ADAPTIVE
FITNESS

ADAPTIVE FITNESS CHALLENGE

WHAT: We challenge you to a 2-week journey to find and implement optimal habits to help overcome your unique Adaptive challenges.

WHO: Individuals living with unique **physical**, **mental**, and **cognitive** challenges. Use this for your own needs or to help a family member or training client.

HOW: **Follow our 4-step challenge:**

1. Pick 2 – 3 items to "**TRY**" each week
2. Pick 2 – 3 items to "**AVOID**" each week
3. Pick new items each week for 2 weeks
4. Monitor and determine what to add or avoid ongoing

DETAILS:

- See "**TRY**" and "**AVOID**" items based on Adaptive Needs (pages 2-4)
- See weekly chart to monitor (page 5)
- See optimization tips (page 6)
- See more information for each Adaptive Need (pages 7-26)

> ***Although the world is full of [adversity] it is also full of overcoming it.***
> *- Helen Keller*

ADAPTIVE NEEDS

ADHD

The right diet and activity can be used to improve common symptoms including impulsivity, lack of focus, restlessness, etc.

WHAT TO TRY

DIET
- protein
- omega 3
- complex carbs
- vitamin C

ACTIVITY
- time in nature
- follow a routine
- minimize distractions

WHAT TO AVOID

DIET
- sugar
- alcohol
- simple carbs

ACTIVITY
- extended phone use
- collecting clutter
- lack of sleep

See pages 7-8 for more information

ANXIETY DISORDER

The right diet and activity can be used to improve common symptoms including restlessness, nervousness, fatigue, irritability, etc.

WHAT TO TRY

DIET
- tryptophan
- teas
- vitamin D
- omega 3

ACTIVITY
- exercise
- stretching
- time in nature
- take a bath

WHAT TO AVOID

DIET
- caffeine
- sugar
- alcohol

ACTIVITY
- drug use
- social media
- unhealthy sleeping habits

See pages 8-10 for more information

AUTISM SPECTRUM DISORDER

The right diet and activity can be used to improve common symptoms including sensory processing, issues, anxiety, communication difficulties, etc.

WHAT TO TRY

DIET
- vitamin A
- vitamin C
- lean protein
- vitiman E

ACTIVITY
- exercise
- sensory activities
- follow a routine

WHAT TO AVOID

DIET
- gluten
- sugar
- corn or soy
- dairy

ACTIVITY
- self-isolation
- stressful or overstimulating situations

See pages 10-11 for more information

CEREBRAL PALSY

The right diet and activity can be used to improve common symptoms including hypotonia, lack of motor skills, bowel issues, etc.

WHAT TO TRY

DIET
- calcium
- vitamin D
- leafy vegetables
- whole grains

ACTIVITY
- painting or coloring
- sorting games
- making music

WHAT TO AVOID

DIET
- acidic foods
- fatty meats
- processed foods

ACTIVITY
- inactivity
- not drinking enough water
- lack of sleep

See pages 12-13 for more information

ADAPTIVE NEEDS

CLINICAL DEPRESSION

The right diet and activity can be used to improve common symptoms including irritability, feelings of apathy, fatigue, sleep or appetite struggles, etc.

WHAT TO TRY

DIET	ACTIVITY
• vitamin D • selenium • antioxidants • omega 3	• walk/jog • follow a routine • listen to music • journal

WHAT TO AVOID

DIET	ACTIVITY
• processed food • trans fat • artificial sweeteners	• isolating yourself • excessive sleep • social media

See pages 13-15 for more information

DOWN SYNDROME

The right diet and activity can be used to improve common symptoms including appetite or digestion issues, lack of focus, impulsivity, etc.

WHAT TO TRY

DIET	ACTIVITY
• vitamin B12 • fiber • whole foods • lots of water	• exercising • physical therapy • speech therapy • making music

WHAT TO AVOID

DIET	ACTIVITY
• processed food • gluten • sugary drinks	• inactivity • lack of sleep • social isolation

See pages 15-17 for more information

MULTIPLE SCLEROSIS

The right diet and activity can be used to improve common symptoms including fatigue, mobility problems, depression, etc.

WHAT TO TRY

DIET	ACTIVITY
• vitamin D • fiber • vitamin A • probiotics	• exercise • go outside • get sufficient sleep

WHAT TO AVOID

DIET	ACTIVITY
• alcohol • processed foods • sugar	• smoking • exposure to heat • excessive stress

See pages 17-18 for more information

OCD

The right diet and activity can be used to improve common symptoms including anxiety, chronic stress, compulsive behavior, etc.

WHAT TO TRY

DIET	ACTIVITY
• whole grains • glycine • vitamin D • magnesium	• exercise • get sufficient sleep • journal

WHAT TO AVOID

DIET	ACTIVITY
• sugar • gluten • processed foods	• stressful situations • lack of sleep • social isolation

See pages 18-20 for more information

ADAPTIVE NEEDS

PTSD

The right diet and activity can be used to improve common symptoms including anxiety, depression, cognitive disfunction, chronic stress, etc.

WHAT TO TRY

DIET	ACTIVITY
• magnesium • omega 3 • vitamin D • leafy vegetables	• therapy • stretching • take warm herbal baths

WHAT TO AVOID

DIET	ACTIVITY
• alcohol • sugar • caffeine	• triggering or stressful situations • lack of sleep

See pages 20-22 for more information

SCHIZOPHRENIA

The right diet and activity can be used to improve common symptoms including anxiety, high cortisol, depression, etc.

WHAT TO TRY

DIET	ACTIVITY
• omega 3 • fiber • folate • vitamin D	• exercise • stretching • therapy • sufficient sleep

WHAT TO AVOID

DIET	ACTIVITY
• alcohol • gluten • refined sugar	• stressful situations • social isolation

See pages 22-23 for more information

SPINAL CORD INJURY

The right diet and activity can be used to improve common symptoms including bowel issues, low body mass, inflammation etc.

WHAT TO TRY

DIET	ACTIVITY
• vitamin D • lean protein • leafy vegetables • fiber	• drink lots of water • physical therapy • aerobics

WHAT TO AVOID

DIET	ACTIVITY
• caffeine • sugar • fried foods	• social isolation • lack of sleep • excessive stress

See pages 23-25 for more information

STROKE

The right diet and activity can be used to improve common symptoms including inflammation, weakness, lack of coordination, etc.

WHAT TO TRY

DIET	ACTIVITY
• omega 3 • vitamin C • fiber and folate • probiotics	• rehabilitation therapy • board games • gardening

WHAT TO AVOID

DIET	ACTIVITY
• salt • saturated fats • alcohol	• drug use • lack of sleep • stressful situations

See pages 25-26 for more information

Add items below and check off on the days that you completed.

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
TRY:							
TRY:							
TRY:							
AVOID:							
AVOID:							
AVOID:							

WEEK 2	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
TRY:							
TRY:							
TRY:							
AVOID:							
AVOID:							
AVOID:							

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TIPS FOR THE CHALLENGE

1. Invite at least 1-3 other people to join the challenge and start a group chat for the 2 weeks to encourage each other.
2. Do your own research to add additional items to Try/Avoid.
3. Journal your results every day: log how you feel Mentally, Physically and Emotionally.
4. Find items that you Try and Avoid to incorporate into your daily life after the challenge.
5. Do the challenge again and you feel like you're in a rut.
6. Invite new people to join the next time you do the challenge.
7. Set larger goals in your journal and use this process to help reach these goals.
8. Have fun!!! It feels good to feel good.
9. Send us a video or comments about your experience info@specialstrong.com.

