

THE TRUTH ABOUT NUTRITION AND AUTISM

IF YOUR CHILD HAS BEEN DIAGNOSED WITH AUTISM or a related condition, you need to know that what he eats can have a major impact on his health and brain function. Nutrition can affect everything from your child's behavior, mood, and sleep patterns to his ability to learn and focus. But how can you determine which foods, supplements, and diets are safe, effective, and appropriate for your child—and get him to try them?

In *Eating for Autism*, leading dietitian Elizabeth Strickland debunks the myths surrounding nutritional interventions and fully explains the nutrition-autism connection for the first time. *Eating for Autism* presents an easy 10-step plan to positively change your child's diet, starting with basic modifications and gradually moving to more advanced interventions. Strickland's approach is family-friendly and realistic, allowing you to move through each step at your own pace. You'll learn how to:

- Help your child transition to healthy foods and expand his diet
- Select the right nutritional supplements
- Identify and treat gut problems and food allergies
- Follow the most effective special diets and interventions
- Make your child's favorite foods gluten-free and casein-free

As each of your child's nutritional problems is treated and resolved, his health and symptoms will improve. Complete with 75 gluten-free, casein-free recipes for kid-friendly foods and snacks, *Eating for Autism* provides an essential plan to help children reach their full potential.



ELIZABETH STRICKLAND, MS, RD, LD, is a registered dietitian specializing in nutrition therapy for autism spectrum disorders. A frequent seminar leader with more than twenty-five years' professional and clinical experience, she has successfully treated thousands of children nationwide. She has three children and lives in Canyon Lake, Texas.

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EATING for AUTISM

THE 10-STEP NUTRITION PLAN TO HELP TREAT YOUR CHILD'S AUTISM, ASPERGER'S, OR ADHD

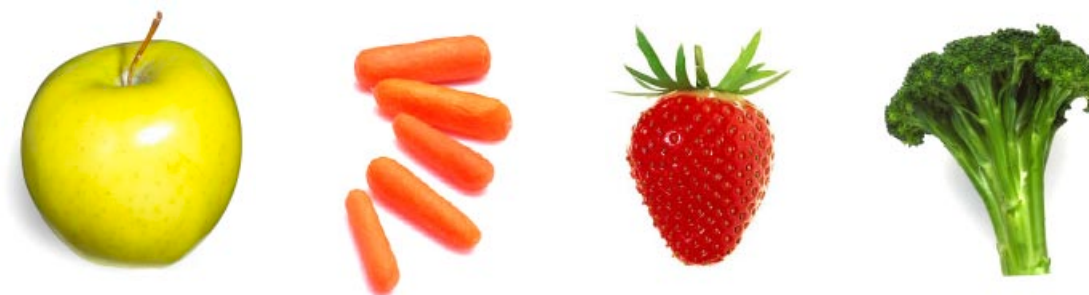
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Elizabeth Strickland, MS, RD, LD