmite and lots of gravy. This also showed as being a problem in the allergy test, and I suspected this was the main cause of stress to his kidneys, resulting in the bed wetting, and his dry lips and skin. Other meats were substituted instead of the salted ones, and home-made popcorn given instead of salted snacks.

Geopathic Stress showed up in the allergy test as being a problem. Dan was restless at night, and always woke up very tired in the mornings - both common symptoms of this. I also suspected it was perhaps weakening his bowel and kidney area, exacerbating the bed wetting and tummy pains.

Geopathic Stress Because Dan had tested positive for Geopathic Stress I went round to his house to test it. Part of Dan's bedroom – the part in which he was sleeping – tested positive, but it was not difficult to move Dan's bed out of the area of affected area. Interestingly as a baby Dan's cot was where his present bed is. He had always been very unsettled in his cot, moving about a lot, and finding it very hard to relax. He would usually end up sleeping sitting up, always at one of the cot (thereby, as it turned out, avoiding where the Geopathic Stress was!). He also used to wake a lot at night, even though there was no obvious reason for this – for he appeared to have no problems with the bottled formula milk.

Six weeks later

When we saw Dan six weeks later he was now apparently sleeping like a log, and in the mornings was wide awake and alert. His mother told us that once Dan changed his diet, his tummy pains and the bed-wetting stopped very quickly. After about three days his body had started to Detox excess mucus, as expected, and he had had a runny nose for a couple of weeks. He was no longer pale, but had colour in his face. His mood swings had disappeared, and he was no longer irritable or agitated. The dry skin patches on his face and dry lips were now normal. He had had one bad throat infection about 3 weeks after we had first seen Dan (I suspected this was part of Dan's deeper body Detox), and had been given antibiotics; and he still had some glue ear and was due to have grommets inserted. Dan's bowels had regulated themselves. He was now passing stools once or twice a day instead of five or six times! But perhaps most important of all for Dan, he was now dry at night! Otherwise Dan looked and seemed extremely well, and his mother was delighted!

Nine weeks later

Nine weeks later his mother then wrote the following:-

'Overall we have a happy, healthy little boy who has embraced his new way of eating. We no longer have any midnight tummy pains or lots of time spent sitting on the toilet! He now has colour in his cheeks and has suddenly had a growth spurt. My husband and I are in no doubt this has to do with his new diet plan, and he is very happy with his 'special' dairy free chocolate which the family have kindly sought and bought for him.'

Six months later

A last phone call almost 6 months after we first saw Dan confirmed he was still sleeping brilliantly, had no runny nose, or any other health issues, and had had no antibiotics since.

Group A

5 ROISIN age 6 – bad flatulence, viral throats and temperatures Breastfed for 2 or 3 days; then bottle-fed – very smelly nappies

Roisin had very smelly flatulence that ‘could clear a room’! She had had it most of her life, and it happened roughly every 2 weeks. She would sometimes get pains in her stomach. Roisin had been bottle-fed as a baby, apart from 2 or 3 days, and her nappies had always been very smelly. Roisin had always been prone to occasional runny noses, but last year she had had viral throats and temperatures once a month. Occasionally she had had incidents during the daytime with passing water.

Roisin ate both wholegrains in the form of porridge, wheetabix, brown pasta and pitta bread, as well as some white bread. I suspected that her flatulence problem and stomach pains were connected to a gluten intolerance to some degree. She also had cows’ milk and cheese most days and some yoghurt. I suspected this was involved with her runny noses and viral throats, especially because when she was a baby her body clearly found milk formula a little difficult.

Allergy Test

When Roisin was allergy tested all **dairy products** showed up as being a problem, as well as **all wheat**, and white wheat flour in particular. Roisin was asked to substitute brown spelt bread and other wholegrains instead of the wheat products, and other substitutes for the milk and milk products.

Eleven weeks later

We saw Roisin eleven weeks after her initial consultation. She said she was feeling much better, and her smelly flatulence seemed to have been eliminated. The only time she had it was after she’d lapsed and had white wheat noodles for two days in a row! Her tummy pain had also gone. She had had no runny nose, and no temperature or viral throat since. Her mother said that in Junior Infants she had been sick from October to March or April, and often missed a day or two here and there. She has missed no days of school since.

In her mother’s opinion the wheat and dairy were the problems, and the smell has gone completely. It was not nearly as difficult as she thought it might be to

adjust Roisin's diet. It took a little more persuasion to change her bread to spelt bread, but the milk was easy and Roisin is now much more conscious of making good choices when it comes to her food.

Group A

6 LOUIS age 7 - vomiting, heartburn Breastfed for 10 months

The previous year Louis had been to the doctor a lot with random vomiting, and feeling unwell. He had recently been to the cinema, had some popcorn and just vomited immediately. He was also often sick in school, and so his mother frequently had to bring him home. He also used to gag when eating heavier solids. Louis was very pale, and suffered with heartburn and stomach pain.

I suspected a number of causes of acidity in Louis's diet, primarily salted foods and snacks - salt in the cooking, crisps or bought popcorn twice a week, salt and vinegar rice cakes, rashers, ham, sausages, and cheese. Also orange juice and other acidic fruits, and possibly microwaved food as well.

Allergy Test

When allergy tested added **salt** showed up as being a problem, as well as **acid fruit**, and **white wheat flour**. He was asked to cut these out, substituting other foods. Electromagnetic stress also showed up as a problem, and we guessed the **microwave** was the likely cause as his food was microwaved roughly twice a week. **Dairy** foods also showed up as a problem, though Louis had already cut down on these.

One week later

After the first week Louis's mother was able to report that he had not vomited at all, and had no more heartburn complaints, though he had had some headaches. Also a little colour had come into his face, which she hadn't seen in Louis for months! They had adjusted his diet, and no longer used the microwave.

Two weeks later

At the end of the second week he was in much better form and more energetic, and the headaches had gone. He had still felt sick on a few occasions, and had diarrhoea a few times (presumably his body's way of de-toxing).

Four weeks later

A month later we saw Louis for his review. He was looking a lot better, and the bags had gone from under his eyes. He had rosy cheeks, and his mother said, "I have not seen him as well for years! No more vomiting, no more gagging, no more headaches and his stomach is no longer sore. We used to be collecting him from school a lot, and have only had to once since changing his diet! He also has much more energy, and his body seems to need less sleep. Instead of having to wake him for school he now wakes at 6am. It was easy to cut out the salt. Louis used not to enjoy eating his food, but he is really enjoying it now." His mother and granny were over the moon!

Group A

7 **KIERAN age 1 ½** - asthma, chesty, coughs, streaming nose, on steroid inhaler

Breastfed for 3 months; then formula – no issues
(twin)

Kieran was diagnosed with asthma in the last few months, and was now on a preventative (steroid) inhaler. He was chesty, coughed a bit, and his nose streamed. Kieran's bowels were good, and he slept well.

Kieran had a bottle of full-fat cow's milk in the morning and evening, warmed slightly in the microwave, as well as some milk with wheetabix for breakfast. He also had cheese twice a week, but no yoghurts.

Otherwise Kieran was eating chicken casserole with potatoes and vegetables for lunch, and tinned spaghetti, or mash broccoli and mince, or brown rice and scrambled egg for tea. Other snacks included fruit pots, white French bread, rusks and raisins.

Allergy Test

When allergy tested **dairy foods** showed up as problem - the cows' milk and cheese; so it was suggested he should change the milk to almond, rice or coconut milk, and avoid cheese for now. **White wheat flour** also showed up, the other possible cause of mucus, and his mother agreed to put him onto brown bread. Electromagnetic stress also showed up as a problem – I guessed the **microwave** was the most likely cause as his milk was being heated in it daily.

Two months later

I spoke to Kieran's mother two months later, who had kept him off cow's milk and cheese since the allergy test. She said Kieran was very, very mucousy from his nose for a week – it seemed to pour out; but since then he simply hasn't needed to use his inhaler. His streaming nose had apparently cleared up, as well as his coughs and chestiness, and of course his asthma symptoms.

Four months later

We saw Kieran four months after his initial consultation, and he looked extremely well and had no signs of a mucus issue. His mother reported that after his initial week's Detox, he has still not needed to use the inhaler since!

