

The Disconnected Kids Nutrition Plan

Proven Strategies to
Enhance Learning and
Focus for Children
with Autism, ADHD,
Dyslexia, and
Other Neurological
Disorders



Dr. Robert Melillo

Creator and Cofounder of Brain Balance Achievement Centers

Foreword by **Zac Brown**
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Dr. Robert Melillo and

The Disconnected Kids Nutrition Plan: Proven Strategies to Enhance Learning and Focus for Children with Autism, ADHD, Dyslexia, and Other Neurological Disorders (The Disconnected Kids Series)



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A scientifically developed plan for feeding kids with special needs--based on the favorite Brain Balance System Dr. Prepare delicious, healthful meals that may pass the flavor test of sometimes the the majority of finicky eaters. • Recognize the difference among a fussy eater and a issue eater. Choose supplements that can help ensure adequate daily levels of the specific minerals and vitamins vital that you brain health. • • Ease the sensory conditions that lead to mealtime mayhem. Understand how the mind plays a primary role in many dietary and nutritional issue including food sensitivities. Robert Melillo' Identify food sensitivities using a simple elimination diet plan. In this new publication, he presents the dietary side of the Brain Balance Program, featuring recommendations, tips, and kid-friendly recipes based on the most recent scientific research on what food affects the brain. •s Brain Balance plan has helped a large number of families across the country, offering a drug-free of charge, scientifically based way for addressing an array of circumstances, including autism spectrum disorders and ADHD. • Made to help busy parents feed picky kids in a beneficial way, the reserve will show readers how exactly to: •



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Our child is more cognitive & more active! Great recipes and guidelines GREAT resource. My hubby (who has very poor knowledge of nutrition) skimmed through this & Basic solutions for substitutions and great everyday - delicious - dishes! He started performing more points and being more active within 2 weeks and is now doing something new every other day! balanced protein (once again balanced between vegetation & Fundamentally it's a couple of entire foods, as unprocessed as possible. These guys get great results. Rob a debt of gratitude. My hubby did complain that the intro and "why" parts need a cliff notes edition so you can go right to the recipes. animals). This is a revolutionary book and his methods have truly changed my child. freeze them in specific containers. merely a sales pitch for his centers If you are searching for a strategy to implement the suggestions on your own, this isn't it. I'll definitely tell anyone I can. Excellent Excellent, Dr. Reconnected Children) will help you have significantly more of a history as to the reasons these diet adjustments are so very important to your personal needs children. GREAT resource. My son and myself included both possess ADHD and SPD. I am also an Occupational Therapy Associate and like having any knowledge I can surrender to any parents who might consult. I like the simple also to point lay out of the reserve and discover it easy to check out and understand. This is almost specifically a sales page and testimonial for spending the exorbitant fees involved at his centers. This Book Changed our Lives This book has really helped us change and understand our son's digestive tract and just how much of an impact his eating habits make a difference his entire body. This publication has many great healthy recipes that you and your little one will love. Robert's other 2 books ahead of reading this one (Disconnected Children &. I would recommend reading Dr. This is a revolutionary book and his methods have truly ... We make big batches & I owe Dr. animal fats), specifically omega 3's, & AN EXCELLENT Alternative Treatment I'm not against legitimate proven medical treatments that are not bandaid handlings with unwanted effects but not when diet might handle it. Clean fruits/veggies, along with fats (balance between plant &.! Great recipes and guidelines. after that started making purees for our particular needs boy. His humble approach each case make his technique one of a kind. I'll recommend it to everyone I can. Five Stars Great book that provides suggestions for helping your son or daughter nutritionally. I am also an Occupational Therapy Associate and like having any understanding I can give back to any . Melillo's expertise in the field is similar to no other, he hardly ever disappoint me. I'll recommend it to everyone I could This book was just what I expected and more.



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