1. **ADHD**
    a. **Diet - <u>Try</u>**
        i. High Protein Foods
            1. Sources: Eggs, almonds, chicken breast, cottage cheese, fish, milk, and turkey breast.[1]
            2. Effect: Improves concentration and makes ADHD medication last longer.[2]
        ii. Omega - 3 Fatty Acids
            1. Sources: cold-water fish, such as salmon, sardines, tuna, and mackerel, flaxseed, flaxseed oil, and chia seeds, walnuts.[3]
            2. Effect: Helps improve memory, ability to learn, and sleep.[4]
        iii. Complex Carbohydrates
            1. Sources: Legumes, fruits, starchy vegetables, and whole grains.[5]
            2. Effect: Provides a steady supply of energy and helps maintain focus.[6]
        iv. Vitamin C
            1. Sources: Fruits and vegetables.[7]
            2. Effect: Supplies dopamine to the brain which people with ADHD have a deficiency in.[8]
    b. **Diet - <u>Avoid</u>**
        i. Sugar
            1. Effect: Makes ADHD symptoms worse, spikes blood sugar, and can cause inattention to increase.[9]
        ii. Alcohol
            1. Effect: It affects a person with ADHD's frontal lobe causing unclear thinking, bad decision-making, and impulsive behavior.[10]
        iii. Simple Carbohydrates
            1. Effect: Worsens ADHD symptoms.[11]
    c. **Activities - <u>Try</u>**
        i. Exercising
            1. Effect: Eases stress and anxiety, reduces compulsive behavior, and enhances memory.[12]
        ii. Spend Time in Nature

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[1] https://www.healthline.com/nutrition/high-protein-foods#pumpkin-seeds
[2] https://www.webmd.com/add-adhd/adhd-diets
[3] https://www.medicalnewstoday.com/articles/318428#omega-3
[4]https://www.additudemag.com/adhd-omega-3-benefits/#:~:text=Better%20memory%2C%20better%20learning.,bed%20—%20with%20omega%2D3s.
[5]https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/carbohydrates
[6]https://www.lanc.org.uk/wp-content/uploads/2013/01/Nutrition-and-exercise-full-handout.pdf
[7] https://www.specialstrong.com/workout-and-special-diets-for-autism/
[8]https://www.additudemag.com/treatment/vitamins-and-supplements/#:~:text=Vitamin%20C%20for%20ADHD%3A%20The,to%20take%20a%20daily%20supplement.
[9]https://www.drakeinstitute.com/sugar-consumption-and-adhd#:~:text=Essentially%2C%20sugar%20affects%20ADHD%20by,hypoglycemia%2C%20which%20makes%20inattention%20worse.
[10]https://www.gatewayfoundation.org/addiction-blog/adhd-alcohol-relationship/#:~:text=Though%20alcohol%20is%20a%20depressant,can%20lead%20to%20harmful%20consequences.
[11]https://www.lanc.org.uk/wp-content/uploads/2013/01/Nutrition-and-exercise-full-handout.pdf
[12] https://www.webmd.com/add-adhd/exercise-manage-adhd-symptoms

1. Effect: Studies show that when people with ADHD are in nature it lessens ADHD symptoms.[13]

iii. Creating a Routine
1. Effect: Improves efficiency and daily function.[14]

iv. Minimizing Distractions
1. Effect: Increases levels of concentration.[15]

d. Activities - <u>Avoid</u>

i. Being on Your Phone for Long Periods of Time
1. Effect: If you have ADHD and are on your phone for long periods of time, you can get addicted to the feelings and it can lead to worse ADHD symptoms.[16]

ii. Collecting Clutter
1. Effect: Leads to anxiety, stress, and impulsivity.[17]

iii. Lack of Sleep
1. Effect: Worsens symptoms, focus, and motor skills.[18]

2. Anxiety Disorder

a. Diet - <u>Try</u>

i. Tryptophan-rich foods
1. Sources: Turkey, Chicken, bananas, oats, milk, cheese, soy, nuts, and sesame seeds.[19]
2. Effect: Tryptophan contains serotonin, a neurotransmitter, that helps a person feel calm. [20]

ii. Teas
1. Sources: Chamomile and green tea[21]
2. Effect: Chamomile tea is anti-inflammatory and has relaxive properties. Green tea contains theanine an amino acid, which has a positive effect on mood disorders.[22]

iii. Vitamin D
1. Sources: Red meat, oily fish like salmon, egg yolks, mushrooms, herrings, and sardines[23]

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[13] https://flown.com/blog/adhd/activities-adhd-adults-focus-boredom
[14]https://adhdireland.ie/the-importance-of-a-daily-schedule-for-kids-with-adhd-back-to-school-series/#:~:text=The%20Benefits%20of%20Putting%20Your%20Child%20on%20a%20Schedule&text=In%20terms%20of%20behavior%2C%20they,kids%20feel%20safe%20and%20secure.
[15]https://advancedpsychiatryassociates.com/resources/blog/strategies-for-adults-living-with-adhd/
[16] https://www.joonapp.io/post/adhd-phone-addiction
[17]https://www.grouporttherapy.com/blog/adhd-clutter-anxiety#:~:text=People%20with%20ADHD%20may%20struggle,that%20add%20to%20the%20clutter.
[18] https://www.webmd.com/add-adhd/ss/slideshow-what-makes-adhd-worse
[19]https://www.everydayhealth.com/anxiety-pictures/anxiety-foods-that-help-foods-that-hurt-0118.aspx#:~:text=Foods%20that%20help%20ward%20off,benefit%20from%20taking%20a%20supplement.
[20]https://www.everydayhealth.com/anxiety-pictures/anxiety-foods-that-help-foods-that-hurt-0118.aspx#:~:text=Foods%20that%20help%20ward%20off,benefit%20from%20taking%20a%20supplement.
[21] https://www.medicalnewstoday.com/articles/322652#_noHeaderPrefixedContent
[22] https://www.medicalnewstoday.com/articles/322652#_noHeaderPrefixedContent
[23] https://www.specialstrong.com/workout-and-special-diets-for-autism/

2. Effect: Vitamin D has neuroprotective and neurotrophic properties that affect brain tissues involved in the pathophysiology of anxiety.[24]

iv. Omega 3

1. Sources: Salmon, mackerel, cod liver oil, herring, oysters, sardines, and anchovies[25]
2. Effect: Several studies state that a higher intake of Omega 3 foods or supplements reduces anxiety.[26]

b. Diet - <u>Avoid</u>

i. Caffeine

1. Effect: Studies show the side effects of caffeine which include restlessness, nervousness, headaches, sweating, and insomnia which can all lead to anxiety.[27]

ii. Sugar

1. Effect: Eating sugar can make it harder for your body to get back to normal, causing lasting feelings of worry, irritability, and sadness.[28]

iii. Alcohol

1. Effect: Alcohol has a negative effect on the brain chemical called GABA which has a relaxing effect, this causes Panic throughout the brain.[29]

c. Activities - <u>Try</u>

i. Exercise

1. Effect: Exercise produces endorphins which are hormones that naturally make people feel good.[30]

ii. Yoga

1. Effect: More and more scientists recommend yoga as a stress reliever and a way of relaxing.[31]

iii. Being out in Nature

1. Effect: Being out in nature improves your muscle tension, blood pressure, stress levels, and brain activity.[32]

iv. Taking a Bath

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[24]https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9468237/#:~:text=In%20conclusion%2C%20vitamin%20D%20has,pathophysiology%20of%20depression%20and%20anxiety.
[25]https://www.healthline.com/nutrition/12-omega-3-rich-foods#7.-Anchovies-(411-mg-per-serving)
[26]https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6324500/#:~:text=A%20number%20of%20trials%20have,in%20patients%20with%20anxiety%20disorders.
[27]https://www.health.com/condition/anxiety/how-coffee-increases-anxiety#:~:text=%22The%20natural%20effects%20of%20caffeine,because%20it%20feels%20the%20same.%22
[28]https://www.healthline.com/health/mental-health/surprising-foods-trigger-anxiety#added-sugar
[29]https://www.drinkaware.co.uk/facts/health-effects-of-alcohol/mental-health/alcohol-and-anxiety#:~:text=Alcohol%20has%20an%20effect%20on,tension%20and%20feelings%20of%20panic.
[30]https://nopanic.org.uk/hobby-ideas-anxiety/#:~:text=Dancing%20and%20singing%20are%20also,make%20us%20naturally%20feel%20good.
[31] https://emergeprofessionals.com/calming-activities-for-relieving-stress-anxiety/
[32]https://www.ontarioparks.com/parksblog/mental-health-benefits-outdoors/#:~:text=Stress%20is%20relieved%20within%20minutes,dopamine%20production%2C%20which%20promotes%20happiness.

