

# 3 MYTHS ABOUT HEALING DIETS FOR ADHD, AUTISM & ANXIETY ...AND HOW TO FOCUS ON WHAT MATTERS

Jess Sherman, MEd, RHN

[www.JessSherman.com](http://www.JessSherman.com)

[www.RaisingResilience.ca](http://www.RaisingResilience.ca)

[www.RaisingResilienceCommunity.com](http://www.RaisingResilienceCommunity.com)





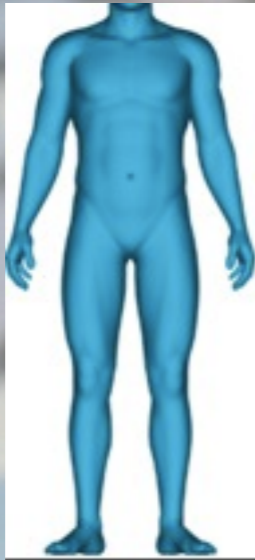
CONNECTION  
EMOTIONAL SUPPORT  
CREATING EXPERIENCE  
SELF CONFIDENCE  
LEARNING ENVIRONMENTS



# ***Deeper Biological Contributors??***

*Diagnosis? Medication?*





**Health Of The Body ↔ Function Of The Mind**

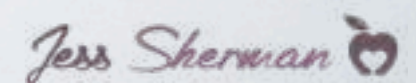
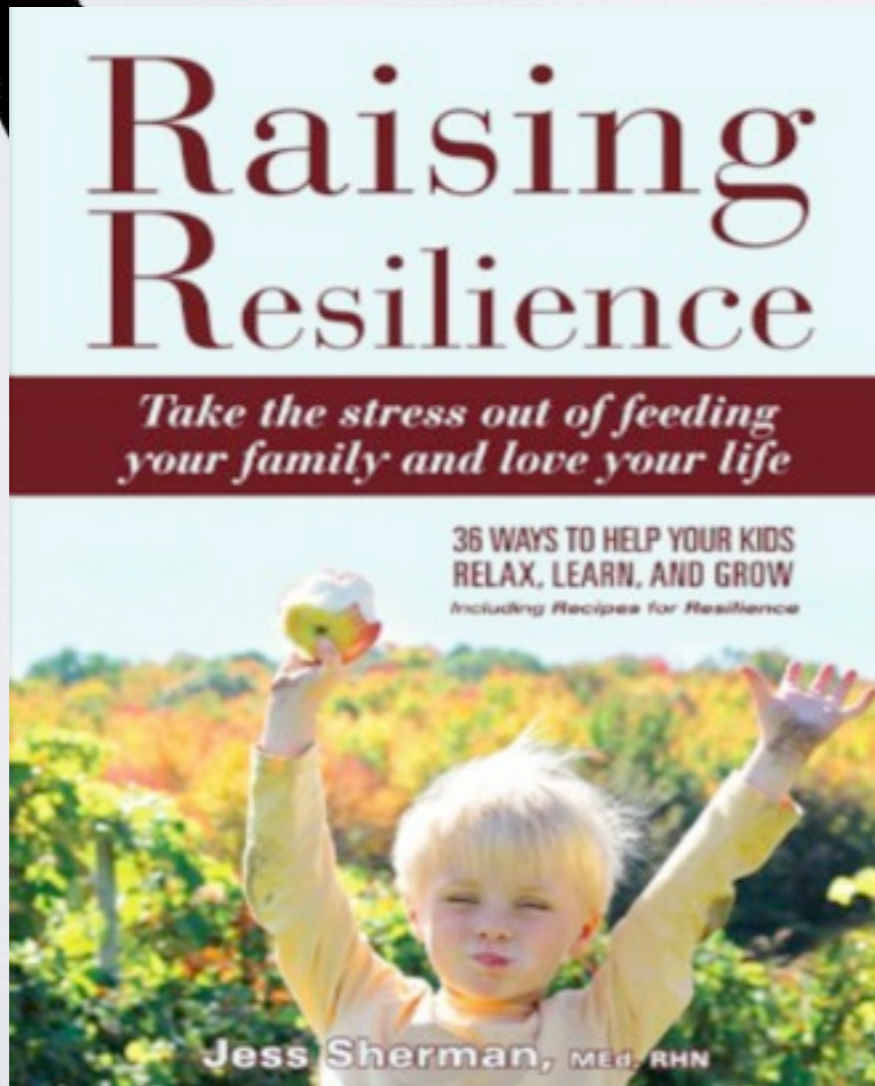
**Behaviour & Mood  
Learning & Focus  
Motivation**