Group A

8 **LINDA** age 1 ½ - eczema on face – cheeks, chin and under nose
Breastfed for 3 months; then formula – no issues
(twin)

Linda had eczema on her face – her cheeks, chin and under her nose. She had no mucus issues, unlike her twin, Kieran. Otherwise her bowels were good, and she slept well.

Linda's diet was the same as her brother Kieran's (No. 7).

Allergy Test

When allergy tested, as with her twin brother **dairy foods, white wheat flour** and electromagnetic stress showed up as being the problems, the latter presumably from over-use of the **microwave**; and so it was suggested the microwave be avoided, milk changed to almond, rice or coconut milk, the cheese avoided, and all white wheat flour products substituted by brown.

Two months later

I spoke to Linda's mother two months later. She was off the dairy, but still had some eczema. She was wondering if meat might be a problem to Linda as she seemed to get a lot of wind after eating it.

Four months later

We saw Linda again four months after her initial consultation. As her mother said, her face had been very bad, but it had gone down over the months, and was now really good. Her skin looked perfect, and Linda was apparently now able to cope with meat without a problem. We felt that perhaps the meat had just been difficult for a little while until her digestive system got strong again. Linda's mother confirmed that all the problems had started straightaway for her twins once she had put cows' milk into their bottles.

Linda had apparently had a touch of hay fever recently. Her mother had been alternating between giving her coconut and almond milk. I suggested that perhaps the coconut milk was a little too heavy for her as a staple, and that alternating almond milk with rice milk might be easier for her. Also her mother was still using the microwave a little to heat Linda's milk, but intended to stop this.

It was interesting to note that the eczema took a lot longer to fully clear up than her twin brother Kieran's asthma, which only took about a week - and yet the same sensitivities showed up in both. The Detox from the chest and nose was perhaps much more immediate than through the skin.

Group A

9 **COLIN** age 1 ½ - severe constipation with temper tantrums

Breastfed for 6 months – problems started afterwards

Colin had severe constipation, and sometimes took up to 3 days for his bowels to work. This affected his mood and humour, and he often had temper tantrums until his bowels worked, and then his mood would change.

The doctor had given him Duflax to soften his stools, but he then got very impacted and ended up in A & E. He was put onto different medication for a year (movocol). However there seemed to be side effects. His speech was delayed until he came off the movocol, and his humour improved infinitely too once he was off it.

His mother had been attempting to potty train Colin for the last 2 months, but this was not proving at all easy. She took him off dairy foods, but this seemed to make no difference - he was on almond milk, and ate very little cheese.

Colin drank lots of water, and would eat everything. He was never sick, had lots of energy and slept very well. He had been breastfed for 6 months, and had had no problems then. The problems had started after that.

Colin was on what appeared to be an excellent wholemeal diet with wheetabix for breakfast, brown bread and pasta, lots of vegetables and some chicken. He had no crisps and was not keen on fruit.

Allergy Test

When allergy tested **all wheat** (both white and wholemeal) showed up as being the chief problem, so I suggested he should be put onto oatabix for breakfast, spelt bread, and corn, brown rice or spelt pasta. His **Magnesium** levels showed up as being low: it would have been difficult to absorb this from his food when so constipated.

Electromagnetic stress (presumably from the **microwave**, as his dinners were being microwaved daily) and **dairy foods** also tested as being problems. His mother was asked to keep him on the almond milk.

Two weeks later

I spoke to Colin's mother two weeks later who said that he was off wheat now, and eating spelt bread, oatabix and corn pasta. She had also put him onto a

Magnesium supplement and a probiotic. There was definitely an improvement - his bowels had started to work, and he seemed to be passing stools regularly now, except for the very odd day. His mood was also better, and he was in good form.

Seven weeks later

I spoke to Colin's mother again about seven weeks later. She said that Colin's change of diet had been a great success, and the trigger was definitely the wheat. He was now on spelt or soul bread, multi-seed rusks, and corn pasta, and was now able to have a bit more dairy, which he loved.

Three months later

We saw Colin three months after his initial consultation. He looked extremely well. His mother said, "It's brilliant – it's all completely resolved!" He no longer needed the Magnesium or probiotic supplements, and his bowels now worked a couple of times a day, and all looked normal. Before he was passing stools in his trousers, but no longer. Colin was eating a lot, and had a little more dairy foods again now with no apparent problem. The good thing was that he was no longer obsessed with it – now he just had milk on his breakfast cereal and a little cheese. He didn't like yoghurts. Colin's mother also reported that his speech had come on a lot. "It's brilliant – such a relief", and of course, there were no more temper tantrums!

Group A

10 JUDY age 5 – bed wetting

Bottle-fed – colic

Judy had had a bereavement in the family – her grandfather had died, and since then bed-wetting had started at night. She was in general an anxious child. She tossed and turned a good bit in her sleep, and sometimes found it hard to get to sleep.

Judy had been bottle-fed, and had had colic as a baby. Her mother had put her onto a lactose and then dairy free diet at 2 ½ and put her on to goat's milk, with soya milk sometimes, which seemed to be much easier. When Judy was 4 she also took her off potatoes as they appeared to cause a lot of itching all over, and coughing at night.

Judy had a good wholefoods diet, with spelt bread for her school lunch, often with chicken, ham or dairy-free cheese. When at home for lunch she would have meat and vegetables.

In the evening she often had brown spaghetti, chicken goujons or fish fingers. For snacks she had crisps or popcorn once or twice a week, jellies and marshmallows.

Allergy Test

The allergy test showed **salt** to be the main problem – from the salty snacks, ham, stock cubes (used in stews), and convenience food such as chicken goujons and fish fingers. **Cow's milk, potatoes** and **soya** also came up, as well as **White wheat flour**, but Judy was already eating whole-grains.

Two weeks later

I spoke to Judy's mother about two weeks later. She'd hadn't wet the bed much since cutting down on the salty foods, and her coughing seemed to have subsided. She was in better form.

Seven weeks later

We saw Judy again seven weeks after her initial consultation. Her mother said that the bed-wetting had cleared a good bit, but she hadn't been able to really focus on the salt – she had just cut back on it.

Judy had also started to drink more goat's milk than before, and had ended up with viral tonsillitis and was complaining of a sore tongue. She had had a temperature for a day and a half.

I gave her another quick allergy test and **salt, cows', goats' and soya milk** came up this time. So I asked her mother to put her onto rice or almond milk and to avoid all added salt and the goats' milk.

We all felt that the emotional trauma of missing her grandfather also played an important part in what was going on.

Four months later

I spoke to Judy's mother again nearly four months after her first visit. Judy was now in much better form, and giving up the goat's milk had made a big improvement to her health. The bed wetting was also much better now, and just happened occasionally. The other bit of good news was that Judy's other grandfather was now spending more time with her, which her mother felt was really helping.

Group A

11 LOUISA Age 1 – chesty, mucus issues

Bottle-fed formula – cow's, then goat's, then soya – reflux several times a day

Louisa was very chesty, and had a lot of phlegm all the time. She brought it up most evenings as a big re-gurge, even when she didn't have a cold. Louisa had been bottle-fed, and after 3 or 4 weeks of goat's formula (which often came back up) she was put onto a soya formula. Though currently off all formula milk, she was still being given a bottle of goat's milk daily and some yoghurt. Even now she continued to bring a lot of food back up several times a day, which could be quite mucousy. Louisa was otherwise eating a very healthy wholesome diet.

Allergy Test

When allergy tested the main problems that showed up were **cow's, goat's and soya milk**. Louisa's mother agreed to put her onto rice or almond milk instead, and she took to the rice milk with ease. **White wheat flour** also showed up, but Louisa was already eating whole-grains.

Two weeks later

A couple of days after changing her diet, as expected Louisa developed a head cold and become very chesty. She brought up a lot of phlegm, especially during the first few days, was still chesty, but was now de-toxing normally through her nose.

Twelve weeks later

We saw Louisa again almost twelve weeks after her initial appointment. She was in very good health, and her mother had kept a diary of her progress, which was as follows:-

'The cold continued for three weeks, but by week four both her cold and chest started to improve a lot. By week five her cold had gone, and by week six she was in great form, with no mucus being brought up any more. She then developed tonsillitis (I suspected that this was a deeper cleanse by the body) and was given antibiotics, followed by a probiotic. During the next few weeks Louisa had a couple of episodes of bad nappies and vomiting, but her mother put this down to teething as five or six new teeth came through.'

