

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



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



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) One of the challenges that parents face is dealing with children who have picky appetites and crave the foods that impact their behavior, concentrate and advancement. What it is. 4 million U. How exactly to perform it. Before 1985, Autism occurred in less than 1 out of 2000. The CDC estimates that 1 out of 175 children (age 4 to 17) currently have Autism (300,000). The Centers for Disease Control reports significant increases in Autism and ADHD - both affecting primarily boys. ADHD is much more common in that it affects 4. Why it works. S. children (age 4 to 17). The various other challenge is finding methods for getting their children to eat healthy foods and improve their nutritional status. The very best kid-friendly recipes and guide to the gluten-free milk-free diet for ADHD and Autism. Common to both of these conditions is the detrimental impact of certain foods - especially milk products and glutens such as for example wheat (and to a smaller level - soy and corn). The uniqueness of this book is that it not only provides gluten-free milk-free substitutes and recipes, it offers successful suggestions for feeding the picky eater. The authors share information regarding just how and why the diet works. The specialty elements are explained and comprehensive sources provided. Additionally, there are testimonials from the parents and from the children themselves.



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Not at all what i wanted.. I want to be able to make a quick and healthy food for my kid but these recipes are as if you are cooking a gourmet supper for a child that may or may not actually eat it! Recipes picked to Help This Issue Promising info This book had not been at all what i wanted specially when coping with a picky eater. This is an excellent book. And then a great deal of dishes I am looking forward to trying out, which can make my food planning much easier. This book was ok and i did so just like the fact that it could 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 looking at them! So very much "win" in this cookbook! This is an excellent book. I tried making yogurt with homemade nut milk - the yogurt failed because I didn't follow the recipe closely enough, but the nut milk was great. It provides great information regarding what nutrients are had a need to support them, and what things to avoid and why. It makes it much much easier what to . I would recommend this book! Best cookbook away there for spectrum kids! My "bible" for cooking when your child is in the spectrum. I especially like the substitution guide for regular home cooking/baking best gluten free book for beginners My 6 calendar year old son has Asperger's with violent and aggressive behavior. The process was well explained and easy to follow. I purchased the book, read it and discovered that it referred to many symptoms that my boy has. Great book Great book Not What I Thought This book had not been what I thought it was likely to be at all. easy to understand As a Nurse and anyone who has been to ARI nutrition meeting, this book clearly and very easily explains the leaky gut theory and how diet plan,enzymes, vitamins and supplements should help. In case you are even close to changing your child's diet- do it now and order this book! Five Stars changing diet plan is making a difference... EASILY only knew a simple diet switch can help my son I would have done it years ago. I browsed through the recipes although haven't tried any yet. However the few I noticed looked easy and possibly tasty! I'm going slow on the dietary plan, since I tried three years ago and was god-awful trying to find carbs that tasted great. Now concentrating on decreasing glucose, and casein products and attempting MVI and fish natural oils 1st. Enzymes ill become tested in a week or two. Good luck to all or any you parents!.. There's is more "talking" than quality recipes. It creates it much much easier what to feed a kid who has a few of these issues. We finally decided to provide gluten/caesin free diet a chance. Solid in the why and the how This book does an excellent job of systematically explaining both "why" normal foods may not process normally in the bodies of some people and the behavioral/developmental issues that could cause and "how" to implement those dietary changes. It provides excellent quick-reference charts showing which sometimes-unexpected foods contain those elements, in addition to a huge recipe section for all those dietary requirements. He's been on the dietary plan for 4 weeks now and he's been near ideal. Many recipes for simple GFCF items like condiments and nut milks. I will be returning this reserve. This book has non-e. No pictures from Doesn't matter how great the knowledge and directions are, in the event that I'm getting a cookbook I anticipate pictures of dishes. Very disappointed. a few of the ingredients i cannot even find in my own town.



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