


ASD the complete autism spectrum disorder health & diet guide



Managing ASD can be a difficult process for parents and caregivers, so truly understanding it and its associated concerns is key when it comes to the well-being of families affected by the condition. This book clearly explains ASD — its symptoms, possible causes, promising therapies, and available resources that can improve a child's quality of life and help them reach their full potential.

One of the diet therapies that families often try is the gluten-free, casein-free (GFCF) diet. Although the research is still somewhat divided, some families who try the GFCF diet report reduced ASD-associated symptoms in children with milk and/or wheat allergies, suspected food sensitivities, or gastrointestinal symptoms. This book provides balanced and healthy meal plan options and delicious GFCF recipes that can be enjoyed by the whole family.

R. Garth Smith, MBBS, FRCPC, is a developmental pediatrician and has many years of experience in diagnosing and providing care to children and families with children with ASD. He is a Medical Director of a Child Development Centre and formerly a research board member of the Autism Spectrum Disorders Canadian-American Research Consortium (ASD-CARC), which has worked with more than 3,000 families.

Susan Hannah, BA, BScH, is a health author and former research associate in the Department of Family Medicine and ASD-CARC at Queen's University.

Elke Sengmueller, BAsC, RD, is a registered dietitian with almost 20 years of experience providing pediatric nutritional care in hospital, private practice and home-based settings. She also has expertise in nutrition and mental health, having worked at the Centre for Addiction and Mental Health in Toronto, and as a national speaker and role-paper co-author for Dietitians of Canada.

**This is truly an invaluable
ASD resource for parents,
caregivers, and health
professionals, with its expert
combination of research and
practical experience.**

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**Includes 175 gluten-free
and casein-free recipes**

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