After that Louisa seemed to become, and stay, really well. She now had a clear

chest, and had had no head cold since her body's initial detox. There was also no more bringing of food, and as her mother said, she had been bringing up a lot!

Group A

12 FIONA age 5 – coughs, colds, many antibiotics, constipation, stomach pain and bloating, headaches, lethargy, exhaustion

Breastfed for 2 weeks, then formula – severe reflux, pain

Fiona got a lot of coughs and colds, and was always sniffing. She had been to the doctor so many times and had so many antibiotics. She had been given inhalers aged four, and just used one when she had a cough and 'needed it'. She was constantly trying to clear her throat, and was at the doctor nearly every week. Fiona had suffered with constipation, pain in her stomach, and a lot of bloating ever since she had been eating solids. She had to use suppositories, and would pass 'little bits' of stools once every 3 days. She was given prune juice daily to try to help her. Fiona also got headaches, and was miserable for weeks at a time. She was also very lethargic and exhausted, though until recently had been taking a lot of exercise, particularly gymnastics. She was now too tired to do it.

As a baby Fiona had been breastfed for two weeks, but had always been hungry and cranky. She was then put onto a bottle but had reflux, and would cry a lot with pain. Her legs would screw up, and she would always get sick after a bottle. As her mother said, it would hit the far wall! The heavier milk formula gave her more constipation.

Fiona was eating a lot of bread, both white and brown, at lunch and after school. She also had pasta two evenings a week with cheese, and chicken nuggets or breaded fish on other evenings. I suspected the white wheat flour might be involved in her stomach pain, bloating and bowel problems. She had milk with her breakfast cereal, yoghurt at lunch, chocolate spread and cheese a few times a week, and I suspected this was the main cause of her coughs and colds. Salt was added to her evening meals, she had ham most days for lunch, and 3 or 4 packets of crisps and salted nuts each week. I suspected that the mineral imbalance that the excess salt was likely to be causing was contributing to her general tiredness.

Fiona's breakfast cereal or porridge was heated daily in the microwave. Also if there were left-overs from the day before they would also be heated in the microwave for the main meal. I suspected that this might also be contributing

to Fiona's tiredness, as the microwave has generally been found to have a detrimental impact on the nutritional value of the food.

Allergy Test

3 main foods showed up in the allergy test as being a problem – **all wheat, dairy and added salt**. Electromagnetic stress from the overuse of the **microwave** also showed up, so Fiona's mother was asked to heat up her food in a more traditional way instead.

She was asked to give Fiona home-made popcorn instead of crisps and unsalted nuts, and to avoid all added salt in Fiona's diet. She was also asked to substitute spelt bread and brown rice or spelt pasta instead of wheat, and to substitute other foods for the dairy foods.

Two months later

I had a brief message from her mother 2 months later to say that she was now much better and had a great deal more energy, though she had noticeably worsened over Easter because of the Easter eggs! Her constipation was also now much better.

Six months later

We saw Fiona again almost six months after her first visit. Her mother said she was now 'flying it'! For three or four weeks she had followed everything – cut out all dairy foods from Fiona's diet, given her gluten free bread, and cut down the sugar and salt. After that she relaxed things a little, and found that Fiona seemed to stay well as long as she kept her off the milk, and gave her almond milk instead. Fiona had started eating brown wheat bread again, and some white too at her granny's; but her bowels had stayed normal. She had had no constipation, no tummy pains, headaches, bloating, coughs and colds or sniffing, and was now 'a different girl'. 'Her energy had been terrible before, but now it's really good.' Her mother is convinced that the milk was causing most of Fiona's problems. She still uses the microwave the odd time, and gives Fiona a little raw cheese. She has also stopped giving Fiona diluted drinks, and Fiona is now very happy with water. Fiona's mother said she was much more conscious of salt now, rarely using it in the cooking, has substituted unsalted nuts for salted, and has cut down giving the children crisps. In general Fiona's mother said she now had a lot more colour in her cheeks, was altogether more lively and overall in much better form.

Group A

13 AMY age 2 ¾ - wheezy, insatiable appetite, great thirst, recurring kidney infections and thrush, difficulty relaxing

Breastfed for 4 weeks; then breast and bottle-fed – no issues

Amy looked for food all day long, and had a huge appetite. She tended to be very wheezy and was on inhalers daily. She was a very thirsty girl and loved drinking milk. She tended to get recurring kidney infections, and could not wind down. She also got thrush-like symptoms a lot.

Amy ate a lot of salty foods. Salt was added to most of her dinners, she usually had ham for lunch, and was given 3 or 4 packets of crisps a week, as well as salted nuts. I suspected that this was causing her recurring kidney infections, great thirst, and the fact she found it hard to relax. I also suspected it was the underlying cause of her thrush-like symptoms.

Amy drank a lot of milk, and also ate yoghurts and some cheese. She had white sandwiches for school lunches, and as snacks, and I suspected the dairy and white bread were causing all the mucus problems. I also suspected that the insatiable appetite was triggered by an intolerance (and underlying addiction) to white wheat flour.

As with her sister Fiona, Amy's breakfast cereal or porridge was being heated daily in the microwave, as well as left-overs from the day before. I suspected that this might be involved in her inability to wind down, and was possibly causing acidity, and so involved in her kidney infections.

Allergy Test

Amy's allergy test showed that added **salt, dairy foods, white wheat flour** and electromagnetic stress – presumably from the overuse of the **microwave** - were problems.

Two months later

I spoke to Amy's mother about two months later, who said that she was now generally in better form, and cutting new teeth.

Six months later

We saw Amy again almost six months after her first consultation. In many

ways she was hugely better, though still had a small way to go. When we first saw her Amy had been very wheezy and on inhalers daily. Now she rarely had to use the inhalers – maybe just once a month. Her mother was convinced that the milk was the big thing with her, and she is now on almond milk, which she likes.

Amy's mother had cut down her children's salt intake a lot, but Amy was still being given crisps each week. Amy used to get thrush 'the whole time before' (yeast infections often appear to thrive in a body that is too salty), but rarely got it now. Also her recurring kidney infections had reduced a lot, but as they hadn't gone completely she was due to see a kidney specialist shortly. We noticed that Amy's hands were still a little puffy, though better than before, and though her skin had cleared up a good bit, some dry patches of skin had apparently started to creep back. I suggested that all of these symptoms were still most likely from too much salt in the diet, and that it would be worth giving her children home-cooked popcorn on a regular basis rather than salty crisps.

Amy's appetite was apparently more normal now – she no longer looked for food all day long. But Amy still did not find it easy to wind down at night, particularly at bed time, though she was 'not so difficult now'. She was eating both brown and white bread. I suggested that the vital mineral Magnesium in whole grains was most important for Amy as it is the relaxer of the body. I suggested that once all added salt was fully removed from her diet, and wholegrain bread substituted for any white bread, that her mineral balances should return to normal; and then her present lingering, though infinitely better, symptoms, would most likely fade away for good.

Group A

14 **ADAM age 2** – broken sleep, hyper

Breast or Bottle-fed - unknown

Adam was quite obviously very astute, but also extremely hyper. He had never slept a full night, but his mother said he slept better if on grown-up soya. He had dark circles under his eyes.

Adam had soya milk with his breakfast, and cow's milk at crèche. He loved vegetables and potatoes but didn't much like meat. He was often given white pasta with a bouillon stock cube. I suspected that all of these factors were impacting on his Magnesium levels, the 'relaxer' of the body.

Allergy Test

The allergy test highlighted **salt**, which I suspected was irritating his sleep, both **soya milk** and **cow's milk**, and **white wheat flour** in the form of white pasta. The pasta was changed to wholemeal, and he was put onto almond and coconut milk. The bouillon was also taken out of his diet.

Two weeks later

Two weeks later his mother said Adam was starting to sleep better. She had taken him off all the salt and stock cubes. He was also no longer on soya milk, but had taken to oat-milk instead. Apparently he was still very hyper.

