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Titolo	Dietary interventions in autism spectrum disorders : why they work when they do, why they don't when they don't // Kenneth J. Aitken
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Nota di bibliografia	Includes bibliographical references (p. 242-263) and index. "A bibliography of some of the best-known books on low-carbohydrate diets": p. 239-241.
Nota di contenuto	FRONT COVER; DIETARY INTERVENTIONS IN AUTISM SPECTRUM DISORDERS; Why They Work When They Do, Why They Don't When They Don't; Contents; HOW TO USE THIS BOOK; PART I DIETS, ASDS AND DIETARY INTERVENTIONS; 1. Introduction to Dietand ASDs; Why do we eat what we do?; Autism spectrum disorders; Preliminary conclusion - more research needs to be done; Families use dietary interventions whatever the clinical recommendations or admonitions; So where do we go from here?; 2. Dietary Interventions; Why would you think of using a diet to help someone with an ASD? Things to leave out which may be causing a problemDigestive differences; An overview of toxic reactions; Potentially protective factors; Aberrant immune responses; Difficulties with body clearance; PART II DIETS FOR PEOPLE WITH ASDS; 3. So, What Diets Are Currently Used with ASDs and Why?; 4. The Mackarness (Low-Carbohydrate, High-Protein) Diet; What are the different types of dietary fats and why is this important?; Why are differences in omega-3and omega-6 levels important?; What is the Mackarness diet?; What does it claim to do?; What is the evidence?; Ketogenics

Is there evidence of possible problems on low-carbohydrate, high-protein diets? Is there counter-evidence that low-carbohydrate, high-protein diets are less effective?; In summary; What is the relevance today?; Resources; 5. The Feingold Diet; What is it?; What does it claim to do?; What is the evidence?; Does it work?; Is there any evidence of possible problems?; The 'Failsafe' diet; Resources; 6. The Specific Carbohydrate Diet; What is it?; What does it claim to do?; SCD diet protocol; Are there practical difficulties with following the SCD?; What is the evidence?

Is there any evidence of possible problems? Resources; 7. The CF-GF Diet; What is it?; What is casein?; What is gluten?; What does a CF-GF diet claim to do?; Is this the same mechanism that causes celiac disease?; What is the evidence for CF-GF diets in ASD?; Does it work?; Are there potential problems with adopting a CF-GF diet?; Could digestive enzymes be helpful?; Resources; 8. The Low Oxalate Diet; Why do I need to know about oxalates?; What are oxalates?; What is hyperoxaluria?; How is oxalate metabolized?; Can oxalate levels be tested?; What do oxalates do?

The low oxalate diet in ASD -what does it aim to do? What is the evidence?; Resources; 9. The Low Glutamate Diet/GARD (Glutamate-Aspartate Restricted Diet); What is it?; What does the diet claim to do?; What is the evidence?; Resources; 10. The Low Phenylalanine Diet; What is it?; What does it claim to do?; What is required?; What is the evidence?; Carnitine; Are there developments in the management of difficulties with phenylalanine metabolism?; Resources; 11. The Low Phenol Diet; What is it?; What does it claim to do?; What is the evidence? Are there any potential problems with low phenol diets?

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#### Sommario/riassunto

The author explores dietary approaches that have been advocated in ASD. For each approach, he explores the potential benefits; evidence for and against the diet; and sources of further information. He describes his own approach, the Simple Restriction Diet (SRD) explaining how to implement it and work out whether a dietary approach is of benefit.

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