

Northern Virginia Families Treating Autism Presents:

Special Diet for Autism Workshop

Introduction to Special Diets for Special Needs

Saturday, August 7, 2010 10 AM - Noon

3900 Jermantown Road #150, Fairfax, VA 22030 - (703) 910-5006

Location courtesy of Creative Health Solutions www.creativehealthllc.com

Ever wondered what the GFCFSF diet is? Already doing the diet but don't really know what it is for? Want to learn why food matters for the brain and behavior? Wondering if you are doing the diet correctly or not and what to expect? Come to our workshop and learn from other parents who have successfully implemented the diet along with other biomedical interventions. Meet with a child that has recovered from autism. Find day to day support from other parents.

Topics:

Why do kids with autism need to be on special diets?

- The journey of food inside your body
- The leaky gut syndrome
- The gut-brain relationship

Introduction to each Special Diet

- For each diet, the following will be explained: What problem does the diet address?
- What food to avoid? What food is legal? Sample recipes
- GFCFSF Diet
- SCD Diet
- Feingold Diet
- IgE and IgG elimination diet
- Low Oxalate Diet

The roles of Digestive Enzymes and Probiotics

- Which enzyme does what
- How much to give and when to give?
- What to expect?

This event is FREE!

Space is limited! Please RSVP via email to c_rescueangel@yahoo.com