Eleven weeks later

We saw Adam eleven weeks later, and he looked very well, though was still a touch hyper. There were no longer any dark circles under his eyes. His mother reported that he was finally sleeping through the night and appeared to be very happy.

GROUP B

Thumbnail Sketches

Follow-ups carried out by Anna by phone or email or text with parents who were not available to come for their children's reviews due to work commitments

Thumbnail Sketch – Group B

15 **NIALL** age 5 – uncontrollable behaviour, insomnia
Bottle-fed – no issues

Niall hardly slept – and hadn't since he was a year old! More accurately, he was awake every 2 hours. His energy was sky high and his behaviour apparently 'off the wall'. He was shortly going to be tested in school for this. Some days he was very quiet, and other days he was uncontrollable. The other main symptom that showed up was that his bowels tended to diarrhoea, and he would pass stools up to 4 times a day.

Niall's diet looked reasonably normal at first – with a proper cooked dinner in the evening, and some breakfast and lunch. However, he ate white pasta for three of his dinners each week, a white roll or more white pasta for lunch, and for breakfast he had coco-pops or another breakfast cereal. I realised Niall was getting very little in the way of whole grains, apart from a little sweetcorn.

Allergy Test

The allergy test showed that Niall was not only sensitive to **white wheat flour**, which I suspected was the cause of his loose bowels and linked to his behaviour problems, but also had **low Magnesium**. Normally one would expect to get the mineral Magnesium from whole-grains and pulses, but these were rarely in his diet. Magnesium is the relaxer of the body, as well as having many other vital functions. I suggested he should be put on a wholefoods diet with plenty of whole grains and pulses (peas, beans, lentils etc.) in it, including porridge, wheatabix or some other wholegrain for breakfast, and brown soda bread or whole-wheat pasta for lunch.

Niall was also eating red sauce most days and brown sauce two or three times a week. As **salt** and **chemicals** showed up as being a problem during his allergy test, both of which appear to aggravate hyperactivity, I asked him to cut out these sauces.

Milk, which Niall had at breakfast, also showed as being a problem, and I suspected this was linked to a rash on his arms.

Eight weeks later

I spoke to Niall's mother eight weeks later. She said the first two or three weeks had been a struggle as it took a while to get there with the diet. She had also got a supplement of Magnesium for him.

Remarkably Niall was now settling at night and sleeping well. He spent a lot more time outside, and his bowels were now normal. His behaviour had calmed down a lot, and he had no temper tantrums anymore. One could perhaps say he was now a reformed, happy child!

Thumbnail Sketch – Group B

16 **WALTER** age 5 – wheat, gluten and behavioural problems

Breastfed

Walter had been breastfed until he was 2 ½ . He had had colic as a baby until his mother took wheat and dairy out of their diet, which helped hugely. From age a year and a half he had started to eat wheat and dairy foods again and developed hives. These became like weals if he scratched his skin. By 3 ½ Walter loved his white pasta, and was excluding other foods from his diet. He was having other problems at playgroup, both behavioural problems and a sensory processing disorder. When his mother excluded wheat from his diet and put him onto gluten free bread and pasta it made a big improvement to him, particularly to his behaviour. The hives and weals also stopped.

Walter’s mother felt that gluten-free bread and pasta were not particularly wholesome for him, and it was hard to maintain a gluten-free diet. He sometimes had a pain in his tummy, his bowels were too soft, and he sometimes had ‘accidents’.

Allergy Test

Walter tested sensitive to all wheat, rye and barley. He also tested sensitive to **dairy foods**, which he was having daily as milk and cheese, **salt** (a little was being added to his dinners) and **chemicals**.

I suggested Walter could try some spelt products to see if these would suit him, being a wholesome grain that is low in gluten. Other non-glutenous wholegrains included brown rice products, such as brown rice noodles, corn, quinoa and buckwheat.

Two months later

Walter’s mother reported that when she tried re-introducing spelt pasta and bread to Walter’s diet, his difficult behavioural problems resurfaced. We both concluded he must be a full **coeliac**. At least the brown rice noodles had apparently been a great success with Walter, which would ensure he had some good wholegrains in his diet.

Thumbnail Sketch – Group B

17 **LARRY – age 3 ½** abnormally fast breathing and wheezy chest

Bottle-fed - reflux

Larry came with his Dad. His breathing had been abnormal and roughly twice as fast as it should be for some time. He had been to the doctor quite a lot for this, and been put at different times on a nebulizer, steroids or antibiotics; and more recently he had been given a steroid inhaler to take twice a day, which was improving it a bit. Larry had a wheezy chest, and would tend to get chesty, along with a temperature. He had been bottle-fed and used to suffer with reflux. Larry passed water frequently, drank a lot, and even woke for juice in the night. He was still in nappies going to bed.

Allergy Test

Larry was eating quite a lot of **white wheat flour** in the form of white bread and pasta, and some **dairy** products - particularly yoghurts and milk with cereal once or twice a day. I suspected that these might be the triggers for his chest problems, and so breathing, and they both showed up in the allergy test. He was also eating a lot of hidden salt, with salty snacks twice a week, ham, a lot of tinned and convenience food - such as potato croquettes, chicken goujons, tinned spaghetti and bought sauces and soups. **Salt** and **chemicals** (which were likely to be in the salty snacks) also showed up in the allergy test as being problems.

Larry's dad was asked to substitute fruit smoothies for the yoghurts, and rice or almond milk for the cow's milk; brown wheat or spelt soda bread and a wholemeal spaghetti instead of their white versions; and he was also asked to cut out all salty foods.

Two weeks later

I spoke to Larry's Dad two weeks later. Larry's breathing was good, his cold had cleared up, and Larry hadn't needed his inhaler for the last few days. He was 'doing very well and was very happy'.

Eleven weeks later

I spoke to Larry's Dad again eleven weeks after his initial consultation. He and his wife were delighted because they were just coming to the end of their holiday, and it was the first time Larry had needed no medication on holiday!

His breathing was now fine, and it was now very seldom they needed to use the inhaler. As they were abroad I didn't feel I could ask them for any more information.

Thumbnail Sketch – Group B

18 **KELLY** age 5 eczema on hands, water retention, coughs, colds, flus, sore throats

Breast or bottle-fed - unknown

Kelly had a cough that kept coming back. She often seemed to get colds, flus and bad sore throats. She also had eczema on her hands, particularly her fingers and thumbs, which were very dry, raw, and had started bleeding. She was also overweight and seemed to drink a lot, waking every hour through the night looking for a drink! She had been tested for diabetes and it had come back clear. She passed water 3 or 4 times a night, and so was still in nappies. She was very active and playing various sports.

Kelly was having a lot of hidden **salt** - crisps 3 times a week, ham daily for her school sandwich and a lot of convenience foods for her dinner, such as Uncle Ben sauce with pasta, pizza, chicken nuggets, baked beans and sausages. She ate no vegetables or fruit. I suspected that the salt was the cause of both her water retention (and so weight issues), the eczema on her hands, excessive thirst and overactive bladder.

Kelly was also eating a good bit of **white wheat flour** – as white rolls for school lunch, white pasta, pizza and breaded chicken – and **dairy foods**, particularly milk, cheese and yoghurts. I suspected that these were causing her frequent mucus problems in the form of colds, flus, sore throats and coughs.

Allergy Test

When allergy tested, the **salt**, **white wheat flour** and **dairy foods** showed up as being problems. Kelly agreed to change her diet accordingly.

Two weeks later

I rang her mother two weeks later, who said that they had cut down a lot on dairy foods, which had been easy, but had found the bread more difficult as Kelly did not like soda bread. I suggested Kelly try as good a brown bread as she would eat. Kelly's cough was not as mucousy, and was now a dry cough. She had been very bloated, but was much better now. Also the eczema on her hands had healed a lot - they were dry, but no longer itchy, so she was no longer scratching them and bleeding. Kelly had recently made her own pizza with brown flour and loved it - and her birthday cake with white spelt flour, which she also really liked. It sounded as if she was finally on a good path to better health!

