

## **Autism and the Gluten-Free Diet**

There is much evidence to suggest that autism has a connection to a protein deficient diet. According to a study published in the Journal of Autism and Developmental Disorders August 2003, it was found that those children diagnosed with autism had more essential amino acid deficiencies than those who were not autistic. A gluten free diet seemed to improve their symptoms. We now know that gluten intolerance can produce over 300 symptoms from mild indigestion to chronic illness of all kinds. In other words the food you eat may be making you sick.

A person who is gluten intolerant cannot eat wheat, barley, rye and sometimes oats (oats can be contaminated because they are processed near wheat) because the gluten irritates the small intestine to the point it becomes inflamed and unable to function as it was designed. Nutrition to the body is reduced or even eliminated. The symptoms of illness can be as varied as the colors in your child's deluxe crayon box.

Imagine a child who cannot tell you what they feel. They cannot communicate to you that they don't feel good when they eat certain foods. They have to eat what is put in front of them or they go hungry. They get anxious and upset when they eat. Parents are questioning, " what is wrong with this child. Why don't they eat?" It may be they are communicating the only way they know how, through anger.

The autistic child needs better nutrition simply because they are having neurological problems due to a lack of adequate protein and possibly gluten intolerance. The gluten-free diet is high in protein because bean flours are used instead of whole grains. Bean flour is much higher in protein than any other flours. It may cost a bit more to eat nutritionally but it is well worth it. A healthy helping of gluten-free food may be just what the doctor should order. You may just find that increasing your nutritional foods and eliminating suspect food allergies may also lower your own health care costs, not to mention anxiety, frustration and fear. Your nutritional success may start in your own kitchen.

We at [GlutenFreebyLindy.com](http://GlutenFreebyLindy.com) are here to provide you with delicious recipes for baked goods and entrees' that will be enjoyable for all.

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