

# Holistic Health

# HANDBOOK

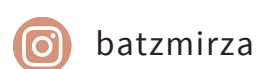
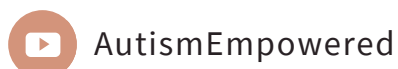
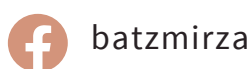


BATOOL MIRZA  
HOLISTIC COACH

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# My STORY

My son Ayaan was diagnosed with Moderate to Severe Autism in 2015 with an ATEC Score of above 80. It was a time of deep shock, anxiety and reflection. I have been where you are, but I kept moving forward. I learned, researched, read, tried and failed, tried and succeeded. I embraced Autism so I can rise above its challenges.

Today my son's ATEC is under 13. He has come a long way and his progress is the reason I am so inspired to share with you how healing works internally, emotionally & physically. Autism is more than a challenge, it can be a calling for something greater.

*Batool Mirza*



[Book A Session With Me](#)



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AutismEmpowered



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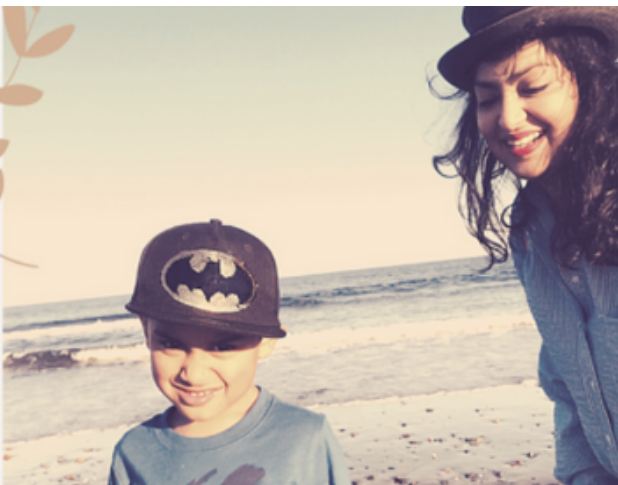
# HOLISTIC APPROACH

## *Introduction*

“The part can never be well unless the whole is well.”- Plato

Holistic health is an approach to life that considers multidimensional aspects of wellness. It encourages individuals to recognize the whole person: physical, mental, emotional, social, intellectual, and spiritual. All these systems work together in harmony to achieve the stability needed for optimal wellness. This is different to traditional medicine approach, a holistic approach aims to answer "why" this is happening in our bodies.

As a Certified Integrative Health Practitioner, I work with families in identifying how to make better food choices not just for their children, but also for themselves for a complete lifestyle change. My role is to educate them on the various ways a body can heal itself, through clean eating, removal of inflammatory foods, rest and sleep, keeping the toxic load down in our bodies by cleaning up our environment, even our pantries ! When it comes to our children and the alarming rate of increase in Autism diagnosis, it will be adopting this clean lifestyle to health and wellness that will help us and our children heal and thrive in the long run.



"WHAT STANDS IN THE WAY,  
BECOMES THE WAY"

Marcus Aurelius

# HOLISTIC APPROACH *for Autism*

You may be asking yourself. Why should you follow a Holistic Approach for yourself or your child ? So let's take a deeper dive into it.

According to CDC (Centre for Disease Control, USA) every 1 in 36 children is diagnosed with Autism. That is a very high number. Chances are that you will find multiple children with Autism in your neighbourhood ! Whats concerning is that no such stats exist for a country like Pakistan where this number is likely even higher. Following are only some of the possible reasons that are linked to the rise of Autism along with other childhood disorders and even diseases impacting adults such as gut health issues, diabetes, blood pressure, inflammatory bowel syndrome etc.

- Use of Glyphosate - An active chemical ingredient used in herbicides that farmers use to target weeds. Sadly this makes it to the food that makes it to our plate. Items include corn and various wheat products.
- Overuse of Antibiotics - This tends to impact the natural gut flora resulting in impaired gut health leading to issues of leaky gut and nutrient absorption.