Thumbnail Sketch – Group B

19 **KATIE age 7** – stomach pain and cramp

Breastfed for 2 months; then bottle-fed - pain and stomach cramps

Katie got pain and cramp in her tummy. This happened mostly at night, so she was often up in the middle of the night. This was a pattern that happened every few months, but would last for a couple of nights, or up to a week. She would be rolling around in bed with very bad pain, and sometimes her parents would bring her to the Caredoc. She always seemed to be OK the next day. She had had this since she was a baby, and when aged two or three she used to throw up in the middle of the night and be very cranky. She was always fine the next day. Her mother wondered if white bread might be the cause.

Katie was breastfed for two months. Her bowel movements and sleep appeared to be fine, and she woke refreshed. Normally she had no stomach bloating, unless she also had the stomach pain and cramp.

Katie was mostly on a good wholefoods diet which included brown soda bread. She had some white wheat flour in the form of couscous or bread sticks at school, some white pasta, rich tea biscuits, buns, burger buns and breaded chicken. Katie didn't like cheese or yoghurt and just had milk with her cereal.

Allergy Test

When allergy tested two foods showed up – **white wheat flour** and **dairy**. As she had so little dairy it looked as if her mother was right – the white wheat flour was the most likely cause of her stomach problems. It was suggested she should avoid all white wheat flour, eating quinoa instead of couscous, wholemeal pasta and biscuits, and plain chicken. Buns could be home-made with white spelt or gluten-free flour. Other milks were also suggested.

Eight weeks later

Katie's mother emailed me eight weeks later to say Katie 'has had no pains since our last meeting. She has followed the recommendations of no gluten and limited dairy and is doing very well.' I wrote asking if she had tried simply a whole-grain diet, rather than gluten-free, as this is more nutritious, but had no further contact from her.

Thumbnail Sketch – Group B

20 **BEN age 6** – constantly sick with flus, colds, chest infections, coughs, fevers
Bottle-fed - colic

Ben was constantly sick with flus, colds, chest infections, tonsillitis, coughs and fevers. Every few weeks he seemed to have something, and as his parent said, it was as if he always had something underlying which came back and never fully cleared. He was generally nervous, had very disturbed sleep, and never woke refreshed.

Ben ate very little in the way of dairy foods, just a little yoghurt. He had also put himself on a very limited diet, based on white wheat flour – white rolls, white pasta, breaded chicken, pastries, biscuits, sausages (which contain white flour) and white bread.

Allergy Test

The two things that showed up in the allergy testing were **Geopathic Stress** and **white wheat flour**. Ben was asked to switch to a wholefoods diet with brown bread and pasta, un-breaded chicken cooked from fresh and any other meat, gluten-free sausages and to try to start including a vegetable each day.

Three weeks later

I had a brief text from his mother three weeks later, saying that Ben was doing fine, and was not as bad as he had been. He was not so mucousy and was sleeping better. I was never able to reach her on the phone to gather more detailed information. Though I had offered to test their home for Geopathic Stress I was never given the opportunity to do this.

Thumbnail Sketch – Group B

21 **CHERYL** age 7 – bumpy skin on arms and legs with no rash

Bottle-fed – no problems

Cheryl had little bumps on the back of her arms and legs – like a hidden rash below the skin surface. She could be ‘lazy’.

Cheryl drank two mugs of milk a day, as well as having it with cereal. She ate a lot of white bread, and had no whole-grains in her diet. She also ate two or three packets of crisps a week, would eat no vegetables, and for dinner ate meat, potatoes and gravy.

Allergy Test

The allergy test showed **dairy, white wheat flour, excess salt** and **chemicals** (in the crisps) as being the main triggers. I asked Cheryl to change her bread to wholemeal bread instead of white, and to reduce her milk and salt intake as much as possible, with home-made popcorn instead of crisps.

Eight weeks later

I spoke to Cheryl’s mother very briefly eight weeks later, who said the bumps were not as visible as they had been, and that she thought it had probably been caused by the salt.

GROUP C

Thumbnail Sketches

The parents of these children only partially put the recommendations into practise and gave up, or decided not to continue the project for a variety of reasons. Anna had communication with a parent in each case.

Thumbnail Sketch – Group C

22 **LUKE – age 7** – severe skin problems, attending Crumlin.

Diet only partially changed

Bottle-fed – eczema on limbs

Since he was 3 weeks old Luke had had skin problems. It had started inside his elbows and on the back of his legs, but then flared up in different places on his body, and on his face. He was up in Crumlin every 3 months.

Allergy Test

Luke's diet was largely based on **white wheat flour** and **dairy** foods, both of which showed up as being problems in the allergy test. He had white toast for breakfast, cereal and milk, and often drank one or two glasses of milk as well; a white ham sandwich, sausage roll, cheese strings and yoghurt for lunch; biscuit or cake after school; pasta for dinner three times a week, and milk chocolate as a treat two or three times a week.

Luke was asked to go onto a wholefoods diet, substituting brown soda bread, wholegrains biscuits and wholegrain pasta, and to substitute other foods for the dairy products, such as rice or almond milk, nut butters, humus and fruit smoothies. He was also asked to avoid **salted foods** and **chemicals** in his diet, both of which again showed up in the allergy testing.

Two months later

I spoke to his father two months later. Though Luke had improved a lot he still used the creams and was still attending Crumlin. His father said he had only partially changed Luke's diet.

Thumbnail Sketch – Group C

23 **COLIN** age 2 $\frac{3}{4}$ chesty with a cough, cross, and appetite not good

Diet only partially changed

Bottle-fed – no issues

Since Christmas (six weeks previously) Colin had had his first chest infection.

The X-ray was clear, and he was given two courses of antibiotics. However, he was still chesty, and his cough had come back. He had always been small and on the border of being underweight, and since Christmas he was not eating well. He was also very, very cross and irritable.

His Dad had been working away during the week since last October, and he had been in a crèche twice a week since a baby.

Colin had milk with his breakfast cereal, three or four yoghurts a day, cheese and sometimes custard, and his mother was also trying to make him drink two glasses of milk a day. Apart from wheetabix some mornings Colin was having no other wholegrains, but instead white bread, crackers, pizza and plain biscuits. His main dinner was also being microwaved daily.

Colin had also had a severe reaction to egg yolk two years previously, and that was obviously now being avoided.

Allergy Test

The allergy test showed up **dairy foods, white wheat flour** and electromagnetic stress (most likely from the **microwave**, as his dinner was being microwaved daily) as being the current problems. Other milks were suggested, fruit smoothies instead of yoghurt, and other proteins instead of cheese.

Two weeks later

I spoke to Colin's mother two weeks later. She had put him on to brown bread, but as he didn't like rice or coconut milk she had put him back onto processed milk. He then had tonsillitis. I suggested trying raw milk (which she could access fairly easily, and pasteurize herself if she wished).

I tried to make further contact a number of times later on, but unsuccessfully.

Thumbnail Sketch – Group C

24 **GILLIAN** age 1 $\frac{3}{4}$ - croup and asthma

Diet not adhered to

Breastfed for 2 days; then bottle-fed – no issues

Six months ago when they moved to Wexford and Gillian was put into a new crèche, she got a persistent cough and was put on steroids. Once she was over it, the cough came back again, along with colds and conjunctivitis. A few months ago the cough started again, only at night, but it was persistent. She was taken back to the doctor and was put on two inhalers with suspected asthma – a preventative only, initially, and then a reliever (steroid) as well. Her Granny and cousin have asthma. Some days Gillian would cough constantly and have to be taken to the CareDoc. She still coughed at night with a real loud bark, and though the mucus never came up then, it always poured out whenever she had a cold the colds.

Gillian's dinner was usually microwaved – it was pre-prepared, frozen, and then microwaved. She had started having cow's milk six months ago for breakfast at the crèche, as well as some cheese and yoghurt. She had some white pasta, couscous and pizza each week, but also a wide and varied diet with whole-meal bread at home.

Allergy Test

Gillian's mother was advised to take her off all **dairy** products and **white wheat flour**, as these showed up as being the problems in the allergy test, and microwaved food.

Gillian's mother rang three days later. She had coughed severely in the night and coughed up a spot of coloured sputum. Her mother was worried. Gillian had been put onto almond milk, and had not had any seeming reaction from it. I suggested that Gillian's body was now starting to Detox, and that perhaps a cough medicine might help. I also said she should take her to the CareDoc if she was really worried. Her mother kept her on the almond milk, and the next day Gillian coughed up a lot of phlegm at supper.