1. Effect: Studies show that taking a bath activates your parasympathetic nervous system, which is the part of the body responsible for relaxation.[33]

d. Activities - <u>Avoid</u>

i. Doing Drugs
   1. The use of drugs alters a person's brain chemistry which leads to an increased risk of developing anxiety.[34]

ii. Too Much Social Media
   1. Effect: An experiment conducted showed that the students with less access to social media resulted in fewer feelings of loneliness, fear of missing out, and anxiety.[35]

iii. Unhealthy Sleeping Habits
   1. Lack of sleep increases cortisol, which increases feelings of stress and anxiety.[36]

3. Autism Spectrum Disorder

a. Diet - <u>Try</u>

i. Vitamin A
   1. Sources: Eggs, liver, fish oil, sweet potatoes, squash, leafy vegetables, yellow fruits, carrots, spinach[37]
   2. Effect: Helps with eye health, immune system function, growth, and bone development.[38]

ii. Vitamin C
   1. Sources: Fruits and vegetables[39]
   2. Effect: Helps strengthen the immune system and prevents numerous diseases.[40]

iii. Lean Protein
   1. Sources: Turkey, chicken, lean ground beef, and low-fat dairy.[41]
   2. Effect: Improves behavioral symptoms in autism.[42]

iv. Vitamin E
   1. Sources: avocados, peanuts, sunflower seeds, green leafy vegetables, almonds[43]
   2. Effect: Produces antioxidants that fight against free radicals, and helps promote cardiovascular and cerebrovascular health.[44]

b. Diet - <u>Avoid</u>

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[33] https://valleyoaks.org/health-hub/how-taking-a-bath-can-change-your-life/
[34]https://healthyliferecovery.com/substance-abuse-and-panic-attacks/#:~:text=The%20prolonged%20use%20of%20drugs,which%20may%20trigger%20panic%20attacks.
[35] https://www.news.iastate.edu/news/2023/06/14/limiting-social-media
[36]https://psychcentral.com/anxiety/can-lack-of-sleep-cause-anxiety#can-lack-of-sleep-cause-anxiety
[37] https://www.specialstrong.com/workout-and-special-diets-for-autism/
[38]https://www.autismparentingmagazine.com/benefits-vitamin-autism-adhd/#:~:text=The%20Best%20Supplements%20and%20Vitamins%20for%20Autism&text=It%20is%20vital%20to%20consume,various%20chemicals%20in%20the%20brain.
[39] https://www.specialstrong.com/workout-and-special-diets-for-autism/
[40] https://www.specialstrong.com/workout-and-special-diets-for-autism/
[41] https://www.everydayhealth.com/diet-nutrition/best-food-sources-of-lean-protein/
[42] https://pubmed.ncbi.nlm.nih.gov/32006374/
[43] https://www.specialstrong.com/workout-and-special-diets-for-autism/
[44] https://www.specialstrong.com/workout-and-special-diets-for-autism/

i. Gluten
    1. Effect: Gluten causes an increase in systematic inflation and negatively impacts the cerebellum which is the part of the brain responsible for thought coordination and processing complex information.[45]
ii. Sugar
    1. Effect: People with autism have a harder time metabolizing sugar properly[46]
iii. Corn or Soy
    1. Effect: Worsens Autism Symptoms when consumed and is difficult to digest.[47]
iv. Dairy
    1. Effect: Dairy causes inflammation and immune system dysfunction.[48]

c. Activities - <u>Try</u>

i. Getting Good Sleep
    1. Effect: People with autism are more likely to have insomnia so it is important to have a healthy sleep schedule.[49]
ii. Exercise
    1. Effect: Exercises can be sensory engaging and exercises can help with improving behavior.[50]
iii. Sensory activities
    1. Effect: Helps increase focus and attention span, reduces anxiety and stress, and improves self-regulation skills.[51]
iv. Rules and Routines
    1. Effect: Helps people with autism engage more successfully in activities and routines create a more efficient environment.[52]

d. Activities - <u>Avoid</u>

i. Isolating Yourself
    1. Effect: Increased loneliness especially in people with autism can often lead to depression, anxiety, and behavioral challenges. [53]
ii. Stressful Situations
    1. Effect: Leads to increased anxiety and behavioral challenges.[54]
iii. Activities that Cause Sensory Overload
    1. Effect: Causes stress, anxiety, and drastic changes in behavior.[55]

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[45] https://www.specialstrong.com/workout-and-special-diets-for-autism/
[46]https://leafwingcenter.org/avoid-foods-autism/#:~:text=High%20amounts%20of%20sugar%20in,improve%20concentration%20and%20decrease%20impulsiveness.
[47] https://www.specialstrong.com/workout-and-special-diets-for-autism/
[48]https://leafwingcenter.org/avoid-foods-autism/#:~:text=Foods%20to%20avoid%20for%20children%20with%20autism&text=Oftentimes%20when%20a%20child%20with,another%20food%20that%20promotes%20inflammation.
[49] https://www.specialstrong.com/how-to-live-a-healthier-life-with-autism/
[50]https://www.specialstrong.com/how-to-live-a-healthier-life-with-autism/
[51] https://www.integrityinc.org/7-sensory-activities-for-adults-with-autism/
[52]https://www.unl.edu/asdnetwork/virtual-strategies/rules-and-routines#:~:text=Application%20perform%20daily%20activities%20more%20quickly.
[53] https://www.totalcareaba.com/autism/what-makes-autism-worse
[54] https://www.totalcareaba.com/autism/what-makes-autism-worse
[55] https://www.goldenstepsaba.com/resources/what-makes-autism-worse

4. Cerebral Palsy

a. Diet - Try

i. Calcium
   1. Sources: Seeds, cheese, yogurt, beans, almonds, milk, and figs.
   2. Effect: Improves bone strength in people with cerebral palsy.[56]

ii. Vitamin D
   1. Sources: Oily Fish, eggs, fortified dairy products, sunlight, supplements[57]
   2. Effect: Helps the body absorb calcium, which keeps the body strong.[58]

iii. Dark Leafy Vegetables
   1. Sources: Spinach, kale, and collard greens.[59]
   2. Effect: Helps maintain brain health and strong bones which is crucial for people with cerebral palsy.[60]

iv. Whole grains
   1. Sources: Rice, oatmeal, quinoa, whole wheat flour, whole grain cereals, whole grain bread.[61]
   2. Effect: Builds healthy bacteria in the gut and aids in digestion.[62]

b. Diet - Avoid

i. Acidic foods
   1. Effect: Higher risk of triggering acid reflux in people with cerebral palsy.[63]

ii. Fatty meats
   1. Effect: Higher risk of triggering acid reflux.[64]

iii. Processed foods
   1. Effect: Higher risk of having constipation which is a common side effect in people with cerebral palsy.[65]

c. Activities - Try

i. Exercises
   1. Effect: Improves muscle strength, stiffness, vision, hearing, or speech problems, and learning difficulties.[66]

ii. Painting or Coloring

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[56] https://kidshealth.org/en/parents/diet-cerebral-palsy.html#:~:text=Kids%20who%20can%27t%20walk,stored%20in%20bones%20and%20teeth.
[57] https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/
[58] https://kidshealth.org/en/parents/diet-cerebral-palsy.html#:~:text=To%20help%20keep%20bones%20strong,calcium%20from%20food%20and%20supplements.
[59] https://www.flintrehab.com/diet-for-spinal-cord-injury/
[60] https://www.flintrehab.com/cerebral-palsy-diet/
[61] https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/whole-grains/art-20047826
[62] https://www.flintrehab.com/cerebral-palsy-diet/
[63] https://www.flintrehab.com/cerebral-palsy-diet/#:~:text=Some%20children%20with%20cerebral%20palsy,reflux%20and%20should%20be%20avoided.
[64] https://www.mycerebralpalsychild.org/treatment/food-nutrition/
[65] https://www.mycerebralpalsychild.org/treatment/food-nutrition/
[66] https://www.goodrx.com/conditions/cerebral-palsy/exercises

