



The Autism & ADHD Diet: A Step-by-Step Guide to Hope and Healing by Living Gluten Free and Casein Free (GFCF) and Other Interventions

Barrie Silberberg

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"Huge changes" / "A different child" / "A miracle" / "Vast improvements"

This is what parents are saying about an amazing diet that is showing extraordinary results in helping children eliminate many traits and symptoms associated with autism spectrum disorders, ADHD, celiac disease, and other conditions. The Gluten-Free, Casein-Free (GFCF) Diet, as well as removing all artificial dyes and preservatives, is hugely effective for thousands of families.

The Autism & ADHD Diet is your complete guide to the GFCF Diet. Barrie Silberberg, a mother who honed her skills using the GFCF Diet with her son, who was diagnosed with ASD, gives you everything you need to know to put the diet into action with your child, including:

- What the GFCF Diet is and why it's so effective
- How to start the diet
- Where and how to buy GFCF foods
- How to avoid cross-contamination
- How to understand labels on packaging
- How to make this diet work day-to-day

Packed with parent-proven tips and the best resources for the diet, **The Autism & ADHD Diet** will alleviate all of your questions and provide a variety of ways to make this diet work best for you and your family.

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From reader reviews:

Joseph Tucker:

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