

Nourishing Hope for Children

Food & Nutrition for Autism, Asperger's, ADHD

and Gastrointestinal Disorders, Food Allergies, Behavioral Disorders...



Hosted by



ecomom
ALLIANCE OF THE LEHIGH VALLEY

DISCOVER WHY Food Affects Children's Mind-Body-Behavior & HOW to Make Diet Choices that CAN HELP RIGHT AWAY!

Presented by **Julie Matthews, CNC - Autism Nutrition Specialist**
and Author of the award-winning book "Nourishing Hope for Autism"



- Learn the scientific connections between diet & symptoms
- Know how to create a healthy diet for *any* child
- Be able to avoid common pitfalls
- Make meals that nourish the whole family
- Help even the pickiest eaters expand their diet

Bethlehem, PA • Monday, April 23rd 6:30pm-9:30pm

Become empowered with essential healing diet and nutrition fundamentals, plus advanced strategies. Julie will explain which foods and ingredients to avoid, nourishing foods to add, and provide practical "how to" success advice based on ten years clinical experience. Parents learn sound principles and specific ideas that immediately help, practitioners learn the evidenced based science behind special diets and nutritional protocols and WHY IT WORKS!

Part 1: Essential Nutrition for Autism, Asperger's, ADHD and more

Part 2: Cooking To Heal: The "How To" of Healing Diets

- Ensuring adequate nutrition
- The gut-brain connection
- Supplements & enzymes
- Addressing food allergies
- Metabolic testing guidelines
- Varied dietary approaches
- Nutrition booster kids love
- Meal planning ideas & recipes
- Involving the whole family
- What to do when you're stuck

What Moms say ABOUT THIS EVENT!

"We'd been researching this for 10 years... this pulled the whole thing together - all in one go!"

"Parents are learning theory AND trying to figure out how, Julie provides the 'how to' as well, which is brilliant!"

"This was not opinion-based, this was all research based and scientific - it took it to a whole new level for me."

By Julie Matthews

Nourishing Hope for Autism

Autism Diet & Nutrition Guide



Cooking To Heal

Autism Nutrition & Cooking Class

Boston • New York • Washington D.C • Wilmington • Bethlehem

Who Should Attend

Parents & Caregivers
Clinicians & Therapists
Dietitians & Nutritionists
Nurses & Educators
Diet Naysayers

Become informed
Get inspired
Know your options
Gain resources
Connect with others

Sponsored by



SEATING IS LIMITED!

Bethlehem

DATE:

Monday, April 23rd
Workshop: 6:30pm - 9:30pm
Registration: 6:00pm

LOCATION:

Unitarian Universalist Church
424 Center Street
Bethlehem, PA 18018

\$35 pre-reg \$45 at the door

** you also get the presentation content, articles, and more!*

Local Contact: Meghan Kline
kline.meghan@gmail.com

REGISTER at **NourishingHope.com** or call 415-235-2960