



Eating for Autism: The 10-Step Nutrition Plan to Help Treat Your Child's Autism, Asperger's, or ADHD

Elizabeth Strickland

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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.

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