**Diet And Lifestyle Are Modifiable Factors**






The healthier  
the body the  
better the  
brain  
functions





A woman with dark hair pulled back, wearing a light blue button-down shirt over a grey top. She has her right hand to her forehead, with her fingers spread, and her eyes are closed. She is wearing a silver bracelet with a star charm on her right wrist. The background is a soft-focus indoor setting with a white curtain and a yellow wall with the letters 'MM' visible.

**“What Can I  
Do To Help  
My Child?”**

Jess Sherman 



**“How Can I  
Keep This  
UP?”**



# What We'll Cover Today...

- 3 common myths that scare people away from trying dietary changes
- How to avoid burn out by finding simplicity
  - staying focused on 4 nutritional concepts







# 3 DISCOURAGING MYTHS



# MYTH #1

## *“THERE’S NO RESEARCH”*

- “X” diet does not always solve “Y” problem
- Lots of research on the influence of food/nutrients on the body, brain, behaviour
- Lots of clinical evidence





## Vitamin/Mineral Supplements for Children and Adults with Autism

**James B Adams\***

*Director, Autism/Asperger's Research Program, President's Professor, Arizona State University, PO Box: 876106, Temple, AZ, USA*

### Abstract

ARI Publ. 34/March 2009

### **PARENT RATINGS OF BEHAVIORAL EFFECTS OF BIOMEDICAL INTERVENTIONS**

**Autism Research Institute • 4182 Adams Avenue • San Diego, CA 92116**

The parents of autistic children represent a vast and important reservoir of information on the benefits—and adverse effects—of the large variety of drugs and other interventions that have been tried with their children. Since 1967 the Autism Research Institute has been collecting parent ratings of the usefulness of the many interventions tried on their autistic children.

The following data have been collected from the more than 27,000 parents who have completed our questionnaires designed to



[Psychiatr Q.](#) Author manuscript; available in PMC 2013 May 2.

Published in final edited form as:

[Psychiatr Q.](#) 2012 Mar; 83(1): 91–102.

doi: [10.1007/s11126-011-9186-y](https://doi.org/10.1007/s11126-011-9186-y)

PMCID: PMC3641836

NIHMSID: NIHMS460002

## Neurologic and Psychiatric Manifestations of Celiac Disease and Gluten Sensitivity

[Jessica R. Jackson](#), [William W. Eaton](#), [Nicola G. Cascella](#), [Alessio Fasano](#), and [Deanna L. Kelly](#)<sup>✉</sup>

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Research article

## Effectiveness of the gluten-free, casein-free diet for children diagnosed with autism spectrum disorder: Based on parental report

Christine M. Pennesi & Laura Cousino Klein 

Pages 85-91 | Published online: 19 Jul 2013

 Download citation  <http://dx.doi.org/10.1179/1476830512Y.0000000003>



Review

## Gluten-free and casein-free diets in the treatment of autism spectrum disorders: A systematic review

Austin Mulloy<sup>a</sup>, Russell Lang<sup>b</sup>, Mark O'Reilly<sup>a</sup>, Jeff Sigafoos<sup>c</sup>, Giulio Lancioni<sup>d</sup>, Mandy Rispoli<sup>e</sup>

Show more

<https://doi.org/10.1016/j.rasd.2009.>

treatment of ASD. Given the lack of empirical support, and the adverse consequences often associated with GFCF diets (e.g., stigmatization, diversion of treatment resources, reduced bone cortical thickness), such diets should only be implemented in the event a child with ASD experiences acute behavioral changes, seemingly associated with changes in diet, and/or medical professionals confirm through testing the child has allergies or food intolerances to gluten and/or casein.

