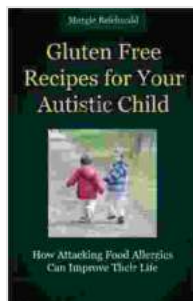


# Gluten Free Recipes For Your Autistic Child: How Attacking Food Allergies Can Transform Their Lives



## Gluten-Free Recipes for Your Autistic Child - How Attacking Food Allergies Can Improve Their Life

by Margie Reichwald

★★★★☆ 4.8 out of 5

Language : English

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Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 73 pages

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If you're the parent of an autistic child, you know that food allergies can be a major challenge. They can cause a wide range of symptoms, from digestive problems to behavioral issues. And for some children, food allergies can even be life-threatening.

The good news is that there is hope. By identifying and eliminating your child's food allergies, you can help to improve their health and well-being in a number of ways.

Here are a few of the benefits of attacking food allergies in autistic children:

- Improved digestion: Food allergies can cause a variety of digestive problems, such as bloating, gas, diarrhea, and constipation. Eliminating your child's food allergies can help to improve their digestion and make them more comfortable.
- Reduced behavioral problems: Food allergies can also cause behavioral problems, such as hyperactivity, aggression, and tantrums. Eliminating your child's food allergies can help to improve their behavior and make them more manageable.
- Improved sleep: Food allergies can also interfere with sleep. Children with food allergies may have difficulty falling asleep or staying asleep. Eliminating your child's food allergies can help them to sleep better and get the rest they need.
- Increased energy: Food allergies can drain your child's energy. Eliminating your child's food allergies can help them to feel more energetic and have more stamina.

If you think your child may have food allergies, it's important to talk to your doctor. A doctor can Free Download tests to confirm if your child has food allergies and recommend a plan to eliminate them from your child's diet.

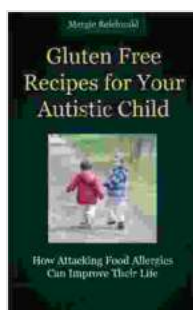
There are a number of resources available to help you identify and eliminate your child's food allergies. The following are a few of the most helpful resources:

- The Food Allergy & Anaphylaxis Network (FAAN): FAAN is a non-profit organization that provides information and support to people with food allergies. FAAN's website has a wealth of information about food

allergies, including a list of common allergens, tips for avoiding allergens, and recipes for allergy-friendly foods.

- The National Institute of Allergy and Infectious Diseases (NIAID): NIAID is a government agency that conducts research on food allergies and other allergic diseases. NIAID's website has a wealth of information about food allergies, including information on symptoms, diagnosis, and treatment.
- The American Academy of Pediatrics (AAP): AAP is a professional organization of pediatricians. AAP's website has a number of resources on food allergies, including tips for parents and information on how to prevent food allergies in children.

If you're the parent of an autistic child, eliminating food allergies can be a life-changing experience. By attacking your child's food allergies, you can help them to improve their health and well-being in a number of ways.



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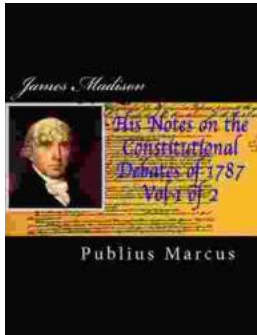
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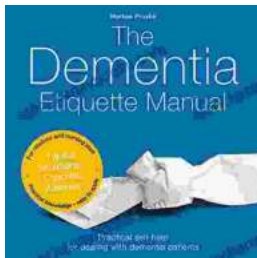
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