- GMO Foods & Processed Foods - We may think we are consuming a clean diet because we all mostly consume home cooked meals. But whats in those spices ? The preservatives in the jars ? The stock cubes ? You will be surprised to find that a lot of foods you may be consuming are sourced from Genetically Modified foods. Meaning they no longer represent the natural nutritional value they were once meant to have.
- Viruses & Bacteria - Our immune systems are vulnerable to a myriad of viruses, pathogens and bacteria that we are not strongly equipped to fight back. Hence taking a toll on our immunity.
- Environmental Toxins - We are living in a time of worst air quality and water contamination. Leading to exposure to toxins that directly impact the development of our children such as metals and mold (neurotoxin).
- Nutrients - Children with Autism struggle with picky eating, making it harder to stay on top of their nutritional needs. Studies show many have a range of deficiencies in areas of Omega3, Iron, Vitamin D, B's and Vitamin C.



# HOLISTIC APPROACH

## Benefits

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Now that you understand some of the factors that are contributing to childhood disorders, let's explore the benefits you will see when applying a Holistic Approach. Given the name "holistic" we want to look at the big picture. Not just the food and the environment, but also the stress and the parental relationship. The keystone of any Holistic Approach is positive parenting - to be able to connect with your child through positive and empowering interactions. Here are just some of the benefits you will find as you embark on this journey with your child:

- Reduced Hyperactivity - You might see that your child is now calmer and more focused.
- Improved Mood - You may find that they are happier, less disconnected and more aware of their surroundings.
- Improved Immunity - You may in fact find they get sick less or recover faster than before.
- Improved Sleep - You may note that they are sleeping longer or deeper.
- Speech Development - You might find they are performing better in therapies and school. And are more alert and engaged
- Rapport - If you apply the strategies of positive parenting, you may find they are more responsive to you, imitating better and initiating more.

Let's get started .....

"Although the precise pathophysiologies underlying ASD are unclear, growing evidence supports a role for dysregulated neuroinflammation. A role for the gut-brain axis involving microbial-immune-neuronal cross talk is also a growing area of neuroinflammation research." - Study on [Neuroinflammation in Autism](#) from PubMed

# Checklist GET STARTED

✔ **Youtube Channel:** I have done many talks on diet, holistic approach, speech strategies and mental health for parents. I have shared our own journey in each talk I have done with valuable insights. Head over to my channel, take a look and Subscribe. I recommend spending 10 minutes here a day !



[CLICK HERE](#)

✔ **YouTube Playlist :** I have created this Youtube Playlist with helpful videos that will be your guide. From recipes to quick tips, this will save you time. Take a second to save this.



[CLICK HERE](#)

✔ **ATEC Score:** A diagnostic tool created at Autism Research Institute is a questionnaire that parents can complete on their own for use with children ages 5-12. This helps you track your child's progress. Before you start on your journey, take a minute to do your ATEC score and keep it safe. It will be most empowering to see this score decline as weeks go by. Severe (Over 100), Moderate-to-Severe (50-100), Mild-to-Moderate (30-50), Mild (Under 30). Most consider scores under 10 to be recovered !



[CLICK HERE](#)

✔ **Facebook Group:** Join my FB group "[Pakistan Autism Care Community](#)" for events, posts and articles I write, and important guest speaker sessions for Pakistani community.



[CLICK HERE](#)

✔ **WhatsApp Group:** Join our WhatsApp group to learn about Holistic Approach from me and other parents experience.



[CLICK HERE](#)



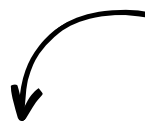
# Reduce **TOTAL LOAD**

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Total load refers to the toxin load our bodies carry. This can be reduced by cleaning up our diets and our environments. Take the next 3-4 weeks to reduce total load for your child to allow for deeper healing and absorption of nutrients to occur in your health journey.

