

NNMCCD

NORDIC NUTRITION & METABOLIC CENTER FOR CHILD DEVELOPMENT · BÆRUM,
NOORWEEY



Hagaha Bilaabista Waalidinta Carruurta Neuroatypical

Cuntada, Dheefshiidka iyo Borotokoolka
Dib-u-soo-celinta Mindhicirka ee Carruurta ASD, ADHD iyo Asperger

[NNMCCD.ORG](https://nnmccd.org) · 2025 · DAABACAAD

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nnmccd.org — su'aalaha, qiimaynta, saxeexa
purenordic.no — raashin caawiye borotokoolka NNMCCD

Nidaamka Quudinta iyo Maskaxda — Khariidadda

Hagahaaga tallaabo-tallaabo ah ee caafimaadka ilmahaaga

1

CALOOSHA — HADHKA SAXDA AH

- Hadhka saxda ah ee borotiinka → kicinta enzymada caloosha
- Kicinta nuglaan-qaadashada bir, vitB iyo maagnisiyamka
- Yaraynta nuglaan-qaadashada sunaha iyo faafidaha
- Dheefshiidka: Digestion Support — enzymes, betaine HCL, dhirta, ox bile

2

MINDHICIRKA — XOOJINTA XAD-GUDUBKA MINDHICIRKA

- Maraqda lafaha — collagen iyo glycine dib-u-hagaajinta epithelium
- Digestion Support: enzymes, betaine HCL, dhirta, ox bile
- Probiotics — noocyada la talinayo carruurta ASD

3

CUNTADA GFCF — AASAASKA BOROTOKOOLKA

- Bur: looz, qumbe — karinta iyo dubista
- Dufan: saliidda qumbe, ghee, andefett
- Borotiinka: hiib, kalluun, ukun dabiici ah; yogurt qumbe
- Cuntooyinka GFCF — eeg qaybta Karinta ee hagahan

4

NIDAAMKA DIFAACA — XUKUMIDA

- Saliidda krill omega-3 — xukumida cytokines ee gubida
- Zinc + selenium — difaaca iyo nadiifinta
- Vitamin D3+K2 — xukumida difaaca
- Ka fogaanshaha allergens (tijaabada IgG/IgE)

5

HURDO CAAFIMAAD — NIDAAMKA GLIMFATIKADA — DAHAB BUDH AH

- Maagnisiyam dareeraha ah (5 nooc) — si dabiici ah u kiciya melatoniin
- Xigmadda hurdada: mugdi, aamusnaan, heer-kulul ku habboon
- Hadhka saxda ah → wax-soo-saarka saxda ah ee hormoonnada

JOOJINTA WAXYAABAHA SUN-AH

Mindhicirka iyo xadka dhiigga-maskaxda ee xoog leh ayaa joojiya sunaha iyo macdanta culus

BOGSIGA DABIICIGA AH

Dib-u-hagaajinta epithelium, dib-u-hagaajinta DNA, remyelination nerfaha

NADIIFINTA

Beer, geeska iyo nidaamka glimfatikada ayaa ka saara sunaha la ururay

DAAWOYIN TAAGEERADA AH

Fotomodulation Milta Pad

Daawo guriga ah. Iftiinka infrared wuxuu kiciyaa mitochondria-da wuxuuna yareeya gubida

Daawada Jawi

Klinik. Xukumida nidaamka nerfaha awoodiga

Qolka Normobaric-ka

Klinik. Ogsijiin + hydrogen waxay hagaajiyaan saturejin unugga iyo dib-u-soo-celinta maskaxda

DHEEFSHIIDKA NNMCCD

Gut Kit

Digestion Support, silicon, electrolytes, probiotic

Brain Support

Mitochondria, B-complex, magnesium

Immune

D3+K2, iodine, zinc

Hurdo

Maagnisiyam (5 nooc, dareere)

TALOQYINKA

Buuxi xogta su'aalaha [nnmccd.org](#) — caawin xogta ururinta si borotokoolku u noqdo mid ka habboon

