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Nota di contenuto	A User Guide to the GF/CF Diet: For Autism, Asperger Syndrome and AD/HD; Contents; Foreword by Marilyn Le Breton; Acknowledgements; 1 The Autistic Spectrum and the Diet by Jacqui Jackson; 2 Introduction to Moi; 3 The Diet in a Nutshell; A bit of basic biology; Gluten and casein; Foods to avoid; Monosodium glutamate and aspartame; 4 So What's in It for Me? (Or Your Child of Course!); Is it really worth the bother?; What changes?; 5 Starting Out - The Journey Begins; First things first - clearing the decks; Does everyone have to do it?; How and when; Withdrawals - the storm before the calm! Coping with the withdrawals - a few helpful hintsHelpful hints for all; Tips for parents of smaller or less able autistic kids; For those with AS or parents of kids with AS; Tips for parents of AD/HD kids; 6 Getting into the Diet - The Fog Begins to Lift; And now the good bit: the storm passes; Routine and change; Sound sensitivities; Eye contact and facial expressions; Textures and sensitivities; Taste and smell; 7 Accidents Will Happen! Watch Out for Icebergs; 8 A Few Added Extras - Sailing into Foreign Ports!; Other intolerances; Candida; The Feingold diet; 9

Frequently Asked Questions

Epilogue
Appendices; 1 Implementing the diet - A word from Mum; 2 Recipes; 3 A Week in the Life - Our Food Diary; 4 Packed Lunches; 5 Dos and Don'ts of the Diet; 6 Prescription List for UK 'Users'; 7 UK suppliers; 8 North American suppliers; 9 Useful Information and Websites; 10 Further Reading; An Extra Note; Illustrations

Sommario/riassunto

What is the GF/CF diet? Does it work? What's it like to go on it? In this user guide to the gluten and casein free diet, Luke Jackson, who is 12 years old and has Asperger Syndrome, tells you everything you need to know - both good and bad.