- Adopting a Dairy-Free & Gluten Free Lifestyle. There is some research to suggest that the protein in dairy (Casein) and gluten can lead to increased inflammation for the already taxed systems of Autistic children. These can be because of food intolerances or leaky gut. Generally a Camel milk is considered a better choice with its healing properties or in plant based Coconut milk.
- Remove all plastic (bottles, containers, lunch boxes, water bottles) Use glass jars, glass containers.
- Recommend the use of an air filter (local HEPA filter will do, Philips has one available in Pakistan) or an area where your child spends the most time.
- Avoid insect repellants and use natural ones such as made with tea tree oil.
- Review body products such as shampoo, toothpaste, bodywash, soap.
- Review cleaning products such as bathroom cleaners, dishwashing products, laundry liquids, floor cleaners. Avoid any dry cleaning.
- Clean Vegetable/Fruits from harmful pesticides (See Youtube Playlist)
- Remove arsenic from rice (See youtube playlist)
- Cooking oils: only coconut oil and desi ghee suitable for cooking. MCT oil & Olive oils are best for drizzling.
- Use good quality mineral water or Fiji Water. Otherwise consider getting a Reverse osmosis unit. Use mineral water for cooking also.
- Walk barefoot on the grass for grounding and resetting circadian rhythm.

Watch my video  
on Holistic Approach



**Holistic Approach to Autism | Role of Glutamates | Diet, Supplements, Total Load | In Urdu**

Autism Empowered • 1K views • 6 months ago

# DIET CLEAN UP *Tips*

It takes 21 days to build a habit.  
Go slow, no need to rush. Rome  
wasn't build in a day.

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1

When making dietary changes, follow my 90/10 rule. For example, when changing over Cow milk, keep 90% cow milk and mix in 10% of the dairy free option. Gradually keep increasing the dairy free option until Cow milk is phased out. These gradual changes help expand a child's taste palette slowly and also reduce stress and anxiety for the parents

2

First remove dairy completely, then address removing gluten. Introduce food groups one at a time, treat it like medicine. Don't introduce multiple new foods at the same time. Specially if they haven't been tried before.

3

Do most of your meal prep on Weekend, so you have the time to be present for your child.



# PANTRY CLEAN UP LIST

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- Remove canned goods
- Remove bottled goods
- Discard pre-made Ginger & Garlic pastes
- Discard pasta sauce & tomato sauce
- Remove corn flour
- Remove vegetable oil, canola oil and mustard oil.
- Remove boxed spices such as masalas
- Remove sauces such as chilli sauce, soy sauce
- Remove food dyes instead use natural ingredients like saffron and beetroot juice.



# Healthy SWAPS

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Try these healthy swaps to start doing substitutions as you clean up the diet.

## COW MILK



Cow milk can be inflammatory for certain GI conditions



## COCONUT MILK



Coconut milk is a Hypoallergenic substitute for dairy. Camel Milk (clean hygienic option) is also a good choice.

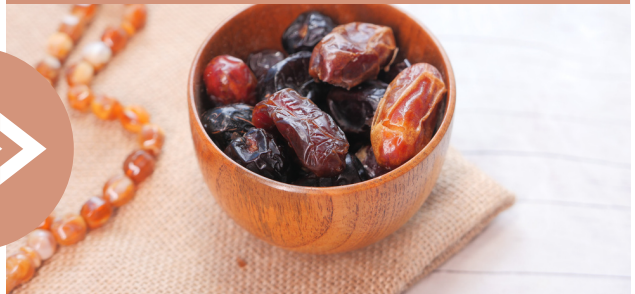
## SUGAR



White sugar or most types of sugars are synthetic.



## RAW HONEY OR DATES



Swap with a natural sweetener such as honey or dates.

## ICECREAM



Icecreams are high in sugar and food coloring.



## SMOOTHIE POPSICLE



Make fresh smoothies and make popsicles from them.