## Journal of Attention Disorders

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### Association of ADHD and Celiac Disease

*What Is the Evidence? A Systematic Review of the Literature*

Emine Ertürk, Sara Wouters, Lindita Imeraj, ...

First Published January 29, 2016

between ADHD and CD. **Conclusion:** Up till now, there is no conclusive evidence for a relationship between ADHD and CD. Therefore, it is not advised to perform routine screening of CD when assessing ADHD (and vice versa) or to implement gluten-free diet as a standard treatment in ADHD.

<http://jesssherman.com/gluten-free-casein-free-diet-helpful-hype/>

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Microbial Ecology in Health  
and Disease



Taylor & Francis  
Taylor & Francis Group

[Microb Ecol Health Dis](#). 2015; 26: 10.3402/mehd.v26.28177.

PMCID: PMC4451098

Published online 2015 May 29. doi: [10.3402/mehd.v26.28177](#)

## **Enteric short-chain fatty acids: microbial messengers of metabolism, mitochondria, and mind: implications in autism spectrum disorders**

[Derrick F. MacFabe](#)\*

Microb



© 2004 American Society for Clinical Nutrition

## Metabolic biomarkers of increased oxidative stress and impaired methylation capacity in children with autism<sup>1,2</sup>

S Jill James, Paul Cutler, Stepan Melnyk, Stefanie Jernigan, Laurette Janak, David W Gaylor, and James A Neubrandner

**Conclusions:** An increased vulnerability to oxidative stress and a decreased capacity for methylation may contribute to the development and clinical manifestation of autism.

### Translational Psychiatry

Journal home > Archive > September 16 2014 > Abstract

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#### Original Article

Citation: *Translational Psychiatry* (2014) 4, e444; doi:10.1038/tp.2014.83  
Published online 16 September 2014

Serotonin transporter methylation and response to cognitive behaviour therapy in children with anxiety disorders

OPEN

S Roberts<sup>1</sup>, K J Lester<sup>1</sup>, J L Hudson<sup>2</sup>, R M Rapee<sup>2</sup>, C Creswell<sup>3</sup>, P J Cooper<sup>3,4</sup>, K  
1Thapar<sup>3</sup>, J B J Colman<sup>1</sup>, C Bressi<sup>1</sup>, C X Wong<sup>1,5</sup> and T C Fergusson<sup>1,5</sup>

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[< Previous Article](#)

**February 2014** Volume 49, Pages 51–59

## DNA methylation profiles at birth and child ADHD symptoms

[Nina H. van Mil](#), [Régine P.M. Steegers-Theunissen](#), [Marieke I. Bouwland-Both](#), [Michael M.P.J. V. Jolien Rijlaarsdam](#), [Albert Hofman](#), [Eric A.P. Steegers](#), [Bastiaan T. Heijmans](#), [Vincent W.V. Jaddo](#), [Verhulst](#), [Lisette Stolk](#), [Paul H.C. Eilers](#), [André G. Uitterlinden](#), [Henning Tiemeier](#)  

Thursday, June 1, 2017

## Baby teeth link autism and heavy metals, NIH study suggests



 OPEN ACCESS  PEER-REVIEWED

RESEARCH ARTICLE

## Classification and adaptive behavior prediction of children with autism spectrum disorder based upon multivariate data analysis of markers of oxidative stress and DNA methylation

Daniel P. Howsmon, Uwe Kruger, Stepan Melnyk, S. Jill James, Juergen Hahn 

Published: March 16, 2017 • <https://doi.org/10.1371/journal.pcbi.1005385>

The team analyzed data from the blood samples of 83 children with autism and 76 **neurotypical** children - that is, they were not affected by ASD. The data was initially collected as part of the IMAGE study carried out by the Arkansas Children's Hospital Research Institute.

