

7 FOODS

TO ELIMINATE FROM YOUR CHILD'S DIET

to help quickly reduce the
symptoms of their autism

Better Sleep | Clearer Thinking | Calmer Moods

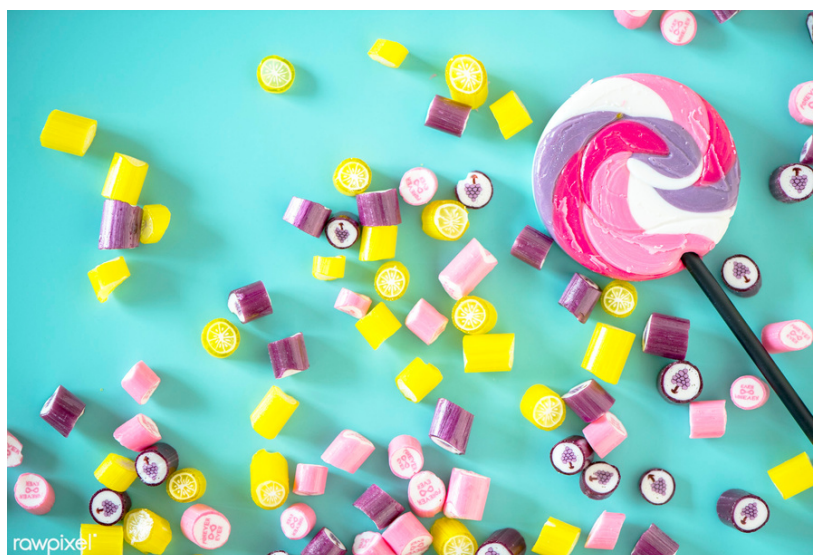


Believe it or not, common foods that are staples in our diets may be drastically affecting your child's ability to recover from autism. And while many parents have heard that removing gluten (the protein found in wheat) and casein (the protein in dairy) will help reduce the symptoms of autism, what they don't know is that is just the beginning.

You see, the health of the gut is directly linked to the health of the brain and therefore to the symptoms of autism. In fact, eighty percent of the immune system comes from the gut so if the gut is not healthy, then the brain can't thrive, and the immune system is compromised. It's a vicious cycle, but thankfully, it's one that we can put an end to by first eliminating harmful foods. In my membership program, we then walk through the next two steps: natural heavy metal detoxification and brain support and repair.

But for now, to begin restoring health to the gut and the immune system -- the first crucial step of autism recovery -- here are seven foods to eliminate from your child's diet:

- 01 Gluten
- 02 Dairy
- 03 Processed Carbohydrates
- 04 Sugar
- 05 Food Dyes
- 06 Soy
- 07 Excitotoxins





LET'S DIG INTO EACH OF THESE A LITTLE MORE AND I'LL EXPLAIN WHAT IMPACT THEY'RE HAVING AND WHY WE NEED TO REMOVE THEM FOR RECOVERY TO HAPPEN.

Gluten and Dairy

Consistently, the one thing that parents find that brings the most dramatic improvement in their autistic child is putting them on a gluten and casein-free diet. Roughly 60% of children who cut out these two food groups improve within a short period of time -- their parents report more positive behavior, improved concentration, and better sleep among other major improvements.

So why is this the case?

When gluten and casein break down in the digestive system they create properties called exomorphins, which mimic your body's morphine-like endorphins. In fact, exomorphins have the same effect on the body as opiates: they create symptoms that make us feel euphoric and intoxicated. So it's no wonder that the very people who are most allergic or sensitive to gluten are often the most addicted! The result of these exomorphins is that "spaced out" look you often see in your child's face as the chemicals go to work in their system.

Often these opiate receptors have already caused damage to the protective lining of the gut thereby allowing toxins to enter the bloodstream and the brain. This damage in the gut lining also prevents the body from absorbing beneficial nutrients from the foods we eat, leading to vitamin deficiencies such as vitamin D, K, folic acid, B12, and vitamin B6. And as folic acid and these B vitamins play a key role in the methylation cycle or detoxification, the restoration process that should occur naturally, can't. That's why eliminating gluten and casein can have some a powerful impact: it both stops your body from fighting against what it deems as a foreign invaders and simultaneously allows for the absorption of missing nutrients.

Another important reason to avoid gluten is that wheat crops are heavily sprayed with a dangerous chemical called glyphosate, which is known to further exacerbate the symptoms of autism.

