



melmed center

# Nutri-Tip from Jan

*Volume 31, March 2019*

## Individualized Nutrition Plan Benefits



- One-size-fits-all dietary plans may not meet the energy demands of the very active child.
- Restless sleepers and morning grumpiness may improve with strategic timing of meals throughout the day.
- Parents take a break from “nagging” as the child’s preferences are prioritized and tailored into a nutritionally sound plan.
- Simple physiology - Brain and body cells require ample nutrients to function optimally. “How food works” is explained in child, adolescent, or adult friendly terms.
- Help with picky eating, sensory issues, and “carb-ivores”.
- A meal composition and timing template is developed to support attention, behavior, mood, digestion, sleep and energy levels.
- Suppressed appetites and overeating patterns are analyzed and addressed.

### **Want to Learn More?**

Composition and timing of meals is paramount to optimal physical and cognitive stamina and well-being. Schedule an appointment with Jan Katzen, CN, our nutritional therapist, for a comprehensive nutritional evaluation and individualized 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.

Check out Jan's hard copy coming soon to Amazon or find it directly here:

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

