

NNMCCD

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

Starter Guide for Parents of Neuroatypical Children

Diet, supplements and gut recovery protocol
for children with ASD, ADHD and Asperger's

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

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nnmccd.org — questionnaire, clinic booking, petition

purenordic.no — NNMCCD protocol supplements

Gut and Brain — Road Map

Your step-by-step guide to your child's health

1

STOMACH — PROPER DIGESTION

- Proper protein digestion → activation of stomach enzymes
- Improved absorption of iron, B vitamins and magnesium
- Reduced absorption of toxins and pathogens
- Supplementation: Digestion Support — enzymes, betaine HCL, herbs, ox bile

2

INTESTINES — SEALING THE GUT BARRIER

- Bone broth — collagen and glycine to repair the epithelium
- Digestion Support: enzymes, betaine HCL, herbs, ox bile
- Probiotics — strains recommended for children with ASD (Lactobacillus, Bifidobacterium)

3

GFCF DIET — THE FOUNDATION OF THE PROTOCOL

- Flours: almond, coconut — for baking and cooking
- Fats: coconut oil, ghee, duck fat
- Protein: meat, fish, organic eggs; coconut yogurt
- GFCF recipes — see the Cooking section in this guide

4

IMMUNE SYSTEM — REGULATION

- Krill oil omega-3 — modulation of inflammatory cytokines
- Zinc + selenium — immunity and detoxification
- Vitamin D3+K2 — immune regulation
- Avoiding allergens (IgG/IgE testing)

5

HEALTHY SLEEP — GLYMPHATIC SYSTEM — THIS IS GOLD

- Magnesium liquid (5 forms) — naturally activates melatonin
- Sleep hygiene: darkness, quiet, appropriate temperature
- Proper protein digestion → proper hormone production

BLOCKS TOXIN INFLUX

A sealed gut and blood-brain barrier blocks toxins and heavy metals

NATURAL HEALING

Epithelium regeneration, DNA repair, nerve remyelination

DETOXIFICATION

Liver, kidneys and the glymphatic system remove accumulated toxins

SUPPORTIVE THERAPIES

Milta Pad Photomodulation

Home therapy. Infrared light stimulates mitochondria and reduces inflammation

Frequency Therapy

Available at the clinic. Regulation of the autonomic nervous system

Normobaric Chamber

Available at the clinic. Oxygen + hydrogen improve tissue saturation and brain recovery

NNMCCD SUPPLEMENTS

Gut Kit

Digestion Support, silica, electrolytes, probiotic

Brain Support

Mitochondria, B-complex, magnesium

Immune

D3+K2, iodine, zinc

Sleep

Magnesium (5 forms, liquid)

TIPS

Complete the questionnaire at nnmccd.org — help collect data for better protocol personalisation

Deficiency and heavy metal testing — book an appointment at the NNMCCD clinic in Oslo

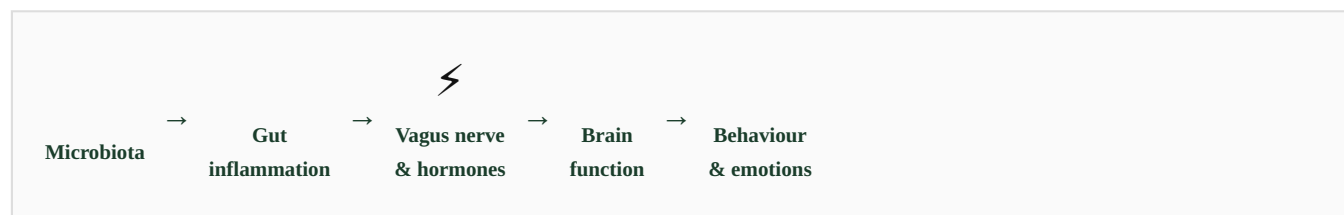
Blood and stool tests — ask your fastlane (CBC, ferritin, vitamin D)

Introduce changes gradually — diet and supplements together at a pace suited to your child

SECTION 1

The Gut–Brain Axis

The gut and brain communicate via the vagus nerve, the immune system and neurotransmitters. When the microbiota is disrupted — as it often is in children with ASD — the signals reaching the brain are abnormal. This is not a matter of upbringing. It is biochemistry.