Tijaabada yarida iyo macdanta culus — ballamiso klinik NNMCCD Oslo

Tijaabada dhiigga — weydii fast lege (morphology, ferritin, vit. D)

Beddelaadaha ku bilow si tartiib tartiib ah — cuntada + dheefshiidka wada si ku habboon ilmahaaga

Xiriirka Mindhicirka–Maskaxda

Mindhicirka iyo maskaxdu waxay xiriir ula leeyihiin vagus nerve, nidaamka difaaca iyo neurotransmitters. Marka microbiota la burburiyo — oo carruurta ASD badanaa sidaas bay tahay — calaamadaha maskaxda waa kuwo khaldan. Kani ma aha arrin tarbiyad. Waa biokimiko.



CFD (Cerebral Folate Deficiency) — yarida folate firfircoon ee caanaha maskaxda — waxay la xiriirtaa ASD-ga. Leucovorin waxay taageeri kartaa hababka nidaamka nerfaha. Saxeex degenaanta: nmmccd.org/petition

7 Tiirarka Borotokoolka NNMCCD

Weligba waxaan ka billaabnaa hadhka — mindhicirka dib-u-hagaajin la'aani kuma shaqeyn karto dheefshiidkuna si fiican.

1	2	3	4	5	6	7
HADHKA	NAFAQADA	TAMARTA	ELEKTRO-LIYEET	GUBIDA	HORMOONO	NADIIFIN

Cuntada — Maxaa La Geliyaa, Maxaa La Saara

Aasaaska: ka saarista gluten iyo casein + dib-u-hagaajinta mindhicirka. Ugu yaraan 3 bilood oo ka-saarista ah ayaa siinaya jawaab haddii ilmuhu u falcelin karo.

KU DAR — MAALIN KASTA	KA SAAR — UGU YARAAN 3 BILOOD
Maraqda lafaha — aasaaska dib-u-hagaajinta mindhicirka	Gluten: sarreen, rye, spelt, oats, rooti
Hiibka lo'da, adiga, digaagga (dabiici ah)	Casein: caano lo'da, jiisku, quraac, yogurt
Kalluunka dufanka ah: salmon, makrel, sardiin	Sonkor, macmacaan, cabbitaannada macaan, casiirka
Ukunta digaagga xorta ah	Cuntada la guurtay: chips, biskut, fast food
Khudrada karisan: galeydh, dhuuban, xuul, baradho macaan	Midab-bixiyaasha iyo xafidaayasha (E102, E110, E621)
Afookaado, saliidda qumbe, saliidda saytunka	Saliidaha warshadaha: sunflower, canola
Miraha: blueberry, raspberry, faraweeyo	Khamiirta iyo badeecadaha khamiirta (xilliga daaweynta)
Toon, jingible, turmeric (ka-hortagga gubida)	Galleyda iyo xabadda galleyda
Looz, jawz, budhada loozta (100%)	Hiibka laga sameeyo ee nitrates iyo phosphates leh
Caano iyo yogurt-ka qumbe (beddelka xoolaha)	Macaanadaha macmalka ah: aspartame, acesulfame K
Khudradda qaroodka ah: kaabash, qajaar (probiotics)	GMO — dooro alaabta calaamadaysan non-GMO

QAYBTA 4

10 Cuntooyinka Muhiimka ah ee Carruurta Xasaasiga ah

Dhammaan kuwa aan gluten, casein iyo sonkor la'aanta ah. U habboon carruurta leh xasaasiyadda xiskireed.

1. Maraqda Bogsinta

Aasaas · 8–12 s · AASAASKA BOROTOKOOLKA

Collagen iyo glycine ka yimaada lafahu waxay adkaynaan mindhicirka. Ku bixi koob ahaan sida "maraq la cabbaa".

