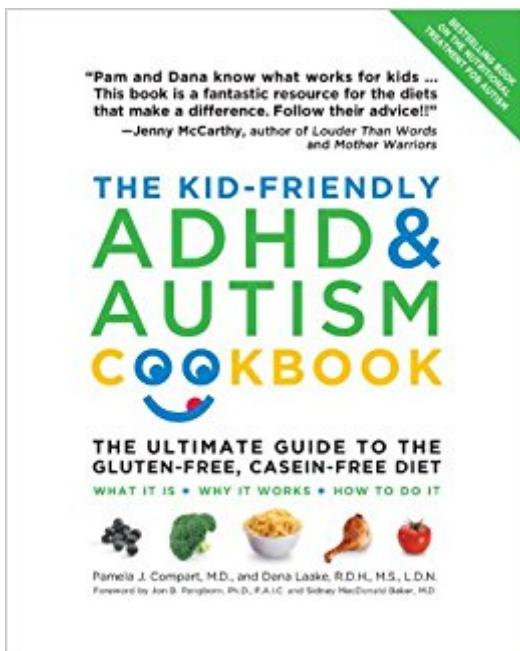


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# The Kid-Friendly ADHD & Autism Cookbook, Updated And Revised: The Ultimate Guide To The Gluten-Free, Casein-Free Diet



## **Synopsis**

"Pam and Dana know what works for kidsâ This book is a fantastic resource for the diets that make a difference. Follow their advice!!" --Jenny McCarthy, author of Louder Than Words and Mother WarriorsThe best â œkid-friendlyâ • recipes and guide to the gluten-free, milk-free diet for ADHD and autism just got better. In addition to updates on new research and findings, readers will find recommendations from the authors for packing school lunches and snacks, plus 100 brand new recipes!One of the challenges that parents face is coping with children who have picky appetites and crave the very foods that affect their behavior, focus, and development. The other challenge is finding ways to get their children to eat healthy foods and improve their nutritional status. The uniqueness of this book is that it not only provides gluten-free milk-free substitutes and recipes, it provides successful suggestions for feeding the picky eater. The authors share details about just how and why the diet works. The specialty ingredients are explained and extensive sources provided. There are also testimonials from the parents and from the children themselves.

## **Book Information**

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## **Customer Reviews**

I am still a bit of a novice when it comes to cooking GFCF, we have only been following this diet for a few months now, but this book makes it easy to create meals and snacks that my children will eat. The Wonderful Waffles recipe is better than anything you will find in the freezer section of your local grocery store-GFCF or otherwise-and there are lots of tips & tricks to get more nutrients into your kids. Not only are the recipes good, the info presented on the diet is done in an easy-to-read format.

It is all explained in great detail, how it works and why it works. Also, at the top of each recipe, there is a key that shows which allergens are present, a real time-saver for those of us dealing with multiple food sensitivities-you know at a glance. Overall, I am happy with my purchase, I would recommend it to others, especially if you are just starting out on the GFCF diet & need some guidance.

This is a great primer on the science behind the GFCF diet and several other alternative diets for kids on the spectrum. I learned a tremendous amount from it and even identified an enzyme deficiency in my own child because of it. However, the cookbook portion leaves a bit to be desired from my perspective. I was looking for something to help me with feeding a 2 1/2 year old and this is most definitely not geared towards toddlers. Perhaps it would be good for feeding a family with middle-schoolers or older, but for the little ones, there is surprisingly little. Additionally, some of the items that are labeled in it as "soy-free" call for items that have soy in them. I don't regret buying it because I'm sure someday I'll end up using the recipes, but I still have yet to find a toddler-friendly GFCF cookbook.

My son has ADHD and after a nightmare of a year on medication we vowed never to go down that road again. I started researching alternative and natural remedies to cure ADHD. I found a doctor who specialized in ADHD and autism. This doctor ordered food allergy tests for my son. Low and behold, my son is allergic to about 15 different foods including wheat, dairy, soy, milk, eggs, nuts and others. Distracted and overwhelmed, this is the first book (of many - most of which I returned) that I ordered. It has been a real eye-opener. I can't even go into all of the topics the book covers. I have made three or four of the recipes so far and they've all been great. Last night I made Chocolate Chip Pumpkin Bread and WOW, it is really good! Some recipes I have to substitute ingredients because of the severity of my son's allergies (as I did in the Pumpkin Bread), but I did so without affecting the end result. It's scary and intimidating to suddenly change your life style - especially in the kitchen. I was never much of a cook before and now I cook 3-4 meals a day from scratch! This book is a great resource for those who are timid about trying this new approach to cooking. BTW - I've already noticed improvement in my son's behavior. We've been on this ADHD diet for about six weeks. It's worth it!

