

Nourishing Hope presents... *and more!*

# Food & Nutrition that HELPS Autism/ADHD Workshop

& Behavioral Disorders, Food Allergies, Gastrointestinal Disorders

TAMPA SUNDAY October 6<sup>th</sup>  
NUTRITIONIST • DOCTOR • PARENTS



## Led by Julie Matthews, CNC

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

*with medical perspective by...*



## Dan Rossignol, M.D. FAAFP

Board Certified in Family Practice,  
with a special interest in Autism Spectrum Disorders.  
Founding Member: Medical Academy for Pediatric Special Needs (MAPS)

*and parent stories from... THE THINKING MOMS REVOLUTION*

- 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

This **dynamic presentation** will empower you with essential diet and nutrition fundamentals, and 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 will gain scientific insight to guide their practices.

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 can **Help Right Away!**

Sunday, October 6<sup>th</sup> 2013 9:30am - 5:00pm

Marriott Hotel

700 South Florida Avenue, Tampa 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.

**Medical Perspective**  
Dr. Rossignol will speak from his direct experience treating children's disorders.

**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.

## 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

### WHAT YOU GET

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

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