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The Autism & ADHD Diet: A Step-by-Step Guide To Hope And Healing By Living Gluten Free And Casein Free (GFCF) And Other Interventions



A STEP-BY-STEP GUIDE TO HOPE
AND HEALING BY LIVING **GLUTEN**
FREE AND CASEIN FREE (GFCF)
AND OTHER INTERVENTIONS

Barrie Silberberg

Foreword by Donna Williams



Synopsis

"Huge changes" | "A different child" | "A miracle" | "Vast improvements" This is what parents are saying about an amazing diet that is showing extraordinary results in helping children eliminate many traits and symptoms associated with autism spectrum disorders, ADHD, celiac disease, and other conditions. The Gluten-Free, Casein-Free (GFCF) Diet, as well as removing all artificial dyes and preservatives, is hugely effective for thousands of families. The Autism & ADHD Diet is your complete guide to the GFCF Diet. Barrie Silberberg, a mother who honed her skills using the GFCF Diet with her son, who was diagnosed with ASD, gives you everything you need to know to put the diet into action with your child, including: What the GFCF Diet is and why it's so effective How to start the diet Where and how to buy GFCF foods How to avoid cross-contamination How to understand labels on packaging How to make this diet work day-to-day Packed with parent-proven tips and the best resources for the diet, The Autism & ADHD Diet will alleviate all of your questions and provide a variety of ways to make this diet work best for you and your family.

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Customer Reviews

We read both this book and *The Kid-Friendly ADHD & Autism Cookbook* when embarking 3 months ago on our gluten-free, casein-free diet for our 3 year old daughter, diagnosed with autism. The effects of the diet were immediately apparent. While I was skeptical about its possible positive influence (b/c my dd didn't suffer from the frequent ear infections, bowel problems, or infections that others seem to have cured by the diet), the results were almost miraculous. Contrary to the withdrawal symptoms the author describes, my usually lethargic daughter actually became quite hyperactive for the first week or two. Then, it evened out and suddenly, she's having conversations (although she was always verbal, it was very scripted and was mostly manding, which was a vast improvement over the small vocabulary she had when diagnosed-->thanks to a year's worth of ABA therapy). She told her first joke. Within the same week or two, she quit using her pacifier at night and started sleeping soundly. Her occupational therapist told me 5 weeks in that my dd was a completely different girl. She was focused, on task (at least for that session for the first time) and cooperated throughout the hour long session. No, her autism wasn't cured yet, but the speech improvements, the longer attention spans, her improved social interest, shrunken pot belly, and improved physical coordination over just 3 months, has prompted me to explore biomedical treatments. My criticisms of the book though is that I think it was incredibly overwhelming and scary for someone who was on the fence like me about embarking on the large burden of transforming their kitchen and cooking. She was almost extremist about her positions--suggesting that you buy entirely separate utensils and appliances. I simply can't afford to do that and implying that not finding success "because I didn't implement the diet fully or correctly or consistently" [paraphrased] hurts more than helps parents who are seeking answers. I would normally knock only one star off for this reason, but because I find so much value in the diet and its miraculous potential for ASD kids, I am further disappointed that the book makes it seem that the only people who pursue this diet are crackpots. I would highly recommend *The Kid-Friendly ADHD & Autism Cookbook*; it is much more accessible and even-handed. If you found this review helpful, please let me know.

I've been doing the GFCF diet for my son for a couple of months now and decided to get this book to help myself and my family members understand the reasoning behind the diet; the importance of doing it correctly by reading the label's ingredients and understanding what you are reading, avoiding cross contamination, etc. I learned so much from this book. It gave me the knowledge of not just how to do the diet, but why I am doing the diet which is extremely important. I was very overwhelmed when I first started my son on the diet. I thought he would starve and lose weight as he already had such a limiting diet to begin with. Barrie addresses all of these concerns with

understanding and compassion. She lists so many useful resources; websites, company's phone #'s...she really did her research for this book! It's a must read for anyone considering or doing the diet. With every page I read, I felt more and more confident with the diet.

Great book

This is a wonderful book if you are starting the diet and don't know where to begin. That is my family - we have struggled for years with my son's autism and ADHD and finally committed to the diet. I purchased this book and never looked back. Barrie has listed many great resources and helps "non-cooks" like me navigate this new world. I have several other Autism and Diet books - and this is the one that is dog eared and used the most. Well worth the time and \$\$\$\$. Barrie - please keep this book updated with frequent editions!

I am so glad that I bought this book! I have been researching ADHD for a few years but nothing has informed me about ADHD like this book has! My husband and 4 year have ADHD. I grew up with ADHD and ADD because my brothers have it also. Just by making BETTER food choices you can lessen the pain and suffering of the symptoms for everyone including the family of the ones who have these diseases. You must read this book. It will help you!

I recommend it to anyone I couldn't put it down read it in a day an a half great author

I am not finished reading it but what I have been reading. It is interested.

This book was very easy to read and understand. It gives much insight whether you are just starting out or been on your journey for awhile. My child has autism and I found this book very helpful with such things as diet, tips on traveling, ingredients and much more. I have many pages dogearred and refer back to it often. I have read MANY books on autism and this one definately is one of my top picks!!! Well done Barrie.

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