

Course Agenda

8:30 AM - 11:30 AM

NUTRITION & AUTISM

- Defining autism spectrum disorders.
- Pathways underlying the gut-to-brain connection for disease management.
 - Dietary management of common gastrointestinal problems.
- Environmental factors, e.g. chemicals, infectious agents, and brain development.
- Common foods that affect behavioral, cognitive, and physical symptoms.
- Nutritional strategies for autism: hype or real science?
 - Vitamin B12, calcium, magnesium, pancreatic enzymes, omega-3 fatty acids, Dimethylglycine (DMG), aloe vera, and flaxseed.
- Dietary interventions that have scientific support in treatment therapy.
 - Gluten-free Casein-free Diet (GFCF), Specific Carbohydrate Diet (SCD), and Feingold Diet /Phenols Low Oxalate Diet.
- Current data on mercury toxicity and autism.

LUNCH 11:30 AM -11:50 AM

11:50 AM - 2:45 PM

NUTRITIONAL AND ENVIRONMENTAL THERAPIES FOR TREATING ADHD

- Carbohydrate/Protein-balanced diet. Glucose-insulin response.
- Management of food sensitivities in ADHD patients.
 - Elimination of allergens. Effects of a 'Few Food' Diet in attention deficit.
 - The Feingold Diet for ADHD. Food additives, artificial flavoring and behavior.
- Nutritional supplementations for ADHD.
 - Commonly testing procedures for nutritional status.
 - The B-vitamins. Vitamin B6, niacin, and thiamin.
 - Mineral deficiencies in ADHD. Magnesium, iron and zinc.
 - Supplementation with essential fatty acids.
- Heavy metal toxicity and ADHD.
 - Blood lead levels and children's behavior. Cadmium toxicity.
- Massage therapy and exercise therapy interventions.
 - Stability balls in classrooms improve behavior and grades.

FOOD ALLERGIES AND FOOD INTOLERANCES

- Distinguishing between a food allergy and food intolerance.
- Review of the eight most common food allergies.
- Dietary management of food allergies and intolerances.
- Genetically modified foods: potential stimulus?