

**"Pam and Dana know what works for kids ...
This book is a fantastic resource for the diets
that make a difference. Follow their advice!"**

**—Jenny McCarthy, author of *Louder Than Words*
and *Mother Warriors***

**RETAILERS WORK
ON THE ASSUMPTION
THIS IS A DIET FOR ADULTS**

THE KID-FRIENDLY ADHD & AUTISM COOKBOOK

**THE ULTIMATE GUIDE TO THE
GLUTEN-FREE, CASEIN-FREE DIET**

WHAT IT IS • WHY IT WORKS • HOW TO DO IT



Pamela J. Compart, M.D., and Dana Laska, R.D.H., M.S., L.D.N.
Foreword by Jon B. Pangborn, Ph.D., F.A.I.C., and Sidney MacDonald Baker, M.D.

Pamela Compart and

The Kid-Friendly ADHD & Autism Cookbook, Updated and Revised: The Ultimate Guide to the Gluten-Free, Casein-Free Diet



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"Pam and Dana know very well what works for children. This book is an excellent resource for the diets that make a notable difference. The other problem is finding ways to get their children to eat healthy foods and improve their nutritional status! quality recipes and instruction to the gluten-free of charge, milk-free diet for ADHD and autism just improved. The specialty substances are explained and intensive resources provided." --Jenny McCarthy, writer of *Louder Than Words* and *Mother Warriors* The greatest "In addition to updates on new research and findings, visitors will find suggestions from the authors for packing school lunches and snack foods, plus 100 completely new recipes! One of the issues that parents encounter is coping with children who've picky appetites and crave the very foods that affect their behavior, focus, and development. Follow their tips! The uniqueness of this book is definitely that it not merely provides gluten-free milk-free of charge substitutes and recipes, it provides successful suggestions for feeding the picky eater. The authors share information regarding just how and just why the diet works. kid-friendly" Additionally, there are testimonials from the parents and from the children themselves.



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Not at all what i was looking for. This book was ok and i did just like the fact that it would chart out what nutrients were in everything, however if you are a working mom like me and do not go back home til almost supper time the recipes in this book are flat out exhausting just considering them! I wish to have the ability to make an instant and healthy food for my kid but these dishes are as if you are cooking a gourmet supper for a child that may or might not actually eat it! I tried producing yogurt with homemade nut milk - the yogurt failed because I didn't follow the recipe carefully enough, however the nut milk was great.

Great book Great book Not What I Thought This book was not what I thought it was going to be at all. However the few I saw looked easy and possibly tasty! It creates it much less difficult what to ... This is an excellent book. No pictures from Doesn't matter how great the info and directions are, if I'm getting a cookbook I anticipate pictures of dishes. Best cookbook out there for spectrum kids! And then tons of dishes I am getting excited about trying out, which can make my meal planning much easier. I recommend this publication! It provides great information regarding what nutrients are needed to support them, and what to avoid and just why.. I particularly like the substitution guide for typical home cooking/baking best gluten free book for beginners My 6 season old son has Asperger's with violent and aggressive behavior. We finally made a decision to provide gluten/caesin free of charge diet a chance. I ordered the reserve, read it and found that it referred to many symptoms that my child offers. He's been on the diet for 4 weeks today and he's been near ideal. If I only knew that a simple diet modification can help my son I'd have carried out it years ago. If you are even close to changing your son or daughter's diet- do it now and order this publication! Five Stars changing diet plan is making a difference. easy to understand As a Nurse and anyone who has gone to ARI nutrition meeting, this book clearly and conveniently explains the leaky gut theory and how diet plan,enzymes, vitamins and health supplements should help. My "bible" for cooking whenever your child is on the spectrum.. I browsed through the quality recipes although haven't tried any yet. This is an excellent book. I'm going slow on the dietary plan, since I tried 3 years ago and was god-aweful looking for carbs that tasted good. Now concentrating on decreasing glucose, and casein products and trying MUI and fish oils 1st. Enzymes ill be tested in a week or two. This reserve has NONE. The process was well described and easy to follow. Many recipes for fundamental GFCF stuff like condiments and nut milks. a few of the ingredients i cannot also find in my own town. So much "win" in this cookbook! There is is even more "talking" than recipes. It offers excellent quick-reference charts showing which sometimes-unforeseen foods contain those substances, as well as a huge recipe section for all those dietary requirements. This book had not been at all what i wanted specially when dealing with a picky eater. Solid in the why and the how This book does a great job of systematically explaining both "why" normal foods might not process normally in the bodies of some individuals and the behavioral/developmental issues that can cause and "how" to implement those dietary changes. I am returning this book. Very disappointed. It makes it much less difficult what to feed a kid who has some of these issues. Great luck to all or any you parents! Recipes picked to Help This Issue Promising information



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