

Nourishing Hope for Children

Food & Nutrition for Autism, Asperger's, ADHD

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



In Collaboration with

NEW YORK
METRO
CHAPTER NATIONAL
AUTISM
ASSOCIATION

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

New York • Tuesday, April 24th 6:30pm-9:30pm

This dynamic, **two-part presentation** empowers parents and clinicians with essential healing diet and nutrition fundamentals. 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. Newcomers can get started right away, experienced parents will further their success, and clinicians gain scientific insight to guide their practices. With this evidence-based education, you'll fully understand the use of nutrition and food choices for healing.

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

Gold Medal



Cooking To Heal
Autism Nutrition & Cooking Class

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



New York City

DATE:
Tuesday, April 24th
Workshop: 6:30pm - 9:30pm
Registration: 6:00pm

LOCATION:
The Rebecca School
40 East 30th Street
5th Floor (Gym)
New York, NY 10016

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

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

Boston • New York • Washington D.C • Delaware

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