

EATING TO DEFEAT AUTISM & AUTISM SPECTRUM[®]

Poor Nutrition Hurts Those with the Symptoms of Autism

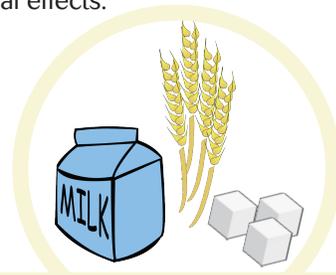
The symptoms of Autism often mirror a nutrient deficient diet, a diet that contains processed, nutrient depleted foods. These foods include convenience foods, fast foods, canned foods and packaged foods that have been heavily refined and adulterated with sugar, fat and salt in the manufacturing process. Eating these kinds of foods stresses the body and starves it.

The symptoms of Autism may also mirror a toxic food diet, a diet that contains artificial food ingredients such as fake colors, flavors (MSG) and shelf stabilizing preservatives. Eaten on any kind of regular basis, these substances burden the body's detoxification system, the liver. They also have the potential to excite brain cells to death. When this happens, we see and experience unwanted neurological effects.



A Non-Toxic Diet, Including Organic Foods, Offers to Be 'Autism Friendly'

In an effort to find dietary solutions that work with, versus against, the symptoms of Autism Spectrum conditions, it's essential to factor in not only the nutritional value of food, but the health of the environment that food is grown in. Organic, whole foods (both plant and animal in origin) contain fewer toxins than industrially produced foods because they are produced without toxic chemicals, pesticides, drugs, growth hormones, antibiotics, ionizing radiation and genetically modified organisms, and, therefore, they offer to be healthier.



Whole Foods Contain Elements that Support the Function of Our Ecology

Fiber: balances blood sugar, prevents LDL cholesterol build up, exercises the colon, and helps maintain healthy weight.

Water: Circulates food nutrients and helps with their absorption.

Colors: Provide disease-fighting nutrients known as antioxidants.

Enzymes: Activate nutrients and help regulate all bodily functions.

Oxygen: Provides energy to cellular functions; those with Autism may lack bio-available oxygen.



Craft Your Diet Using Whole, Natural and Organic Foods

Fresh nuts and seeds; include nut and seeds butters made from almonds, cashews, and sesame seeds.

Salad oils such as olive, sesame, walnut and organic coconut oils.

Sprouted seeds such as radish, alfalfa and sunflower.

Fermented foods that are rich in friendly bacteria, such as sauerkraut, cultured vegetables, non-dairy coconut kefir, and non-dairy yogurt. Yogurt and kefir also contain these live bacteria.

Whole pseudo-grains such as millet, teff, quinoa, amaranth, buckwheat, wild rice.

Legumes such as pinto beans, white beans, split peas, red lentils; include sprouted legumes.

Grass-fed meats, eggs, poultry and sustainably farmed fish.

Grass-fed organic butter. The essential fatty acids in butter have brain protective benefits. If desired, remove milk solids from butter to produce ghee.

Herbs (including garlic and oregano).

Caffeine-free herb teas such as Chamomile (soothing) and Rooibos (for nervous system and detox)

Mineral rich salt, such as primordial Himalayan sea salt.

Whole foods sweeteners in moderation, such as raw honey, barley malt syrup and carbohydrate-free Stevia.

Pure water/alkaline water/spring water.

Culinary Inspiration, for Going Wheat, Dairy & Sugar-Free

While that act of weaning one's self off of wheat, dairy products, and sugar offers to be a gradual process, it's worth the effort! Many wheat-free cookbooks are available to inspire you. Candia Lea Cole, the founder of Eco-Learning Legacies, has written 3 whole foods recipe books (dairy and wheat-free) titled: Not Milk, NUTMILKS!, Super Smoothies - Taste the Nectar of Life! and Gourmet Grains - Main Dishes Made of Nature.

References:

Herbs: http://www.ehow.com/way_5305536_homeopathic-remedies-autism.html
Gut and Psychology Syndrome (GAP Syndrome or GAPS), by Dr. Natasha Campbell-McBride, M.D., at the website: http://gapsdiet.com/uploads/GAPS_Autism.pdf
Stomach Problems: The Truth Behind Your Gut Feelings, By Kathleen McAuliffe www.more.com

Phase Out 3 Foods That Are Not Always 'Gut-Friendly'

It is common for people with autism disorders to experience a negative reaction when they ingest products that are not gut-friendly, including dairy products, wheat and sugar. Here's why:

Dairy Products - Dairy products contain casein, a glue-like substance that coats the stomach. This coating may inhibit the absorption of key food nutrients. Food particles then stick to the stomach wall and begin the process of fermentation. This fermented food waste makes its way into the small intestine, where it functions as an irritant, eating microscopic holes in the intestinal wall. These holes allow for the passage of the fermented food waste into the bloodstream, and likely result in a chemical imbalance in the body/brain system.

Wheat/Gluten - Wheat products contain gluten, a type of protein found in wheat, rye, barley and oats, that is widely known to cause inflammation of the mucosa of the small intestine. In a general sense, inflammation occurs after eating wheat because it is rapidly converted to sugar, causing a rise in the body's insulin levels, causing a burst of inflammation at the cellular level. Wheat also contains lectins, a protein molecule that is known to trigger an unwanted reaction in the body's immune system, which can result in wide variety of health problems, ranging from joint problems and skin issues, to headaches, fatigue, weight gain and sinus/respiratory

Sugar - is an empty calorie non-food that, almost as soon as it is eaten, causes a rise in the body's insulin levels. High insulin leads to inflammation at the cellular level and it can hurt any part of the body, including the brain. Hyperactivity and inability to concentrate are often the result of eating sugar, and even sudden outbursts of irritability and anger can relate to a blood sugar imbalance. Without the right levels of blood sugar in one's body, a blood sugar crash is likely to occur. Sugar is known to provide enough fuel to quiet the hunger response for up to 20 minutes. After that point, a person's brain may send out another hunger signal. It's essential when this happens, to eat some form of fruit along with a small serving of protein or fat.

How Is Our Gut-Health Connected to Our Brain Health?

There's an entire network of nerves in our guts that is in constant communication with our brains. Dr. Kevin Olden, MD, a professor of medicine and psychiatry who studies the relationship between stress and gut function, says that 'belly brain' is a name for the enteric nervous system, which runs the entire length of the digestive system, from our esophagus and stomach, to the small and large intestine. It's estimated that the enteric system contains over 100 million neurons, more than all of the nerves which make up the human spinal cord. Our thinking brain and our 'belly brain' share many of the same neurotransmitters and chemical-receptor sites. This may explain why their responses frequently seem to parallel each other. If we eat foods that produce stress in our guts, our brains may respond in kind, with stress. Likewise, when we are emotionally stressed, our brains may produce stress signals in our guts.