

melmed center

Nutri-Tip from Jan

Volume 25, June 2019



Popsicle Smoothies

With vitamins, minerals and fiber for thinking, learning, growing, playing and working.

Blend Ingredients: 1 cup of milk, 1 small banana, ½ cup fresh or frozen fruit, ½ cup fresh or frozen vegetables

Add 2-3 of the following for added flavor, nutrition, and to promote good elimination: 1-2 tsp chia or ground flax seeds, 1 tsp coconut oil, 1-2 tbsp nut/seed butter, 2-3 tbsp avocado, 1-2 tsp cocoa, 1-2 tsp honey, 1-2 tbsp cooked rolled oats, 1 soft scrambled free-range egg, ½ cup Greek yogurt

TRY: Chocolate banana or blueberry ~ cocoa, nut/seed butter or ½ cup blueberries, banana, milk, spinach

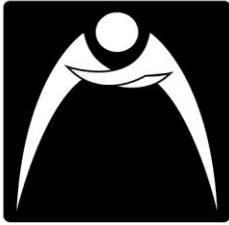
Digestive peach or cinnamon apple ~ unsweetened Kefir, peaches (apples), honey, cooked sweet potato, 2 shakes of cinnamon

Brain boosting beet ~ beets, avocado, cherries, milk, maple syrup

Want to Learn More?

Even the smallest nutritional change can improve physical and mental well-being.

Our metabolisms are as unique as our fingerprints. If you are concerned about your child's nutrition (or your own), schedule an appointment with Jan Katzen, CN, our nutritional therapist, for a comprehensive nutritional evaluation and a delicious, sustainable food plan. Contact the front office for a complimentary 10-minute phone or in-person consult with Jan.



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Nutritional therapy aims to identify nutrient deficiencies and food sensitivities that impact brain development and function along with the impact of food on emotions such as depression and anxiety. Nutritional therapy works with other therapeutic modalities including counseling, ABA, occupational and speech therapy, medical management with feeding therapists to identify priority foods.

Individualized food prescriptions can improve the severity of symptoms seen in autism, sleep disturbances, and ADHD. We address the nutritional side effects of medications, picky and binge eating, weight control, and digestive health concerns.

Jan Katzen, AMI, CFP, CN, Nutritional Therapist and Educator, studied nutrition and health under the tutelage of the Director of Brain Chemistry and Human Nutrition at the London Metropolitan University. She interned with the founder of Foresight Preconceptual Care and has served on the advisory boards of the Mother and Child Foundation (UK), the Montessori Education for Autism Foundation (UK), and ePap Nutritionals in South Africa. Jan is the nutritional instructor for the Center of Guided Montessori Studies online teacher training/credentialing classes.

Jan has written nutritional education books for both adults and children. She has years of clinical experience coordinating nutritional care with developmental pediatricians, pediatricians, psychologists and mental health professionals.

Initial Consultation \$115

- 1 ½ hour meeting with patient and/or parent
- Nutritional Assessment / Review of nutritional and health history
- Identification of nutrient deficiencies and intolerances
- Developing a prescriptive meal plan

Follow Up \$75 (2-3 sessions for optimal benefit)

- 60 minute meeting with patient and/or parent
- Track patient's overall health and progress
- Analyze food diaries to establish the ideal composition and timing of foods

Complimentary 10-minute introductory phone consults with Jan are available

Please contact the front office for details