The children were aged between 3 and 10. The scientists set out to measure metabolite concentrations resulting from two metabolic processes: the folate-dependent one-carbon (FOCM) metabolism and transsulfuration (TS) pathways.

**Using these tools, Hahn and team correctly identified 97.6 percent of the children that had autism, and 96.1 percent of those who were neurotypical.**

*Jess Sherman* 




*Acad Pediatr.* 2015 May-Jun;15(3):297-304. doi: 10.1016/j.acap.2014.11.006. Epub 2015 Feb 9.

## **Energy drinks and youth self-reported hyperactivity/inattention symptoms.**

Schwartz DL<sup>1</sup>, Gilstad-Hayden K<sup>1</sup>, Carroll-Scott A<sup>1</sup>, Grilo SA<sup>1</sup>, McCaslin C<sup>2</sup>, Schwartz M<sup>3</sup>, Ickovics JR<sup>4</sup>.

risk of hyperactivity increased by  
14% with each additional sugar  
sweetened beverage

## **Impaired Carbohydrate Digestion and Transport and Mucosal Dysbiosis in the Intestines of Children with Autism and Gastrointestinal Disturbances**

Brent L. Williams, Mady Hornig, Timothy Buie, Margaret L. Bauman, Myunghee Cho Paik, Ivan Wick, Ashlee Bennett,  
Omar Jabado, David L. Hirschberg, W. Ian Lipkin 

Published: September 16, 2011 • <https://doi.org/10.1371/journal.pone.0024585>





## Nutrition

Volume 28, Issue 3, March 2012, Pages 242-249

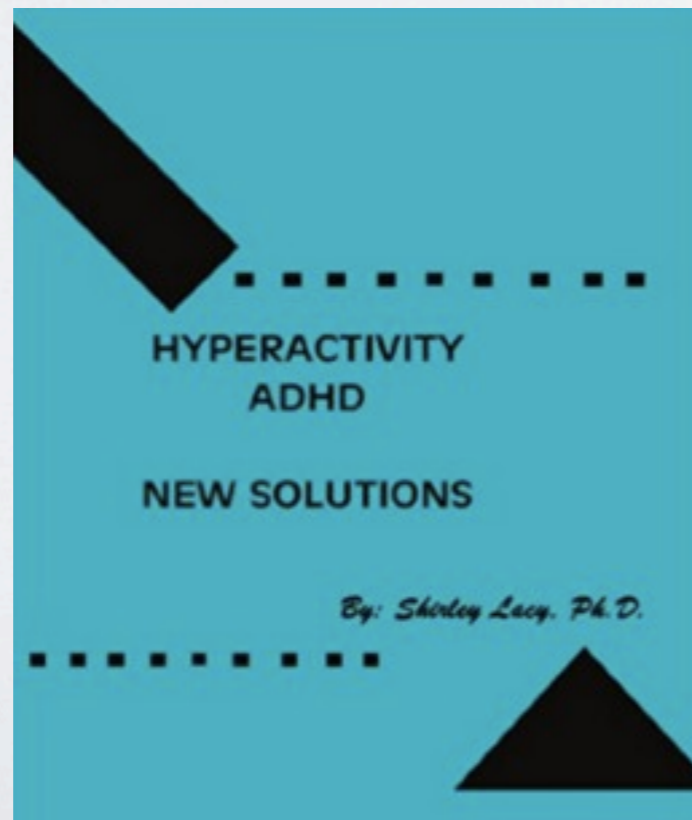



Applied nutritional investigation

### Dietary patterns and attention deficit hyperactivity disorder among Iranian children

Leila Azadbakht Ph.D.<sup>a, b</sup>, Ahmad Esmailzadeh Ph.D.✉<sup>a, b</sup>

375 children - a “sweet” and fast food dietary pattern increased odds of ADHD 4x



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RESEARCH ARTICLE

OPEN ACCESS

OPEN PEER REVIEW

# A randomised controlled trial of dietary improvement for adults with major depression (the 'SMILES' trial)

[Felice N. Jacka](#)  , [Adrienne O'Neil](#), [Rachelle Opie](#), [Catherine Itsiopoulos](#), [Sue Cotton](#), [Mohammedreza Mohebbi](#), [David Castle](#), [Sarah Dash](#), [Cathrine Mihalopoulos](#), [Mary Lou Chatterton](#), [Laima Brazionis](#), [Olivia M. Dean](#), [Allison M. Hodge](#) and [Michael Berk](#)

