

**Welcome!**

**Course Syllabus**

**7-STEPS TO HEALTHY KIDS HAPPY MOMS™**

**6 Modules**

**12 Hours of Video Lessons**

**30 Handouts**

**32 Recipes**

**This is a Step-by-Step Guide of What I do with Patients in my Private Practice!**

**ENJOY and work at your own pace!**

**Welcome - Start here first!**

* Video Course Overview – Video (5 min)
* Video - Overview of the 7-Steps (6 min)
* HANDOUT – Course Syllabus
* Private Facebook Group Link
* Zoom Link for Open Office Hours

**Module 1 – The Assessment (Step 1)**

**\*** The Action Items video is at the end of this module (in all the other modules it is at the beginning). Feel free to skip ahead to that video before watching the other videos in this module if you want to know what to do ASAP!

Lesson 1

* Video Review Your Child’s Medical History (8 min)
  + HANDOUT - The Assessment - Fillable PDF
    - This is for your purposes so take your time with it but don’t feel like you have to answer every single question perfectly!

Lesson 2

* Video Assessment of your child and family (38 min)
* Video Symptom Tracker
  + HANDOUT - Symptom tracker – Fillable PDF

Lesson 3

* Video Assessment – Acute Illnesses (20 min)
  + HANDOUT - CODIERS – Assessing an acute illness in your child
  + HANDOUT - Natural Course of Viruses PDF

Lesson 4

* Video Action Items Module 1 - Weaning Dairy Out of Breakfast and Adding a Green Smoothie (16 min)
  + HANDOUT – Action Items Module 1
* Video – How to Remove Dairy from Your Diet (11 min)
  + HANDOUT – How to Remove Dairy from Your Diet
  + HANDOUT - Recipes – Smoothies and Breakfast Ideas

**Module 2 - Inflammation and Illness & Triggers of Inflammation (Steps 2 & 3)**

Video - Intro Module 2 (1 ½ min)

Lesson 1

* Video - Action Item - Removing Dairy From Lunch & Start Probiotics (2 min)
  + HANDOUT - Action Items Module #2
  + HANDOUT - Recipes lunch and dinner

Lesson 2

* Video – How to Start a Probiotic (17 min)
  + HANDOUT - Dr. Kilbane’s Favorite Supplements V2
* Video - Supplements Overview– (15 min)
  + - This video also contains information on how to order supplements from my website.
      * <http://www.sheilakilbane.com/store/>
      * Password: infinite

Lesson 3

* Video – Step 2 - Inflammation and Illness (22 min)

Lesson 4

* Video – Step 3 – Triggers of Inflammation (42 min)

Lesson 5

* Video – Step 3 - Triggers of Inflammation: Food and Environmental Allergy Testing (I cover Recurrent Ear infections and Wheezing in this video as well) (29)

**Modules 3 Step 4 – Gut Health (Step 4)**

Video - Intro module 3 (1 min)

Lesson 1

* Video - Action Items module 3 – Removing Dairy from Dinner and Snacks and add a Digestive Enzyme (2 min)
  + HANDOUT - Action Items Module 3
  + HANDOUT - Recipes - Snacks and Desserts

Lesson 2

* Video - Supplements – Digestive Enzymes (5 min)
  + HANDOUT - Dr. Kilbane’s Favorite Supplements (you already have this handout but I added it again here for your convenience!)

Lesson 3

* Video - Gut Health (43 min)

Lesson 4

* Video - Gut Health Research - Colic (3 min)

Lesson 5

* Video - Gut Health Research - Eczema (10 min)

Lesson 6

* Video - Gut Health Research - Asthma and Reflux (20 min)

Lesson 7

* Gut Health Research - Constipation and Abdominal pain (8 min)

**Module 4 – Food (Step 5)**

Video - Intro Module 4 (2 min)

* Video - Action Items – Remain Fully off of Dairy and consider Supplements: Fish Oil and Vitamin D (11 min)
  + HANDOUT - Action Items Module 4

Lesson 1

* Video – General Food Overview (8 min)
* Video - Let’s Start with Food (37 min)
  + HANDOUT - Clean 15 and Dirty Dozen – Environmental Working Group

Lesson 2

* Video – Gluten & Dairy (47 min)
  + HANDOUT - Chapter 5 Dairy from Dr. Kilbane’s Book – Healthy Kids Happy Moms - Dairy
  + HANDOUT - Calcium RDA
  + HANDOUT - Dr. Kilbane’s Elimination Diet Protocol V2
  + HANDOUT - Free Glutamate Hidden Names

Lesson 3

* Video – Sugar “Oh How we love you!” (19 min)
  + HANDOUT - Sugar, Hidden Names – The Whole Tulip

Lesson 4

* Video – No One Diet Fits Everyone – Overview of the Many Different Diet Protocols (51 min)

**Module 5 – Supplements (Step 6)**

Video – Introduction and Action Items Video – Continue with all of your new great eating habits! Sit and breathe deeply for 2 minutes then write down 3 things you are grateful for. Supplement: Whole Food Supplement (6 min)

* + HANDOUT – Action Items Module 5
  + HANDOUT - Dr. Kilbane’s Favorite Supplements V2 PDF

Lesson 1

* Video - Supplements – Probiotics (32 min)
  + HANDOUT – Probiotic Guide (what species to use with different illnesses)
  + HANDOUT – Plantadophilus Fact Sheet from Transformation Enzymes
  + HANDOUT – How to take Probiotics when on an Antibiotic

Lesson 2

* Video - Supplements – Digestive Enzymes (20 min)
  + HANDOUT - Evidence and Efficacy of Digestive Enzymes

Lesson 3

* Video - Supplements – Omega-3 Fats (12 min)

Lesson 4

* Video - Supplements – Vitamin D (16 min)
  + HANDOUT – Vitamin D RDA (Recommended Dietary Allowance)

Lesson 4

* Video - Supplements – Whole Food Supplements & MV’s (24 min)
* Link to purchase Juice Plus - <http://bit.ly/2rMtPtR> or call Jennifer at 704-626-6771
* If you found this course through someone who is a distributor of Juice Plus PLEASE CALL THEM TO PLACE YOUR ORDER

Lesson 5

* Video - Supplements – Minerals
  + HANDOUT – Magnesium Muffins
  + HANDOUT Iron and Protein Sources RDA

**Module 6 – The Roadmap (Step 7)**

Video – Intro Module 6 (3 min)

* Video - Action Items Module 6 – Vision Board Instructions and continue with your good healthy nutrition (11 min)
  + HANDOUT – Action Items Module 6
  + HANDOUT – Vision Board Instructions

Lesson 1

* Video – The Road Map - Stress - Put Your Own Oxygen Mask on First – Dr. Kilbane talking (6 min)
* Video – The Road Map - Stress - Put Your Own Oxygen Mask on First – (56 min)

Lesson 2

* Video – The Roadmap - Food (13 min)
* HANDOUT – Chapter 15 from my book Healthy Kids Happy Moms – “Gluten, what’s all the Hype?”

Lesson 3

* Video – The Roadmap - Supplements (11 min)

Lesson 4

* Video – Office Tour and if you need further individual help for your child (4 min)