



Over 200 Revised
and NEW
Gluten-Free,
Casein-Free
Recipes!



Special Diets for Special Kids

VOLUMES 1 & 2
COMBINED

Plus:

Research on the positive effects
for children with autism, ADHD,
allergies, celiac disease, and more!

Lisa Lewis, Ph.D.

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Special Diets
Special Kids

Includes a
FREE CD of
printable
recipes!

Lisa Lewis

Special Diets for Special Kids, Volumes 1 and 2 Combined: Over 200 REVISED and NEW gluten-free casein-free recipes, plus research on the positive ... ADHD, allergies, celiac disease, and more!



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Special Diet programs for Special Children Two followed up in 2001 by giving more recipes and updated research. Today, this revised and expanded edition presents both books in one, filled with the latest research, revised quality recipes, and color photos throughout! Praised because a modern-day classic simply by celebrities and readers around the globe, the first edition of Particular Diets for Unique Kids has been assisting children and adults with autism, ADHD, celiac disease, and various other disorders since 1998. The first section of the book describes dietary intervention at length, from both a scientific and an individual approach (the author's son has autism and has been on a GFCF diet for many years). t function well, or are not present at sufficient amounts, serious neurological problems can result. Allergy symptoms, Sensitivities, and Intolerances Antibiotics and Probiotics Vitamins and Minerals Examining and Nutritional Support Additional Diets and Interventions How to Go GFCF The bottom line is, certain enzymes must breakdown gluten and casein. Among a great many other helpful topics, Dr. Lewis clarifies: The Biology behind Dietary Interventions “The second section of the book can be an easy-to-follow cookbook. Studies have shown that children with autism have a marked deficiency of these enzymes, which may explain why GFCF diet programs have yielded excellent results for many kids. Leaky Gut” This section contains over 200 recipes, including many you'll have never thought possible on a GFCF diet plan, such as for example: Banana-Nut Pancakes Blueberry Muffins Tortillas/Wraps Poultry Nuggets Shepherd's Pie Mock Mac pc and Cheese Chili Turkey Dressing Cakes and Cookies And several, many more! If those enzymes don' On top of that, this book comes with a FREE CD of printable dishes, so that you can easily print out recipes seeing that you use them and keep carefully the book from counter spills and drips!



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Mine has ADHD tendencies. The cd-rom with printable dishes is a useful bonus. Simple dishes for all ages This book has simple recipes which I was looking for to meet dietary restrictions. I do not have small children, but possess dietary limitations and the recipe ideas a great for all age range. It contains good information aswell. I first found this book when a teacher I work with went to a conference and got it there. But I was dissapointed. Lewis for placing this book together. Great book Great book Three Stars I need gluten free of charge and egg free of charge but a lot of the recipes call for egg. She was thrilled to show it if you ask me as she knew I was eliminating all preservatives from my own child's diet.I adored being able to read the intro chapters on how diet effects those with various things going on with their bodies.Five Stars Awesome and very helpful assortment of recipes. So a lot of it really is practical and we have been changing our diet plans to reflect this fresh awareness. I have cut out the vast majority of the preservatives and also most of the glutens from our diet plan and we visit a big difference. My child enjoys the chocolate pudding. After reading this reserve, adopting a GFCF diet seemed a lot more approachable. Even my oldest, who was simply away from college at the time, likes the book and asked for his very own copy and uses the quality recipes regularly. Thanks Mrs. I would suggest it daily I love this book. I've even told others about this wonderful resource. Not what I needed I bought this publication thinking it would give me some ideas. Unfortunately most of the recipes were simple common recipes. The gluten free bread recipe was good. Awesome book Love it. EXCELLENT BOOK This is an excellent book to use to begin with on a gluten free casein free diet. The recipes are an easy task to prepare and child friendly. Teachers a certainly appreciate that we made the modification and touch upon the difference it provides made. The info about unfamiliar items was very helpful in changing our diet plan.I like the recipes included in this book.



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