*BMC Medicine* 2017 15:23 | DOI: 10.1186/s12916-017-0791-y | © The Author(s). 2017

Received: 31 August 2016 | Accepted: 11 January 2017 | Published: 30 January 2017

*We have to remember that the nutrients from food bring information into our bodies, build its structure and drive its function*





**THIS IS GOOD NEWS!!**

IT GIVES US A TOOL

Emotional Outbursts

Autism

ADHD

Anxiety

Jess Sherman 



While studies are never 100% conclusive, a cohort of kids is helped 100% of the time.

That food and nutrients affect the health and function of the body is undeniable

[www.FoodForGrowthAndLearning.com](http://www.FoodForGrowthAndLearning.com)



# MYTH #2

## *DIET CHANGE IS TOO HARD AND IS UNSUSTAINABLE*

- It's not all or nothing
- Keep this manageable - habits don't change overnight
- The quicker the change the more energy it requires...  
where is that energy going to come from?

*THIS HAS TO BE MORE  
HELPFUL THAN IT IS  
STRESSFUL*



# It's Ok To Take Baby Steps



➔ Low Hanging fruit Trifecta (chemicals, sleep, sugar)

➔ Whole, Nourishing Foods

➔ Therapeutic diet

➔ Diet expansion

# MYTH #3

## *YOU'RE RISKING NUTRITIONAL DEFICIENCY*

- We are trying to reverse nutritional deficiencies by addressing digestive health
- It's as much about what you put in as what you pull out and the goal is diet expansion



*The research and clinical experience to show that what you eat matters to the health and function of the brain is now undeniable* ([www.FoodForGrowthAndLearning.com](http://www.FoodForGrowthAndLearning.com))

*There is a continuum of change - it's ok to take small steps to keep things manageable; start at the beginning; dietary changes have to be more helpful than they are stressful.*

*It's just as much about what you put in as it is about what you pull out.*

# SO WHAT IS THE BIG PICTURE?

*...how to take the stress out of feeding your family*



# Resilience

*The ability to adapt to stress and adversity; the ability of something to return to its original shape after it has been pulled, stretched, pressed, bent, etc; the ability to become strong, healthy, or successful again after something bad happens.* (Merriam-Webster)