WALXAHA

- 1.5 kg lafaha lo'da/digaagga
- 2 galeydh, 1 basal, celery
- 2 qaado khal tufaax
- Cusbo, bay leaf, 3 litir biyo

DIYAARINTA

Ku rid lafahii biyaha iyo khalkha, 30 daqiiqo dhig. Kari, ka qaad xumba. Ku dar khudrada iyo xawaashka. Ku kari dab yar 8–12 saacadood. Ka shaandee.

2. Maraqda Galeydha Dahabi ah

Maraq dufan ah · 25 daqiiqo · Qudhmada ku habboon carruurta doorta

Turmeric wuxuu ka hortagaa gubida. Qudhmad, caaro la'aan.

WALXAHA

- 500 g galeydh
- 400 ml caano qumbe
- 300 ml maraq
- 1 qaaddo turmeric, jinjible, cusbo

DIYAARINTA

Ku kari galeydh maraqda. Ku dar caano qumbe iyo turmeric. Blend si qudhmad ah. Ku dar cusbo.

TALO: Ku bixi tuubbo — carruurtu waxay aad uga jeceshahay "cabbi" maraqda halkii ay qaaddo ku cuni lahaayeen.

3. Digaagga Nuggets-ka

Hiib · 25 daqiiqo · Aan gluten lahayn, bur looz

Qaabka nuggets ee ay aqbalaan carruurta badankooda doorta. Bur looz beddelka burooda.

WALXAHA

- 400 g lafo digaag
- 80 g bur looz
- 2 ukun
- Cusbo, toon, basbaas, saliidda qumbe

DIYAARINTA

Jar digaagga laxaad. Ku rid ukunka, markaas bur iyo xawaash. Ku shub 3–4 daqiiqo/dhinac ama dub 200°C, 18 daqiiqo.

4. Kubbadaha Hiibka ee Maraqda

Hiib · 30 daqiiqo · Jilicsan, aan caaro lahayn

Karinta maraqda = jilicnaan iyo collagen dheeraad ah. Ku bixi saxan gaar ah.

WALXAHA

- 500 g hiib lo' la shiidey
- 1 ukun
- Cusbo, toon budo
- 1 litir maraq

DIYAARINTA

Wada qas hiibka ukunta iyo xawaashka. Samee kubbado. Ku kari maraqda 12–15 daqiiqo. Ku bixi puree galeydh.

5. Pancake Loozta GAPS

Quraac · 15 daqiiqo · Aan gluten iyo casein lahayn

Moosku dabiici ayuu macaaney, burka looztu wuxuu siinayaa vitamin E iyo maagnisiyam.

WALXAHA

- 100 g bur looz
- 2 ukun
- 1 moos bisil
- ¼ qaaddo sodium bicarbonate

DIYAARINTA

Tid mooska. Ku dar ukunta iyo burka, wada xir. Ku shub pancake yaryar saliidda qumbe, 2 daqiiqo/dhinac.

6. Smoothie-ga Cagaaran (Sabanaadhka Qarsoon)

Smoothie · 5 daqiiqo · Dhadhan moos, midab cagaar

Sabanaadhku ma muuqdo dhadhanka. Bir, folate, maagnisiyam. "Maraq dragon-ka" ama "cabbitaanka xiddigta".

WALXAHA

- 1 moos baraf ah
- 1 gacmood sabanadh yar
- 200 ml caano qumbe
- 1 qaaddo saliidda kattan

DIYAARINTA

Blend dhammaan 60 ilbiriqsi. Ku bixi isla markiiba koobka ay jeceshahay ilmuhu. Kordhii sabanaadhka si tartiib ah.

7. Baraf-macmacaanka Moos — 2 Shay

Macmacaan · 5 daqiiqo + baraf · Aan sonkor iyo nabaad lahayn

Carruurtu waxay jeclaan baraf-macmacaanka. Halkan waxaad helayso midho buuxa qaabka macmacaanka.

WALXAHA

- 3 moos bisil (barafiyey 3+ saacadood)
- 2 qaaddo budhada loozta
- Xulasho: kakaw aan la karin

DIYAARINTA

Blend mooska barafka ah iyo walxaha kale si qudhmad ah. Ku bixi isla markiiba ama barafii 1 saacadood.

