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Autore	Le Breton Marilyn <1966->
Titolo	Diet intervention and autism : implementing the gluten free and casein free diet for autistic children and adults : a practical guide for parents / / Marilyn Le Breton ; foreword by Rosemary Kessick
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Nota di bibliografia	Includes bibliographical references (p. 222-225) and index.
Nota di contenuto	COVER -- Diet Intervention and Autism -- Contents -- Foreword by Rosemary Kessick -- Introduction -- The Diet -- What Exactly is This Diet All About? -- The Opioid Excess Theory -- Monosodium Glutamate and Aspartame -- Misconceptions and Commonly Asked Questions about the Diet -- Starting the Diet -- The Bad Guys -- The Good Guys -- Recipes -- Gf/Cf Cooking -- Gf/Cf Baking -- Breads -- Biscuits and Cakes -- Breakfasts -- Lunches, Suppers and Snacks -- Main Family Meals -- Desserts -- Odds and Ends -- Specialist Suppliers and Mail Order Directory -- Easy Reference Gf/ Cf Basic Foods Guide -- The Advanced Diet -- Directory of Useful Contacts -- Glossary -- Further Reading -- Index.
Sommario/riassunto	The author explains what the gluten / casein free diet is all about and

how it works. She addresses frequently asked questions and misconceptions, and gives practical advice on basic equipment and ingredients, what to expect when your child starts the diet, how to adapt family meals and how to minimise cross-contamination in the kitchen.