# Healthy SWAPS

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You can be creative and have fun with this.

## REGULAR PASTA



Try mixing regular pasta with a clean option.



## LENTIL PASTA



Lentil pasta is high in fibre and nutrients.

## DEEP FRYING



Avoid deep frying or fry in a shallow dish.



## AIR FRYING/BAKING



Air frying or baking are suitable options when expanding child's palette

## POTATOE FRIES



Mix regular fries with rainbow fries.



## SWEET POTATO FRIES



Try an assortment of vegetable fries to make rainbow fries

# Calcium

## NON-DAIRY SOURCES

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One of the biggest misconceptions when going Dairy-free is that there will be not enough calcium in the diet. Here are a list of top calcium, non-dairy food sources. The recommended intake for a child 3-8 years of age is 700 - 1000 mg. Make sure you add a serving of calcium rich foods every meal.



### CHIA SEEDS

**179 MG CALCIUM / 2 TBSP**

A single ounce, or 2 tablespoons of chia seeds provide 179 mg of Calcium.



### SUNFLOWER SEEDS

**88 MG CALCIUM / 1 TBSP**

Eating just 1 tablespoon of Sesame seeds adds 88 mg of Calcium. Try toasting them and sprinkling the seeds over your meal for extra crunch.



### OKRA

**82 MG CALCIUM / 1 CUP**

A single cup of raw okra contains 82 mg of Calcium.



### SWEET POTATOES

**68 MG CALCIUM / 1 POTATO**

Just 1 potato carries 68 mg of Calcium.



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*Meal Plan*

# Meal PLAN

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Here are some ideas of how simple Gluten Free Dairy Free living can be. Make substitutions slowly.

	Day 1	Day 2	Day 3
	GF Oats, Chia Seeds & MCT oil	Egg Scramble or Omelette in Ghee	GF Pancakes with Manuka Honey
	Khichri with Meat Stock	Herby Kebabs (See recipe)	Minced Chicken with Tahiri
	GF Waffles with Raw Honey	Sweet Potato or Parsnip Fries	Chicken Pakoras
	Subzi Pulao	Spicy Hibiscus Beef with GF Roti	Calming Daal



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# Meal IDEAS

Here are some ideas to get you started. Remember you don't have to follow all of these ! Play with different food groups and textures and get creative !

## Breakfast

- Gluten Free Oats with Chia seeds cooked in Coconut milk topped with Seed butter & manuka honey (can use nut butter if no oxalates/histamine sensitivity).
- Egg omelette (with finely chopped red onions or spring onions, coriander, mint) cooked in ghee or coconut oil.
- Fried eggs in ghee with cassava roti or coconut roti.
- Gluten Free Pancakes (cassava flour, rice flour) drizzled with raw honey & MCT oil.

## Lunch

- Khichri cooked in Meat stock (make it as per desired texture) can make it creamy using coconut cream. Drizzle olive oil on top with a sprinkle of dried oregano for anti-fungal properties.
- Herby Kebabs made with mince (of your choice) mint, coriander, dried oregano leaves spring onions, lemon juice, dash of moringa powder, freshly minced garlic/ginger, egg.

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*Calming Chamomile Daal*



- Chicken nuggets (can use onion and garlic flakes with light besan as a batter) with sweet potato fries (can be air fried)

## *Snack*

- Cassava flour waffles (use a waffle maker) can use ghee to cook. Serve with fruit of your choice. Top with maple syrup (optional)
- Parsnip fries or baked parsnips mixed with ground rosemary and coconut oil pepper and tumeric. Can airfry also.
- Bone Broth with a couple of drops of oregano oil for anti-fungal and anti-viral properties if needed.
- Smoothie popsicles. Make a smoothie using your preferred fruits or vegetables. Add the mixture to popsicle mold for a tasty treat. Can also use teas such as hibiscus, mint, chamomile to make frozen popsicles.