+ kakaw = "jookoleedhka" | + blueberry = "miraha"

8. Chia Pudding oo leh Caano Qumbe

Quraac · 5 daqiiqo + habeyn · Diyaari maalin ka hor

Omega-3, fiber, calcium. Subaxdii diyaar ah iyada oo xanuunla'aan. Blend ka dib 2 saacadood haddii ilmuhu neceb yahay abuuraha.

WALXAHA

- 400 ml caano qumbe
- 4 qaaddo abuuraha chia
- 1 qaaddo vanilla
- Midho qurxinta

DIYAARINTA

Wada xir chia, caano iyo vanilla. Ku shub koobabo. Qaboojiyaha ugu yaraan 4 saacadood (ugu fiican habeyn). Subaxdii ku qurxi midho.

9. Baradho Macaan oo La Dubay

Cunno gaar ah · 30 daqiiqo · Khudhmad la aqbalo

Baradho macaantu waxay leedahay beta-carotene iyo fiber prebiotic ah. Khudhmad + qaab chips ah = aqbasho.

WALXAHA

- 2 baradho macaan
- 2 qaaddo saliidda qumbe
- Cusbo himalaya

DIYAARINTA

Jar qaab qodob. Wada xir saliidda iyo cusbada. Ku dhig dabaq hal lakab. Dub 200°C, 25–28 daqiiqo, dhexda u rogrog.

10. Kubbadaha Tamarta (Aan La Dubin) ⚡

Cunno gaar ah · 15 daqiiqo · Toddobaadka qaboojiyaha

Timir + geedaha = tamar deggan iyada oo aan sonkorta kicin. Maagnisiyyam ka yimaada kakawga. Ma u baahna dubista.

WALXAHA (15–18 KUBBO)

- 200 g timir aan lafo lahayn
- 100 g geedaha (looz + jawz)
- 2 qaaddo kakaw aan la karin
- Cirirta qumbe daboolista

DIYAARINTA

Ku dhufi timirka 15 daqiiqo. Blend dhammaan si wadajir ah. Samee kubbado, ku xidh cirirta. Ku hay qaboojiyaha.

Dheefshiidka — Maxaa, Goorma, Maxaa Loogu Talo Galay

Sharciga muhiimka ah: Cuntada → Dib-u-hagaajinta mindhicirka → Dheefshiidka → Kormeerka. Hadhkan tartiibbas ah.

PureNordic — Borotokoolka Ugu Muhiimsan

DHEEFSHIIDKA	CABBIRKA IYO WAQTIGA	MAXAA LOOGU TALO GALAY
Omega-3 DHA/ EPA PURENORDIC	1–2 capsule ✱ Subaxdii xilliga cuntada	Dhisaya myelin iyo xadka neurons-ka. Ka hortagaa gubida. Yaridiisu = dhibaatooyin xusulka iyo hurdada.
Vitamin D3 + K2 PURENORDIC	1000–2000 IU D3 ✱ Subaxdii iyo dufan	8 bilood jiilaal Noorweey = yarida. D3 waxay xukumisaa difaaca iyo neurotransmitters. K2 waxay ilaalinaysaa murqaha.
Magnesium Glycinate PURENORDIC	100–200 mg Mg Habeenkii	Yaridiisu = walbahaarka, xad-dhaafka, dhibaataada hurdada. Glycinate = nooca ugu fiican + saamaynta xasilloonida.
Zinc + Vitamin B6 PURENORDIC	10–15 mg Zn ✱ Subaxdii xilliga cuntada	Zinc waa lagama maarmaan wax-soo-saarka dopamine iyo serotonin. Yaridiisu waxay la xiriirtaa xasaasiyadda xiskireed.
Collagen + Silicon PURENORDIC	Sida baakadda Calool faaruq ah	Wuxuu adkaynaa mucosa mindhicirka. Muhiim marka leaky gut jirto. Natijada 4–8 toddobaad.
Enzymes Hadhka PURENORDIC	1 capsule/cunto Cuntada ka hor	Waxay taageeraan kala-saarka borotiinnada (gluten/casein). Waxay ka hortagaan sameynaanta peptides opioid-like ah mindhicirka.

