



## The best “kid-friendly” recipes!

### **The Kid-Friendly A.D.H.D. and Autism Cookbook The Ultimate Guide to the Gluten-Free, Casein-Free Diet**

by Pamela Compart, M.D., and Dana Laake, RDH, MS, LD-N

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**Now Available!**

The best “kid-friendly” recipes and guide to the gluten-free, casein-free diet for ADHD and Autism. What it is. Why it works. How to do it.

Common to both of these conditions is the negative impact of certain foods - especially milk products and glutes such as wheat (and to a lesser degree - soy and corn.) One of the challenges that parents face is coping with children who have picky appetites and crave the very foods that affect their behavior, focus and development. The other challenge is finding ways to get their children to eat healthy foods and improve their nutritional status.

The uniqueness of this book is that it not only provides gluten-free milk-free substitutes and recipes, it provides successful suggestions for feeding the picky eater. The authors share details about just how and why the diet works. The specialty ingredients are explained and extensive sources provided. There are also testimonials from the parents and from the children themselves.

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