1. Effect: Helps increase motor skills for people with cerebral palsy.[67]

iii. Sorting Games

1. Effect: Good for gross and fine motor control.[68]

iv. Playing an Instrument

1. Effect: Improves motor skills and bilateral coordination. [69]

d. Activities - <u>Avoid</u>

i. Staying Inactive

1. Effect: Reduced cardiorespiratory endurance and muscle strength.[70]

ii. Not Drinking Enough Water

1. Effect: Causes muscle ensign and soreness. [71]

iii. Not Getting Enough Rest

1. Effect: Lack of sleep may cause a seizure in people with cerebral palsy.[72]

5. Clinical Depression

a. Diet - <u>Try</u>

i. Vitamin D

1. Sources: Oily Fish, eggs, fortified dairy products, sunlight, supplements[73]
2. Effect: Impacts portions of the brain that affect emotions and behaviors.[74]
3. Tips: This is important to factor in during months when there is more rain or less sunlight.

ii. Selenium

1. Sources: nuts, eggs, whole grains, organ meat: liver, supplements[75]
2. Effect: Helps optimize thyroid hormone metabolism.[76]

iii. Antioxidants

1. Sources: Berries, Spinach, Beats, Kale, Sweet Potatoes, Carrots, Supplements[77]
2. Effect: Helps remove free radicals that can create stress, anxiety and depression.[78]

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[67]https://www.flintrehab.com/fine-motor-activities-for-children-with-cerebral-palsy/#:~:text=Playing%20with%20Play%2DDoh%2C%20clay,into%20any%20shape%20you%20want.
[68]https://cerebralpalsynewstoday.com/2017/05/23/cerebral-palsy-activities-for-you-and-your-preschooler/
[69]https://www.flintrehab.com/fine-motor-activities-for-children-with-cerebral-palsy/#:~:text=Playing%20with%20Play%2DDoh%2C%20clay,into%20any%20shape%20you%20want.
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[72]https://www.childbirthinjuries.com/cerebral-palsy/living-with-cerebral-palsy/sleeping/#:~:text=In%20some%20children%2C%20a%20lack,to%20have%20problems%20with%20drooling.
[73] https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/
[74] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6515787/
[75] https://www.medicalnewstoday.com/articles/287842#_noHeaderPrefixedContent
[76] https://ods.od.nih.gov/factsheets/Selenium-HealthProfessional/
[77] https://www.medicalnewstoday.com/articles/325873#orange-vegetables
[78] https://www.medicalnewstoday.com/articles/318428#b-vitamins

iv. Omega - 3 Fatty Acids
    1. Sources: cold-water fish, such as salmon, sardines, tuna, and mackerel, flaxseed, flaxseed oil, and chia seeds, walnuts.[79]
    2. Effect: Travels through the brain and can interact with mood-related molecules and have anti-inflammatory actions that can affect mood and depression.[80]
v. Whole Foods
    1. Sources: plants, vegetables, unprocessed whole grains, seeds, lean protein[81]
    2. Effect: Provides energy to the body and brain.

b. Diet - <u>Avoid</u>

i. Alcohol
    1. Effect: After consuming alcohol, a person's brain chemistry is off balance leading to lasting feelings of sadness, anxiety, and loneliness.[82]
ii. Processed Foods
    1. Effect: Processed foods cause the gut microbiome to produce molecules that lead to depression.[83]
iii. Trans fats
    1. Effect: Causes high inflammation in the body, which leads to a negative effect on a person's mental health.[84]
iv. Artificial Sweeteners
    1. Effect: Releases increased levels of a hormone called cortisol, which can lead to a person feeling stressed, anxious, or depressed.[85]

c. Activities - <u>Try</u>

i. Walking / Jogging
    1. Effect: Getting exercise, especially outside, is shown to improve someone's mental state because of the endorphins released during the activity.[86]
ii. Following a Routine
    1. Effect: Having a daily routine can make you feel more stable and improves your mental state.[87]
iii. Listening to Music
    1. Effect: Studies show that music is proven to decrease levels of depression and increase levels of joy.[88]
iv. Writing in a Journal

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[79] https://www.medicalnewstoday.com/articles/318428#omega-3
[80] https://www.health.harvard.edu/blog/omega-3-fatty-acids-for-mood-disorders-2018080314414
[81] https://www.health.harvard.edu/blog/diet-and-depression-2018022213309
[82] https://batonrougebehavioral.com/depression-after-drinking-alcohol/#:
[83] https://www.nbcnews.com/health/mental-health/ultraprocessed-foods-linked-depression-study-finds-rcna106811#
[84] https://www.amenclinics.com/blog/9-worst-foods-for-depression/#
[85] https://pubmed.ncbi.nlm.nih.gov/28198207/
[86] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC474733/
[87] https://health.usnews.com/health-care/patient-advice/articles/activities
[88] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5500733/

1. Effect: Research suggests that writing down what you are feeling is beneficial to your mental health and can help you identify the root cause of your depression.[89]

d. Activities - <u>Avoid</u>

i. Isolating Yourself
   1. Effect: Isolating yourself will lead to feelings of loneliness, depression, and even suicide.[90]

ii. Staying in Bed
   1. Effect: Studies show that people with chaotic sleeping patterns have a higher risk of having clinical depression than those with a regular sleeping pattern.[91]

iii. Staying Inside
   1. Effect: Research concludes that nature is found to increase creativity, memory, and happiness while decreasing depression and stress.[92]

iv. Being on Social Media for Long Periods of Time
   1. Effect: If your main connection to people is not real and through a screen, this deepens feelings of isolation leading to anxiety and depression.

6. Down Syndrome

a. Diet - <u>Try</u>

i. Vitamin B12
   1. Sources: beef, fish, eggs, and milk[93]
   2. Effect: People with Down syndrome have a vitamin B12 deficiency, and a vitamin B12 deficiency can lead to weakness, fatigue, and poor appetite.[94]

ii. Fiber
   1. Sources: fruits, vegetables, grains, peas, and beans.[95]
   2. Effect: People with Down syndrome are more likely to be constipated and fiber decreases the risk of constipation. [96]

iii. Whole Foods
   1. Sources: plants, vegetables, unprocessed whole grains, seeds, lean protein[97]

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[89] https://www.healthline.com/health/depression/how-to-fight-depression#socialize
[90] https://publichealth.tulane.edu/blog/effects-of-social-isolation-on-mental-health/#:
[91] https://www.michiganmedicine.org/health-lab/irregular-sleep-connected-bad-moods
[92]https://www.newscientist.com/article/mg24933270-800-green-spaces-arent-just-for-nature-they-boost-our-mental-health-too/
[93] https://adscresources.advocatehealth.com/vitamin-b12-deficiency/
[94] https://adscresources.advocatehealth.com/vitamin-b12-deficiency/
[95]https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948#:~:text=Fruits%2C%20vegetables%2C%20grains%2C%20beans,moving%20in%20the%20large%20intestine.
[96]https://www.nchpad.org/165/1278/Down~Syndrome~and~Nutrition#:~:text=People%20with%20Down%20syndrome%20are%20at%20an%20increased%20risk%20of,to%20prevent%20or%20treat%20constipation.&text=Increase%20the%20amount%20of%20dietary,more%20food%20with%20dietary%20fiber.
[97] https://www.health.harvard.edu/blog/diet-and-depression-2018022213309

