



A Simple Nutritional Strategy For Your Child with ASD

**by Liz Lipski, PhD, CCN, CHN,
author of *Digestive Wellness for Children***



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The rise of autism in our culture is alarming. How can you, as a parent, enhance your child's recovery? As a clinical nutritionist with a special interest in digestive health and children's health, I keep asking myself: What can help move these children along and why are they stuck? Specific diets, increased nutritional status, and improved digestive function are three of the foundational pillars of recovery.

A parent survey with 27,000 families found that more than half of the children improved with dietary changes. Most autistic children benefit from diets that are radically different from the typical American diet. Research focuses on gluten and casein, but many children are also reactive to carbohydrate and sugar loaded diets, highly processed foods, and some food additives. Others respond best to the Specific Carbohydrate Diet or the Feingold Diet.



Liz Lipski, PhD, CCN, CHN

Research indicates that up to 70% of children on the autistic spectrum have digestive issues. Natasha Campbell-McBride, a medical doctor in England who works with autistic children, states that 100% of the children she works with have digestive issues. According to the Autism Research Institute, 2/3 of over 3000 children on the spectrum have dramatic improvements on a gluten and casein free diet.

WHY SPECIAL DIETS MAY HELP YOUR CHILD

Autism & Leaky Gut Syndrome

Most children with autism have digestive issues. Autistic children, often have “leaky gut syndrome” which is also called “increased intestinal permeability”. Due to their unique biochemistries, their digestive systems become easily irritated, allowing partially digested food molecules to pass into their bloodstream. Autistic children have also been found to have fewer digestive enzymes than other children and have an impaired ability for the liver to detoxify. All of this makes it more difficult for your child's digestive system to function optimally. Depending on the child, this can cause a wide range of physical, emotional, and behavioral symptoms, including eczema, recurring ear infections, withdrawal, tantrums, constipation, diarrhea, gastric reflux, and more.

Trouble with Protein Digestion: Food Allergies and Insensitivities

When a healthy person eats protein from meats, dairy products, vegetables and other foods, their digestive tract does a great job of breaking it down into its elemental and most basic form called amino acids. These amino acids are absorbed into our blood stream and transported throughout our bodies.

Protein that is not completely broken down is called a peptide. Since your child's bloodstream cannot complete the digestion of these peptides, their body views the peptide as an ‘intruder’ and makes IgE antibodies to neutralize and expel it out. The gut lining typically becomes inflamed as a defense mechanism to decrease absorption of more peptides, causing more irritation and leakiness. This is what's commonly known as a food allergy and typically occurs immediately to just a few hours

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after your child eats that particular food. Its cause is the release of histamines into the blood stream that ‘attack’, overwhelm and neutralize the unwanted peptides. Commonly, so many histamines are produced that ill-effects show up in the form of asthma, runny noses, rashes, redness and other skin irritation, vomiting and diarrhea. Because of this, food allergies can cause poor absorption of all nutrients.

In some people, these peptides can become opioid-like substances which cause changes to brain function. In fact, they are so similar to opiates that they are called casomorphins and gluteomorphins. They leak into the bloodstream and into your child’s brain affecting brain chemistry, causing symptoms like insensitivity to pain and foggy thinking. Some children have hallucinations or generally withdraw from the world. A child slow to toilet train may merely have a desensitized bladder from the casomorphins and gluteomorphins.

Like morphine, these peptides can be addictive and create other challenges. Some children become ‘milk chuggers’ and develop a strong desire to drink milk frequently throughout the day. The ‘addiction’ may disrupt sleep patterns as the body seeks more milk to produce the opioid-like effect. In addition to these food allergy reactions, children can also have delayed food hypersensitivities. Unlike true food allergies, this is less obvious because reactions can take 24-72 hours or more to appear. Your child may have symptoms such as diarrhea, constipation, irritable bowel syndrome, recurring ear infections, attention and behavioral issues, neurological issues, and auto-immune problems.

