

Nourishing Hope for Children

Food & Nutrition for Autism, Asperger's, ADHD

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



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" with **Dr. Devin Houston** and **Dr. Kurt Woeller + local parents**



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

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!

Julie: Scientific Rationale, Essential Nutrition, Effective Diets

Dr. Houston: How Enzymes Support Diet Success and Healing

Julie: Making it Work: Success tactics for beginners and beyond

Dr. Woeller: Integrative Approach to ASD, Testing & Supplements



Keynote and Book Signing by Dr. Martha Herbert



- 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



LIVE Presentations by Drs. Devin Houston & Kurt Woeller



What People are Saying!

"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."

Boston • New York • Washington D.C • Delaware

By Julie Matthews
Nourishing Hope for Autism
Autism Diet & Nutrition Guide



Cooking To Heal
Autism Nutrition & Cooking Class

Hosted by

—The—
Julia Cekala
Charitable
Foundation
—

Sponsored by



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

SEATING IS LIMITED!

Boston

DATE:
Sunday, April 15th 2012
Workshop: 9:00am -3:30pm
Registration: 8:00am

LOCATION:
Mansfield Holiday Inn
31 Hampshire Street
Mansfield, MA

\$45 pre-reg \$55 at the door
* You also get the presentation content, articles, and more!

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