

Therapeutic Diets; GF/CF, GAPS, SCD, FodMaps, Weston Price, Genotype Food and Nutrition for Childhood Disorders

GF/CF diet? SCD? GAPS diet? Body Ecology diet? Low oxalate? Feingold? Failsafe? FODMAPS? Paleo? GenoType?

Parents often ask, "Which diet do I choose? They'll say "My friend's child is doing great on THIS diet... or is THAT right diet for me?"

Many diet practitioners and books specialize in a single diet, advocating one particular approach. Through my years in nutrition consultation, and study of the varied biochemistry seen in children, I've learned that there is no "one size fits all" approach to healing diets. A diet that best suits one person's condition can be a less effective choice for someone else.

In order to know WHICH particular dietary strategy an individual should follow, it's important to have an understanding of biochemistry and the role of food, nutrition, and supplementation in the restoration of health and well-being. In my work with autism, I understand, apply and customize the varied dietary strategies, aiming to identify a most suitable overall diet for specific individuals.

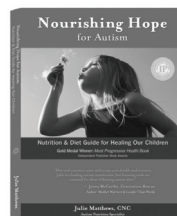
I've synthesized years of autism nutrition research and clinical experience in my book, Nourishing Hope for Autism. I explain the scientific rationale for dietary intervention and give a 12-step guide for nutrition intervention. Nourishing Hope explains all the different diets, including when and why for each - so you can make the best choice for your child and ensure good nutrition. To help parents cook nourishing meals, I created Cooking To Heal. It's a nutrition and cooking class on DVD, and my Cookbook where I label recipes by compliance with the top 5 autism diets. I've made it easy to learn, and to layer multiple dietary principles for those evolving their approach and improving effectiveness.

Nutritious foods are the foundation for all healing diets. My philosophy embraces good nourishing food for everyone, regardless of which "diet" you are doing. Grass-fed animal foods and ghee, pastured eggs, fermented foods, bone broths, organ meats, and vegetables contain essential nutrients for growing children. Of course, always avoid food allergies/intolerances and artificial additives, and reduce sugar. It is also helpful to consider intolerances to certain food substances/chemicals: gluten, lectins, oxalates, phenols, salicylates, amines, and more.

Changing diet is a step-by-step process toward greater health.
As you see improvements, you will be inspired to learn and add more.

Wishing you the best on your nutrition journey,

Julie Matthews
Certified Nutrition Consultant
Nourishing Hope for Autism at NourishingHope.com



Diet Changes Help Children with Autism

By Julie Matthews, Certified Nutrition Consultant

Parents of children with autism are learning that food choices can help their sons and daughters become healthier and reach their full potential. In addition to traditional behavioral therapy and other pharmaceutical treatments, pediatricians, researchers, and nutritionists increasingly recommend that parents implement autism diets, autism-specific nutrition, and specialized supplementation.

Even television's respected Dr. Oz recently said, "Some of the most promising treatments for autism come from changing the foods that the child is eating." The term "recovery" from autism is best explained by organizations such as Autism Research Institute (founded 1967) and Generation Rescue. The word conveys the healing possibility for these children--to reach their potential of health and happiness. Author Jenny McCarthy's analogy aptly explains, while you can't be cured of getting hit by a bus, you can recover. Children have, and are, recovering from autism. Pursuing recovery is not about "curing" autism; it's about believing in and taking action toward healing and improved health.

Doctors now recognize that the bodies of children with autism are unique and require very specific care, including special enzymes for digestion, medical treatment for yeast infections and other common conditions found during testing, attention to digestive issues, special dietary requirements (autism diets), nutrient and fatty acid supplementation, behavioral therapy, and more.

The outdated model sees autism as a "mysterious" psychiatric disorder that begins and ends in the brain—and reports that little can be done to impact its effects. But parents are not waiting for answers from a mainstream medical system that holds an antiquated perspective of their child's condition.

Through the breakthrough work of the Autism Research Institute a more appropriate "whole body disorder" (the brain is affected by the biochemistry generated in the body) perspective of autism has emerged.

When seen as a whole body disorder, parents and physicians are more likely to identify the physical symptoms of autism that often get overlooked including diarrhea, constipation, bloating and GI pain, inflammation, and frequent infections. With this broader comprehension it becomes apparent that there is a great deal that can be done to address these challenges. Step one is to take charge of diet.

When parents correctly implement specific autism diets, improvements in gastrointestinal problems (including diarrhea and constipation), language, learning, focus, attention, eye contact, behavior, sleep difficulties, toilet training, and skin rashes/eczema have been observed. Parents around the world are beginning to share their stories of healing. Since every child is unique, improvements will vary. It's important to understand that these diets are customized food-focused strategies of nutritional intervention for autism. Going from not considering the impact of food intake



(standard American diet) to giving specialized attention (nutrition centered diet) is the key to promoting systemic healing through autism diets. All autism diets involve the removal of problematic foods and substances, and the addition of easier to digest nutrient dense foods.

Certain food substances, such as gluten (wheat) and casein (milk) are known to be problematic for many children with autism, and should be avoided – and other foods rich in healing nutrients are beneficial when added to children’s diets. Attention to these factors is intended to help balance biochemistry, affect systemic healing, and provide relief of autism symptoms.