Nearly any food can cause food allergies and food sensitivity reactions, but dairy and wheat are the two main culprits. Others include: soy, corn, egg, sugar, peanuts, beans, and nuts.

In my work with autistic children, and children with other learning differences, I always begin by trying a diet that temporarily eliminates the most common foods that your child might react to.

Many autistic children become malnourished and have malabsorption

Feeding a child on the autistic spectrum can be challenging. Some are quite picky eaters. Some don’t like particular textures. Others naturally avoid foods that make them feel worse. Children with mineral deficiencies often begin to eat dirt or starch, a condition called pica. Consequently, you may have a child who has rigid routines around food, or who eats ten or less foods. If you add the pickiness to the GI issues, it’s hard to nourish them adequately. Malnutrition is a chicken and egg thing—the malnutrition contributes to the pickiness; and the more picky the child gets the more malnourished they become.

According to Jeffrey Bland, PhD, a pioneer in nutrition and bio-medicine, the first signs of malnutrition are typically mental and emotional: fatigue, malaise, depression, mood swings, anxiety, and nervousness. In children you may also see this as learning differences, tantrums, and withdrawal. A malnourished child often gets colds and flu and “bugs” more easily than other children. They may be falling behind on growth charts. Their skin may lack luster and their hair may be dry and brittle.

Gut inflammation can also cause malabsorption. Bill Walsh, PhD, founder of the Pfeiffer Institute, has found that 85% of children with autism have malabsorption. In contrast to leaky gut syndrome, some children simply cannot absorb nutrients from the foods they eat. So even if your child is eating

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well, he may not be able to use the nutrients. Often children with malabsorption have diarrhea, difficulty gaining weight, and may be anemic.

THE SOLUTION: TRY AN ELIMINATION DIET PLUS NUTRITION BOOSTERS FOR AT LEAST TWO WEEKS

For children with food allergies, food sensitivities, autism, and/or GI challenges, the only way to stop the cycle is to avoid foods that provoke symptoms. Going on an Elimination Diet can allow your child's digestive system to function more normally and for the gut irritation to heal. Research indicates that nearly 2/3 of autistic children will benefit from this approach.

The most encouraging type of special diet shown to be helpful is a gluten and casein free diet. Gluten is a protein that is found in wheat, rye, barley, triticale, spelt, kamut, and sometimes oats. Casein is the protein found in milk and dairy products. We Americans eat a wheat and dairy-based diet. Breads, cereals, noodles, cookies, cakes and other baked products are primarily made with wheat and/or other gluten containing grains. Cheese, milk, yogurt and other dairy foods are one of the other most popular food groups.

NUTRITION BOOSTING WITH E028 SPLASH AND NEOCATE JUNIOR

There are two products I've found that offer a simple way to boost your child's nutritional status: E028 Splash and Neocate Junior. They are great for picky eaters. These products also allow your child's digestive system to rest and repair. Parents often tell me that after they've supplemented their child's diet with these products, their child has fewer digestive issues and is more responsive. Once their gut heals, children are more willing to eat a broader variety of food.



E028 Splash and Neocate Junior were developed specifically for children with gastrointestinal issues of all types. There are over 45 published clinical studies proving the efficacy of these products. E028 Splash and Neocate Junior are hypoallergenic GF/CF medical foods. In order to get this status, Nutricia had to do studies demonstrating that at least 95% of children displayed no allergic response.

E028 Splash and Neocate Junior are "elemental formulas", which means that all of the nutrients are in their simplest and purest form and require no additional digestion. They are hypoallergenic, which by definition means that studies show that 95% of children are non-reactive to them. These products contain free amino acids, free fatty acids, and vitamins and minerals. E028 Splash comes in



a convenient drink box in three flavors: grape, tropical fruit, and orange-pineapple. Your child can easily get this out of the refrigerator himself. It's easy to toss into a purse, diaper-bag, or lunchbox. Neocate Junior comes in a powdered form that requires mixing. It is available in three flavors: chocolate, tropical and unflavored.