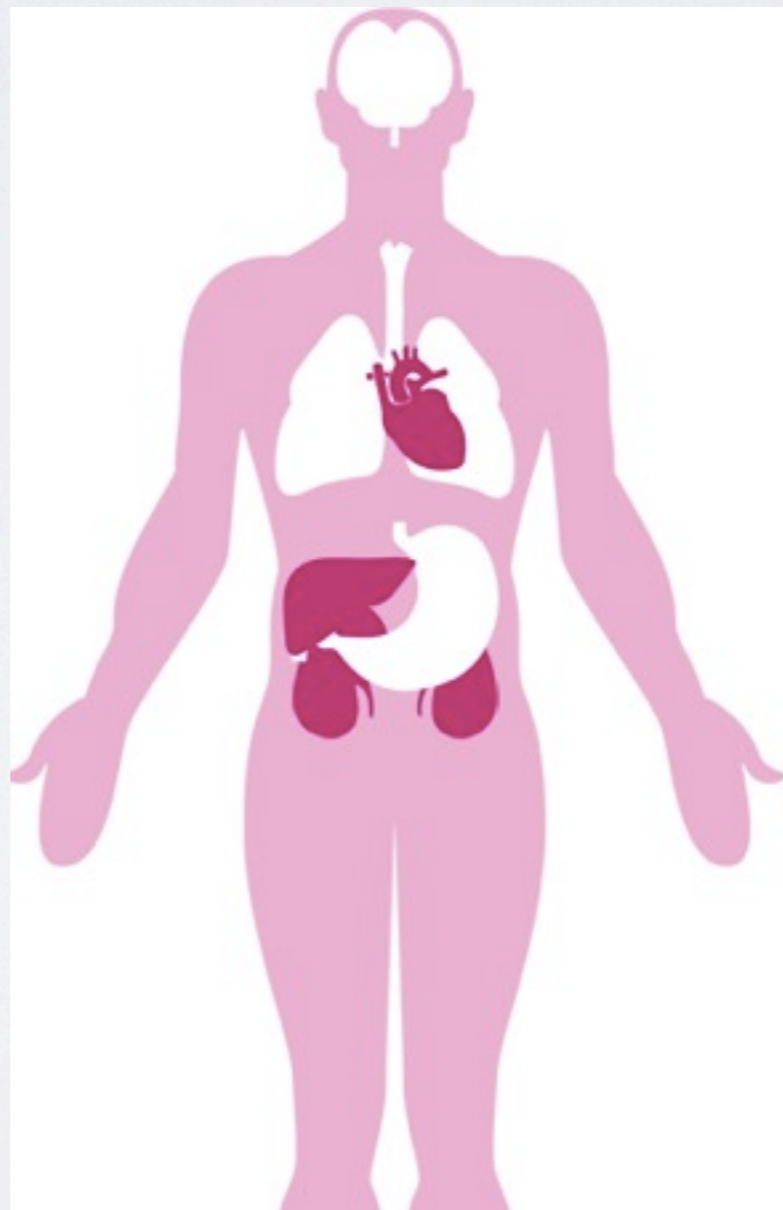




The more resilient you are the quicker you are able to rebound back to centre when you are thrown out balance by a stressor



*Physical Resilience: the biological factors at play that enhance and inhibit the ability to self regulate*



# RAISING RESILIENCE: A TWO-PRONGED APPROACH

Actively Boost Resilience (*focus on 3 core diet strategies which support the processes involved in allostasis*)

Reduce Stressors/Irritants  
(*allostatic load*)



