

# Nourishing Hope for Children

## Food & Nutrition for Autism/ADHD

Sunday  
26<sup>th</sup> May 2013

Behavioural Disorders, Food Allergies, Gastrointestinal Disorders



**Presented by Julie Matthews, CNC**  
Autism Nutrition Specialist, Educator & Author of the award winning book, "Nourishing Hope for Autism"



**Australian Parents**  
Local community mums and dads of children affected with autism and other childhood disorders

The greatest "awareness" is that the trajectory of childhood disorders CAN be influenced by the choices a parent makes regarding treatment and therapies. Most immediately, children's physical and cognitive health can improve when specialized attention is given to the foods and nutrition they receive.

In this fantastic half-day workshop, internationally acclaimed autism nutrition expert Julie Matthews demystifies specific dietary considerations, empowering parents and professionals to...

**Discover WHY Food affects Children's Health, Learning & Behaviour & HOW to make Diet Choices that can help Straight Away!**

- Learn the scientific connections between diet & symptoms of autism, ADHD, & other disorders
- Know which dietary omissions & additions are most imperative
- Avoid common pitfalls
- Make meals that nourish the whole family
- Help even the pickiest eaters expand their diet
- Use evidence-based science and clinical "how to" experience to pave a healthier path forward

### Who Should Attend

Parents & Carers  
Clinicians & Therapists  
Dietitians & Nutritionists  
Nurses & Educators  
Resource Providers

Sunday, 26<sup>th</sup> May 2013 9am - 1pm

Independent Living Centre - The Niche Room

11 Aberdare Road Nedlands WA

## Workshop Outline

### Part 1) Nourishing Hope - Food Matters

Julie will explain the background science, the most effective diet/nutrition options, and strategies that help all children.

### Part 2) Real Parent Experiences & Tips

Local parents will share their stories, learning, advice, and key resources used.

### Part 3) Cooking To Heal - How to Succeed at Following a Special Diet

Julie will teach you to how to begin and evolve your approach for optimal success - plus strategies for picky eaters.

## Topics Include

- 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

## The Nourishing Hope Food Pyramid



Julie's presentations will include her new model, stemming from 10 years and 1000's of hours of research and clinical experience working to both heal and prevent childhood disorders.

A collaboration by the following organizations



**REGISTER at NourishingHope.com**

**ONLY \$45 to attend** (\$60 at the door)