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E028 Splash – Nutrition Information:

Nutrients	Per drink box (237 mL)		Minerals	Per drink box (237 mL)	
	Per 100 kcal			Per 100 kcal	
Calories	237	100	Calcium, mg	147	62
Protein Equivalent, g	5.9	2.5	Phosphorus, mg	147	62
Fat, g	8.3	3.5	Magnesium, mg	21.3	9
Carbohydrate, g	34.6	14.6	Iron, mg	1.8	0.77
Linoleic Acid, mg	626	264	Zinc, mg	1.8	0.77
Vitamins			Manganese, mg	0.24	0.1
Vitamin A, IU (mcg RE)	277 (83)	117 (35)	Copper, mcg	240	100
Vitamin D3, IU (mcg)	73.5 (1.9)	31 (0.78)	Iodine, mcg	14.2	6
Vitamin E, IU (mg α T.E.)	1.9 (1.3)	0.82 (0.55)	Molybdenum, mcg	8.3	3.5
Vitamin K, mcg	3.6	1.5	Chromium, mcg	7.1	3
Thiamine, mg	0.13	0.06	Selenium, mcg	3.7	1.5
Riboflavin, mg	0.15	0.07	Sodium, mg	47.4	20
Vitamin B6, mg	0.19	0.08	Potassium, mg	220	93
Vitamin B12, mcg	0.17	0.07	Chloride, mg	83	35
Niacin, mg	2.1	0.9			
Folic Acid, mcg	14.2	6			
Pantothenic Acid, mg	0.57	0.24			
Biotin, mcg	4.7	2			
Vitamin C, mg	7.4	3.1			
Choline, mg	43.4	18.3			
Inositol, mg	4.3	1.8			

Ingredients:

Water, Maltodextrin, Sugar and 2% or less of each of the following: Fractionated Coconut Oil, Canola Oil, High Oleic Sunflower Oil, L-Arginine, L-Lysine, L-Aspartate, Microcrystalline Cellulose, Calcium Glycerophosphate, L-Leucine, L-Phenylalanine, L-Proline, L-Valine, Glycine, L-Isoleucine, Mono and Diglycerides, Diacetyl Tartaric Acid Esters of Mono and Diglycerides, N-Acetyl L-Methionine, L-Threonine, Dispotassium Phosphate, L-Histidine, L-Serine, L-Alanine, Fractionated Coconut Oil, Palm Kernel Oil, Magnesium Acetate, L-Tryptophan, Choline Bitartrate, Calcium Chloride, L-Tyrosine, L-Ascorbic Acid, Sodium Chloride, Artificial Sweetener: Acesulfame Potassium, L-Cystine, Taurine, Ferrous Sulfate, Zinc Sulfate, L-Carnitine, M-Inositol, Chromium Sulfate, Niacinamide, Manganese Sulfate, Cupric Sulfate, Vitamin E Acetate, Calcium-D-Pantothenate, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Thiamine Mononitrate, Sodium Molybdate, Potassium Iodide, Folic Acid, Sodium Hydrogen Selenite, D-Biotin, Vitamin D₃, Cyanocobalamin Phylloquinone.

Grape flavored version also contains: 2% or less of each of the following: Malic Acid, Tripotassium Citrate, Artificial Flavor, Trisodium Citrate.

Tropical Fruit flavored version also contains: 2% or less of each of the following: Artificial Flavor, Citric Acid, Tripotassium Citrate, Trisodium Citrate.

Orange-Pineapple flavored version also contains: 2% or less of each of the following: Artificial Flavors, Citric Acid, Malic Acid, Potassium Citrate, Sodium Citrate, Artificial Color (Beet Red, Beta Carotene).

