

Nourishing Hope for Children Food & Nutrition for Autism/ADHD

Sunday
2nd June 2013

Behavioral Disorders, Food Allergies, Gastrointestinal Disorders



Presented by Julie Matthews, CNC
Autism Nutrition Specialist, Educator & Author of the award winning book, "Nourishing Hope for Autism"
With physician and parent presentations



Doctor Frank Golik
Trained physician and fellow of the Australasian College of Nutritional & Environmental Medicine



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 full 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, 2nd June 2013 9am - 4pm

Innovation Centre - **Sunshine Coast**
90 Sippy Downs Drive, Sippy Downs, Queensland

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

During lunchtime, local parents will share their stories, learning, advice, and key resources used.

Part 3) Medical Perspective

Dr. Golik will speak from his direct experience treating children's disorders.

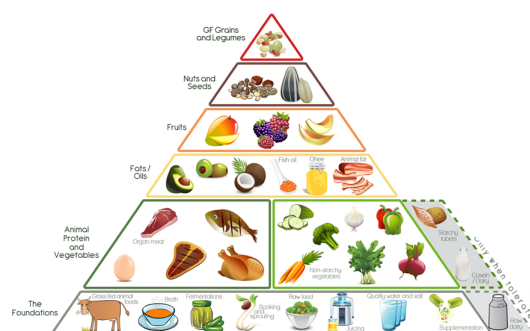
Part 4) Cooking To Heal - How to Succeed at Following a Special Diet

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 \$75 to attend (\$90 at the door)