



The Power of Food and Advocacy:

**for parents of children with
Down Syndrome**

**Vaish Sarathy, Ph.D. ,
Functional Nutrition Consultant**



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- **Functional Nutrition Consultant**
- **Chemistry and Math Teacher**
- **TEDX Speaker + Podcast Host**
- **10 + years in Research [Ph.D.]**

**10 years of
Functional
Nutrition**

**Teach
Advanced
Science to
Autistic / NT
Kids**

**Interviewed
over 100
experts in
Nutrition**



100% of my son's Moods + Regulation + Sleep + Energy was managed by diet.



Our diet is powerful BUT super-simple. He LOVES it.



My son is in REGULAR 11th grade classes. He is 16.



“

**Moment I stopped eating
inflaming foods was the
moment I could live in
Harmony again."**

-Sid Ghosh



**Here are the 3 things I hope you will take away
from this talk:**

**1. The importance of addressing oxidative stress in your
diet.**



**Here are the 3 things I hope you will take away
from this talk:**

- 2. The importance of proactive nutritional support early**
 - don't react, be proactive [address gut related problems such as constipation, dysregulation, low energy, picky eating early]**



**Here are the 3 things I hope you will take away
from this talk:**

- 3. The importance of advocacy - ask uncomfortable questions to the medical establishment.**

An underactive thyroid, poor growth, severe constipation, bloated tummy are not normal. It is not just Down Syndrome.



**Important steps you can take right now- esp if you
have a young child with Down Syndrome**



***Avoid / Reduce low nutrition,
potentially hard to digest /
inflammatory foods :***

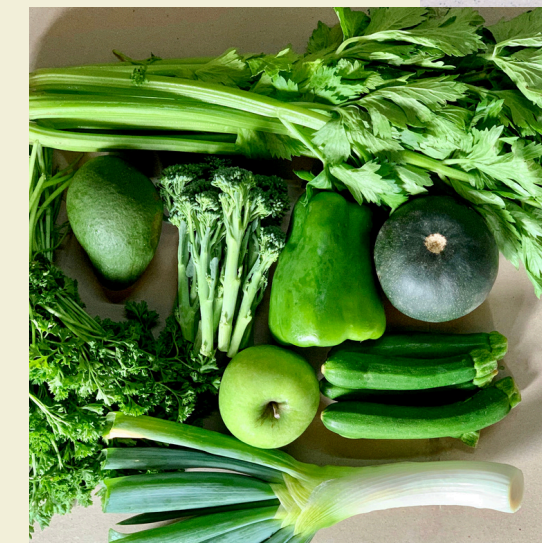
- white flour***
- white sugar***
- dairy etc.***