Dana has written the most sensitive book on this subject I've ever seen, and I've read them all! Most cookbooks on this subject say they are gluten-free and simply change the grain from wheat to some

other grass. They do not admit that ALL grasses contain gluten, including cane. Dana does and she works around it. Many authors simply switch from dairy to soy drink products, Dana describes why soy is dangerous for small children due to the American genetic hybridization programs and how it causes the users' hormones to be thrown out of balance. Dana also addresses the salicylate problem (or the Fiengold diet) which most ASD cookbooks ignore. Dana labels each recipe individually thereby identifying what your child may be sensitive to. She also addresses the issue of the lack of amino acids and provides holistic natural ways to boost your child's amino acid levels. You can heal your child holistically using this book.

My 6 year old son has Asperger's with violent and aggressive behavior. We finally decided to give gluten/caesin free diet a chance. I ordered the book, read it and found that it described many symptoms that my son has. He's been on the diet for 4 weeks now and he's been near perfect. If I only knew that a simple diet change can help my son I would have done it years ago. If you are even close to changing your child's diet- do it now and order this book!

If there is any person in your household with autism, then it's time to make this book one of your best friends. Be sure to read Bette Hagman's stellar collection of gluten/casein free cookbooks as well as she is the top contender when it comes to providing information about keeping a GF/CF kitchen. This is an excellent book that provides good information on preparing GFCF recipes and it is clearly written and very easy to follow. You get a lot of tips on how to provide nutritious snacks and meals. Good explanations about food and the recipes and the rationale for keeping a GFCF regimen are also explained. Readers get clear explanations of allergens and how to ward them off. You also get foods you will enjoy. Again, be sure to make this book one of your best friends and it can rightfully take its place among other highly revered and happily used books about enjoying a GFCF lifestyle. Kudos to this author!

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Recipes - A Low Carb Cookbook - Low Sugar & 100% Refined Sugar Free - Gluten Free & Diabetic Friendly (Rice Rice Baby - Rice Cooker Cookbook) (Volume 2) The Autism Discussion Page on the core challenges of autism: A toolbox for helping children with autism feel safe, accepted, and competent The Autism Activities Handbook: Activities to Help Kids Communicate, Make Friends, and Learn Life Skills (Autism Spectrum Disorder, Autism Books) The Insider's Guide to ADHD: Adults with ADHD Reveal the Secret to Parenting Kids with ADHD The Gluten-Free Vegan: 150 Delicious Gluten-Free, Animal-Free Recipes Recipes for the Specific Carbohydrate Diet: The Grain-Free, Lactose-Free, Sugar-Free Solution to IBD, Celiac Disease, Autism, Cystic Fibrosis, and Other Health Conditions (Healthy Living Cookbooks) The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes Cooking for the Specific Carbohydrate Diet: Over 100 Easy, Healthy, and Delicious Recipes that are Sugar-Free, Gluten-Free, and Grain-Free The Paleo Diet For Beginners Meals For One: The Ultimate Paleolithic, Gluten Free, Single Serving Cookbook Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) Wheat Belly: Top Slow Cooker Recipes: 230+ Grain & Gluten-Free Slow Cooker Recipes for Rapid Weight Loss with The Revolutionary Wheat Belly Diet (The Wheat-Free Cookbook) Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Autism Spectrum Disorder (revised): The Complete Guide to Understanding Autism Gluten-Free Artisan Bread in Five Minutes a Day: The Baking Revolution Continues with 90 New, Delicious and Easy Recipes Made with Gluten-Free Flours The Dairy-Free Kitchen: 100 Recipes for all the Creamy Foods You Love--Without Lactose, Casein, or Dairy The Primal Blueprint Cookbook: Primal, Low Carb, Paleo, Grain-Free, Dairy-Free and Gluten-Free (Primal Blueprint Series)

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