## *Dinner*

- Subzi pulao cooked in meat stock: shredded carrots, broccoli and cauliflower mixed in to raise nutritional value
- Creamy Chicken Qeema with Butternut squash: cooked with fresh ginger, garlic and tumeric with a dash of coconut cream serve with pulao or cassava roti

## *Herby Kebabs Meal Prep*

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## *Dinner*

- Saucy Hibiscus beef: finely diced beef cut up and cooked well with onions, ginger, garlic (green chilli optional) brew up a pot of hibiscus tea and use that to replace tomatoes (if needed). This one is a family favorite now.
- Calming Daal (tadka optional) : I use meat stock or chamomile tea for cooking the daal. for tadka use cumin seeds, whole black pepper, fennel seeds. Top it with crushed fresh garlic - which has multiple anti-Candida benefits.
- Oregano chicken fingers: slice up chicken breast or cut it as per your preference. Base marinade is with ginger, garlic and light spices. Sprinkle dried oregano for final rub. Can bake/grill/panfry it. Comes awesome. Serve with potatoe wedges or parsnips

*Hibiscus Beef with Sabzi Pulao*

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*Recipes*



# COCONUT MILK

**TIP:** Keep it simple with few ingredients

## INGREDIENTS

- 2 cups Shredded Unsweetened Coconut
- 3-4 cups Filtered water (720-960 ml)
- Dated Grate 1
- Grated Vanilla Ben 1/4
- Himalayan Salt - Pinch



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## DIRECTIONS

- 1** Add shredded coconut in blender, add the water and blend thoroughly.
- 2** Keep blending and pause to add salt, date and vanilla bean, then blend some more.
- 3** Pour out into a glass jar using a muslin cloth or a nut milk bag to squeeze out the mixture for creamy fresh coconut milk.
- 4** If you leave it overnight in the fridge, the cream of the coconut will separate and can be used in curries or as a yoghurt replacement. Otherwise shake it up and enjoy ! Good for 3-5 days in the fridge.

# Bone

# BROTH



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## INGREDIENTS

- Soup Bones (Joint bones) 2-3
- Peppercorn 1 tsp
- Cloves 1/2 tsp
- Cardamom 1/2 tsp
- Cinnamon 1 stick
- Bay Leaves 3-5
- Cumin Seeds 1 tsp (optional)
- Diced Onion - 1
- Garlic (whole bunch)
- Ginger (2 big pieces)

## DIRECTIONS

- 1** Using filtered water for cooking. Put up the water and add the dry spices
- 2** Add soup bones once the water comes to a boil
- 3** Cook for no longer than 1.5 hours on high flame until bones separate and release oil or marrow. Store in glass jars once cooled down.

Watch my video  
on how to make it





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*Parents*

**HOME PLAN**

# SPEECH Ideas

Part of the Holistic Approach is utilizing parenting strategies to promote language development.

- 1 First identify what Communication Stage your child is on and play games according to their stage :

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## Communication Stages

Source: Hanen More Than Words

			
<b>OWN AGENDA</b> Focused on self-play	<b>REQUESTER</b> Non-verbal communication	<b>EARLY COMM</b> Beginning to engage, initiate & acknowledge	<b>PARTNER</b> Beginning to have short conversations

Watch my video on how to identify the communication stage

- 2 Next, set up a small Play corner in your house where you can engage with your child using simple toys such as cushions, blankets and sensory toys.

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## Play toolkit

 Designated Play area	 Simple materials at hand i.e Fort	 Visuals	
 Sensory Play	 Play in front of the mirror	 Interactive books, song books	 Have Props to add role play

Watch my video on games to play according to stage



# USING Visuals

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Use visuals to communicate with your child and lay out their entire day and week.