Increase variety and diversity of foods

Introduce “cultivated tastes” such as

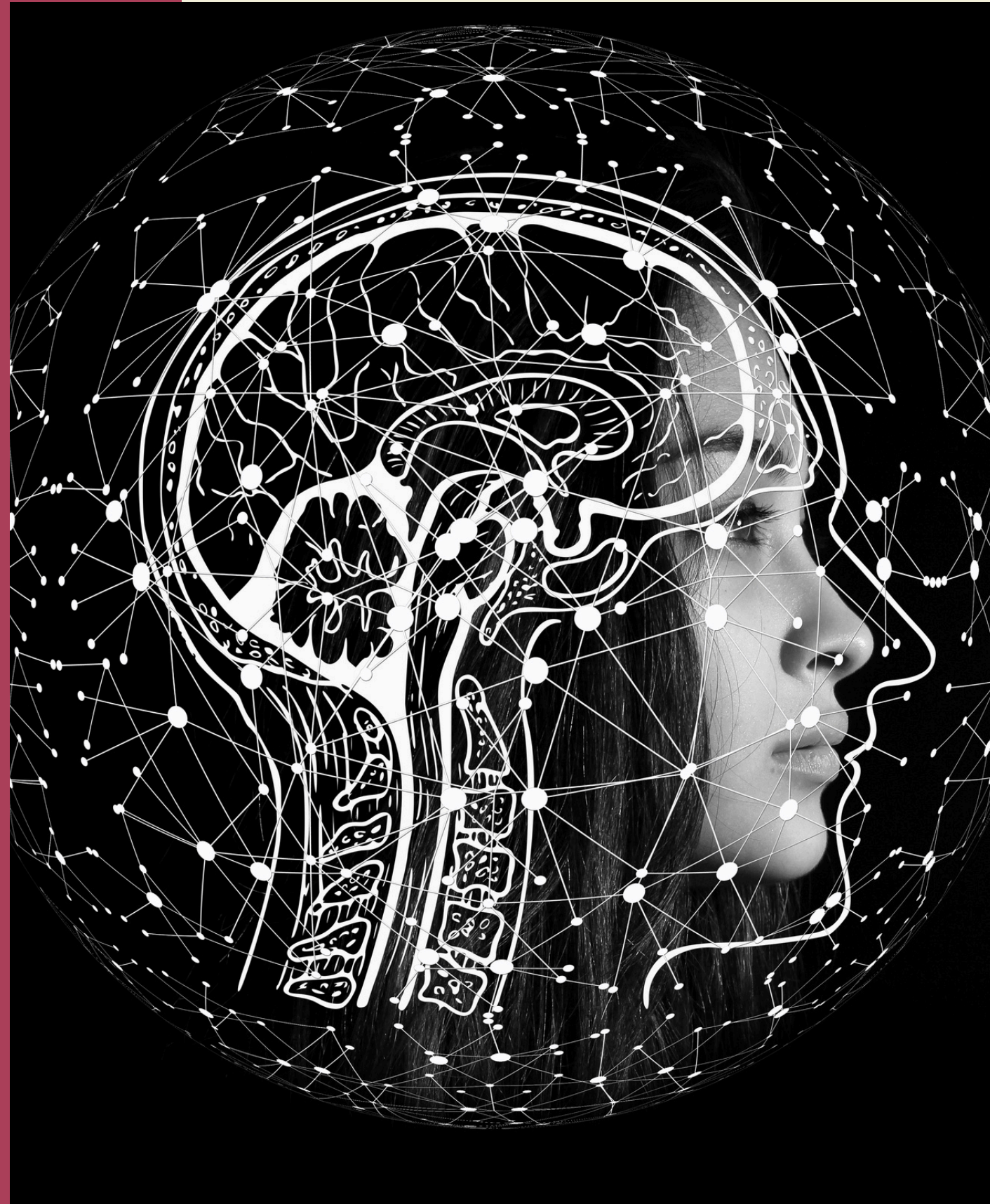
- ***Spices***
- ***different textures***
- ***Fish***
- ***traditional foods***
- ***ferments early***
- ***Colored fruits and vegetables***



