

and more!

Food & Nutrition that HELPS Autism/ADHD Workshop

& Behavioral Disorders, Food Allergies, Gastrointestinal Disorders

MIAMI
SATURDAY October 12th



Led by Julie Matthews, CNC

Internationally respected nutritionist and author of "Nourishing Hope for Autism" and "Cooking To Heal"

and parent experiences from...

THE THINKING MOMS REVOLUTION



This dynamic presentation will empower you with essential diet and nutrition fundamentals, plus advanced principles. Julie will explain which foods and ingredients to avoid, nourishing foods to add, and give practical "how to" advice based on twelve years clinical experience. Newcomers can get started right away, those following any current diet will further their effectiveness, and clinicians gain scientific insight to guide their practices.

- Learn the scientific connections between diet & symptoms
- Make meals that nourish the whole family
- Be able to avoid common pitfalls
- Help even the pickiest eaters expand their diet
- Use science and clinical experience to help YOUR child

Become informed
Connect with others
Know your options
Gain resources
Get inspired

Discover WHY Food affects Children's Health, Learning & Behavior
& LEARN HOW to make Diet Choices that Help Right Away!

Saturday, October 12th 2013 9:30am - 5:00pm

Temple Israel Event Center
137 NE 19st Street Miami FL

Workshop Outline

Nourishing Hope - Food Matters

Julie will explain the background science, the most effective diet/nutrition options (GFCF and beyond), and strategies that are helpful to all children.

Real Parent Experiences & Tips

Thinking Moms will share their stories, learning, advice, and key resources used.

Cooking To Heal - How to Make it Work

Julie will teach you to how to begin and evolve your approach and ensure good nutrition - plus methods for picky eaters.

WHAT YOU GET

- * Workshop, handouts, videos, recipes
- * RECORDING of the workshop

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

What Parents Say ABOUT THIS EVENT

"We'd been researching for 10 years... this pulled the whole thing together in one go!"

"The way Julie presents it makes sense"

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

"Julie provides the "how to" as well - which is brilliant!"

Event sponsored by



REGISTER at NourishingHope.com

ONLY \$60 to attend

COUPLES - \$100
Need Scholarship? Contact us