

STRAUSS ACADAMIA

8 July 2020



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STRAUSS**

Written by:

Owner of Strauss
Academia

AUTISM EDGE SERIES

I am very excited to share this series with you. Autism Edge was born through the journey I have embarked gathering insight and knowledge along the way. I would love to share what I have learnt in the last 6 years with you.

Welcome back to autism Edge, today we are going to talk about evolving, changing or adapting the diet to make sure that the child gets the needed nutrients on a daily basis.

I would like to talk about this topic a bit more in-depth with this week's article, just to make sure that there are no uncertainty on foods. The best way most parents take the diet on is through taking out the toxins, so excluding food with additives, MSG, sweeteners and anything else that was processed like bakery foods with high sugar content as well as carbohydrates.

Why use a no gluten, no dairy and no sugar diet?

Parents and researchers have noticed improvement in behavior, social skills, and learning through using this type of diet. Start slowly. Don't eliminate all gluten- and casein-containing foods at once. Include new gluten-free and casein-free foods gradually. If a new food causes a problem, you will know which one it was when starting off slow. It may take 2 months to become fully gluten- and casein-free.

There are different ways in which you can get good nutrients into the diet as we all know that autistic children is definitely picky eaters and there's always a challenge regards to their food that they like to eat (THEIR food) as well as to get the healthy foods in. There's a few ways to go about working foods into their diet. Research have shown that adjusting the diet significantly improve the symptoms in autistic children. The good vitamins and minerals we would like to increase in their are vitamin B6, vitamin C and magnesium.

- The first one is to increase the quality of the food that they eat, always sneak in some of the healthy foods into their diet or into the food they are eating on a daily basis and then increase the healthy food slowly so that they don't realize or see the change. It is perfect If you only get a spoon in the first try of mixing the healthy food in their usual plate of food.

STRAUSS ACADAMIA-
UNCOVER AUTISM:
PHASE 1- DIET.
FOR MORE
INFORMATION ON
THIS SERIES, PLEASE
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- The second way is to make the food more easily digestible through using cooking methods like soaking and fermenting. It's all about helping the child to be more healthier and getting in certain vegetables. We prefer organic as possible. It is important in the sense that you increase the nutrients. We want to decrease the use of pesticides on their food like fruits and vegetables. We look at few fruits and vegetables with a tendency of having high pesticides Fruits like grapes, peppers, apples, to name a few fruits. Vegetables with little pesticides are onions, avocado's, cabbage and broccoli.
- The last way we is to increase the food with nutrient dense characteristics. These foods are rich in vitamins and minerals. Here is a short list of some of them, sweet potatoes, leafy greens, bone broth (which is a whole new topic on it's own) and seaweed.

To get the full list of both high pesticides and low pesticides of fruits and vegetables, please contact us and register for the Uncover Autism Series.

Keep a lookout for the article on our Facebook or Instagram account.

Please let us know if you have any questions about today's article.

All our articles are available on Anchor, Spotify, RadioPublic, Breaker and PocketCasts to listen to and to enjoy.

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