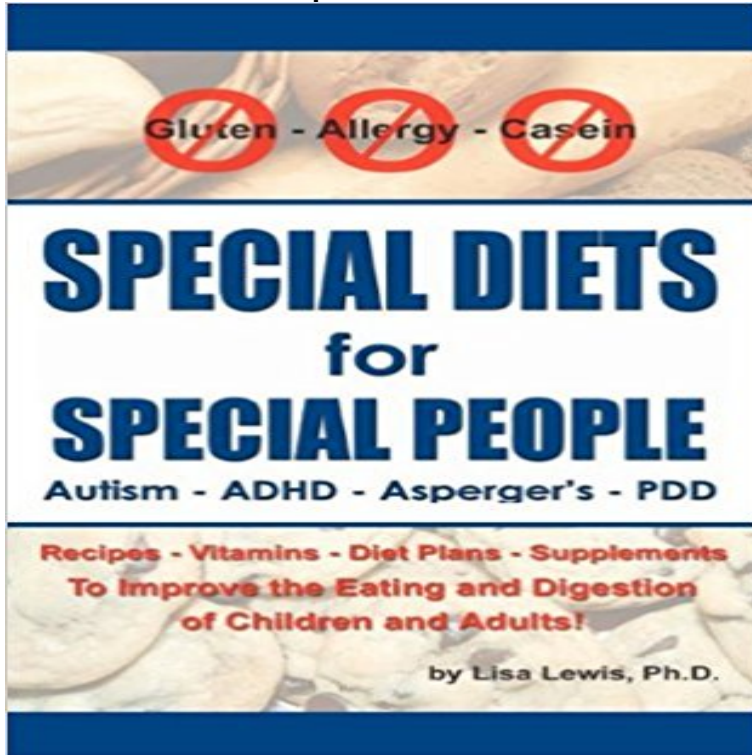


Special Diets for Special People: Understanding and Implementing a Gluten-Free and Casein-Free Diet to Aid in the Treatment of Autism and Related Developmental Disorders



Combine one part research with two parts practical information, add a dash of humor, and season with years of experience. Within the pages of this book, Lisa Lewis explains, in an easy and readable manner, an intriguing intervention strategy for helping children and adults with autism. Drawing upon her family's success with removing gluten and casein from her sons' diet, she answers the questions parents and professionals might have about choosing a dietary intervention. She provides over 150 good-tasting recipes to get you started. Learn how to prepare everything from spaghetti and meatballs to cookies and cakes. But even more importantly, learn how these recipes can significantly improve your family's quality of life.

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