

# 7 FOODS

TO ELIMINATE FROM YOUR CHILD'S DIET

*To help quickly reduce their  
symptoms of autism!*

Better Sleep | Clearer Thinking | Calmer Moods



NATURALLY  
RECOVERING  
AUTISM

# COMMON FOODS THAT ARE STAPLES IN OUR DIETS MAY BE DRASTICALLY AFFECTING YOUR CHILD'S ABILITY TO RECOVER FROM AUTISM SYMPTOMS

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 this 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, **80% 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.

To begin restoring health to the gut and the immune system – the first crucial step of autism recovery – **here are the top seven foods to eliminate from your child's diet to help quickly reduce their symptoms of autism:**

1. **Gluten**
2. **Dairy**
3. **Processed Carbohydrates**
4. **Sugar**
5. **Food Dyes**
6. **Soy**
7. **Excitotoxins (MSG and Aspartame)**

LET'S EXAMINE EACH OF THESE, AND I'LL EXPLAIN  
WHAT IMPACT THEY'RE HAVING AND WHY WE NEED TO  
REMOVE THEM FOR RECOVERY TO HAPPEN

## 1. GLUTEN & 2. DAIRY

**Gluten is the protein in wheat.  
Casein is the protein in dairy.**

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.

Milk is not easily digested by the human body; it is a **strong allergen that causes inflammation**. Most of the enzymes are destroyed during pasteurization, and it can contain harmful pesticides, hormones, and antibiotics.

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.



## WHY DOES YOUR CHILD IMPROVE WHEN YOU REMOVE GLUTEN AND CASEIN?

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, B12, and vitamin B6. B vitamins play a key role in the methylation cycle or detoxification, the restoration process that should occur naturally, cannot. **That's why eliminating gluten and casein can have a powerful impact:** it both stops your body from fighting against what it deems foreign invaders (creating allergic reactions) and simultaneously improves the absorption of missing nutrients.



## WHY DO BEHAVIORAL ISSUES ARISE WHEN YOU REMOVE GLUTEN AND CASEIN? AND WHAT WE DO ABOUT IT!

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.

The change in diet will likely cause the candida (yeast) to start dying off in the gut, which is a good thing, but as this happens, **you will likely notice physical and behavioral issues arise in your child when the bad bacteria die off and release toxins as they do so.** The die-off reaction is also known as the Herxheimer reaction. **Binders are necessary to assist detoxification.**

You can **purchase activated charcoal from a health food store as a toxin binder in case die-off symptoms arise** or your child is already exhibiting them. Take away from food, and only take about 4 days in a row, then take a break for a few days or more.

Note: If your child is allergic to coconuts, get one that is not a derivative of coconut, **[like this one](#)**.

# 3. PROCESSED CARBOHYDRATES & 4. 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 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, (leaky gut), preventing beneficial nutrients 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 **it can have long-term consequences such as diabetes, immune system dysfunction, and neurological disorders like autism.**

# 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

Food additives can be a particular problem for autistic children. Although many of the worst offenders have been banned, others remain in the food supply. These “other” offenders include things like food dyes, MSG, and sugar alternatives such as Aspartame. Let’s look at each for a moment.