Gluten is the protein in wheat. Wheat, barley, and rye all contain gluten. Spelt, durum, and semolina are also types of wheat. Read your labels on everything. Gluten is hidden in products that you would not typically assume such as salad dressing, and soy sauce. Remember that foods like cheese crackers have both gluten and casein in them

Processed Carbohydrates and Sugars

Processed carbohydrates of all shapes and forms convert to sugar in the body. This has its own ramifications but most importantly, when it comes to our gut health, this sugar feeds the overgrowth of candida (yeast) in our system.

Candida albicans is an opportunistic fungal pathogen that occurs naturally in our gut microflora, but when it gets out of control (due to feeding on an excess of sugar) it will begin to bore holes in the gut lining, preventing beneficial nutrient from getting absorbed and leading to a host of physical and emotional ailments in the process.

If that isn't enough of a reason to kick processed carbohydrates out of your diet, they also create inflammation in the body and brain which inhibits your child from living their healthiest life. While our bodies use inflammation to heal injuries, chronic inflammation due to excess sugar does just the opposite: in fact, not only does it lead to short-term symptoms but can have long-term consequences such as diabetes, heart disease and Alzheimer's. This is especially true for those with weakened or compromised immune systems.



Now that we've addressed some of the staples we have in our diets, let's talk about what we may be adding to our food.

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Food additives can be a particular problem for autistic subjects. Although many of the worst offenders have been banned, others remain in the food supply.

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These “other” offenders include things like food dyes, MSG, and sugar alternatives such as Aspartame. Let's look at each for a moment.

Food Dyes & Coloring

FD&C dyes (those dyes which the FDA has approved for use in foods, drugs and cosmetics) are unsafe as they are allowed to have a certain percentage of lead, mercury, arsenic, benzidine, and more because they were too hard to remove, so they said it was acceptable to contain some.

In 2009, almost 20 million pounds of coloring was certified as acceptable by the FDA. They are used in everything from cosmetics to cereal and soda. Furthermore, FD&C colors in medications are allowed to contain double the amount of lead as food coloring. Sadly, these medications are being taken by people who are already sick, and therefore have weak immune systems, making them more susceptible to the detriments of these dyes including:

- Brain tumors
- Hyperactivity
- Asthma
- Thyroid carcinogen
- Behavioral problems in children
- Hypersensitivity to external stimuli such as light
- Moodiness such as irritability or depression

Soy

Soy is a food that is associated with reducing the ability of the thyroid to function, negatively affecting hormone levels, is linked in studies to anxiety and aggressive behavior, and it is a highly allergic food too.

Excitotoxins

Excitotoxins are chemical food additives such as aspartame and MSG (Monosodium Glutamate) that overstimulate neurons in the brain. When these neurons are overstimulated they quickly become exhausted and die.

Monosodium glutamate or MSG is a flavor enhancer that excites the neurons in the brain to death. Yes, it actually kills them. It is also responsible for many issues such as headaches, asthma, anger, memory loss, reduction of growth hormone, and much more.

MSG affects the hypothalamus, which affects our hormones. Due to the rise in hormonal activity during puberty, the effects of MSG are heightened, and can increase episodes of anger and rage. Damage from MSG to this part of the brain in a newborn causes an extreme deficiency of the immune system that can last their entire lifetime. In fact, children are four times more susceptible to the dangers of MSG and aspartame. Sadly, it is added to a huge variety of foods that we consume daily, which makes it essential to read your labels and do everything you can to eliminate it from your child's diet.

Aspartame is an artificial sweetener and can cause the same excitotoxicity damage to the brain as glutamate. In addition, aspartame is known to raise levels of the neurotransmitter phenylalanine in the hypothalamus and other parts of the brain. This can contribute toward many behavioral disorders including schizophrenia, and seizures as well as depression. In short, nothing good comes from it, so simply steer clear of it.

Conclusion

When you take a close look at the impact these foods have on our bodies, the implications for our health and well being is staggering. Now multiply that effect on those with already compromised systems, like children with autism.

By eliminating these foods and re-balancing candida, you'll have begun the first crucial step in recovery from autism. Once the body is no longer fighting against these allergens, we can begin the next phase of healing the gut and restoring optimum health. The truly great news is that your child will start to feel better right from Phase One as these foods are eliminated and the symptoms they impose upon your child start to disappear.



Get Support

If you'd like support during this healing process, join the Naturally Recovering Autism Membership Community, where you'll find grocery lists, food guides, recipes, and much more to help make your dietary changes a success! We'll also show you how to help your child through a natural heavy metal detoxification as well as the tools you need for brain support and repair to help your child recover from the symptoms of autism and lead their healthiest, happiest life.

[Click here to join the membership program.](#)