



# **The SCD for Autism and ADHD: A Reference and Dairy-Free Cookbook for the Specific Carbohydrate Diet**

*Raman Prasad, Pamela Ferro, Nilou Moochhala*

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# The SCD for Autism and ADHD: A Reference and Dairy-Free Cookbook for the Specific Carbohydrate Diet

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This groundbreaking book serves as a comprehensive guide for the Dairy-Free version of the Specific Carbohydrate Diet™ (SCD-DF). The original SCD (a grain-free, sugar-free, soy-free diet), introduced by Elaine Gottschall in *Breaking the Vicious Cycle*, has been further researched and developed into the SCD-DF in order to help people with autism and ADHD.

According to the Center for Disease Control, the rate of autism has now increased to 1 in 68 children in the US. It is imperative that we find a better way in which to address this health challenge faced by so many in our next generation. Most children (and adults) with autism or ADHD also suffer from digestive issues ranging from constipation and reflux to diarrhea and low vitamin/mineral levels. These issues may seem minor but addressing them through the SCD-DF can play a pivotal role in improving behavior, mood, cognition, and language.

*The SCD for Autism and ADHD* draws on over a decade of a nurse's clinical experience with the SCD-DF and written in collaboration with an established SCD author. The first part of the book explains the scientific research that supports the SCD-DF dietary intervention. It describes how conditions from anxiety and eczema to reflux and motor coordination are also tied to autism and ADHD. It guides families on how to start the SCD-DF from building a support network and setting up the kitchen to shopping lists, meal plans, and what to expect on the first days of the diet.

The second part of this book contains over 150 SCD-DF recipes organized into categories such as Bakery, Breakfast, Snacks, Meats, Drinks, and Desserts; with child-friendly recipes ranging from Grandma's Basic Pancakes and SCD Chicken Nuggets to Tater Tots and Lemon Vanilla Cake. It also includes a sample transitional menu, weekly meal plans, and themed menu ideas.

The dietary premise laid out in this book has been adopted by the Johnson Center for Child Health & Development in Austin, Texas, where they have recently completed a pilot study of children with ASD implementing the SCD-DF dietary protocol. The SCD itself has been undergoing several pilot studies and clinical trials recently at Seattle Children's Hospital, Stanford University, and Rush Medical Center, among others.

To find out more about this book, visit [scdrecipe.com/autism/](http://scdrecipe.com/autism/).

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#### **Anthony Russell:**

Here thing why that The SCD for Autism and ADHD: A Reference and Dairy-Free Cookbook for the Specific Carbohydrate Diet are different and dependable to be yours. First of all reading a book is good but it really depends in the content of computer which is the content is as delightful as food or not. The SCD for Autism and ADHD: A Reference and Dairy-Free Cookbook for the Specific Carbohydrate Diet giving you information deeper since different ways, you can find any guide out there but there is no e-book that similar with The SCD for Autism and ADHD: A Reference and Dairy-Free Cookbook for the Specific Carbohydrate Diet. It gives you thrill reading journey, its open up your eyes about the thing that will happened in the world which is perhaps can be happened around you. You can bring everywhere like in playground, café, or even in your means home by train. In case you are having difficulties in bringing the published book maybe the form of The SCD for Autism and ADHD: A Reference and Dairy-Free Cookbook for the Specific Carbohydrate Diet in e-book can be your alternate.

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