

# **Special Diets for Special Kids: Understanding and Implementing a Gluten and Casein Free Diet to Aid in the Treatment of Autism and Related Developmental Disorders**

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## **Reviews**

*An extremely wonderful book with perfect and lucid explanations. This really is for those who statte that there had not been a worth reading. Your way of life span will be convert when you comprehensive reading this book.*

*(Effie Douglas)*

## SPECIAL DIETS FOR SPECIAL KIDS: UNDERSTANDING AND IMPLEMENTING A GLUTEN AND CASEIN FREE DIET TO AID IN THE TREATMENT OF AUTISM AND RELATED DEVELOPMENTAL DISORDERS

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Future Horizons Incorporated. Paperback. Book Condition: new. BRAND NEW, Special Diets for Special Kids: Understanding and Implementing a Gluten and Casein Free Diet to Aid in the Treatment of Autism and Related Developmental Disorders, Lisa Lewis, Bernard Rimland, 'Lisa Lewis' contribution to the understanding of biomedical aspects of autism has been considerable. Her informative booklet An Experimental Intervention for Autism combined scientific principles with practical advice for parents in a very readable way. Its availability on the Internet has made it one of the most widely read and influential pieces ever written on autism. Her new book also concentrates on the practical applications of knowledge and understanding. It is well researched, well written and very much needed.' - Paul Shattock, Autism Research Unit, University of Sunderland Lisa Lewis explains, in this easy-to-read and accessible book, how and why to implement a dietary intervention strategy for helping children and adults with autism. Drawing upon her own success with removing gluten and casein from her son's diet, she answers the many questions parents and professionals might have about choosing a dietary intervention. Why choose a special diet? Are there tests to help me decide? Is there research to support this type of intervention? Will my child starve? What do I cook? In addition, she provides over 150 good-tasting recipes to get started on the diet -everything from spaghetti and meatballs to holiday treats and sweets and edible clay!.



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