2. Effect: Helps prevent cardiovascular disease is a more common disease in people with Down syndrome .[98]

iv. Lots of Water

1. Effect: Reduces risk of constipation.[99]

b. Diet - <u>Avoid</u>

i. Processed Foods

1. Effect: Increases risk of cardiovascular disease which is more commonly found in people with Down syndrome.[100]

ii. Gluten

1. Effect: Intaking gluten when you have Down syndrome can lead to fatigue, bloating, and diarrhea.[101]

iii. Sugary drinks

1. Effect: leads to weight gain and obesity which is more commonly found in Down syndrome. This can then lead to liver damage, heart disease, depression, and different chronic diseases. [102]

c. Activities - <u>Try</u>

i. Exercising

1. Effect: Physical activity benefits cardiovascular and neuromuscular responses.[103]

ii. Physical Therapy

1. Effect: Helps motor development skills and increases strength.

iii. Speech Therapy

1. Effect: Improves speech.[104]

iv. Playing an Instrument

1. Effect: Improves motor skills.[105]

d. Activities - <u>Avoid</u>

i. Being Inactive

1. Effect: Can cause oxidative stress which is an imbalance in the production and accumulation of oxygen. If you have Down syndrome and oxidative stress it can lead to immune disorders and intellectual disabilities.[106]

ii. Bad Sleep Schedule

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[98]https://www.nchpad.org/165/1278/Down~Syndrome~and~Nutrition#:~:text=Throughout%20childhood%20and%20into%20adulthood,can%20be%20prevented%20with%20diet.
[99]https://www.massgeneral.org/children/down-syndrome/tips-to-drink-more-water#:~:text=Not%20drinking%20enough%20water%20can,day%20and%20stay%20physically%20active.
[100]https://www.nchpad.org/165/1278/Down~Syndrome~and~Nutrition#:~:text=Throughout%20childhood%20and%20into%20adulthood,can%20be%20prevented%20with%20diet.
[101] https://careoptionsforkids.com/blog/nutrition-tips-for-children-with-down-syndrome
[102]https://www.massgeneral.org/children/down-syndrome/sip-something-simple-an-easy-guide-for-drinking-less-sugar#:~:text=Sugary%20drinks%20can%20cause%20health,Liver%20damage
[103]http://www.intellectualdisability.info/physical-health/articles/the-benefits-of-exercise-to-a-downs-syndrome-population
[104]https://www.expressable.com/learning-center/speech-and-language-issues/how-speech-therapy-helps-people-with-down-syndrome#
[105]https://www.gympanzees.org/our-services/online-resource-hub/down-syndrome/10-fabulous-fine-motor-activities-for-children-with-down-syndrome
[106]https://digitalcommons.wku.edu/cgi/viewcontent.cgi?article=1595&context=ijes#:~:text=Damage%20due%20to%20oxidative%20stress,oxidative%20stress%20in%20this%20population.

1. Effect: Leads to behavioral issues, and decreases language, memory, and emotional control.[107]

iii. Social Isolation

1. Effect: Causes feelings of loneliness and depression. If you have Down syndrome, depression can cause you to have an irritable mood, withdrawal, and lack of interest in activities.[108]

7. Multiple Sclerosis

a. Diet - <u>Try</u>

i. Vitamin D

1. Sources: Oily Fish, eggs, fortified dairy products, sunlight, supplements[109]
2. Effect: People with multiple sclerosis are found to have a vitamin D deficiency.[110]

ii. Fiber

1. Sources: fruits, vegetables, grains, peas, and beans.[111]
2. Effect: Helps with multiple sclerosis symptoms like constipation, fatigue, and bladder dysfunction.[112]

iii. Vitamin A

1. Sources: Eggs, liver, fish oil, sweet potatoes, squash, leafy vegetables, yellow fruits, carrots, spinach[113]
2. Effect: Decreases inflammation, increases autoimmunity, and helps brain function.[114]

iv. Probiotics

1. Sources: Yogurt, kefir, sauerkraut, kimchi, miso, kombucha, pickles, and buttermilk[115]
2. Effect: Decreases inflammation.[116]

b. Diet - <u>Avoid</u>

i. Alcohol

1. Effect: Worsens the risk of developing other health conditions when you have multiple sclerosis.[117]

ii. Processed foods including meats

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[107]https://ndss.org/resources/sleep-down-syndrome#:~:text=Treatments%20Additional%20Resources-,Potential%20Impacts,%2C%20memory%2C%20and%20emotional%20control.
[108] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7693393/
[109] https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/
[110]https://www.mssociety.org.uk/research/explore-our-research/emerging-research-and-treatments/vitamin-d#:~:text=There%27s%20some%20evidence%20that%20lower,MRI%20lesions%20after%20five%20years.
[111]https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948#:~:text=Fruits%2C%20vegetables%2C%20grains%2C%20beans,moving%20in%20the%20large%20intestine.
[112]https://www.healthline.com/nutrition/multiple-sclerosis-foods-to-avoid#:~:text=That%20is%20because%20plant%2Dbased,%2C%20fatigue%2C%20and%20bladder%20dysfunction.
[113] https://www.specialstrong.com/workout-and-special-diets-for-autism/
[114]https://pubmed.ncbi.nlm.nih.gov/24557746/#:~:text=The%20role%20of%20vitamin%20A,also%20help%20in%20brain%20protection.
[115] https://www.healthline.com/nutrition/11-super-healthy-probiotic-foods
[116]https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9348531/#:~:text=The%20gut%20microbiome%20altered%20in,probiotics%20is%20beneficial%20to%20MStreatment.
[117]https://www.nationalmssociety.org/smoking#:~:text=It%20also%20depresses%20the%20central,which%20could%20worsen%20your%20MS.

1. Effect: Worsen inflammation in people with multiple sclerosis.[118]

iii. Sugar

1. Effect: Increases weight gain and fatigue which are common symptoms of multiple sclerosis.[119]

c. Activities - <u>Try</u>

i. Exercise

1. Effect: Strengthens your central nervous systems communications to the rest of the body.[120]

ii. Go Outside

1. Effect: Improves multiple sclerosis symptoms and prevents it from relapsing.[121]

iii. Do Brain Activities

1. Effect: Helps with personal growth and helps with problem-solving skills.[122]

iv. Get Good Sleep

1. Effect: Can lead to improvements in multiple sclerosis symptoms.[123]

d. Activities - <u>Avoid</u>

i. Smoking

1. Effect: It is shown that smoking will worsen the symptoms of multiple sclerosis.[124]

ii. Heat

1. Effect: May cause worse symptoms in people with multiple sclerosis.[125]

iii. Stress

1. Effect: Leads to overwhelming feelings of fatigue which is a symptom of multiple sclerosis.[126]

8. Obsessive Compulsive Disorder

a. Diet - <u>Try</u>

i. Whole Grains

1. Sources: Sources: Rice, oatmeal, quinoa, whole wheat flour, whole grain cereals, whole grain bread.[127]

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[118]https://www.healthline.com/nutrition/multiple-sclerosis-foods-to-avoid#:~:text=An%20MS%2Dfriendly%20diet%20is,symptoms%20and%20may%20worsen%20inflammation.
[119]https://www.everydayhealth.com/multiple-sclerosis/diet/foods-avoid-with-multiple-sclerosis/#:~:text=Sugar%20and%20MS&text=Excess%20weight%20also%20increases%20fatigue,you%20feel%20moody%2C%20adds%20Costello.
[120]https://www.healthcentral.com/condition/multiple-sclerosis/multiple-sclerosis-self-care-strategies?ap=800&kw=ms&mt=b&gad_source=1&gclid=Cj0KCQiAsburBhCIARIsAExmsu4g7fb_HCIMg7vOqvw8TapxjtahqIuyM94XQDpOzuSv8MxKRrNzgbgaAgo3EALw_wcB
[121]https://www.healthcentral.com/condition/multiple-sclerosis/multiple-sclerosis-self-care-strategies?ap=800&kw=ms&mt=b&gad_source=1&gclid=Cj0KCQiAsburBhCIARIsAExmsu4g7fb_HCIMg7vOqvw8TapxjtahqIuyM94XQDpOzuSv8MxKRrNzgbgaAgo3EALw_wcB
[122]https://www.nationalmssociety.org/Living-Well-With-MS/Cognitive-Health#:~:text=Mental%20stimulation%20contributes%20to%20personal,or%20changes%20caused%20by%20MS.
[123]https://mstrust.org.uk/information-support/wellbeing-ms/sleep#:~:text=It%20is%20important%20to%20treat,and%20a%20reduction%20in%20disability.
[124] https://www.healthline.com/health/multiple-sclerosis/triggers-to-avoid#stress
[125] https://www.healthline.com/health/multiple-sclerosis/triggers-to-avoid#stress
[126]https://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/Brochure-Taming-Stress.pdf
[127]https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/whole-grains/art-20047826

