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Special Diets For Special Kids, Volumes 1 And 2 Combined: Over 200 REVISED And NEW Gluten-free Casein-free Recipes, Plus Research On The Positive ... ADHD, Allergies, Celiac Disease, And More!



Synopsis

Praised as a modern-day classic by celebrities and readers all over the world, the first edition of *Special Diets for Special Kids* has been helping children and adults with autism, ADHD, celiac disease, and other disorders since 1998. *Special Diets for Special Kids Two* followed up in 2001 by providing more recipes and updated research. Now, this revised and expanded edition offers both books in one, complete with the latest research, revised recipes, and color photos throughout! The first part of the book describes dietary intervention in detail, from both a scientific and a personal approach (the author's son has autism and has been on a GFCF diet for many years). In a nutshell, certain enzymes are required to break down gluten and casein. If those enzymes don't function well, or are not present at sufficient levels, serious neurological problems can result. Studies have shown that children with autism have a marked deficiency of these enzymes, which may explain why GFCF diets have yielded positive results for many children. Among many other helpful topics, Dr. Lewis explains:

- The Biology behind Dietary Interventions
- Leaky Gut
- Allergies, Sensitivities, and Intolerances
- Antibiotics and Probiotics
- Vitamins and Minerals
- Testing and Nutritional Support
- Other Diets and Interventions

How to Go GFCF

The second part of the book is an easy-to-follow cookbook. This section contains over 200 recipes, including many you would have never thought possible on a GFCF diet, such as:

- Banana-Nut Pancakes
- Blueberry Muffins
- Tortillas/Wraps
- Chicken Nuggets
- Shepherd's Pie
- Mock Mac and Cheese
- Chili Turkey Dressing
- Cakes and Cookies

And many, many more! Best of all, this book comes with a FREE CD of printable recipes, so you can easily print out recipes as you use them and keep the book away from counter spills and drips!

Book Information

Paperback: 375 pages

Publisher: Future Horizons; Pap/Cdr edition (May 25, 2011)

Language: English

ISBN-10: 1935274120

ISBN-13: 978-1935274124

Product Dimensions: 8.1 x 0.9 x 9.9 inches

Shipping Weight: 2.6 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (24 customer reviews)

Best Sellers Rank: #151,863 in Books (See Top 100 in Books) #58 in Books > Health, Fitness & Dieting > Children's Health > Learning Disorders #97 in Books > Health, Fitness & Dieting > Diets

Customer Reviews

I have had both volumes of this book in my cupboard for years now, and it is filled with crumbs. Pages are stuck together from spilled parts of delicious recipes that I have made and my family has savored, and I cannot come close to expressing how excited I am that my loose-leaf volumes are now in one gorgeous book! Congratulations, Lisa! Okay, I don't actually know the author, but I did attend one of her seminars years ago when my son and I were first diagnosed with Celiac Disease, and he had just started to walk. Now that he is almost in third grade, and we have lived on her recipes, all I can say is, I don't know how I managed without this book, and I am thrilled that I didn't have to manage for long, because I found her, and I bought both volumes, and it is worth every penny! Thank you for the holiday help! What can you do when you don't know how to make latkes without matzah, or apple cake without flour? She does all that and more! Her pumpkin bars are amazingly moist and delicious and good for us all -- and I have one adult male neighbor (who is not on a special diet) who would kill for me to make some more and share with him. I think it's good food when even though it is gluten and dairy (and soy) free, kids on regular diets (g-d help them!) like it too. I mean, if you could eat ANYTHING and these recipes taste good, this is fantastic! My son and I are not deprived! We are not ashamed to serve this food to others. This is a great book! I have bought almost every GF book there is, and this is the one I return to over and over again. The "oatmeal" cookies -- fabulous! And if you can't have something that is in one of the recipes, she helps with other substitutions. Like for eggs.

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