

Helpful Resources

“Food For Thought: Improving Function with Diet Intervention”

Dr. Jill Dickerson and Georgia Fruechtenicht

Internet:

(1) <http://www.gfcfdiet.com> is an excellent resource for parents who are new to the diet or are considering the diet. The FAQ is a must read. (<http://www.gfcfdiet.com/TheBigFAQ's.htm>) It is packed with information in an easy to use search format.

(2) <http://health.groups.yahoo.com/group/GFCFKids/> is an excellent yahoo group to support dietary interventions. It has over 13,000 members, and new messages are posted all day and night.

(4) <http://health.groups.yahoo.com/group/NewnanFoodForThought/> This is a new yahoo group set up by us for families in and around the Coweta County area who are implementing dietary interventions.

(5) <http://autismndi.com/> ANDI (Autism Network for Dietary Intervention) is dedicated to providing support for families using a gluten & casein free diet in the treatment of Autism and related developmental disabilities. ANDI also has a yahoo group (as well as a new Facebook group) that is for families who are experienced in dietary interventions.

(5) www.kirkmanlabs.com is a well known and trusted source of nutritional supplements. Its focus is on individuals with environmental sensitivities and other special dietary needs.

(6) www.talkaboutcuringautism.org This website has a wealth of information regarding every aspect of autism and its related disorders. Diet, supplementation, school relationships, research, the law, etc. Spend some time here.

(7) www.rhinebeckhealth.com This is Dr. Kenneth Bock’s website. There are some articles by Dr. Bock on this website as well as lot of other good info on the science behind the diet.

(8) <http://www.autism.com/> This is the official website for the Autism Research Institute and Defeat Autism Now! (DAN!) This website includes a list of clinicians who are implementing the DAN! Protocol. Some have long waiting lists, but you can reduce the waiting time if you are willing to go on short notice.

(9) www.greatplainslaboratory.com and www.metametrix.com are two excellent labs that specialize in nutritional and environmental testing and research. Shop around for the best price. Pay the cash price (not the insurance company price) for labs and file the insurance yourself in case your insurance doesn’t cover it.

(10) www.fastbraiin.com This is the website of one of Jill’s friends in North Carolina, who is a doctor who treats children with ADHD.

(11) Our emails:

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Books:

- (1) "Healing the New Childhood Epidemics: Autism, ADHD, Asthma, and Allergies" by Dr. Kenneth Bock, MD. We strongly recommend reading this book. You might want to buy several copies because you will want to share it with others. Keep a copy for yourself because you will use it often as a reference.
- (2) "The Encyclopedia of Dietary Interventions," by Lisa Lewis and Karyn Seroussi. (These authors are also the founders of ANDI above). Published last year, this book is the updated version of "Special Diets for Special Kids" by Lisa Lewis, which did an excellent job of explaining the diet as well as advice on implementation.
- (3) "Kids with Celiac," by Dana Korn
- (4) "The Kid-Friendly ADHD and Autism Cookbook: The Ultimate Guide to the Gluten-Free, Casein-Free Diet," by Pamela Compart and Dana Laake.
- (5) "The Puzzle of Autism: Putting It All Together," by Dr. Amy Yasko

Basic Supplements:

Remember to find supplements that are free from artificial flavorings, colorings, yeast, additives, and any allergens you are avoiding. Quality can vary greatly among manufacturers. All of Kirkman Labs's products are high quality and often much higher potency than others.

(1) Multivitamins

Spectrum Complete Powder (Kirkman) *(sweetened with Xylitol instead of sugar, put in juice)*

Nordic Naturals Berries (Nordic Naturals) *(contains rice & soy)*

Children's Chewables (Kirkman) *(Get the ones sweetened with Xylitol instead of sugar)*

Gummy Vites (Lil' Critters) *(does not have calcium, kids love them)*

Vitatab Chewable Wafers (Prothera)

(2) Omega 3's

Nordic Naturals Cod Liver Oil Chews

Coromega (this is an orange pudding-like substance) *(contains egg)*

Jr. DHA chewable gel caps (Nordic Naturals) *(contains soy, kind of squirt in your mouth)*

Eskimo Kids Tuiti Fruiti Flavored liquid (Tyler)

(3) Probiotics *(make sure probiotics are milk-free)*

Pro Bio Gold (Kirkman) (20 billion live cells) *(They come in a capsule you can put in a drink or in wafer form)*

Chewable Acidophilus (American Health) (1 billion live cells)

Consider ordering some trial sizes (if available) to make sure your child will take them. It's very frustrating (and expensive) to buy a huge bottle and they won't touch it. It's worth the time, effort, and money it takes to find the ones they'll take without a fuss. If it's a struggle, then you are much more likely to skip doses or just bag it altogether. Other supplements may include Digestive Enzymes, Zinc, Calcium & Magnesium (if GFCF), Epsom Salt Baths, Methyl B12 (oral/injections), B6, and Melatonin.

Food (READ LABELS-Ingredients change/Call 800 numbers)

Bread: Ener-G, Kinnikinnick, Glutino

Cereal: Envirokidz Organic, Glutino, GF Oatmeal, Erewhon Crispy Brown Rice, other organics

Flour: Bob's Red Mill, Arrowhead Mill, Ener-G

Milk Substitutes:

Yogurt: Whole Soy, Silk, Stoneyfield Farms Soy (check for milk)

Cheese: Tofutti (Slices), Follow Your Heart (Vegan Gourmet)

Drinks: Dairy-Free (Vance's Food), Silk, Rice Dream (check for gluten), Pacific

Margarine: Earth Balance Organic, Fleishman's Light, Smart Balance (check for whey)

Other: Tofutti Cream Cheese and Sour Cream

Meat: Ians chicken nuggets & fish sticks, Hebrew Nationals hot dogs & bologna (consider nitrites), Boar's Head (confirm casein-free), Oscar Myer Natural Hot Dogs, Hormel Natural Lunch Meats (brown box), Apple Gate Farms

Mixes:

Waffles: Arrowhead Mills, Namaste, Miss Robens, Pamela's

Cake: Namaste, Miss Robens, Pamela's

Muffins: Namaste

Brownie's: Bob's Red Mill, Namaste, Miss Robens

Bread: Pamela's, Namaste, Miss Robens, Bob's Red Mill

Cookies: Cherrybrook chocolate chip, Namaste, Pamela's, Betty Crocker

Pizza Crust: Namaste, Pamela's, Kinnikinnick

Pasta: Glutano (animal shapes), Tinkyada (shells), Bionaturae (penne rigate), DeBoles

Sauce: Bone Suckin BBQ Sauce, Emeril's Bam BBQ Sauce

Snacks: Glutino crackers/breadsticks/pretzels, Kinnikinnick cookies, Envirokidz animal cookies, Ener-G, Natural Popcorn, Natural Lays Potato Chips, Fritos, Edy's Fruit Bars, Enjoy Life cookies and snack bars

Candy: College Farms Organic Lollipops, Organic Gummy Bears, Stretch Island Fruit Leathers