**Improved Physical Resilience**

Jess Sherman 



# RAISING RESILIENCE: THREE CORE STRATEGIES



*Jim Sherman* 



# RAISING RESILIENCE: THREE CORE STRATEGIES

- **Improve nutrient density**
- **Support blood sugar**
- **Support digestion**



**Improved  
Physical  
Resilience**



# NUTRIENT DENSITY

Nutrients Build Structure And Drive Function

Nutrients Flush Waste and Toxins



# BLOOD SUGAR STABILITY

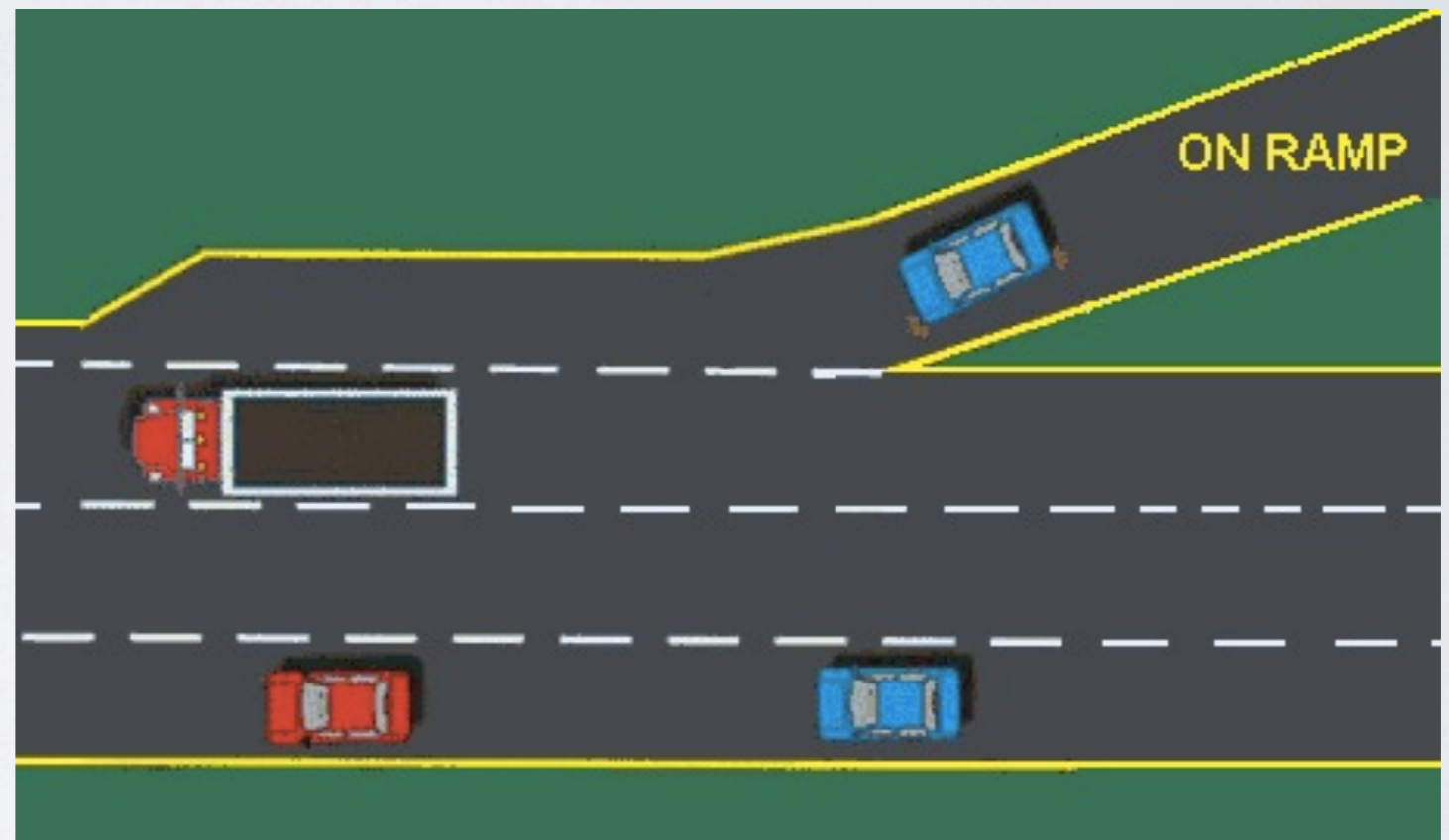
- Particularly important for brain health, energy, weight, anything related to inflammation





# BLOOD SUGAR STABILITY

- Our on-ramp for hormone stability



# DIGESTION

- Interface between the inner and outer worlds
- Houses most of the immune system
- Contains its own nervous system





# Other important functions

- educate the immune cells
- digestion and absorption
- detoxification (the second liver)
- regulate appetite
- physical barrier against pathogens
- create vitamins, hormones and neurotransmitters
- influence metabolism of macronutrients




Gut, Immune, Hormonal Metabolic and Neurological Implications



# COMMON RESPONSES

better eye contact and communication,  
less aggression,  
better sleep,  
more stable energy and mood,  
better digestion,  
less bloating,  
less aggression, anxiety  
better focus

*Less stressed out parents*

Jess Sherman 



# 4 Nutritional Concept

- Food Can Cause Irritation (contribute to Allostatic Load)
- Nutrient Density
- Blood Sugar Stability
- Digestive Support









# Finding Simplicity and Empowerment

## ✓Framework

→ 2 pronged approach

## ✓Strategy

→ 3 core strategies

## ✓Plan

→ 36 ways



# PARTICIPATORY HEALTHCARE

It's time to take charge.

Understand what is going on in your child's body as they grow and know how to use your most important tool, **food**, to support it.





***Thank You!***  
***Thank You To Epidemic Answers***

[www.JessSherman.com](http://www.JessSherman.com)

[www.RaisingResilienceCommunity.com](http://www.RaisingResilienceCommunity.com)

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