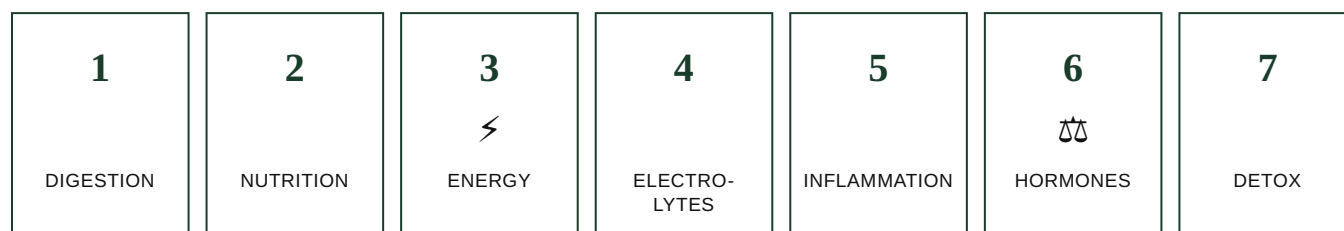


CFD (Cerebral Folate Deficiency) — a deficiency of active folate in the cerebrospinal fluid — is associated with ASD. Leucovorin may support neurological processes. Sign the petition: nnmccd.org/petition

SECTION 2

7 Pillars of the NNMCCD Protocol

We always start with digestion — without a functioning gut, no supplement will work optimally.



SECTION 3

Diet — What to Include, What to Exclude

The foundation: gluten and casein elimination + gut regeneration. A minimum of 3 months of elimination will show whether your child responds.

INCLUDE — EVERY DAY	EXCLUDE — MIN. 3 MONTHS
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Bone broth — the foundation of gut regeneration	Gluten: wheat, rye, spelt, oats, bread
Beef, lamb, chicken (organic)	Casein: cow's milk, cheese, cottage cheese, yoghurt
Fatty fish: salmon, mackerel, sardines	Sugar, sweets, sweetened drinks, juices
Free-range eggs	Processed food: crisps, sticks, fast food
Cooked vegetables: carrot, pumpkin, courgette, sweet potato	Dyes and preservatives (E102, E110, E621)
Avocado, coconut oil, extra virgin olive oil	Industrial oils: sunflower, rapeseed
Berries: blueberries, raspberries, strawberries	Yeast and yeast products (during healing phase)
Garlic, ginger, turmeric (anti-inflammatory)	Corn and corn starch
Almonds, walnuts, almond butter (100%)	Processed meats with nitrates and phosphates
Coconut milk and coconut yoghurt (instead of dairy)	Artificial sweeteners: aspartame, acesulfame K
Fermented foods: sauerkraut, pickles (probiotics)	GMO — choose products labelled non-GMO

SECTION 4

10 Key Recipes for Picky Eaters

All recipes are free from gluten, casein and refined sugar. Designed for children with sensory sensitivities.

1. Healing Bone Broth

Base · 8–12 h · FOUNDATION OF THE PROTOCOL

Collagen and glycine from bones seal the gut lining. Serve in a cup as a "drinking soup".

INGREDIENTS

- 1.5 kg beef or poultry bones
- 2 carrots, 1 onion, celery
- 2 tbsp apple cider vinegar
- Salt, bay leaf, 3 litres water

METHOD

Cover bones with water and vinegar, leave 30 min. Bring to the boil, skim foam. Add vegetables and spices. Simmer on low heat 8–12 h. Strain.

