



Special Diets for Special Kids: Understanding and Implementing a Gluten and Casein Free Diet to Aid in the Treatment of Autism and Related Developmental Disorders

Lisa Lewis

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1st Runner-Up in the 2004 Writers' Notes Book Awards!

This book—part medical treatise, part cookbook—will teach you how to make GFCF entrees, breads, desserts, and many other foods the entire family will enjoy eating.

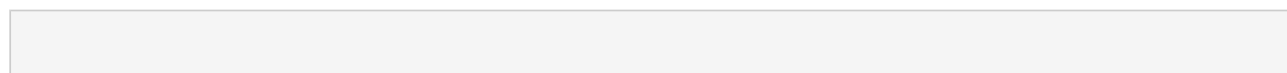
In a nutshell, certain enzymes are required to break down gluten and casein. If the enzymes that normally break down casein and gluten don't function well, serious neurological problems can result. Studies have shown that children with autism have a marked deficiency of these enzymes, so gluten-free casein-free (GFCF) diets have yielded positive results for many children.

First Runner-Up in the Writers' Notes Book Awards, this original Special Diets book has been helping children and adults with autism, ADHD, Celiac disease, and other disorders since 1998! The first part of the book describes the diet in detail, from both a scientific and a personal approach (the author's son has autism and their family has been on the GFCF diet for years). Helpful sections include:

- Sam's Story
- About Special Diets
- Allergy or Intolerance
- Tests and Nutritional Supports
- How (And What) to Feed Your Child
- Help From Friends & Relatives

Next, the cookbook part contains over 140 recipes, including many you would have never thought possible on a GFCF diet, such as:

- Breaded chicken nuggets and fish sticks
- Spaghetti and Meatballs
- Pizza
- Mock mac-and-cheese
- Pancakes and muffins
- Cookies and cakes
- And more!



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Tyler Cote:

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