Neocate Junior – Nutrition Information:

Nutrients	Unflavored		Tropical and Chocolate	
	Per 100 g	100 kcal	Per 100 g	100 kcal
Calories	478	100	451	100
Protein Equivalent, g	16	3.3	16	3.5
Fat, g	24	5	21	4.7
Carbohydrate, g	49.5	10.4	49.5	11
Linoleic Acid, mg	2622	549	2300	510
Vitamins				
Vitamin A, IU (mcg RE)	1195 (359)	250 (75)	1195 (359)	265 (79.6)
Vitamin D3, IU (mcg)	208 (5.2)	43.5 (1.1)	208 (5.2)	46.1 (1.2)
Vitamin E, IU (mg α T.E.)	8 (5.4)	1.7 (1.1)	8 (5.4)	1.8 (1.2)
Vitamin K, mcg	19.2	4	19.2	4.3
Thiamine, mg	0.48	0.1	0.48	0.11
Riboflavin, mg	0.48	0.1	0.48	0.11
Vitamin B6, mg	0.48	0.1	0.48	0.11
Vitamin B12, mcg	0.9	0.19	0.9	0.2
Niacin, mg	4.3	0.9	4.3	0.95
Folic Acid, mcg	143	29.9	143	31.7
Pantothenic Acid, mg	1.9	0.4	1.9	0.42
Biotin, mcg	9.6	2	9.6	2.1
Vitamin C, mg	44.6	9.3	44.6	9.9
Choline, mg	143	29.9	143	31.7
Inositol, mg	105	22	105	23.3
Minerals				
Calcium, mg	540	113	540	120
Phosphorus, mg	333	69.7	333	73.8
Magnesium, mg	76.5	16	76.5	17
Iron, mg	7.4	1.5	7.4	1.6
Zinc, mg	4.7	0.98	4.7	1
Manganese, mg	0.62	0.13	0.62	0.14
Copper, mcg	530	111	530	118
Iodine, mcg	85.2	17.8	85.2	18.9
Molybdenum, mcg	21.5	4.5	21.5	4.8
Chromium, mcg	18	3.8	18	4
Selenium, mcg	14.3	3	14.3	3.2
Sodium, mg	196	41	196	43.5
Potassium, mg	653	137	653	145
Chloride, mg	301	63	301	66.7

Ingredients:

Unflavored: Corn Syrup Solids, Fractionated Coconut Oil, Canola Oil, High Oleic Safflower Oil, L-Arginine, L-Glutamine, L-Lysine, L-Aspartate, and less than 2% of each of the following: Tripotassium Citrate, L-Leucine, L-Phenylalanine, Dicalcium Phosphate, L-Proline, L-Valine, Glycine, L-Isoleucine, N-Acetyl L-Methionine, Tricalcium Phosphate, L-Threonine, Mono and Diglycerides, L-Histidine, L-Serine, Sodium Chloride, L-Alanine, Magnesium Acetate, Choline Bitartrate, L-Tryptophan, L-Tyrosine, Diacetyl Tartaric Acid Esters of Mono and Diglycerides, M-Inositol, L-Ascorbic Acid, L-Cystine, Propylene Glycol Alginate, Taurine, Ferrous Sulfate, L-Carnitine, Zinc Sulfate, DL-Alpha Tocopherol Acetate, Niacinamide, Calcium-D-Pantothenate, Manganese Sulfate, Cupric Sulfate, Thiamine Chloride Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Acetate, Folic Acid, Potassium Iodide, Chromium Chloride, Sodium Molybdate, Sodium Selenite, Phylloquinone, D-Biotin, Vitamin D₃, Cyanocobalamin.

Tropical flavored version also contains: Artificial Flavors, Citric Acid, and less than 2% of each of the following: Artificial Sweetener: Acesulfame Potassium.

Chocolate flavored version also contains: Artificial Flavors, Sucrose, and less than 2% of each of the following: Artificial Sweetener: Sucralose.

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Mariah: Weight gain and improved attention

“Mariah was diagnosed with autism at age three. She had severe constipation, projectile vomiting, and flu-like symptoms. She had no interest in eating and was really underweight. We had tried a dairy free diet, and showed some improvements but not enough. By the time she was five, she weighed less than 40 pounds. After years of suffering from painful gut disorders, E028 Splash has dramatically improved her health. We began giving her the E028 Splash in a syringe, but within 2 days she was drinking out of the box. She began to grow and gain weight. With improved nutrition, Mariah is happier, healthier, and displays a greatly improved ability to pay attention to her surroundings.”