2. Effect: Reduces OCD symptoms by helping prevent anxious reactions.[128]

ii. Glycine
1. Sources: Eggs, almonds, chicken breast, cottage cheese, fish, milk, and turkey breast.[129]
2. Effect: Reduces OCD symptoms because of its effect on NMDA receptors.[130]

iii. Vitamin D
1. Sources: Oily Fish, eggs, fortified dairy products, sunlight, supplements[131]
2. Effect: Have a beneficial effect on stress response and chronic stress.[132]

iv. Magnesium
1. Sources: Dark chocolate, avocados, tofu, seeds, whole grains, fatty fish, bananas, and leafy greens.[133]
2. Effect: Helps balance mood and relaxation.[134]

b. Diet - <u>Avoid</u>

i. Sugar
1. Effect: Can worsen OCD symptoms and cause an imbalance in the blood sugar levels.[135]

ii. Gluten
1. Effect: Gluten can lead to mood swings, anxiety, depression, and brain dysfunction.[136]

iii. Processed foods
1. Effect: Adds an increase in anxiety to a person with OCD.[137]

c. Activities - <u>Try</u>

i. Exercise
1. Effect: Helps reduce stress and anxiety in your daily life.[138]

ii. Reaching Out to Family and Friends
1. Effect: Social isolation can worsen and increase OCD symptoms.[139]

iii. Getting Efficient Sleep

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[128]https://valleyoaks.org/health-hub/how-can-ocd-be-prevented-by-diet/#:~:text=According%20to%20the%20Association%20for,OCD%20and%20preventing%20anxious%20reactions.
[129] https://www.healthline.com/nutrition/high-protein-foods#pumpkin-seeds
[130]https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7066598/#:~:text=the%20NAC%20group.-,Glycine,agonist%20effect%20on%20NMDA%20receptors.&text=High%2Dprotein%20foods%20such%20as,and%20dairy%20products%20include%20glycine.
[131] https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/
[132] https://healthmatch.io/ocd/best-supplements-for-ocd#how-can-nutrition-help
[133] https://www.healthline.com/nutrition/10-foods-high-in-magnesium#bottom-line
[134] https://healthmatch.io/ocd/best-supplements-for-ocd#how-can-nutrition-help
[135]https://medium.com/@drroseanncapannahodge/what-causes-ocd-to-get-worse-addfc8287cb0#:~:text=Sugary%20and%20processed%20foods%20can,in%20a%20high%2Dstress%20state.
[136]https://blog.healthians.com/ocd-avoid-these-foods-to-minimize-obsessions-and-compulsive-behaviours/
[137]https://blog.healthians.com/ocd-avoid-these-foods-to-minimize-obsessions-and-compulsive-behaviours/
[138]https://www.treatmyocd.com/blog/6-best-strategies-to-combat-obsessive-compulsive-disorder
[139]https://www.treatmyocd.com/blog/6-best-strategies-to-combat-obsessive-compulsive-disorder

1. Effect: Lack of sleep and an exhausted brain will lead to worse OCD symptoms.[140]

iv. Journaling

1. Effect: Journaling helps relieve your emotional burden and helps you see the patterns of your triggers to help you prevent them.[141]

d. Activities - <u>Avoid</u>

i. Stressful Situations

1. Effect: Stress reduces neuronal firing and repairs cognitive abilities.[142]

ii. Bad Sleep Habits

1. Effect: If you have OCD and aren't getting sufficient sleep, this can cause anxiety, intrusive thoughts, and compulsive behavior. [143]

iii. Social Isolation

1. Effect: When a person with OCD is left alone for long periods of time with their obsessions and compulsions it can worsen OCD symptoms.[144]

9. Post Traumatic Stress Disorder

a. Diet - <u>Try</u>

i. Magnesium

1. Sources: Dark chocolate, avocados, tofu, seeds, whole grains, fatty fish, bananas, and leafy greens.[145]
2. Effect: A sufficient amount of magnesium is crucial for people with PTSD. Magnesium increases proinflammatory markers in the body, which can help prevent anxiety and depression. It also lowers the risk of diabetes and cardiovascular disease in people with PTSD.

ii. Omega - 3 Fatty Acids

1. Sources: cold-water fish, such as salmon, sardines, tuna, and mackerel, flaxseed, flaxseed oil, and chia seeds, walnuts.[146]
2. Effect: Helps maintain brain function, and prevents cognitive dysfunction which are two common side effects for people with PTSD.[147]

iii. Vitamin D

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[140]https://psychcentral.com/ocd/ocd-and-sleep-quality#:~:text=Sleep%20is%20particularly%20important%20for,symptoms%20to%20feel%20much%20worse.

[141]https://atelierneorah.com/blogs/news/journaling-to-cope-with-ocd#:~:text=Putting%20your%20thoughts%20on%20paper,triggers%20and%20work%20through%20it.

[142]https://chadd.org/adhd-weekly/managing-stress-when-you-have-adhd/#:~:text=In%20Nature%20Neuroscience%2C%20researchers%20note,cause%20changes%20to%20the%20brain.

[143]https://amerisleep.com/blog/sleep-and-obsessive-compulsive-disorder/#:~:text=Intrusive%20thoughts%2C%20compulsive%20behaviors%2C%20and,poor%20sleep%20exacerbates%20OCD%20symptoms.

[144]https://www.mentalhelp.net/blogs/ocd-and-isolation/#:~:text=OCD%20isolates%20the%20sufferer%2C%20and,and%20compulsions%2C%20can%20exacerbate%20OCD.

[145] https://www.healthline.com/nutrition/10-foods-high-in-magnesium#bottom-line

[146] https://www.medicalnewstoday.com/articles/318428#omega-3

[147]https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6468674/#:~:text=Post%2Dtraumatic%20stress%20disorder%20is,and%20prevention%20of%20cognition%20dysfunctions.

1. Sources: Oily Fish, eggs, fortified dairy products, sunlight, supplements[148]
2. Effect: Vitamin D deficiency is associated with cognitive decline and depression in people with PTSD.[149]

iv. Leafy Vegetables
1. Sources: Spinach, kale, and collard greens.[150]
2. Effect: A deficiency in these things can lead to depression in people with PTSD.[151]

b. Diet - <u>Avoid</u>

i. Alcohol
1. Effect: Makes PTSD symptoms worse and makes it harder to cope with your stress and trauma.[152]

ii. Sugar
1. Can trigger drastic changes in mood, energy levels, and sleep patterns. [153]

iii. Caffeine
1. Effect: Increases anxiety and worsens PTSD symptoms.[154]

c. Activities - <u>Try</u>

i. Therapy
1. Helps identify bad thoughts and triggers of PTSD.[155]

ii. Stretching
1. Effect: Reduces physiological arousal and helps a person with PTSD adapt better to triggers and stimuli.[156]

iii. Exercise
1. Effect: Improves recovery and reduces PTSD symptoms.[157]

iv. Taking a Warm, Herbal bath
1. Effect: Helps reduce stress hormones such as cortisol.[158]

d. Activities - <u>Avoid</u>

i. Situations or Places that are Triggers
1. Effect: Causes anxiety and can be debilitating.[159]

