



Diet & Nutrition for Autism

Presented by
Autism Organization - YOUR GROUP

Learn WHY and HOW Diet Helps Children with Autism



**Julie Matthews, Certified Nutrition Consultant,
Autism Nutrition Specialist, Educator & Author**

Saturday October 16th
8:30am – 1:30pm

or via Internet

LIVE – In Person

LOCATION
DETAILS
HERE

Food affects the behavior of children with autism. Parents and physicians realize that strategic choices can help children's bodies heal. In fact, healing autism diets help most children become healthier and less symptomatic. [Parents can affect immediate improvement in their children through informed and empowered food choices.](#)

Julie will present &
answer your questions

½ DAY PRESENTATION +
Book/Cookbook/DVD

- Realize that autism is a whole-body disorder –body, brain, & behavior are connected
- Learn how food intake affects the symptoms of children with autism
- Know which food omissions and additions are most imperative
- Become empowered to get started right away or make further progress

Julie Matthews, author of the award winning book, "[Nourishing Hope for Autism](#)," will present:

- ☐ *Why and how autism diets help children improve*
- ☐ *Benefits for children with autism*
- ☐ *Scientific rationale for healing diets*
- ☐ *Overview of effective autism diet options:*
- ☐ *Steps for getting started, boosting nutrition, and tips for picky eaters.*

"Some of the most promising treatments for autism come from
changing the foods that the child is eating."
- Dr. Oz

This half-day, **two part presentation** will allow parents and professionals to learn essential autism diet and nutrition fundamentals. Julie will talk about which foods and ingredients to avoid, nourishing foods to add, as well as provide implementation, cooking, and recipe ideas. It will help new parents *get started right away*, and provide those already following a diet an advanced understanding of nutrition, food choices, and healing principles.

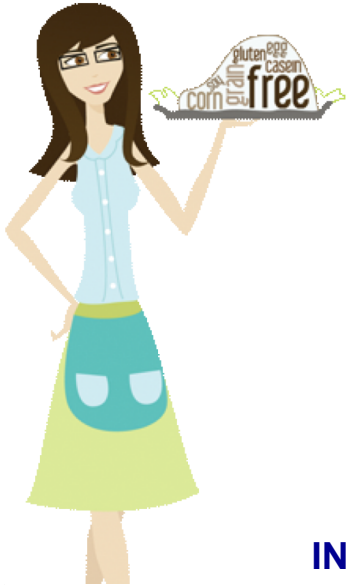
Julie Matthews is a leading autism nutrition specialist and author of the award-winning book *Nourishing Hope for Autism*. She presents at the leading biomedical autism conferences in the US and abroad, including Defeat Autism Now (DAN!). Her autism support tools stem from extensive research and applied clinical experience. Julie supports parents, nutritionists, and physicians from her practice in San Francisco.

Call 1.234.567-8910 to register

Half-day of learning and inspiration

Part 1 - Essential Diet & Nutrition

Julie will explain autism as a whole body disorder, the gut-brain connection, and provide an overview of the ASD diet options. She'll discuss the foundations of a healthy diet, supplementation, making changes that work for the whole family, and tips for picky eaters. Julie will talk about nutrient dense foods and how to make them more digestible, including the concepts of broths, vegetables, grass-fed animal protein and fats, soaking grains and seeds, and fermented and probiotic-rich foods.



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

Julie will explain the implementation of an "autism diet," focusing on the GFCF diet and including common meal ideas and substitutions for the Specific Carbohydrate Diet and others. From her clinical experience, Julie understands that many children with autism are very finicky eaters, so she will provide food and meal ideas that are nutrient dense and kid-friendly. You'll learn time saving tips, meal planning, and receive kid-friendly recipes for implementing the GFCF diet, as well as learn how to evolve the diet for experienced families.

INCLUDED: Learning tools from Julie Matthews

Nourishing Hope for Autism

Autism Diet & Nutrition Guide

- Scientific rationale for nutrition intervention
- Role of genetics and environmental toxins
- Impact of nutrients on biochemistry and healing
- The most beneficial dietary options for autism



*"This book inspired me
and helped my son tremendously."*

- Katie Wright, Mom

Board Member, National Autism Association



Cooking To Heal

Autism Nutrition & Cooking Class

Cookbook & DVD



4-hour
LIVE
Workshop



Follow along in Cookbook
w/Autism Diet Recipes

Listen & Watch Julie
in the Kitchen

*"My biggest 'aha' was adding good
nutrition back into a limited diet."*

- Katarina, V., Mom

Further event details

\$Event cost.....

- ✓Half Day Workshop
- ✓Book (*Nourishing Hope*)
- ✓Cooking to Heal Cookbook & DVD

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Workshop: 8:30 am – 1:30pm

LOCATION
INFORMATION
HERE

Reserve your spot - pre-register by calling ZZZZZ 1.234.567.8910
...or register on the 16th at 8am.