

# Food & Nutrition for Autism

& ADD/ADHD + other related disorders

DALLAS/FT. WORTH • Monday, October 10th 6:30pm-9:30pm

## Learn WHY & HOW Diet Helps Children & Adults



Presented by

**Julie Matthews**, Certified Nutrition Consultant, Autism Nutrition Specialist, Educator & Author of the award winning book, "Nourishing Hope for Autism," will present:

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



Hosted By



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



This **evening**, 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.

**First Session:** Essential Nutrition for Autism & ADD/ADHD

**Second Session:** Cooking To Heal: The "How To" of Healing Diets

Meet Others  
Discover Local Resources  
Hear 1st Hand Accounts

Purchase Julie's Learning Tools at Special Prices + Bonuses

**Nourishing Hope for Autism**

Autism Diet & Nutrition Guide



**Cooking To Heal**

Autism Nutrition & Cooking Class

Cookbook & DVD



Julie Matthews is a leading autism nutritionist and author of the award-winning book "Nourishing Hope for Autism." She is an expert in applying food, nutrition, and diet to aid digestive health and systemic healing. Her guidance and support tools stem from extensive research and applied clinical experience. She educates at the leading biomedical autism conferences in the US and abroad. Julie supports parents, nutritionists, and Physicians from her practice in San Francisco.

### EVENT DETAILS

**DATE:**

Monday, October 10th 2011

Workshop: 6:30pm -9:30pm

Registration: 6:00pm

**LOCATION:**

Greater Tots

Special Diets Resource Center

139 Olive Street

Keller, TX 76248

**Registration:**

\$35 pp (workshop + handouts)

Also in Texas

Oct 8 - San Antonio

Oct 9 - Austin

For further details and registration go to  
**NourishingHope.com** or call Kendra at 817.726.7850