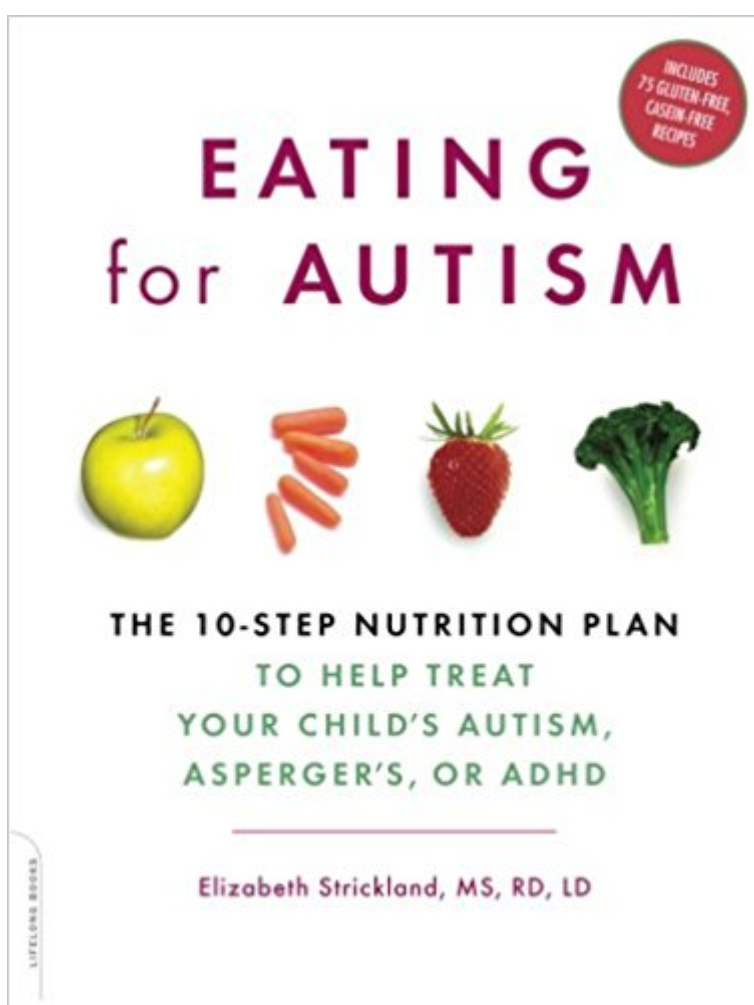


The book was found

Eating For Autism: The 10-Step Nutrition Plan To Help Treat Your Child's Autism, Asperger's, Or ADHD



Synopsis

What your child eats has a major impact on his brain and body function. Eating for Autism is the first book to explain how an autism, Asperger's, PDD-NOS, or ADHD condition can effectively be treated through diet. Eating for Autism presents a realistic 10-step plan to change your child's diet, starting with essential foods and supplements and moving to more advanced therapies like the Gluten-Free Casein-Free diet. Parents who have followed Strickland's revolutionary plan have reported great improvements in their child's condition, from his mood, sleeping patterns, learning abilities, and behavior to his response to other treatment approaches. Complete with 75 balanced, kid-friendly recipes, and advice on overcoming sensory and feeding skill problems, Eating for Autism is an essential resource to help a child reach his full potential.

Book Information

Paperback: 304 pages

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Best Sellers Rank: #97,576 in Books (See Top 100 in Books) #33 in Books > Health, Fitness & Dieting > Children's Health > Learning Disorders #109 in Books > Health, Fitness & Dieting > Children's Health > Autism & Asperger's Syndrome #245 in Books > Medical Books > Medicine > Internal Medicine > Pediatrics

Customer Reviews

Publishers Weekly, 6/1/09 "includes recipes and valuable information on how to transition to a gluten- and casein-free diet." • Living Without, Oct/Nov 2009 "Written in layman's language, Eating for Autism will help you determine whether there's a dietary connection to your child's behaviors, and, if so, how to proceed." • "A nice addition to a practitioner's bookshelf." •

Elizabeth Strickland, MS, RD, LD, is a leading dietician specializing in nutritional therapies for autism spectrum disorders and ADHD, with over twenty years' experience. She lives in Canyon Lake, Texas.

what a great read and a wonderful place to start for food therapy. My son with asperger's has now been GFCF for 8 months and it is a dramatic difference for him. The little light in him just got brighter and brighter. Results began happening for him with in the first two weeks. If your son or daughter is on the spectrum, please consider this treatment for you child.

There is a lot of information in this book especially for folks who don't cook a lot. I cook from scratch most of the time and watch additives to all foods I buy. Information on vitamins was helpful. If your child has eating issues making some of these dietary changes will be a challenge. I will keep the book for a reference.

item as advertised ..shipped promptly

This book helps me to figure out what to give my Child! Not only that, it EXPLAINS everything to why we do these special diets! It helps break EVERYTHING down from what to give your child and why you should give it to your Child. AND I didn't realize you should ease into taking gluten out of your diet! I never would have known! Great book. . .I recommend to Everyone who is seeking help for the first time.

Love this book, The recipes are so good. My kids loves them and they are easy to follow

A++++

Excellent! Easy to read, it brings good receipes also and suggestions to be informed and advocate.

Informative and clearly written. Good parent resource.

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