2. Golden Carrot Soup

Cream soup · 25 min · Perfect texture for picky eaters

Turmeric acts as an anti-inflammatory. Smooth and creamy — no lumps.

INGREDIENTS

- 500 g carrots
- 400 ml coconut milk
- 300 ml broth
- 1 tsp turmeric, ginger, salt

METHOD

Cook carrots in broth. Add coconut milk and turmeric. Blend to a smooth cream. Season with salt.

TIP: Serve with a straw — children are more willing to "drink" soup than eat it with a spoon.

3. Crispy Chicken "Nuggets"

Meat · 25 min · Gluten-free, almond coating

The nugget format is accepted by most picky children. Almond flour replaces breadcrumbs.

INGREDIENTS

- 400 g chicken breast
- 80 g almond flour
- 2 eggs
- Salt, garlic, paprika, coconut oil

METHOD

Cut chicken into strips. Dip in egg, then coat in seasoned flour. Fry 3–4 min per side or bake at 200°C for 18 min.

4. Meatballs in Broth

Meat · 30 min · Soft, no lumps

Cooking in broth = tenderness plus extra collagen. Serve on a separate plate.

INGREDIENTS

- 500 g minced beef
- 1 egg
- Salt, garlic powder
- 1 litre broth

METHOD

Mix meat with egg and seasoning. Shape into balls. Simmer in broth 12–15 min. Serve with carrot purée.

5. GAPS Almond Pancakes

Breakfast · 15 min · Gluten-free and dairy-free

Banana provides natural sweetness; almond flour supplies vitamin E and magnesium.

INGREDIENTS

- 100 g almond flour
- 2 eggs
- 1 ripe banana
- 1/4 tsp bicarbonate of soda

METHOD

Mash banana. Add eggs and flour, mix. Fry small pancakes in coconut oil, 2 min per side.

6. Green Smoothie (Hidden Spinach)

Smoothie · 5 min · Banana taste, green colour

Spinach is invisible in taste. Iron, folate, magnesium. Call it a "Dragon Smoothie" or "Space Drink".

INGREDIENTS

- 1 frozen banana
- 1 handful baby spinach
- 200 ml coconut milk
- 1 tsp linseed oil

METHOD

Blend everything for 60 seconds. Serve immediately in the child's favourite cup. Gradually increase the amount of spinach.

7. Banana Ice Cream — 2 Ingredients

Dessert · 5 min + freezing · Sugar-free, dairy-free

Children love ice cream. Here they get a whole fruit in dessert form.

INGREDIENTS

- 3 ripe bananas (frozen 3+ h)
- 2 tbsp almond butter
- Optional: raw cacao

METHOD

Blend frozen bananas with the remaining ingredients until creamy. Serve immediately or freeze for 1 h.

+ cacao = "chocolate" | + blueberries = "blueberry"

8. Coconut Chia Pudding

Breakfast · 5 min + overnight · Prepare the day before

Omega-3, fibre, calcium. Ready in the morning with no stress. Blend after 2 h if the child dislikes seeds.

INGREDIENTS

- 400 ml coconut milk
- 4 tbsp chia seeds
- 1 tsp vanilla
- Fruit for topping

METHOD

Mix chia with milk and vanilla. Pour into jars. Refrigerate for at least 4 h (ideally overnight). Top with fruit in the morning.

9. Baked Sweet Potato Fries

Snack · 30 min · Crispy, accepted texture

Sweet potato provides beta-carotene and prebiotic fibre. Crispy texture + familiar chip shape = acceptance.

INGREDIENTS

- 2 sweet potatoes
- 2 tbsp coconut oil
- Himalayan salt

METHOD

Cut into sticks. Toss with oil and salt. Spread in a single layer on a baking tray. Bake at 200°C for 25–28 min, turning halfway.

10. Energy Balls (No-Bake) ⚡

Snack · 15 min · Up to one week in the fridge

Dates + nuts = stable energy without blood sugar spikes. Magnesium from cacao. No baking required.