Jeannie, mom of Mariah Nelson.



Mac: E028 Splash stopped his pain and improved motor and language skills

“You can really tell he’s happier because he’s not in pain anymore...It was like going from having my son be lost to me to not having my son be lost to me anymore.” *Amy Dawson, parent of Mac.*

“Mac is unbelievably different than even 6 months ago in terms of his overall motor function. He is very active. He is very vocal and says a number of words. Mac is now very well nourished with E028 Splash.” *Mac’s doctor.*



Solvej: Began walking within a week after beginning E028 Splash and caught up in growth in 6 months

When Solvej was a year old she began refusing food. By 18 months, feeding her was almost impossible – she would constantly scream and become frantic if her parents tried to put her near a high chair.

She was suffering from malnutrition and began falling behind in growth and development. When other children her age were walking, she began to crawl. When toddlers were beginning to talk in sentences, she was not yet saying a word. Solvej was taken to several pediatricians, but none had any answer.

Jenny finally took Solvej to a developmental pediatrician who recommended E028 Splash. “We saw immediate results with E028 Splash,” says Jenny. “Within 2 days of starting the medical food, Solvej was a happier kid. By the end of the first week she began walking. After beginning E028 Splash, Solvej quickly caught up with other children her age. She began walking and her language skills dramatically improved. Within 6 months, she went from not talking at all to speaking in full sentences. E028 Splash has made a huge difference.”

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Nutricia North America, the manufacturer of E028 Splash and Neocate Junior, has done extensive clinical testing with both of these products in children with digestive issues. Not having designed these products specifically for autism, they have received many testimonials and case studies from parents and physicians of autistic children using E028 Splash and Neocate Junior. Nutricia is beginning to do studies with autistic children and their products.

3 WAYS TO IMPLEMENT YOUR 2-WEEK TRIAL

Wouldn't it be worth a two-week trial to see how your own child could benefit? Some children show significant improvements in just two weeks. Because each child's needs are different, here are a few options for you to choose from.

- Nutrition Boosting with E028 Splash and Neocate Junior
- Two-Week Elimination Diet
- Incorporate both: E028 Splash plus Two-Week Elimination Diet

Each Child is Different

How do you decide which approach to take? Here are some suggestions.

- If you haven't tried an elimination diet you may wish to begin with that.
- If your child is already on a gluten-casein free or other special diet, just add E028 Splash or Neocate Junior to boost calories and nutrients.
- Because many children's diets change radically on the elimination diet, some parents choose to introduce E028 Splash and Neocate Junior before implementing the elimination diet. This gives your child a nutrition boosting food that he is then already familiar with.

If your child seems malnourished and you want to build your child's health up initially, begin with E028 Splash and Neocate Junior and then later try the elimination diet. As you can see, there isn't a right or wrong way, there's only "which way is best for your own child and situation." As a parent, you are in the best position to make this decision.

THE TWO-WEEK ELIMINATION DIET

This diet is used to determine what role food sensitivities may play in your child's health. During a period of two weeks you eliminate foods from your child's diet which are the most likely culprits. This includes: gluten containing grains, dairy products, eggs, and sugary foods. It involves you cooking from scratch. It may seem daunting at first, but once you get into the rhythm, it actually simplifies cooking, shopping, and eating. If possible, it's great for the whole family to do this diet together. It simplifies cooking, and often more than one family member finds profound benefits.

Make sure that you offer your child a wide variety of foods and do not try to restrict calorie intake.

Some families can just jump into the Elimination Diet. Families with small children often find this easy to implement—because small children eat what they are offered. With older children, you may

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want to implement the diet more gradually. If, for instance, the main source of your child's diet is cheese, milk, bread, and noodles, you may choose to make these changes in phases, first eliminating wheat and gluten, then dairy products, or first eliminating sugars and soft drinks, then making other dietary changes. Or you may choose to first add nutrition boosters, like E028 Splash or Neocate Junior, before you begin the elimination diet.