For many children with autism, nutrient deficiencies, chemicals in foods, imbalanced biochemistry, and digestive problems can play a significant role in their physical conditions. Their physiological and behavioral symptoms may stem from, or be exacerbated by, impaired digestion and GI health. Altering food choices positively affects these processes and helps improve symptoms.

There are several diets that are used by parents, autism nutritionists and pediatricians. These diets include the Gluten-Free Casein-Free (GFCF) Diet, Specific Carbohydrate Diet (SCD), Gut and Psychology Syndrome (GAPS) Diet, Low Oxalate Diet, Body Ecology Diet, Feingold Diet and Weston A. Price dietary principles.

Parents begin with simple steps: more fresh fruits, vegetables and grass-fed meats whenever possible. They read labels for ingredients and clean out their cupboards. They shop for organic foods in order to remove antibiotics, hormones, pesticides and PCBs from the dinner table. They naturally avoid pre-packaged, canned or frozen foods that contain preservative, additives, colors and artificial ingredients. They immediately decrease the amount of sugar they feed their children. The guidance of a qualified nutrition profession is always recommended. After the initial clean up steps are completed, parents embark on the implementation of an autism diet, which typically begins with removing gluten and casein—as implemented in the GFCF diet. Gluten is the protein found in wheat, rye, barley, commercial oats, kamut, and spelt. Casein is the protein found in dairy. The GFCF diet has become popular for autism and the general population, and there are many GFCF foods available in stores. Parents applying a GFCF diet cook from great recipes they find online and in autism diet friendly cookbooks.

Autism Research Institute (ARI) surveyed thousands of parents and found that 69% of those applying the GFCF Diet saw improvement. For the Specific Carbohydrate Diet, 71% noted improvement. In recent autism diet research funded by Autism Speaks, 82% of parents reported “definite improvement” in their child’s skills. Respected pediatrician and author of “The Autism Book,” Dr. Robert Sears says that 75% of his patients following the diet see great improvement. For the parent of a child with autism, the food that they choose to serve their children is vitally important to their healing. Autism diets are an important first step all parents should consider as they are creating a program for the improved health and well being of children. Julie Matthews is an internationally respected autism nutrition specialist and author of the award-winning book, “Nourishing Hope for Autism” and the creator of “Cooking to Heal: Autism Nutrition and Cooking Classes” (DVD). Julie provides diet and nutrition intervention guidance backed by scientific research and applied clinical experience. She presents at the leading autism conferences in the US and abroad. Visit www.NourishingHope.com



Recipes from Cooking to Heal

By Julie Matthews, Certified Nutrition Consultant

Crispy Kale

GFCF/SCD/BED/FG

Egg-Free/Nut-Free

Rinse kale leaves and dry.

Remove stem and main vein of kale stalk.

Brush with olive oil

Season with salt and any other herbs you'd like. You can also use lavender or rosemary salt.

Heat oven to 350 degrees. Place stalks directly on oven rack and cook for 3-6 minutes. Watch closely so they don't burn. Should be nice and crispy. Lightly brown around edge.

Apple Kraut

GFCF/SCD/LOD/BED/FG

This is the most kid-friendly way to eat raw sauerkraut.
Use green apples for BED. To make FG, use pear instead of apple.

Raw sauerkraut

Apples

Grate apple (peeled or unpeeled). Mix equal parts kraut and apple. Enjoy!

Variation: You can grate carrots into the mix. You can also make a variation with applesauce instead of grated apple. Place applesauce and sauerkraut into food processor and puree.

Chicken Pancakes

GFCF/SCD/LOD/BED Nut-Free

1 chicken breast precooked (season as desired while boiling)

3 eggs

½ teaspoon salt

Blend ingredients together in food processor until completely smooth. Mixture will look like thick pancake batter.

Add a dollop of batter to hot, greased pan and cook like a pancake. Batter may need to be spread out into a pancake shape so it's not too thick.



GFCF Ranch Dressing Dip

GFCF Egg-Free/Nut-Free

Can be made nut-free with hemp cream in place of cashew cream.
Can even be made egg-free using an egg-free mayo.

3/4 cup cashew cream or non-dairy yogurt
1/2 cup mayonnaise
1 teaspoon of lemon juice or apple cider vinegar
(with yogurt, less lemon or vinegar may be needed, add to taste)
1 teaspoon parsley (dried)
3/4 teaspoon dill
1/4 teaspoon garlic
1/4 teaspoon onion
1/8 teaspoon salt

Blend 1/2 cup cashews plus 1/2 cup hot or boiling water in blender until a thick cream.

Add rest of ingredients and whisk until blended together.

Chill and serve as a dip. Can be thinned with a non-dairy milk and used as a Ranch salad dressing.

Coconut Flour Vanilla Cake

GFCF/SCD/LOD Nut-Free

Adapted from Elana Amsterdam's Gluten-Free Cupcakes

1 1/4 cups coconut flour
1 teaspoon sea salt
1/2 teaspoon baking soda
8 large eggs
2/3 cup melted ghee
1 cup honey
2 tablespoon vanilla extract

Preheat the oven to 350 degrees. Grease and flour two 8-inch cake pans. In a large bowl, combine the coconut flour, salt, and baking soda. In a medium bowl, whisk together the eggs, melted ghee, honey and vanilla extract. Blend the wet ingredients into the coconut flour mixture with a handheld mixer until thoroughly combined.

CookingToHeal.com