Calaamadaha Kale — Buuxinta

DHEEFSHIIDKA	CABBIRKA IYO WAQTIGA	MAXAA LOOGU TALO GALAY
L. reuteri Protectis BIOGAIA	5 dhibcood/maalin Habeenkii	Saamayn xaqiijiyey xariijka mindhicirka-maskaxda. Wuxuu dhiirigeliyaa oxytocin-ka mindhicirka. Baaritaannada ASD waa wanaagsan yihiin.
Zeolite (Clinoptilolite) KLINOPTILOLYT	1 qaaddo biyo Calool faaruq — 30 daqiiqo KA HOR dheefshiidka	Wuxuu xidaa macdanta culus (rasaasta, mercury, aluminium) mindhicirka. Ha wadajirin dheefshiidka kale!
Collagen Badda SUPER KRAFT	Sida baakadda Calool faaruq ah	Adkaynta mindhicirka. Glycine waxay difaacaysaa maskaxda. Carruurta aan cuni karin maraqda lafaha.
Probiotic Badan-Nooc ADEEGGA CAAFIMAADKA	Ugu yaraan 10 bilyan CFU Habeenkii	Taageerta microbiome-ka. Lactobacillus + Bifidobacterium. Aan caano iyo xafidaayasha lahayn. Saacaddo kala duwan zeolite!

QAYBTA 6

Xaggee Laga Iibsadaa Noorweey

- **PureNordic** — dheefshiidka borotokoolka NNMCCD → purenordic.no
- **Vitusapotek / Apotek 1** — BioGaia Protectis dråper, vitaminnada, probiotics
- **Life / Helsemat** — zeolite, Super Kraft, bur looz, saliidda qumbe, caano qumbe
- **RØTTER / Reko-ring** — hiibka dabiiciga ah iyo ukunta beeralayda → rekorings.no
- **Bondens Marked** — suuqa beeralayda Bærum iyo Oslo → bondensmarked.no
- **Holtegård Naturligvis** — khudrada dabiiciga ah, Bærum → holtegaard.no
- **Happy Copper** — baraarshe carrab naxaas ah · happycopper.com · Koodka: **NORDIC20** (20% dhimis)

Deegaanka Guriga

Biyaha tubaggada Noorweey waa wanaagsan yihiin, laakiin dhismayaasha da'da weyn hubso tubbada (rasaas). Shaandheynta Brita waxay yareeysaa chlorine. Ka fogow BPA plastik-ka. Nadiifiyayaasha iyo cutubada — aan phthalates, parabens, urriyadaha macmalka ah lahayn.

Saxeex Degenaanta — Leucovorin Carruurta

Leucovorin (folate firfircoon) waxay taageeri kartaa carruurta leh Cerebral Folate Deficiency. Noorweey, helitaankeedu waa xaddidan yahay. Degenaantayadu u baahan tahay codkaaga.

nnmccd.org/petition

Noqo Xubin — **nnmccd.org**

Hel hagaha buuxa, borotokoolka, iyo taageerada bulshada qoysaska ay leeyihiin carruur la mid ah taabacoda.

Xubinnimadu waxay qaadataa **200 NOK sanadkiiba**.

nnmccd.org

Macluumaadka hagahan wuxuu leeyahay kaliya aakhir waxbarasho iyo macluumaad. Kuma bedeli karo ogaanshaha dhakhtarka ama la-talinta khabiirka caafimaadka. Dheefshiidka iyo borotokoolada lagu sharaxay kuma daaweyso, kuma ogaanin, mana ka hortagaan cudur kasta. La tasho dhakhtarkaaga ama khabiirada nafaqada ka hor inta aanad bedelin cuntadaada ama dheefshiidkaada.

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