

# 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

In Collaboration with



- 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

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 Medical Approach to ASD, Testing & Supplements*

#### 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



- 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."

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



**Cooking To Heal**  
Autism Nutrition & Cooking Class

#### Washington D.C.

**DATE:**  
Saturday, April 21st 2012  
Workshop: 9am- 3:30pm  
**Registration: 8am**

**LOCATION:**  
Calvary Gospel Church  
1800 N Glebe Rd  
Arlington, VA 22207

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

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REGISTER at [NourishingHope.com](http://NourishingHope.com) or call 415-235-2960