Three weeks later

I spoke to her mother again three weeks after the consultation. After two weeks Gillian's cough had come back. I suggested this was a natural way of

Gillian's body attempting to fully cleanse her lungs; but she had been put on steroid medication for it. Her mother had also put Gillian back onto low fat milk, and reading between the lines it sounded as if they had only been cutting down the dairy foods, rather than cutting them out.

Four months later

Gillian's mother was working, and unable to get to another appointment. When I spoke to her again four months after the initial consultation she told me that they finally had her asthma under control by increasing her preventative inhaler.

Thumbnail Sketch – Group C

25 **CRAIG age 6** – stomach pains, wind, asthma

Diet not adhered to

Breastfed for 7 months

Craig had pains in his tummy, and wind was a big problem. He passed stools every 36 hours, but they were ‘always too loose’. Craig also had low grade asthma. His older brother and aunts all had asthma, and his father had had childhood asthma. His mother had been allergic to dairy foods as a child, and also had a sensitivity to gluten. Craig tended to get a croupy cough and cold each winter. He had a little darkness under his eyes, and his energy seemed to fluctuate – he had bursts of energy, but was also lethargic at times.

Craig was not good at drinking fluids. He ate a fromage frais and a white ham sandwich daily at school, along with fruit; white pancakes after school with Nutella; and for dinner he had chicken, sausages, fish fingers and pizza with potatoes or chips and vegetables, or white pasta with pesto. Salt was added to the cooking, and Craig had salted popcorn twice a week.

Allergy Test

The allergy test showed that **white wheat flour** and **dairy** foods were a problem – I suspected the former was causing the tummy pains, and that both were involved with his asthma. Brown soda bread and brown pasta were suggested as substitutes for the white. Almond or rice milk were suggested as alternatives for the cow’s milk, and fruit smoothies and nut butters instead of the yoghurt and cheese.

Salt also showed as being a problem - I suspected this was the reason for the darkness under Craig’s eyes - and so advised that sausages and ham should be reduced, home-made popcorn substituted for the bought salted version, and salt no longer added to the cooking.

Electromagnetic stress also showed up as being a problem, and as the cause of this was most likely to be the **microwave**, as his breakfast of bran flakes and milk was always microwaved. I advised it should be avoided.

Four days later

Craig’s mother rang four days after the test. Her husband was not happy with the idea that the microwave might be a problem, and so did not want to

continue with the research project. Brown bread had been substituted for the white, and Craig's tummy was a bit better, though wind was still a big problem. They had also decided not to change the milk.

Thumbnail Sketch – Group C

26 **BRUCE** age 1 ½ - very sore eczema on his hands

Bottle-fed – eczema on forehead; bronchitis

Bruce had eczema on his hands and wrists, which looked old wrinkly, and very sore. His skin had become dry all over in the last while and his mother was giving him Epsom salt baths. He had had eczema on his forehead when a baby, though Cortisone cream would always suppress it for a short while.

Bruce had been bottle-fed. He'd been in hospital with bronchitis as a baby, and had also had a urinary tract infection at that time. He was still on an antibiotic, which he had been on now for one year. One kidney was damaged, but he seemed to be better. As the doctor had asked Bruce to stay on the antibiotic 'until she saw him again', we suggested his mother should take him back to the doctor as soon as possible.

Bruce's mother had put him on goat's milk, and he was having a good dinner of meat, vegetables and potatoes daily. But he was also having a lot of hidden added salt in his diet – sausages, rashers, ham, packet gravy and 2 or 3 packets of crisps a week. He was also drinking a lot of goats' milk as he wouldn't drink water, even when flavoured with a concentrate, and ate some white bread, as well as brown.

Allergy Test

When allergy tested the **salt** and **white wheat flour** came up strongly. I advised her to take the salted foods out of his diet, substituting home-made popcorn instead of the crisps, and other meats instead of the salted ones; I also suggested he should stick to brown bread instead of white, and reduce the goat's milk, offering him different fluids such as blueberry and apple juice, diluted a little, and ribena.

Seven weeks later

I tried to arrange to see Ben and his mother again a number of times, but unsuccessfully. I had a text from him mother seven weeks later saying, 'He still has it. Every time I think it's getting better it flares up again.' I offered to meet her or have a phone call to talk about it further, but this was not taken up.

Thumbnail Sketch – Group C

27 **BRADLEY age 3** – chesty, asthma, croup

Bottle-fed – no issues

Bradley had been in hospital the previous night with croup for the fourth time. He had been chesty all his life, and had asthma. He was on inhalers.

Bradley had been a big baby and had a section delivery. He was bottle fed, had been hungry as a baby, but otherwise seemed content.

At present his sleep was being interrupted with coughing all night, every night. His mother had him at the Doctor every second week, and he had a nebulizer. His energy was very low, and he couldn't walk for any more than 10 minutes at a time. Whenever he was in the fresh air he vomited and mucus would come up.

For breakfast Bradley often had porridge made on milk, or cereal with milk, and would sometimes have another snack of cereal and milk later in the day and the odd glass of milk. He had ice cream two or three times a week, a little cheese, and sometimes chocolate spread. He wouldn't eat vegetables, but liked fruit, and otherwise had a good diet with a proper dinner daily, and some brown toast. He also had some white pasta each week.

Allergy Test

Bradley's allergy test showed a sensitivity to **dairy foods** and **all wheat**. So his mother was asked to put him on to spelt bread, and rice or almond milk.

Two weeks later

I spoke to his mother two weeks later. She had taken Bradley off all wheat and dairy and he was now on spelt bread. He was still coughing a lot, but not as much now during the day, though he was still bringing up mucus. I encouraged her to keep going, as it was obvious to me that Bradley's body was still de-toxing a lot.

Six weeks later

I spoke to Bradley's mother again six weeks after his initial consultation. She said she felt there was no improvement, so she would like to leave it for now. I didn't feel I could ask for any more details. We had had Easter since the allergy test, and I had forgotten to ask if he had eaten many Easter Eggs...

Thumbnail Sketch – Group C

28 LAURA age 3 – chronically constipated and major medical brain problem
Breast or Bottlefed - unknown

Laura had had a major medical problem with a brain issue since birth. She had autism, and was missing a lot of myelin. When born she wouldn't eat, had poor sucking, and was in hospital for ten days. She head banged a lot, and couldn't speak.

Laura had been chronically constipated since birth. She had had an inflamed sore throat the previous weeks, and always had soya yoghurts when sick, during which time her bowels became normal. When she went back onto cow's milk her bowels became very constipated again, and her stools became like rabbit droppings. She passed these at most once a day, with the help of medication, but it was always very hard, and accompanied by head banging and screaming. She drank plenty of water. Her dinner was heated in the microwave, as well as the milk for her Weetabix in the morning .

Laura was given a home-made vegetable soup with brown bread for lunch, and a dinner with meat or fish, vegetables and carrots, stuffing and gravy. Snacks included yoghurts or fruit pops, or ready-brek.

Allergy Test

The allergy test showed that **dairy** and **all wheat**, were a problem, as well as **electromagnetic stress** – almost certainly from the **microwave**. It was recommended she be given a course of probiotics to encourage her digestion.

Two weeks later

I spoke to Laura's mother two weeks later. Her bowels were fine! Also for the very first time Linda had made an effort to communicate with them that she liked a particular food.

Four weeks later

When I spoke to Laura's mother again four weeks after the initial consultation she was head butting again a lot, and had refused to eat, apart from yoghurts. She was about to go for lots more tests, and so we both felt this was best left for now.

PART 3

FOOD IDEAS

IDEAS FOR MEALS, INCLUDING SCHOOL LUNCH BOXES

Typical School Lunch Box

This is a typical lunch box of the children I saw who were of school age:-

White ham sandwiches;

Cheese strings

Yoghurt (fruity)

Drink made with 'sugar-free' dilute

A piece of fruit

Apart from the piece of fruit, this lunch box is made up entirely of the three basic foods that were causing most of the problems in the children we saw – white wheat flour, processed milk products and salted food (ham). Many were also having a diluted drink made with chemicals (chemical sweeteners, colourings and flavourings).