ii. Stress

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[148] https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/
[149]https://austinpublishinggroup.com/nutrition-food-sciences/fulltext/ajnfs-v2-id1030.php#:~:text=Experiencing%20mild%20traumatic%20brain%20injury,its%20relationship%20to%20testosterone%20production.
[150] https://www.flintrehab.com/diet-for-spinal-cord-injury/
[151]https://www.ndtv.com/food/20-mins-of-meditation-can-reduce-ptsd-symptoms-these-5-foods-might-help-too-1800218#
[152]https://www.ptsd.va.gov/understand/related/problem_alcohol_use.asp#:~:text=Alcohol%20Can%20Make%20PTSD%20Symptoms,stress%20and%20your%20trauma%20memories.
[153]https://compassionbehavioralhealth.com/blog/can-diet-and-exercise-help-with-ptsd/#:~:text=Foods%20to%20Avoid%20When%20Managing%20PTSD&text=Foods%20and%20beverages%20high%20in,for%20people%20struggling%20with%20PTSD.
[154]https://pubmed.ncbi.nlm.nih.gov/31479682/#:~:text=However%2C%20the%20repeated%20administration%20of,may%20exacerbate%20symptoms%20of%20PTSD.
[155]https://counseling.online.wfu.edu/blog/the-critical-role-of-counseling-for-ptsd-treatment/#:~:text=In%20cognitive%2Dbehavioral%20therapy%2C%20a,thoughts%20and%20feelings%20about%20the
[156]https://www.ptsduk.org/how-yoga-can-help-ease-ptsd-symptoms/#:~:text=Regular%20yoga%20has%20been%20shown,of%20PTSD%20and%20C%2DPTSD.
[157]=https://www.eml.com.au/resources/benefits-of-exercise-in-supporting-ptsd/#:~:text=Our%20research%20has%20shown%20that,level%20at%20the%20same%20time.
[158]https://www.ptsduk.org/hydrotherapy/6/#:~:text=But%20does%20Hydrotherapy%20for%20PTSD,stress%20hormones%20such%20as%20cortisol.
[159]https://www.therecoveryvillage.com/mental-health/ptsd/ptsd-triggers/#:~:text=Even%20if%20a%20trigger%20is,be%20anxiety%2Dinducing%20and%20debilitating.

1. Effect: Increases PTSD symptoms and can negatively impact mental health and physical health.[160]

iii. Lack of Sleep

1. Effect: Less sleep makes it harder for a person to process memories and emotions which worsens PTSD symptoms.[161]

10. Schizophrenia

a. Diet - <u>Try</u>

i. Omega - 3 Fatty Acids

1. Sources: cold-water fish, such as salmon, sardines, tuna, and mackerel, flaxseed, flaxseed oil, and chia seeds, walnuts.[162]
2. Effect: Helps with brain development and function for people with schizophrenia. [163]

ii. Fiber

1. Sources: fruits, vegetables, grains, peas, and beans.[164]
2. Effect: Many studies show that a person with schizophrenia has lower levels of fiber. Fiber helps lower bad cholesterol levels and aids in digestion.[165]

iii. Folate

1. Sources: Beans, peanuts, sunflower seeds, fresh fruits, whole grains, and eggs.[166]
2. Effect: Decreases the amount of Schizophrenia symptoms. Can act as a kind of treatment for schizophrenia.[167]

iv. Vitamin D

1. Sources: Oily Fish, eggs, fortified dairy products, sunlight, supplements[168]
2. Effects: Helps lower levels of anxiety and depression.[169]

b. Diet - <u>Avoid</u>

i. Alcohol

1. Effect: Can trigger psychosis, making schizophrenia symptoms worse. Also can lead to depression and anxiety.[170]

ii. Gluten

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[160]https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7219872/#:~:text=Traumatic%20or%20chronic%20stress%2C%20which,for%20mental%20and%20physical%20health.
[161]https://www.sleepfoundation.org/mental-health/ptsd-and-sleep#:~:text=And%20even%20after%20treating%20daytime,process%20after%20a%20traumatic%20event.
[162] https://www.medicalnewstoday.com/articles/318428#omega-3
[163]https://www.mentalhelp.net/schizophrenia/treatment/integrative-therapies/#:~:text=These%20oils%20also%20play%20a,necessary%20to%20treat%20the%20disease.
[164]https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948#:~:text=Fruits%2C%20vegetables%2C%20grains%2C%20beans,moving%20in%20the%20large%20intestine.
[165] https://www.webmd.com/schizophrenia/ss/slideshow-best-nutrition-for-schizophrenia
[166] https://www.hsph.harvard.edu/nutritionsource/folic-acid/
[167]https://www.sciencedaily.com/releases/2008/06/080604155820.htm#:~:text=Goff%2C%20whose%20pioneering%20research%20identified,the%20amino%20acid%20homocysteine%20low.
[168] https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/
[169]https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8505257/#:~:text=One%20study%20had%20shown%20that,dose%20dietary%20(ergocalciferol%20400%20IU
[170]https://www.nhs.uk/mental-health/conditions/schizophrenia/living-with/#:~:text=Regularly%20drinking%20more%20than%20the,damage%20to%20your%20physical%20health.

1. Effect: Research shows that excessive gluten intake can affect dopaminergic homeostasis in a negative way in a person with schizophrenia.[171]

iii. Refined sugars

1. Effect: A low amount of sugar in the bloodstream is found to help schizophrenia symptoms improve. [172]

c. Activities - <u>Try</u>

i. Exercising

1. Effect: Improves some schizophrenia symptoms including low energy, social withdrawal, and cognitive issues.[173]

ii. Stretching

1. Effect: Improves long term memory and is shown to improve depressive symptoms found in schizophrenia.[174]

iii. Therapy

1. Effect: Therapy can improve coping and life skills, manage stress, and improve communication. [175]

iv. Get Good Sleep

1. Effect: Lack of sleep can worsen and increase symptoms of schizophrenia.

d. Activities - <u>Avoid</u>

i. Not Taking Your Medication

1. Effect: If you have schizophrenia and you don't take your medication it can cause a relapse. [176]

ii. Stressful situations

1. Effect: Stress is shown to trigger schizophrenic episodes.[177]

iii. Social Isolation

1. Effect: Being surrounded by family and friends is found to decrease symptoms in schizophrenia.[178]

11.Spinal Cord Injury

a. Diet - <u>Try</u>

i. Vitamin D

1. Sources: Red meat, oily fish like salmon, egg yolks, mushrooms, herrings, and sardines[179]
2. Effect: Helps combat osteoporosis[180]

ii. Lean Protein

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[171]https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp-rj.2020.150303#:~:text=This%20is%20significant%20for%20schizophrenia,in%20vulnerable%20individuals%20(2).
[172] https://www.webmd.com/schizophrenia/ss/slideshow-best-nutrition-for-schizophrenia
[173] https://www.webmd.com/schizophrenia/schizophrenia-and-exercise-the-link
[174]https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6386427/#:~:text=Yoga%2C%20specifically%2C%20improved%20long%2D,and%20depressive%20symptoms%20in%20schizophrenia.
[175]https://www.helpguide.org/articles/mental-disorders/schizophrenia-signs-and-symptoms.htm
[176]https://myhealth.alberta.ca/Health/aftercareinformation/pages/conditions.aspx?hwid=ug6502#:~:text=But%20if%20you%20stop%20taking,doctor%20on%20a%20regular%20basis.
[177]https://www.helpguide.org/articles/mental-disorders/schizophrenia-signs-and-symptoms.htm
[178]https://www.helpguide.org/articles/mental-disorders/schizophrenia-signs-and-symptoms.htm
[179] https://www.specialstrong.com/workout-and-special-diets-for-autism/
[180] https://www.spinalcord.com/blog/dietary-considerations-for-people-with-paralysis

1. Sources: Turkey, chicken, lean ground beef, and low-fat dairy.[181]
2. Effect: Reduces risk of having pressure sores and helps maintain lean body mass.[182]

iii. Dark Leafy Vegetables
1. Sources: Spinach, kale, and collard greens.[183]
2. Effect: Dark leafy vegetables promote muscle relaxation, bone health, and neurological health.[184]

iv. Fiber
1. Sources: Fruits, vegetables, beans, and grains.[185]
2. Effect: Helps maintain bowel management.[186]

b. Diet - <u>Avoid</u>

i. Caffeine
1. Effect: Can cause dehydration in people with SCI which can lead to your muscles not functioning properly, bad kidney function, and constipation.