What can I expect to notice?

As a parent, you know your child and are in the best position to observe changes. Typically I find that within the first 2 weeks most children have noticeable improvements in GI symptoms, responsiveness, runny nose, black circles under eyes, and behavioral symptoms. Skin changes typically take longer. Some children begin to respond to the Elimination Diet within just a few days. Other parents report that they notice behavioral, and physical changes within the first week. And still others don't see major improvements until three weeks or even up to three months.

ALLOWED FOODS:

YOU MAY EAT ONLY THOSE INGREDIENTS THAT ARE SPECIFICALLY ALLOWED. PLEASE READ ALL INGREDIENTS CAREFULLY.

RICE: all types, 100% rice cakes, 100% rice crackers, rice noodles, Dry cereals: puffed rice cereal, rice milk (read all ingredients, do not use if has corn or other prohibited ingredients), Crispy Brown Rice, 100% rice bread

ADDITIONAL GRAINS: If desired you can add these specific grains: Quinoa, Buckwheat, Millet, Amaranth.

FRUITS: All fruits are allowed except for citrus fruits. Avoid: oranges, lemons, grapefruits, tangerines, tangelos, etc. If you suspect your child suffers from Candida, limit fruits or avoid completely during these initial two weeks. Fresh fruit is best, but you can also cook or poach fruits, and use fruit that is canned in own juices. You can also use a limited amount of dried fruit—a handful or less daily.

VEGETABLES; Use a wide variety. All vegetables except corn are allowed. You can use vegetables any way: steamed, raw, juiced, salads, stir-fried, grilled.

FISH: All fresh/wild fish are okay. Canned tuna packed in water only. Canned salmon, sardines, and other fish are fine, but read label ingredients carefully. Avoid shellfish, swordfish, shark, tile fish, king mackerel.

POULTRY: chicken, turkey, duck. Use organic poultry whenever possible.

OILS AND FATS: Sunflower, safflower, olive, ghee, raw butter. Use organic, cold-pressed or expeller-pressed, or virgin olive oils only.

BEVERAGES: Water is the best beverage, E028 Splash one to five times daily, carbonated water (no flavorings), 100% fruit juices without sugar or additives (best diluted with 50% water), herbal teas without caffeine.

SPICES AND CONDIMENTS: Salt, pepper, herbs either fresh or dried (without preservatives, citrus or sugar), garlic, ginger, onions, mustard.

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E028 SPLASH OR NEOCATE JUNIOR AS NUTRITION BOOSTERS: E028 Splash is a ready-to eat, nutritionally complete drink that can boost your child’s nutrition. It has free amino acids, beneficial brain fats, vitamins and minerals. For the picky eater, this can be a boon. Each child’s needs will be different. For a child who eats hardly anything else, some parents will use up to five boxes daily. For some children this will be nearly their only source of nutrients until their gut heals. For a child who eats pretty well, use Splash or Neocate Junior as a snack once daily to boost nutrition. Splash can be a good snack—in the car or on the go, as well as at home.

VEGETARIAN FAMILIES: If your child is a vegetarian, replace fish with beans and lentils, but not soy. **LEGUMES:** Lentils, navy beans, black beans, split peas, string beans. Dried beans should be soaked overnight. Pour off the water and rinse before cooking. Canned beans often contain added sugar or other potential allergens. If you want to use canned beans (free of sugar), choose organic.