## 5. 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.



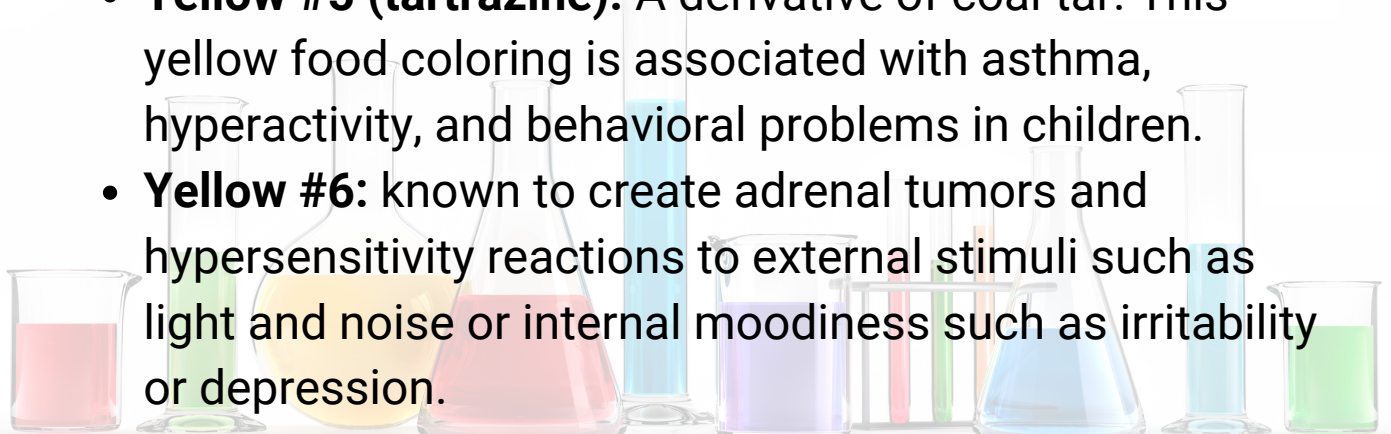


**Sadly, these medications are being taken by people who are already sick, and therefore have weak immune systems, making them more susceptible to the detriments of these dyes including:**

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

### **Some of the FD&C dyes and Related Health Issues:**

- **Red #2:** The most commonly used dye, shows increased immune system tumors, hypersensitivity to allergic reactions and triggers hyperactivity. It is known to cause urinary bladder tumors.
- **Red #3:** In 1990, the FDA noted this was a thyroid carcinogen and banned it from use in cosmetics and topical drugs, but it is still allowed in candy, baked goods, and oral medications.
- **Yellow #5 (tartrazine):** A derivative of coal-tar. This yellow food coloring is associated with asthma, hyperactivity, and behavioral problems in children.
- **Yellow #6:** known to create adrenal tumors and hypersensitivity reactions to external stimuli such as light and noise or internal moodiness such as irritability or depression.



## 6. SOY

Soy is rich in phytoestrogens, plant-based compounds that mimic the hormone estrogen in the body. This is particularly concerning for individuals with hormone-sensitive conditions, such as thyroid disorders, estrogen dominance, or polycystic ovary syndrome (PCOS).

The effects of phytoestrogens are particularly concerning for infants and children. Soy-based infant formulas, for example, have been criticized for exposing developing bodies to high levels of these compounds during critical periods of growth. Some research even suggests that this could impact reproductive health later in life.

In addition to being genetically modified, soy crops are often exposed to high levels of pesticides and herbicides. These chemicals don't just wash away; they can remain on the crops and make their way into the foods you eat.

GMO soy has been linked in studies to anxiety and aggressive behavior. Many people who are vegetarian or have allergies to dairy use soy as a substitute. This is a poor alternative, unfortunately dairy is not good either. Coconut milk or almond milk are far better alternatives.

# 7. EXCITOTOXINS

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

**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 it starts re-balancing candida, you'll have begun the first crucial step in autism recovery.**

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 away as these foods are eliminated and the symptoms they impose upon your child start to disappear.**



# TRANSITIONING PICKY EATERS

*Getting More Nutrition  
Into Your Child's Diet*



# BELOW ARE SOME TIPS TO HELP YOU TRANSITION YOUR PICKY EATER INTO A HEALTHIER DIET AND GET MORE NUTRITION INTO THEM

## CALM SENSORY OVERLOAD:

Sensory issues affect the mouth and how food feels. CBD Oil before mealtime assists with calming and digestion. Also good to use anytime, day or night, to help with calming. Reduce histamine foods, as they trigger anxiety and make your child feel uncomfortable when they eat them so they don't want food. They also diminish appetite.

