



NATURALLY  
RECOVERING  
AUTISM

# Healthier Holiday Eating Strategies



Many foods eaten during the holidays such as **sugar, gluten, dairy, food additives and colorings will cause exponential harm to your child's health** and behavior.

These foods bring common food allergies and inflammation, as well as physical and emotional instability.

They are not good for anyone, but **children on the autism spectrum and with ADD are particularly sensitive to these chemicals**. Their detoxification systems are not as capable as others to handle them.

By the time my son was in middle school, his prior behavior issues had improved greatly, so I was surprised when I received a call from his teacher telling me that he had really been acting out in class. He had begun having a hard time sitting still or leaving other kids alone and had become disruptive again. As I began thinking about the possible cause, **I finally realized that Halloween had been the week before and he had eaten a bunch of candy**.

With his system still healing and sensitive, **his symptoms returned and old behavioral issues crept back in until I could remove the candy and boost his system up again**.

When there is a reaction in the body due to increased stress or poor diet choices, you will notice a change in behavior.

# WHAT CAN YOU DO WHEN YOUR CHILD WANTS TO EAT FOODS THEY SHOULD NOT EAT?

Some foods are just plain bad and shouldn't be eaten, especially if you know of certain ones that will create strong behavioral and physical problems for your child. Of course, it is best to avoid them altogether... but that is not always easy during the holidays.

Struggling to figure out which foods might be affecting your child's progress? If you haven't download it yet, get my free guide [\*\*Top 7 foods to Eliminate to Quickly Recover from the Symptoms of Autism\*\*](#) and learn how to enhance your child's health with simple nutrition changes!

**We don't want our children to feel isolated or shut out from the holiday festivities**, but when we know issues will arise from the food at the celebration, how do we measure the pros and cons? What can we do?

## THERE IS ANOTHER WAY

I am still suggesting the **removal or reduction of *bad* foods such as gluten, dairy, soy, sugar and food colorings**. But if that is not 100% possible during the holidays, I can help.

If you are aware of, or notice, symptoms that come up for your child with certain foods, then I want to give you some tips so you can learn a way to minimize or remove those symptoms.

## TIPS TO HELP SUPPORT YOUR CHILD DURING THIS HOLIDAY SEASON

- To assist in the breakdown of sugary or high carbohydrate foods, add in [quality enzymes](#).
- Eat low [histamine](#) foods such as organic poultry, grass fed beef, line caught fish, extra virgin olive oil and coconut oil.
- Take liver support to assist [detoxification](#).
- Eat sweets with nuts or other protein source to slow the effects of blood glucose or insulin release. Chocolate with almonds is far better than chocolate alone. Dark chocolate is best because it has more antioxidants and a higher fiber content than milk chocolate.
- Choose candy that does not contain food coloring.
- Eat sweets within an hour and be done with it. This is better on the system than dragging it out over several hours.
- Sugar is better than high fructose corn syrup, but natural organic stevia is best. Candy sweetened with xylitol is a good option too.

## TIPS TO HELP SUPPORT YOUR CHILD DURING THIS HOLIDAY SEASON

- Avoid the artificial sweetener aspartame. It kills the good bacteria in your gut, creating as much as three times the obesity of regularly sugared drinks.
- If candy of any kind is tolerable, let your child choose a couple of their favorite pieces of candy on a holiday and limit intake.
- Take vitamin D3, especially in the colder months of the year to assist with fighting flu and viruses.

## WHY IS KEEPING THE GUT HEALTHY SO IMPORTANT?

The first crucial step of autism recovery is to **begin restoring health to the gut and the immune system.**

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 eliminating harmful foods, utilizing detoxification methods and clearing many coinfections that harm the gut.

## BEWARE OF FOOD ADDITIVES & COLORING

Beware of added food coloring such as sprinkles on top of gluten-free cookies, or coloring added to the dough. **They are allowed by the FDA to have a certain percentage of lead, mercury, arsenic, benzidine and more** because those substances are too difficult to remove.

Food coloring agents are known to cause asthma, hyperactivity, moodiness, irritability, depression, and more. Do not underestimate the potential effects of these foods, including **decreased immunity to colds and flu, and increased candida growth contributing to aggressive behavior**, excessive fears or a decreased ability to focus or cope with external stimuli. **It is vital to protect your child's brain from any further harm during the holidays.**

The definition of recovery is to regain health. **Autism is a biological disorder, not a mental illness.** Therefore, **you can recover from the symptoms of autism, naturally!**

I know because I watched my own child transform **from anxious, aggressive, and racked with debilitating symptoms to calm, easy-going, healthy and living well** on his own – and I love helping you do the same for your own child. I hope you found this guide helpful.



# Recipes



## GLUTEN-FREE PUMPKIN BREAD

### Ingredients:

- 1/2 cup canned pumpkin
- 8 eggs
- 1/2 cup coconut oil or butter, melted
- 1/2 cup monkfruit (or honey)
- 1 tsp. vanilla
- 1 1/2 tsp. ground cinnamon
- 1/2 tsp. ground mace
- 1/2 tsp. salt
- 3/4 cup sifted coconut flour
- 1 tsp. baking powder (aluminum free)
- 1/2 cup pecans

### Instructions:

Blend pumpkin, eggs, oil sugar, vanilla, cinnamon, mace, and salt. combine coconut flour with baking powder and mix thoroughly into batter. Fold in nuts. Pour into greased 9x5x3 inch loaf pan and bake at 350°F for 60 minutes.

## GLUTEN-FREE HONEY MUFFINS

### Ingredients:

- 3 eggs
- 2 tbs. butter, melted
- 2 tbs. coconut milk or whole milk
- 3 tbs. honey (or monkfruit)
- 1/4 tsp. salt
- 1/4 tsp. vanilla
- 1/4 C sifted coconut flour
- 1/4 tsp baking powder (aluminum free)

### Instructions:

Blend together eggs, butter, coconut milk, honey, salt, and vanilla. Combine coconut flour with baking powder and thoroughly mix into batter until there are no lumps. Pour batter into muffin cups. Bake at 400°F for at least 15 minutes. Makes 6 muffins. Note: for lemon muffins omit the vanilla and add two tsp. lemon extract.