## 1. Toileting Visuals



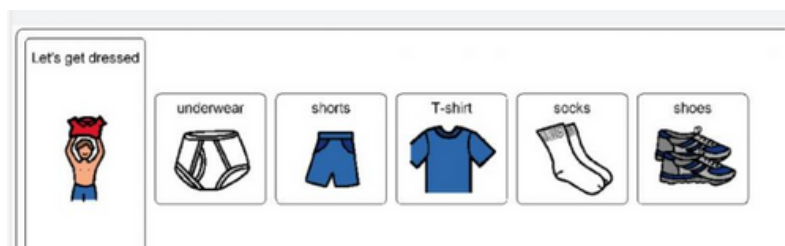
## 2. Visual Calendar



Watch my video  
on how to use them



## 3. Dressing Visuals



# NIGHT

# Routine



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- Adjust Body clock: Ensure your child is sleeping and rising with the sun, and spending plenty of time in the sun that is signalling to the brain the difference between AM & PM.
- Epsom Salt Bath - Give Epsom salt bath every other day with a Deep Joint massage. The days you don't give epsom salt bath give epsom salt spray. Spray on the back, back of the legs, and back of the neck.
- Sleep Sanctuary: Ensure dark room with a dim light, temperature set up to what suits your child, internet/wifi turned off in the sleep area.
- Screen time: Opt for quiet tv time if removing screens entirely is not possible but avoid music, loud noises, bright lights or blue lights from laptops/phones as the evening falls. Learn to slow down with the day, your child will slow down with you.
- Supplement: Adding Magnesium is a great way of calming our bodies down for the night. Epsom salt baths give topical magnesium however oral supplementation is more important, as it can signal and activate our rest-and-digest part of our nervous system.

**AUTISM & SLEEP**  
The Circadian Rhythm  
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Create a dark, safe sleep space

Spend time in sun. Rise & sleep with it.

Give Epsom Salt Baths or use topical Magnesium

Sleep same time everyday

Limit screen time in the evenings

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# Epsom Salt Bath

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Give this bath every other day to promote relaxation and opening of natural detox pathways. Start with 5 minute duration and go upto 30 minutes soaks.

## Ingredients

Fill Tub to belly button

Add 1/4th cup of plain Epsom salt to start with

Add 3 drops of Lavender Essential Oil

Add 1/2 cup of chamomile flowers or 5 drops of Chamomile Essential Oil

Add half of CBD Bath bomb or CBD oil drops (optional)



# Exercises

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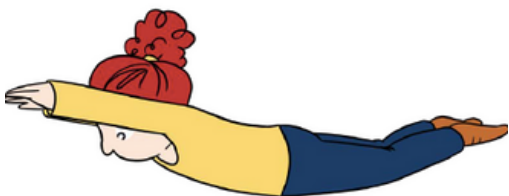
It is also found that building a stronger core has helped in a more organized brain which can lead to muscle tone improvement as well as bring speech clarity and mood regulation. Incorporate the following in your home routine or have your OT include these:

- Wheel barrow walks
- Planks (can use a peanut ball)
- Wall Push Ups
- Mid-line crossing exercises
- Bridges

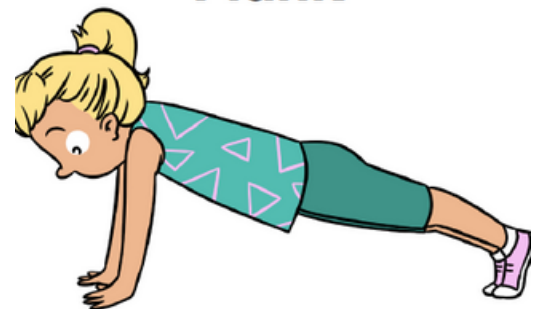
## Bridge



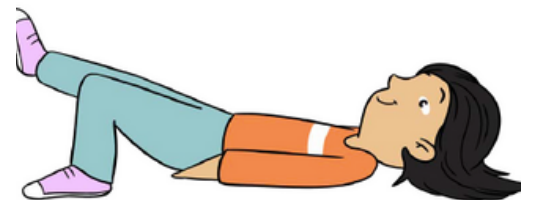
## Superman



## Plank



## Single Leg Bridge



# MENTAL HEALTH

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# Support

A crucial part of your child's healing is your own levels of stress, the quality of your own mental health and how available you are to them. If you feel overwhelmed, anxious and are looking for support, know that you are not alone. I was also once where you were, and I share the same worries you have. You can join the supportive parental community I have build via Facebook [Pakistan Autism Care Community](#) or WhatsApp Groups.