<i>Common foods containing gluten</i>	<i>Common foods containing casein</i>
<ul style="list-style-type: none"> • Wheat • Rye • Barley • Oats are sometimes contaminated with gluten-containing grains • Bulgur wheat • Tabooli • Couscous • Bread • Pasta/Noodles • Pancakes • Baked goods: cakes, muffins, etc. • Cookies • Crackers • Flour 	<ul style="list-style-type: none"> • Milk • Yogurt • Kefir • Cheese • Cottage cheese • Ice cream • Salad dressing: Ranch and others • Creamed soups
<i>Hidden sources of gluten</i>	<i>Hidden sources of casein</i>
<ul style="list-style-type: none"> • Baking powder • Barley malt • Bouillon cubes • Hydrolyzed plant or vegetable protein • Meats: luncheon meats, hot dogs and sausages, self-basting turkeys • Miso • Monosodium glutamate (MSG) • Mustard powder • Packaged foods • Soy sauce • Soba noodles • Textured plant protein (TPP) • Textured vegetable protein (TVP) • Misc. Foods—some have gluten, some don’t. Check each brand: curry powder, most white pepper, dry seasoning mixes, gravy mixes and extracts, meat condiments, catsup, chewing gum, snack bars, pie fillings, baked beans, salad dressings, sandwich spreads, muesli, instant coffee, breadcrumbs, vanilla and other flavorings made with alcohol, most dips. 	<ul style="list-style-type: none"> • Baked goods • Cookies • Hot dogs • Lactose free foods • Lunchmeats • Milk chocolate • Most non-dairy creamers • Nutritional Bars • Multivitamins • Pancakes • Protein powder drinks • Labels that list: casein, caseinate, lactose, sodium caseinate, or whey

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TIPS: The first 2-3 days are the hardest. It's important to go shopping to get all of the foods your child is allowed to have. Plan your meals and have a pot of rice available.

- Eat often. Feed your child three meals plus snacks. You may want to use Splash or Neocate Junior as part of a snack. This helps keep blood sugar levels stable.
- Avoid any foods that you know or believe your child may be sensitive to, even if they are on the "allowed" list.
- Offer your child AT LEAST three servings of vegetables each day. Try to get some variety into your child's diet if possible.
- This is NOT a weight management program. If your child needs to lose or gain weight, work with your health professional or nutritionist on a program. Use of E028 Splash can be of benefit for children who want to either gain or lose weight.
- Buy organic foods when possible. Organically raised poultry and beef are more available than ever. Purchase wild rather than farm-raised fish when possible. Look for organic foods such as rice, gluten-free crackers, and other foods.

POSSIBLE PROBLEMS:

Most people feel better and better each day during the allergy elimination diet. However, your child (or other family members) may have withdrawal symptoms the first few days which may include: headaches, fatigue irritability, malaise, or increased hunger. In adults and children who use caffeine regularly, this can also be an issue. To help, make sure that your child is well hydrated, and feed him/her often. If you are out for the day, make sure to carry suitable snacks with you.

WHAT NEXT?

If your child's symptoms improve during the two week period, you have three options.

- You can either continue with the strict diet for 3 months to see what additional benefits you may continue to reap.

LEAKY GUT SYMPTOMS

While all children have these issues from time to time, if your child has several of these issue on a chronic basis, look into leaky gut.

Eyes, ears, nose: Runny or stuffy nose, postnasal drip, ringing in the ears, blurred vision, sinus problems, watery and itchy eyes, recurring ear infections, hearing loss, sneezing attacks, hay fever, excessive mucus formation, dark circles under eyes, swollen, red, or sticky eyelids

Head: Chronic headaches, migraines, difficulty sleeping, dizziness

Emotions and mind: Attention deficit, behavioral problems, learning problems, mood swings, anxiety and tension, fear, nervousness, anger, irritability, aggressive behavior, "binge" eating or drinking, food cravings, depression, confusion, poor comprehension, poor concentration, difficulty learning

Gastrointestinal: Nausea and vomiting, constipation, diarrhea, irritable bowel syndrome, indigestion, bloating, passing gas, stomach pain, cramping

Energy and activity: Fatigue, depression, mental dullness and memory lapses, apathy, hyperactivity, restlessness

Skin: Hives, skin rashes, psoriasis, eczema, dry skin, excessive sweating, acne, hair loss, irritation around eyes