The importance of whole-grains

The importance of whole-grains in a child's diet cannot be underestimated.

They bring:-

- the vital mineral Magnesium, which is so important for the proper use of Calcium in the body (and so healthy bones, teeth and nails), good steady energy, and the ability to relax. It is also vital for the heart and healthy bowels;
- B vitamins which are essential for healthy nerves and a great array of functions;
- Roughage, which is so important for healthy bowels and bowel flora;

Without adequate Magnesium in the diet, it is hard for the body to store Zinc, which is vital for good brain function, healthy skin, normal growth, and is involved in good steady energy, amongst many vital functions. Zinc is plentiful in red meat, pumpkin seeds and shellfish.

If we want children who can not only be active, but also sit quietly and concentrate in school, and use their brains and bodies to the best of their potential, an essential place to start is through their food.

Colour codes

Wheat-free grains

Gluten-free grains

V vegetarian

BREAKFAST IDEAS

- V Brown soda bread/toast with baked beans or an egg;
- V Wheatabix, shredded wheat, or other wholegrain cereal with suitable milk;
- V oatabix or granola with suitable milk;
- V Porridge made on water (or suitable milk);
- V Brown spelt soda bread/toast with baked beans or an egg;
- V Buckwheat Pancake filled with scrambled egg, baked beans or honey;
- V Brown rice pudding, made with traditionally cooked brown rice with suitable milk;

SCHOOL LUNCH BOX IDEAS

Bread plus:-

- Brown soda bread with unsalted meat - chicken, turkey, lamb, beef or pork;
- V Brown soda bread with humus or tahini (made from sesame seeds);
- Brown spelt soda bread with unsalted meat – chicken, turkey, lamb or beef;
- V Brown spelt soda bread with humus or tahini and salad (salad leaves, tomato, cucumber); or mashed banana filling;

Pasta or whole-grain plus:-

- V Brown spelt pasta with lightly cooked vegetables and olive oil;
- V Brown rice or corn pasta with lightly cooked vegetables and olive oil, or with grated carrot;
- V Cooked quinoa, brown rice or millet with cooked vegetables and olive oil

Possible additions to pasta, quinoa, brown rice and millet:-

- V 3 seed mix - sesame, sunflower and pumpkin seeds, lightly dry roasted in a frying pan. Together these make a whole protein.
- Tinned salmon or tuna; unsalted meat;
- V Grated parmesan cheese (raw Italian cheese) or grated comte cheese (raw French cheese) for those who can digest it easily.

Other cooked ideas:-

- V Omlette/vegetable cupcakes – put grated carrot and courgette (or onion, tomatoes and peppers) into cupcake tin. Add beated egg. Cook for 20 minutes at roughly 170 degrees. (These can be frozen);
- V Buckwheat pancakes with honey or jam;

✓ Spelt-flour based quiche with vegetables and vegetarian topping;
Spelt-flour based quiche with meat added; (Slices can be frozen)

Other snacks:-

✓ Sliced raw vegetables – carrots, cucumber, celery;
✓ Baby tomatoes;
✓ Apple, grapes, blue berries;
✓ Sultanas, raisins or dates;
✓ Rice cakes with humus, tahini or honey or jam;
✓ Oat cakes with humus, tahini, honey or jam;
✓ Home-cooked popcorn (unsalted)

Drinks

Good water

Real fruit juice diluted – blueberry, apple or cranberry juice; (orange juice is very acidic);

Fruit smoothies;

IN GENERAL IT IS BEST TO AVOID EATING

- Refined sugar, except for special occasions. Try to use brown cane sugar in baking;
- Fast food or processed food;
- Salted or processed meats
- ‘Sugar-free’ drinks and other products, which have chemical sweeteners;
- ‘Energy drinks’, or fizzy ‘pop’ drinks, which are full of sugar or chemical sweeteners, and often chemical colourings as well;
- Refined grains, such as white bread pasta, biscuits, buns and pastries;
- Vegetarian diets based on processed cheese and other milk products as the main protein;
- Most highly processed milk and milk products;
- Salted foods and snacks;

GENERAL TIPS FOR GOOD FOOD

- The traditional idea of meat or fish with potatoes and vegetables as the main evening meal is ideal for most children.
- A good balanced vegetarian diet can also be an excellent diet (see Appendix II);
- Cooking from raw, fresh ingredients is a fundamental key to good nutritious food.

- Eating whole-grains - as in brown bread and pasta - rather than their refined white counterparts - gives important nutrients and good, steady energy.
- Organic food is free from chemical pesticides, herbicides, and chemical fertilisers; and so the more organic vegetables, fruit and other foods that can be sourced and eaten, the better;
- Meat should be, as far as possible, from traditionally reared animals – chickens and pigs that are free-range outside, not cooped up in cages, or kept indoors for their whole lives, both species having to be routinely fed antibiotics in such cramped conditions; and cows that are traditionally grass-fed outside;
- It is not essential to have meat or fish every day – there are plenty of good, cheap vegetarian alternatives for protein. Less meat, but of good quality, is a sound way forward;
- Raw or lightly pasteurized milk, cheese and yoghurt are valuable nutritious foods;
- Raw food, such as a daily salad and some fruit, are a great addition to a person's diet, bringing good vitality and added nutritional value.
- A wide variety of food is essential for good health;
- Good water is a basis of life, for our bodies are roughly 70% fluid.

Encouraging your children to eat well in a way that suits their body will help you to get the very best from them - and the children to have every chance of getting the best they can out of life.

HOW TO BALANCE A VEGETARIAN DIET

Many people I have worked with have wanted to want to understand more about vegetarian food, and how to eat a well balanced diet, which includes good protein. Vegetarians can easily come un-stuck, either by basing their protein almost exclusively on processed dairy foods, particularly cheese, or on soya products – both of which can lead to health issues.

A healthy Vegetarian Diet should contain plenty of vegetables, along with whole-grains, pulses, nuts or seeds and some fruit – all organic if possible. Free-range eggs, and some raw or lightly pasteurized milk, cheese and yoghurt can also be part of a vegetarian diet, but not a vegan diet. A daily salad, with as much variety of ingredients as possible, is a great help for raising one's basic energy, particularly a salad that includes sprouted foods, which naturally contain a lot of vitality. Fruit can also be added to the salad.

NATURAL VEGETABLE PROTEINS

Some proteins that are traditionally used in parts of the world that are vegetarian are:-

- Grain plus pulse (the combination makes a whole protein), such as
Rice plus lentils (or chickpeas, or any other pea or bean);
Wholemeal bread plus humus;
Wholemeal pasta with vegetable sauce including peas, beans or lentils;
Quinoa with peas, beans or lentils;
- Brown bread plus almond nut butter;
- Mixed nuts that include almonds;
- Mixed seeds – sunflower, pumpkin and sesame seeds;
- Eggs
- Cheese made from raw (or lightly flash-pasteurised) milk;

PULSES

Pulses include all the range of peas, beans and lentils, such as:-

PEAS: green peas, chickpeas, split peas

BEANS: runner beans, French beans, broad beans, black eye beans, black beans, kidney beans, aduki beans, butter beans, cannellini beans (as in 'baked beans');

LENTILS: red, brown or green lentils; Puy lentils

Many of the pulses can now be bought ready-cooked in tins.