I have hosted a Mental Health Summit where I was joined by various other Special Need Parents who shared their journey and valuable pearls from their personal experience on how they managed their own mental health. Find the talk series on my Youtube Channel or click on a video below.



Sorry texting you personal but i want to share my happiness with you. Till 3 years my son only have 2 or 3 words before no proper eye contact ,no mama baba nothing but apko follow kar k seriously i Don't have words like kaisay bataon ap k liye duain dil se nikalti hai bcz he went to a therapy centee for like 4 or 5 months but wahi band room kya ho raha ha kya nahi kuch pata nahi. I applied everything from your live sessions, books etc. Alhamdullilah he's now like a parrot! seriously you're live sessions helped me alot gives me strength,more power and hope. your session about mental health of a mother they were amazing

**S. JALAL, PAKISTAN**



Depression After Autism Diagnosis |  
Mother's Mental Health | Caregiver...



Autism, Blame & Shame | Special  
Need Parents | Caregiver Health...



Autism | Easy to Apply Strategies  
for Parent Anxiety | Caregiver Heal...



Parent Empowerment for Mental  
Health | Autism | Caregiver Health...

# Work with Me

I created this document to provide as a Beginner's Guide to Holistic Health & Clean Eating. If you have implemented these changes and are ready to go further in your healing journey it might be beneficial to work with a Holistic Health Practitioner. Read below if you wish to book an appointment with me.

1. **Book An Appointment** : I keep time aside specially to assist families in Pakistan. Book your sessions ahead of time due to limited availability. Here is the calendar link - **[Book An Appointment](#)**
2. **Food Log** : Find this under Resources, complete one daily.
3. **Supplement Log**: Find this under Resources, keep a print out and use this daily to record what you are giving and when.
4. **Lab Tests**: If you haven't done so already, use your local labs to do the bloodwork as listed below.



Asalmualikum Batool my daughter surprised me today first Batool mam, I was literally sobbing .. first time in 6 years she used word dinner time while looking on shami kebabs material. Thank you so much I am over the moon. Lots of prayers for you Batool.

**AUTISM MOM**

## Identifying Deficiencies

- RBC, CBC
- C-Reactive Protein
- LFT
- TSH
- Serum Iron
- Vitamin D
- B12
- QEEG (as needed): Check for seizures



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# Thank you

**I HOPE THIS WILL BE  
YOUR GUIDE**

I know this was a lot of information but I truly wish I knew everything back then that I know today. I hope to save you time and guesswork so you can focus on the most beautiful part of your journey - healing from within.

Yours in Health,

*Batool Mirza*



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**ADDITIONAL**

*Resources*



# Weekly Food Log

MONTH OF :

	MON	TUS	WED	THU	FRI	SAT	SUN
<b>DATE</b>							
<b>FOOD</b>							
<b>EXERCISE</b>							
<b>PROGRESS</b>							
<b>WATER</b>							

# Supplement Log



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YEAR: \_\_\_\_\_

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Week of \_\_\_\_\_

vitamins - supplements M T W T F S S

.....

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Week of \_\_\_\_\_

vitamins - supplements M T W T F S S

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Week of \_\_\_\_\_

vitamins - supplements M T W T F S S

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Week of \_\_\_\_\_

vitamins - supplements M T W T F S S

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Week of \_\_\_\_\_

vitamins - supplements M T W T F S S

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