

Food & Nutrition for Autism

& ADD/ADHD + other related disorders

TEXAS - October 2011

Learn WHY & HOW Diet Helps Children & Adults



10 Years and
1000's of hours
of research

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.



In Collaboration with
Local Autism Organizations

Meet Others
Discover Local Resources
Hear 1st Hand Accounts

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

Here's what Mom's are saying ABOUT THIS WORKSHOP!

"We'd scratched the surface, now we have so much more of an understanding"

"My takeaway was the overview of ALL the diets and getting an overview of how to start"

"I knew myself that diets do work, now I have enough scientific evidence to back me up."



San Antonio

DATE:

Saturday, October 8th 2011
Workshop: 10:00am - 3:00pm
Registration: 9:00am

LOCATION:

Little Engine Homecare
3201 Cherry Ridge Dr., Suite D-400
San Antonio, TX 78230

Austin

DATE:

Sunday, October 9th 2011
Workshop: 1pm - 5:30pm
Registration: 12:30pm

LOCATION:

Seton Headquarters, across from
Dell Children's Medical Center
1345 Philomena Street
Austin, TX 78723

Dallas Ft. Worth

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

SEATING IS LIMITED!

These dynamic, **two-part presentations** allow parents and professionals to learn essential autism diet and nutrition fundamentals. Julie will explain which foods and ingredients to avoid, nourishing foods to add, and provide practical "how to" advice and success tips. New parents can get started right away and experienced parents will gain 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

Can't Make it?
Attend Virtually!
(see website for details)

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.

For further details and registration go to
NourishingHope.com or call Martin at 415-235-2960