## THE REWARD SYSTEM:

A bite of something you want your child to eat for a bite of something they want to eat.

## ORGANIC BONE BROTH:

Even just a tablespoon or two can help to coat and begin mending the gut lining prior to eating and it has a protein and collagen content too. Test for sensitivity by starting with a very small amount. Some people have histamine sensitivities to this. You can make your own (do not simmer for more than 4 hours or it builds histamines). You can also purchase organic grass fed bone broth powder online or in a health food store.



## SUGGESTIONS IF YOU NEED HELP WITH INSTANT NUTRITION DUE TO LOW FOOD OR LOW NUTRITIONAL INTAKE

### COLLAGEN POWDERS:

Deliciously flavored collagen powders are [available at Perfect Keto](#). Use code **Karen** for **20% off** all Perfect Keto individual products (one-time use code.)

### PUREES:

Pureed on-the-go nutritious foods from [Serenity](#).

### ORGANIC SUPER GREENS:

[Organic super green juice powder](#) 44 organic superfoods has great taste and creates an easy way to get nutrition in without added sugars or anything artificial. You can add it to smoothies or mix into any food or beverage. Start with just 1/8 of a scoop to begin as fiber is harder to digest when the gut is weak. **Use code 'healthy5' for a discount on your first order with their company (the same company we get our Pure Body Extra zeolites for heavy metal removal).**

### ORGANIC GREEN LEAF STEVIA AND MONKFRUIT ARE ACCEPTABLE:

[Organic green leaf stevia](#): an allowed natural sweetener.

## SMOOTHIE AND FOOD PROCESSOR IDEAS

### HOW TO HIDE HEALTHY FOODS TO GET NUTRITION IN

Adding just a tablespoon or two of **collagen protein**, **bone broth**, or some **supergreens** or **hemp powder** can help get some nutrition in too.

**Almond butter** is also a nice addition for protein and good fats.

Once the inflammation reduces and the gut begins to heal the picky eating gets much better. It does take some time to transition so just try and be patient. **This is a process, and we cannot hurry it up.** Slow is good.

Remember, there can be die off symptoms from diet changes, so **activated charcoal** can help if you notice behaviors arise.

Include very small amounts (just a tablespoon or two will do) of anything with nutrition such as the powdered suggestions here. Only give small amounts of high fiber vegetables right now, as their gut is weak and digesting fiber can cause discomfort.

## SMOOTHIE AND FOOD PROCESSOR IDEAS

### HOW TO HIDE HEALTHY FOODS TO GET NUTRITION IN

If you add a protein food source to any of the good fats, (coconut oil, extra virgin olive oil, almond butter,) then together they absorb more slowly in the digestive tract (better for nutritional absorption) and keeps us full longer.

**Anything can be added to a smoothie or a food processor to “hide” ingredients in.**

If your child will eat something that has a little fruit in it then give some in the beginning with other healthier foods.

We just need to get some nutrition in, and fruit can be a way to help do that in a smoothie. Just keep it to a minimum as best you can due to sugar content.



# NEXT STEP — GET SUPPORT

## *Maintenance & Long-Term Strategies for Recovery*

I personally know the challenges associated with being a parent of a child with autism. This is why I have created a unique **4 stage program to help support and guide you step-by-step with everything you need, from diet and detoxification to clearing the underlying coinfections of autism that most programs miss.** These all relate to your child's symptoms and issues with speech, sleep, focus, mood instability, and more.

[Watch my free webinar here now](#) to help you understand these stages further and learn how I can support you on this journey.

Naturally Recovering Autism is dedicated to **helping you safely support your child's recovery from their symptoms of autism.** We're grateful for the opportunity to share this journey with you, and we value your commitment to your child. For continued guidance, and ongoing support, we invite you to [watch my free webinar here now](#). Together, we can create meaningful progress for your child. Thank you for being here—we look forward to supporting you further.

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