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Dietary Reference Materials for Autistic Spectrum Disorders & Celiac Disease

Books:

Lisa Lewis: **Special Diets for Special Kids, Editions I & II**

Jaquelyn McCandless. **Children With Starving Brains: A Medical Treatment Guide For Autism Spectrum Disorder**

William G. Crook: **The Yeast Connection**

Ben F. Feingold: **Why Your Child is Hyperactive**

Elaine Gottschall: **Breaking The Vicious Cycle**

Brenda Legge: **Can't Eat, Won't Eat, Dietary Difficulties and Autistic Spectrum Disorders**

Sally Ramsey: **The Cheerful Chemist's No Casein, No Gluten, Sugar Optional Cookbook.**

This is a great book and it comes with other diet references. You have to order it on Autism Research Institute's web site.

Magazines:

Living Without www.LivingWithout.com Good for some recipes (mostly geared toward celiacs), but great advertising for possible resources and websites as well as insightful articles.

Mothering Magazine www.mothering.com Most issues have info regarding autism and vaccines.

Organic Food Stores (gfcf foods):

The Mustard Seed (both in Fairlawn & Solon) (www.mustardseedmarket.com)

Wild Oats in Beachwood (www.wildoats.com)

StressLess Gourmet in Strongsville Towne Center (www.stresslessgourmet.com)

Chocolate Emporium in Cleveland (www.choclat.com)

Ungers in Cleveland (216-321-7176) 1831 South Taylor Road

Kosher Mania (www.koshermania.com)

Squirrel's Nest (www.squirrels-nest.com)

Websites:

www.glutensolutions.com (what I like best about this is that you can put in your food intolerances first and only products that are w/out those items will come up so you don't have to read ingredient lists for every product)

www.missroben.com Great cookie mixes, especially the mock graham cracker mix

www.auntcandice.com Unbelievable cookies ready made, great protein bars

www.AutismNDI.com is also a great resources as is www.gfcfdiet.com for the special diets required for these kids.

www.gfcfpassoverguide.com/ : Nadine Guilder's web site (Autism Educational Services)

www.glutenfreemall.com and www.glutenfree.com are more places to get food online.

www.feingold.org: information on the Feingold diet

DAN! is the Defeat Autism Now Network. You can find info at this site:

<http://www.autism.com/ari/dan/contents.html#dan>