INGREDIENTS (15–18 BALLS)

- 200 g pitted dates
- 100 g nuts (almonds + walnuts)
- 2 tbsp raw cacao
- Desiccated coconut for coating

METHOD

Soak dates for 15 min. Blend everything until combined. Shape into balls, roll in coconut. Store in the fridge.

SECTION 5

Supplements — What, When, Why

Key rule: Diet → Gut regeneration → Supplements → Monitoring. In that order.

PureNordic — Core Protocol

SUPPLEMENT	DOSE & TIMING	WHY
Omega-3 DHA/ EPA PURENORDIC	1–2 capsules * Morning with food	Builds myelin and neuronal membranes. Anti-inflammatory. Deficiency = concentration problems and poor sleep.
Vitamin D3 + K2 PURENORDIC	1000–2000 IU D3 * Morning with fat	8 months of winter in Norway = deficiency. D3 regulates immunity and neurotransmitters. K2 protects blood vessels.
Magnesium Glycinate PURENORDIC	100–200 mg Mg Evening	Deficiency = anxiety, hyperactivity, sleep problems. Glycinate = best form + calming effect.
Zinc + Vitamin B6 PURENORDIC	10–15 mg Zn * Morning with food	Zinc is essential for dopamine and serotonin synthesis. Deficiency correlates with sensory hypersensitivity.
Collagen + Silica PURENORDIC	As directed On an empty stomach	Seals the gut mucosa. Essential for leaky gut. Effects after 4–8 weeks.
Digestive Enzymes PURENORDIC	1 capsule per meal Before eating	Support breakdown of proteins (gluten/casein). Prevent formation of opioid-like peptides in the gut.

Other Brands — Additional Support

SUPPLEMENT	DOSE & TIMING	WHY
L. reuteri Protectis BIOGAIA	5 drops/day Evening	Documented effect on the gut-brain axis. Stimulates oxytocin production in the gut. Positive research results for ASD.
Zeolite (Clinoptilolite) CLINOPTILOLITE	1 tsp in water On empty stomach — 30 min BEFORE supplements	Binds heavy metals (lead, mercury, aluminium) in the gut. Link between metals and neurodevelopmental disorders is documented. Do not combine with supplements!
Marine Collagen SUPER KRAFT	As directed On an empty stomach	Seals the gut. Glycine has neuroprotective effects. For children who do not eat bone broth.
Multi-Strain Probiotic PHARMACY / HELSEBUTIKK	Min. 10 billion CFU Evening	Microbiome support. Lactobacillus + Bifidobacterium. Lactose-free, no preservatives. Different timing from zeolite!

Home & Hygiene — Recommended Products

A child's skin absorbs chemicals faster than an adult's. Nappies, cookware, toothpaste and water are daily sources of toxin exposure — reducing that exposure is an important part of the detoxification protocol.

Toothpastes (fluoride-free)

PRODUCT	WHERE TO BUY	WHY
Weleda Calendula Children's Tooth Gel	life.no · sunkost.no · 51 NOK	Natural, fluoride-free, NaTrue certified. Especially recommended for children with neurological sensitivities.
Himalaya Botanique Kids Toothpaste	no.iherb.com · 80–90 NOK	USDA Organic, SLS-free, bubble gum flavour — well accepted by children. Plant-based formula (neem, basil).

Daily detox

PRODUCT	WHERE TO BUY	WHY
Happy Copper — Copper Tongue Scraper	happycopper.com · 150–200 NOK Code: NORDIC20 (20% discount)	Removes toxic coating (ama) from the tongue every morning. Copper has natural antibacterial properties — supports detox through the mucous membrane.

Reusable nappies

PRODUCT	WHERE TO BUY	WHY
Mommymouse — Reusable Nappies	mommymouse.com.pl	Disposable nappies contain dioxins, polyacrylates and chlorine bleach. 24 h contact for 2–3 years = a significant burden. Reusable organic cotton nappies eliminate this exposure. At least for night-time.