ii. Sugar
1. Effect: Lower levels of glucose in paralytic people improve movements and sensory function.[187]

iii. Fried Foods
1. Effect: causes inflammation in the body.[188]

c. Activities - <u>Try</u>

i. Drinking Lots of Water
1. Effect: Improves skin condition, metabolism, and kidney function.[189]

ii. Physical Therapy
1. Effect: Helps strengthen muscles and improves mobility.[190]

iii. Aerobics Exercises
1. Helps delay muscle fatigue and increases maximum movement capacity.[191]

iv. Breathing Exercises
1. Effect: Strengthens muscles used for breathing and helps prevent lung infection.[192]

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[181] https://www.everydayhealth.com/diet-nutrition/best-food-sources-of-lean-protein/
[182] https://www.spinalcord.com/blog/dietary-considerations-for-people-with-paralysis
[183] https://www.flintrehab.com/diet-for-spinal-cord-injury/
[184] https://www.flintrehab.com/diet-for-spinal-cord-injury/
[185]https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948#:~:text=Fruits%2C%20vegetables%2C%20grains%2C%20beans,person%20feel%20full%20for%20longer.
[186] https://spinal.co.uk/get-support/body-matters/exercise-and-nutrition/
[187] https://www.sciencenews.org/article/high-blood-sugar-could-worsen-effects-spinal-injury
[188]https://williamcapicottomd.com/avoid-fried-foods/#:~:text=Foods%20that%20are%20deep%2Dfried,or%20illness%20avoid%20these%20meals.
[189]https://craighospital.org/resources/h2o-to-go-hydration#:~:text=Doctors%20and%20SCI%20survivors%20alike,who%20have%20spinal%20cord%20injuries.
[190]https://www.touchstonerehabilitation.com/blog/physical-therapy-and-spinal-cord-injuries#:~:text=Physical%20therapy%20for%20spinal%20cord,independent%20and%20functional%20as%20possible.
[191]https://www.physio-pedia.com/Cardiovascular_Training_in_Spinal_Cord_Injury#:~:text=Increased%20ability%20of%20the%20exercising,fatigue%20and%20increases%20maximal%20exercise
[192]https://www.healthlinkbc.ca/illnesses-conditions/lung-and-respiratory-conditions/spinal-cord-injury-breathing-practice#:~:text=This%20makes%20it%20difficult%20to,seconds%3B%20then%20slowly%20breathe%20out.

d. **Activities - <u>Avoid</u>**

i. Social Isolation

1. Effect: When you struggle with SCI you are at higher risk of depression. Being around people can reduce risk of depression and facilitate coping.[193]

ii. Not Getting Sufficient Sleep

1. Effect: Lack of sleep can result in poor memory, increased pain, depression, and decreased alertness.[194]

iii. Stress

1. Effect: Stress decreases glucocorticoid receptor function in people with a spinal cord injury.[195]

12. Stroke

a. **Diet - <u>Try</u>**

i. Omega 3 Fatty Acids

1. Sources: Salmon, mackerel, cod liver oil, herring, oysters, sardines, and anchovies[196]
2. Effect: Omega 3 fatty acids improve brain health and have shown many benefits for stroke recovery[197]

ii. Vitamin C

1. Sources: Fruits and vegetables[198]
2. Effect: Studies show a lack of vitamin C intake is a stroke risk factor, especially for people with a history of hemorrhagic strokes.[199]

iii. Fiber and Folate

1. Sources: Wholegrains, Fruits, leafy vegetables, beans, and potatoes[200]
2. Effect: Contains antioxidants, which help reduce damage to the blood vessels, and they also contain potassium which helps control blood pressure. Certain fruits help lower cholesterol.[201]

iv. Probiotics

1. Sources: Yogurt, kefir, sauerkraut, kimchi, miso, kombucha, pickles, and buttermilk[202]
2. Effect: Reduces inflammation.[203]

b. **Diet - <u>Avoid</u>**

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[193] https://www.nature.com/articles/sc2011116#:~:text=Social%20support%20seemed%20to%20decrease,being%20in%20people%20with%20SCI.
[194] https://www.flintrehab.com/spinal-cord-injury-sleep-problems/#risks
[195] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3988397/#:~:text=It%20can%20be%20predicted%2C%20for,in%20decreased%20glucocorticoid%20receptor%20function.
[196] https://www.healthline.com/nutrition/12-omega-3-rich-foods#7.-Anchovies-(411-mg-per-serving)
[197] https://www.flintrehab.com/omega-3-for-stroke-recovery/#:~:text=Omega%203%20and%20Stroke,if%20it%27s%20safe%20for%20you.
[198] https://www.specialstrong.com/workout-and-special-diets-for-autism/
[199] https://www.flintrehab.com/vitamins-for-stroke-recovery/
[200] https://www.medicalnewstoday.com/articles/323133#whole-grains
[201] https://strokefoundation.org.au/what-we-do/for-survivors-and-carers/after-stroke-factsheets/diet-after-stroke-fact-sheet#:~:text=Fruit%20and%20vegetables%20contain%20antioxidants,reduce%20the%20risk%20of%20stroke.
[202] https://www.healthline.com/nutrition/11-super-healthy-probiotic-foods
[203] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8568545/

i. Salt
    1. Effect: Causes high blood pressure which is one of the biggest risk factors for another stroke.[204]
ii. Saturated Fats
    1. Effect: Causes high cholesterol.[205]
iii. Alcohol
    1. Effect: increases the likelihood of negative side effects after a stroke. For example, depression, bad sleep, and speech problems.[206]

c. Activities - <u>Try</u>

i. Participate in Rehabilitation Therapy
    1. Effect: Helps retrain the brain to do things that were affected by the stroke.[207]
ii. Exercise
    1. Effect: Improves mobility, strength, and cardiovascular health.[208]
iii. Playing Board Games
    1. Effect: Board games, especially memory and strategic games improve various brain skills including concentration, reasoning, organization, and memory.[209]
iv. Gardening
    1. Effect: Gardening improves stamina, balance, and coordination.[210]

d. Activities - <u>Avoid</u>

i. Drugs
    1. Effect: Doing drugs while recovering from a stroke negatively affects neurotransmitters in the central nervous system.[211]
ii. Unhealthy Sleeping Habits
    1. Effect: Sleep helps neuroplasticity, the part of the brain responsible for creating new neural connections in the brain, without good sleep stroke recovery will last longer.[212]
iii. Stressful Situations
    1. Effect: Stress causes the ph levels in your body to be unbalanced, weakening the immune system, and causing recovery to last longer.[213]

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[204] https://www.stroke.org.uk/stroke-news/simple-swaps-cutting-back-salt
[205]https://strokefoundation.org.au/what-we-do/for-survivors-and-carers/after-stroke-factsheets/diet-after-stroke-fact-sheet#:~:text=Saturated%20fats.,Try%20nut%20butters%20or%20avocado.
[206]https://www.stroke.org.uk/what-is-stroke/what-can-i-do-to-reduce-my-risk/drink-less-alcohol#:~:text=If%20you%27ve%20had%20a,which%20are%20common%20after%20stroke.
[207] https://stvincents.org/about-us/news-press/news-detail?articleid=51600&publicId=745
[208]https://www.flintrehab.com/exercise-after-stroke-guidelines/#:~:text=Strength%20training%20exercise%20is%20recommended,foot%20drop%2C%20and%20improve%20endurance.
[209]https://www.healthline.com/health/stroke-treatment-and-timing/brain-exercises-for-stroke-recovery#memory-games
[210] https://www.saebo.com/blog/35-fun-rehab-activities-stroke-patients/
[211] https://jamanetwork.com/journals/jamaneurology/fullarticle/773642
[212]https://www.saebo.com/blog/sleep-stroke-key-faster-recovery/#:~:text=Quality%20sleep%20has%20many%20benefits,re%2Dlearn%20movements%20and%20functions.
[213] https://www.saebo.com/blog/13-common-mistakes-avoid-stroke-recovery/