



Top Ten Low Hanging Fruit

Below is a list of mostly immediate ways in which you as a supporter can ensure that you are on the right path while you provide integrated, optimal and more complete support to the people and families you serve.

1. Starve candida and clostridia by monitoring and discontinuing the overage in daily sugar intake. Maximum intake should be 50 gm (12 teaspoons per day for adults) and half of this for children.
2. Get moving with cardio for 20 minutes a day along with building core strength and balance.
3. Bounce on a rebounder or balance on a stabilization cushion for 20 minutes to boost your brain.
4. Ensure good sleep hygiene that promotes restorative sleep.
5. Build the prefrontal cortex of the brain through mindful movement, breathing and muscle relaxation.
6. It's as easy as BB-ABC: Bilateral Bio-Meridian Awareness Based Calming! Initiate daily calming exercises like:
 - pressure points in hands at base of thumb and forefinger
 - butterfly hug
 - collar bone point activation
7. Clean up the 'dirty electricity' by filtering the 110-V outlets and keeping Wi-Fi to a minimum.
8. Enlist the services of:
 - a pharmacist for an independent psychotropic medication review.
 - a registered naturopathic doctor to test for toxins, food intolerances and infections and start treatment as recommended.
 - a registered nutritionist, holistic nutritionist or dietician to implement a diet based on the results from the above testing.
 - a dentist who is qualified to complete an assessment of both dental and myofunctional disorders.
 - an occupational therapist to complete a sensory assessment and treat as indicated.
9. Look to modify ABA/IBI interventions if they induce moderate to high anxiety, except to ensure safety. Ensure that all biomedical and other treatments are happening prior to or concurrent with behavioural interventions.
10. After offering the above optimal support, encourage and validate neurodiversity and other gifts.

All of the above is to be facilitated by an emotionally mature and mindful, self-regulated supporter.

Practise the low hanging fruit for yourself and you can also reap some reward.

Remember that your own wellness begets the wellness of others.