**We know that children with
Down Syndrome have higher
amounts of oxidative stress in
their bodies.**

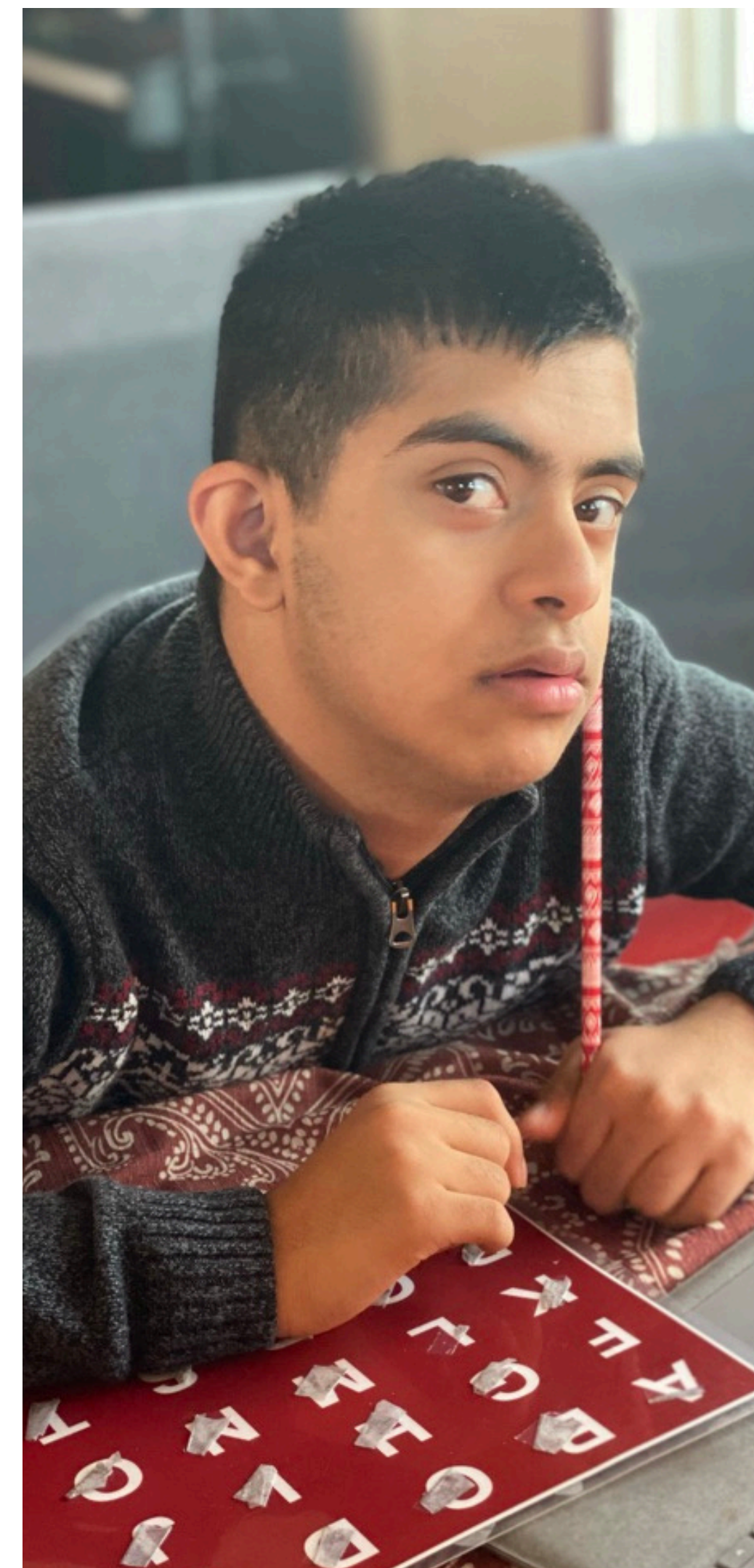
This is the biochemistry.





***Oxidative Stress can trigger
Inflammation
Neuroinflammation
Disrupt the Gut Microbiome***

*The keyword I want you to take
away from this talk is*
POLYPHENOLS.





Polyphenols are bioactive compounds found in plants.

Polyphenols are known for their antioxidant properties, which help combat oxidative stress reducing inflammation.



In terms of gut health, polyphenols have been shown to influence the composition and activity of gut microbiota, promoting the growth of beneficial bacteria while inhibiting pathogenic species.



Do you know the top 3 foods that contain polyphenols:

- 1. Brightly colored fruits and vegetables*
- 2. Spices*
- 3. Extra Virgin Olive Oil*



I really struggled to find an acronym, but here's a trial:

STOCCC

Spices / Textures / Ocean / Cultures / Cultural Foods / Colors.



Part 2:

“This is just Down Syndrome means nothing”



CONSTIPATION

THYROID



ASK QUESTIONS

BE AN ADVOCATE

QUESTIONS?

www.functionalnutritionforkids.com/constipationtoolkit