Cookware and bottles (plastic and Teflon-free)

PRODUCT	WHERE TO BUY	WHY
Stainless steel drinking bottle	lappeliten.no	BPA and phthalate-free. Plastic releases plasticisers especially with warm liquids.
Stainless steel lunchbox	sunkost.no/ matboks-liten	18/10 steel — BPA-free, no chemical coatings. For school and nursery.
Ballarini Professionale — Steel Pan	zwilling.com/no	18/10 steel, uncoated — does not react with food. Teflon releases PTFE above 230°C.
Ceramic pans and pots	kitchn.no	Free from PTFE, PFAS, lead and cadmium. Safe ceramic coating. Suitable for cooking broths.
Ninja Crispi Pro Glass — Air Fryer	sharkninja.no	Glass container instead of Teflon. PTFE/PFAS above 200°C release toxic fumes harmful to the nervous system — glass does not react at any temperature.

Homemade plant milk

⚠ **Shop-bought plant milks** contain emulsifiers (E471, E472e), refined oils and gums — these disrupt the gut barrier.
Homemade milk = only grains/nuts + water.

PRODUCT	LINK	WHY
Mylky — Plant Milk Maker	mylky.no	Makes oat, almond, coconut and other milks with no E-additives. Important on a GFCF diet: eliminates not only casein but also synthetic emulsifiers that disrupt the gut-brain axis.

Food ozonation — srtech.pl

Discount code: HOLISTIC — 10–15% off all products at srtech.pl. Enter at checkout.

PRODUCT	LINK	WHY
Milerd Detoxer — Ozone Washer	srtech.pl/sklep/myjka-milerd-detoxer	Removes 97% of pesticides, 99% of heavy metals and 96% of mould from fruit and vegetables. Confirmed by UFAG and AgroLab laboratories (Switzerland). Combines ozone with Megasonic ultrasound.
Food Cleaner Duo	srtech.pl/sklep/myjka-food-cleaner-duo	Simpler ozone model — removes pesticides, wax, preservatives. A good starter solution.
SRT Hydro — RO Water Filter	srtech.pl/sklep/srt-hydro-filtr...	Removes fluoride (a neurotoxin), chlorine, heavy metals and pharmaceuticals from water. Important for metal chelation protocols in children with ASD.

Start with: fluoride-free toothpaste + reusable nappies at night. Next: stainless steel cookware, water filter. Ozone washer — a long-term investment that pays off with regular fresh produce purchases.

SECTION 6

Where to Buy in Norway

- **PureNordic** — NNMCCD protocol supplements → purenordic.no
- **Vitusapotek / Apotek 1** — BioGaia Protectis drops, vitamins, probiotics
- **Life / Helsemat** — zeolite, Super Kraft, almond flour, coconut oil, coconut milk
- **RØTTER / Reko-ring** — organic meat and eggs from local farmers → rekorings.no
- **Bondens Marked** — farmers' market in Bærum and Oslo → bondensmarked.no
- **Holtegård Naturligvis** — organic vegetables, Bærum → holtegaard.no

Home environment

Norwegian tap water is good, but in older buildings check the pipes (lead). A Brita filter reduces chlorine. Avoid BPA in plastic. Cleaning products and cosmetics — free from phthalates, parabens and synthetic fragrances.

Sign the Petition — Leucovorin for Children

Leucovorin (active folate) may support children with Cerebral Folate Deficiency. In Norway, access is restricted. Our petition to Statens legemiddelverk needs your voice.

nnmccd.org/petition

The content of this guide is for educational and informational purposes only. It does not replace a medical diagnosis or consultation with a healthcare specialist. The supplements and protocols described do not treat, diagnose or prevent any disease. Consult a doctor or dietitian before changing your diet or supplementation.

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