SOME IDEAS FOR VEGETARIAN MEALS

Recipies are readily available in cookbooks and 'on line', and can be easily adapted

1. **Vegetarian Spelt Lasagne** using brown spelt lasagne sheets, layered with cooked vegetables, a pulse (such as cooked chickpeas or black-eye beans), sweet corn, coconut milk and ground almonds;
2. **Vegetarian Curry** with mixed vegetables, plus a beans/lentil dish with brown or white basmati rice;
3. **Millet and lentil croquettes** with baked potato and salad
Mix cooked millet and cooked lentils with fried onion and garlic, grated raw carrot, herbs & spices. Fry spoonful sizes in a little olive oil until light brown on each side;
4. **Taco Corn holders with falafel** or humus or spicy bean mixture and salad, plus baked potato;
5. **Ratatouille** type vegetable casserole with a pulse and brown rice/ potato/quinoa or Polenta (corn);
6. **Spelt/ buckwheat/or brown rice pasta** with vegetables (e.g. broccoli and red onions) separately cooked into a bolonaise with pine nuts, beans or peas.
7. **Risotto** with peas or beans and mushrooms or other vegetables;
8. **Aubergines** with with French beans or broad beans, lemon juice, spices, desiccated coconut and chickpeas with brown rice;
9. **Wholegrain quiche** with spinach and ricotta (made from raw milk) or egg and spinach;
10. **Vegetable casserole** with root vegetables & beans - with polenta, or potato, or with brown rice;
11. **Wholegrain Pizza** (using wheat or spelt base) with topping of onions, courgettes, red peppers, tomatoes and walnuts or pecans - preceded by lentil or bean soup;

12. **Quinoa** with peppers, courgettes, red onions, aubergines, nuts/ seeds/beans/lentils/ French beans/or mange tu peas with salad, and perhaps baked potato;

13. **Chinese style stir fried vegetables** in roasted sesame oil with mixed thinly chopped vegetables (including either French beans, peas, other beans or roasted almonds to bring the protein balance) with garlic, ginger, and cornflour to thicken the juice - with brown rice noodles, brown rice or white basmati rice;

14. **Millet bake** with butternut squash & chickpeas
Chop and bake the butternut squash with olive oil. Lightly fry red onions until almost caramelised. Add tahini, cooked chickpeas and lots of flat leafed parsley. Add altogether with separately boiled millet.
(Try with roasted almond flakes);

15. **Stuffed marrow** with a pulse, polenta and vegetables;

16. **Thai vegetable curry** with vvegetables (including peas, beans or almonds), Thai spices and coconut milk and basmati rice;

17. **Savoury buckwheat pancakes** with spicy bean pâté and hot vegetable mix or salad; For the pancake mixture, mix buckwheat flour and an egg, and add suitable milk to right consistency;

18. **Roasted root vegetables** including carrots, parsnips and butternut squash, with quinoa and nuts or chickpeas;

SOME SIMPLE SALAD IDEAS

I love combining raw vegetables and fruit in my salads. For instance:-

- Grated carrot, peeled and chopped ripe avocado, alfalfa sprouts and grapes.
- Green salad leaves with peach or mango and dry-roasted sunflower, sesame and pumpkin seeds;
- Chopped celery, walnuts or pecan nuts, chopped apples and chopped parsley;
- Black or green olives, sundried or fresh tomatoes, artichoke hearts and freshly chopped herbs;
- Grated carrot and beetroot with chopped pear and sunflower seeds;

SOME IDEAS OF RAW FOODS THAT CAN BE USED IN SALADS

VEGETABLES: Green salad leaves, rocket, chicory, carrot, beetroot, celery, cucumber, avocado, alfalfa sprouts;

FRUIT: apples, grapes, pears, peach, mango, tomatoes;

OTHER POSSIBLE ADDITIONS: green or black olives, artichoke hearts, nuts or seeds, fresh herbs, nasturtium flowers, young dandelion leaves and other wild edible leaves, and sundried tomatoes, sweetcorn, humus, falafel;

IDEAS OF INGREDIENTS FOR DRESSINGS: olive oil or another good seed oil; apple cider vinegar or balsamic vinegar, honey, mustard, pepper, herbs, lemon, garlic;

SOME BASIC VEGETABLE SOUPS

Celery or celeriac are useful to include in vegetable soups as they are naturally salty - and this is a good type of salt for the body rather than stock cubes or other salty additions.

1. Green Soup

Fry some leeks in olive oil, and add a little garlic, if desired. Add water and bring to the boil. Add chopped and peeled celeriac or celery (with the stringy parts on the outer layers removed), and one large peeled and chopped carrot. Cook for 5 minutes, and then add 2 or 3 heads of chopped broccoli. Boil gently until the broccoli is just cooked, and then liquidise.

2. Orange Soup

Fry some onions in olive oil, and add a little garlic if desired, and some grated ginger. Add water and bring to the boil. Add peeled and chopped carrots, celeriac, sweet potato and butternut squash. A bulb of fennel also makes a good addition and can be chopped and added at this stage.

Cook until all the vegetables are just cooked. Add fresh thyme if desired, and then liquidise.

NUTRITIOUS SNACKS

- Scrambled, boiled, poached or fried egg with wholemeal bread;
- Home made vegetable soup (if possible including a pulse) with wholemeal bread;
- Baked beans on wholemeal toast;
- Humus on wholemeal toast;
- Raw or lightly pasteurized cheese on wholemeal bread;
- Buckwheat pancakes with humus and salad; pancakes made with buckwheat flour, egg, and suitable milk mixed to good consistency;

- Wholemeal bread with nut or seed butter - e.g. Mixed nut butter
- Wholemeal eggy bread with mushrooms & baked beans;
- Oatcakes, rice cakes, ryvita or other wholemeal crackers with humus, nut butter or guacomale;
- Oatcakes or rice cakes with honey or good jam;
- Sweet buckwheat pancakes with lemon & honey or stewed apple /fruit mixture;
- Banana and buckwheat fritters –with mixture of mashed bananas, raw egg and buckwheat flour, fried in olive oil;
- Salad
- Fresh fruit
- Unsalted nuts or seeds

APPENDIX

Appendix I

DEVICES TO HELP WITH ELECTROMAGNETIC AND GEOPATHIC STRESS

There are many ways of attempting to combat Electromagnetic or Geopathic Stress. These are the devices that I have found work really well.

ELECTROMAGNETIC STRESS

For those who are very sensitive to Electromagnetic Stress, but yet want WIFI coverage and satellite T.V. in their homes, the following can be simply plugged into the house's electrical system to 'Earth' all of this electromagnetic energy:-

'ELO-RAYEX' sold by Flynn Healthcatre Ltd., Doonard, Tarbert, Co. Kerry

www.rayonex.ie

flynnhealth@yahoo.com

MOBILE/CORDLES PHONES, COMPUTERS, TVs, MICROWAVE OVENS

The Mobile Protection Chip (MPC) was invented to block the radiation from mobile or cordless phones, computers, TVs, and microwave ovens etc.

By attaching a small MPC to a mobile phone, or any of the above, it neutralizes the harmful magnetic emissions coming from them.

'MPC' sold by Spiral of Tranquility

www.lessstress.ie

info@lessstress.ie

GEOPATHIC STRESS

There are many different possible ways of combating Geopathic Stress, many of which I have tried; but I have only found one to work instantly, and to be effective in the long-term:-

'DUPLEX IV' sold by Flynn Healthcatre Ltd., Doonard, Tarbert, Co. Kerry

www.rayonex.ie

flynnhealth@yahoo.com

Appendix II

THE CONSULTATION AND ALLERGY TESTING PROCESS

Michele and I started the consultation by taking the essential details of the child, and then asking what the problem was, and what symptoms the child was having.

We then asked some questions to find out how the child's body was working:-

- Bowel Movements
- Passing Water, particularly at night
- Sleep
- Energy
- Breastfed or Bottle-fed
- Past medical history, including medication
- Microwave use for the child's food

We also asked for details about the child's diet:-

- Breakfast
- Lunch, both at school, in creche and at home
- Evening meal
- Snacks and Treats
- Drinks

ALLERGY TESTING PROCESS

With the children who were old enough and able, I used a German Bio-Resonance Machine called a Rayocomp. I have many different bottles of essences of foods, drinks, minerals, vitamins and chemicals, which I put in the machine to test the body's reaction to them. I have found mineral and vitamin imbalances, excesses or deficiencies can be a major contribution to ill-health, and so are an important part of my investigation. I also routinely test for Geopathic and Electromagnetic Stress with the machine. This method is completely non-invasive, and I do not need to take a blood test. For babies and very young children I use the same bottles, but test with a pendulum.

At the end of each session, I noted the results of the allergy test, and linked the symptoms to the probable trigger foods. I advised the elimination of all trigger foods, making a list of them, as well as a list of possible food substitutes. I also warned the parents and children that there would most likely be some natural Detoxing by the body before health would be regained, and gave them a rough idea of what this might entail.