Mouth and throat: Coughing, sore throat, hoarseness, swelling/pain, gagging, frequently clearing throat, sores on gums, lips, and tongue

Hearts and Lungs: Irregular heartbeat (palpitations, arrhythmia), asthma, rapid heartbeat, chest pain and congestion, bronchitis, shortness of breath, difficulty breathing

Muscles and joints: General weakness, muscle/joint aches and pains, arthritis, swelling, stiffness

Overall: Overweight, underweight, fluid retention, dizziness, insomnia, genital itch, frequent urination

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- You can carefully add foods back into his/her diet one at a time to see which foods may be triggering symptoms.
- You may want to do antibody testing to see if there are additional foods that your child may still be reacting to. I recommend IgE, IgG, and if possible IgM and IgA testing of foods.
(See resources)

If your child's symptoms **do not improve** during the two week period, I recommend that you complete the entire three months on the elimination diet. Many children just need more time.

By avoiding symptom provoking foods to restore gut integrity many, food allergies/sensitivities will resolve within 4-6 months. This means that your child may be able to eat these foods again. In some cases, you will find that the allergy doesn't go away. Dairy and grain sensitivities are often "fixed" and remain life-long issues.

REINTRODUCING FOODS: Once you have completed two weeks or more you can begin to add foods back into your child's diet. **KEEP A JOURNAL OF ALL FOODS EATEN AND ALL SYMPTOMS.** Be sure to add foods one at a time, one every two days. Eat the test food at least twice a day and in a fairly large amount. Often an offending food will provoke symptoms quickly—within in 10 minutes to 12 hours. Signs to look for include: behavioral changes, attention changes, tracking changes, headache, itching, bloating, nausea, dizziness, fatigue, diarrhea, indigestion, anal itching, sleepy 30 minutes after a meal, flushing, rapid heart beat. If you are unsure, take the food back out of your diet for at least one week and try it again. Be sure to test foods in a pure form: for example test milk or cheese or wheat, but not macaroni and cheese that contains milk, cheese and wheat all together!

FOLLOW UP WITH YOUR PEDIATRICIAN

I recommend returning to your health practitioner or nutritionist for a follow up visit to determine next steps. For children who had great benefits, you may want to follow up with a blood test that looks for IgG and IgE antibodies to food. This blood test can help you see specifically if there are additional foods that may cause issues. If your child reacts to many foods, you may want to explore a 4-day food rotation diet.

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RESOURCES

You may want to have some cookbooks to help you with this. Here are a couple I really like...

- *Nourishing Hope*, Julie Matthews, available at: <http://www.healthfullivingsf.com/autism/nourishinghope.php> self-published, 2007, \$29.95
- *Special Diets for Special Kids*, 2, Lisa Lewis, Future Horizons Publishing, 2001, \$29.95. ISBN-10: 1885477813.
- *The Kid-Friendly ADHD and Autism Cookbook: The Ultimate Guide to the Gluten-Free, Casein-Free Diet*, Pamela Compart, Dana Laake, Fair Winds Press, 2006, ISBN: 1592332234, \$24.95

Not cookbooks – but these books give you the underlying principals of gut-brain health

- *Digestive Wellness for Children*, Elizabeth Lipski, Basic Health Books, 2005, ISBN: 1591201519, \$18.95
- *Gut and Psychology Syndrome*, Natasha Campbell-McBride, Medinform Books, 2004. ISBN: 0954852001

Liz Lipski, PhD, CCN, CHN holds a doctorate and is board certified in Clinical Nutrition and Holistic Nutrition. She's the author of *Digestive Wellness*, *Digestive Wellness for Children*, and *Leaky Gut Syndrome*. She's the Director of Doctoral Studies at Hawthorn Health and Nutrition Institute, and the nutrition editor for *Pilates Style Magazine*, and national spokesperson for Dannon Activia yogurt. She's the founder of *Access to Health Experts*, a holistic health membership website. She is currently in private practice in Asheville NC.



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