

Of the thousands of parents who filled in the Autism Research Institute's survey concerning dietary intervention, 66% said their child improved on a gluten- and casein-free (GF/CF) diet. Please understand that this diet must be followed carefully, because even a few crumbs of a cookie is a very big deal...

***"Think Molecular!"***

There is no vacation from this diet. Please note that the environment must also be gluten and casein-free - Play-Doh and other substances can be disastrous.

Many children who stray from the GF/CF diet have sudden emotional outbursts and experience uncontrollable diarrhea.

***Please only give my child food I have explicitly said is acceptable - don't hesitate to contact me if you're unsure about a particular food or item. You can reach me at:***

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### **Supporting Scientific Studies:**

Goodwin MS, et al. "Malabsorption and Cerebral Dysfunction." Journal of Autism & Childhood Schizophrenia. 1971;1:48-62.

Reichelt KL, et al. "Childhood Autism: A Complex Disorder." Biological Psychiatry. 1986 Nov;21(13):1279-90.

Shattock P, Lowdon G. "Proteins, Peptides and Autism: Part 2: Implications for the Education and Care of People with Autism." Brain Dysfunction. 1991;4: 323-334.

Knivsberg AM, et al. "Autistic Syndromes and Diet: A Follow-up Study." Scandinavian Journal of Educational Research 1995; 39: 223-236.

Cade R, et al. "Autism and Schizophrenia: Intestinal Disorders." Nutr Neurosci. 2000; 3, 57-72.

Knivsberg AM, et al. "A Randomised, Controlled Study of Dietary Intervention in Autistic Syndromes." Nutritional Neuroscience. 2002 Sep; 5(4):251-61.

Lucarelli S, et al. "Food Allergy and Infantile Autism." Panminerva Medica. 1995 Sep;37(3):137- 41.

Jyonouchi H, et al. "Evaluation of an Association Between Gastrointestinal Symptoms and Cytokine Production Against Common Dietary Proteins in Children with Autism Spectrum Disorders." Journal of Pediatrics. 2005 May;146(5):605-10.

Jyonouchi H, et al. "Dysregulated Innate Immune Responses in Young Children with Autism Spectrum Disorders: Their Relationship to Gastrointestinal Symptoms and Dietary Intervention." Neuropsychobiology. 2005;51(2):77-85.

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**Why My Child is on a  
Special Diet**

### *An unfortunate, but familiar, story:*

“Our son was in a typical preschool at three and was GF/CF. I explained that glue could be a problem, but that supervised use of glue sticks was okay. He was averse to using a glue stick so his teacher rubbed it all over his palm so he could get used to the texture.

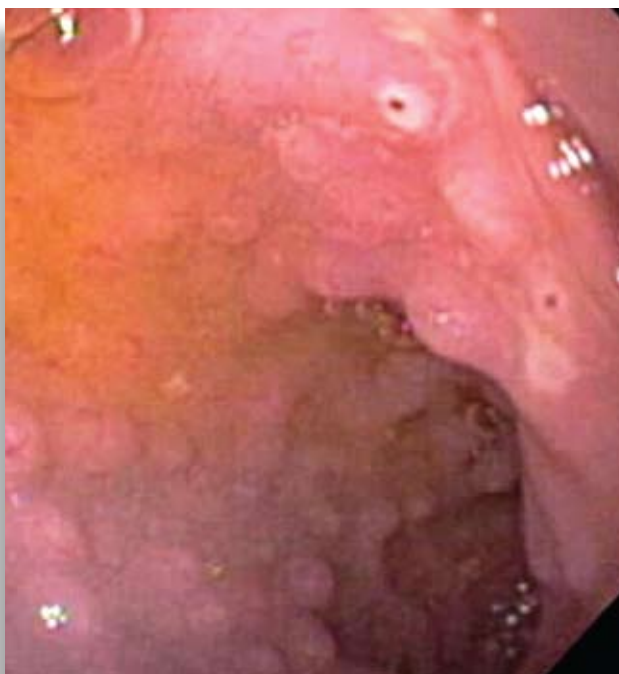
Within the hour he was screaming violently for the first time all year. I was called to pick him up, and only pieced it together when I asked what was different that day. Besides the screaming and distress, for three days our son had diarrhea that took the skin off his bottom.

Same thing when he got a corner of a saltine cracker at school. This time was not the teacher’s fault. Our son dove under the table and grabbed a crumb off the floor.

They told us not to worry because it was only a corner of a cracker. This too caused diarrhea for days, and a diaper rash that made his bottom raw.”

--Laura Kay

This is what these foods do to my child’s GI tract; this kind of tissue should be smooth and uniformly pink.



This diet is not specific to autism—many families report benefits for the entire range of developmental disorders and learning disabilities.

From Changing the Course of Autism; A Scientific Approach for Parents and Physicians by Bryan Jepson, MD:

“Over the years many parents have reported that their child’s behavior improved measurably after gluten and casein were removed from the diet. Gluten is a protein found in grains and casein is a protein found primarily in cow’s milk. These proteins have been shown to be highly immune-reactive in children with autism, particularly those with GI symptoms.

Dr. Goodwin and colleagues were among the first to document an abnormal brain response to gluten from food in autistic children with GI symptoms. Starting in the mid 1980s, several researchers showed that children who maintained a gluten- and casein-free diet did much better neurologically (improved cognition, language, etc.) than those who did not.

Research has found evidence of food allergies in autism: Dr. Lucarelli and colleagues detected much higher level of antibodies to casein and other milk proteins in children with autism compared to controls, and saw a marked improvement in behavior after an elimination diet challenge; Dr. Jyonouchi and colleagues showed that when challenged with food proteins from gluten, casein, and soy, children with autism produced a markedly higher amount of proinflammatory cytokines, compared with normal controls.”

***There is no vacation from this diet***