

SEVEN

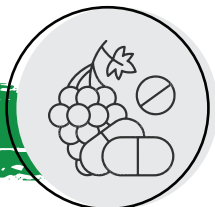
CRITICAL NUTRITION

Mistakes In Autism

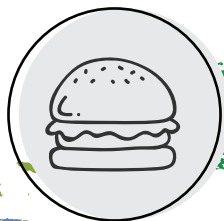
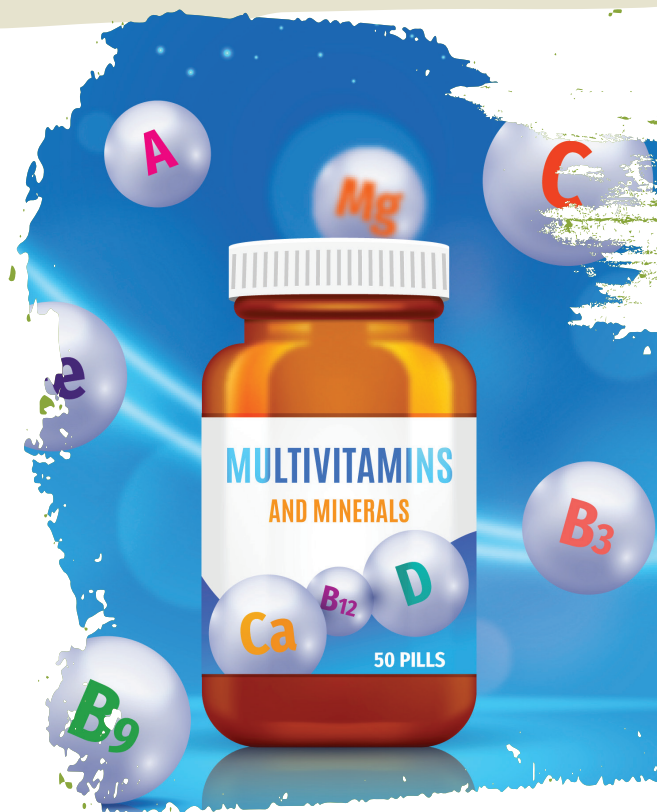


Nutrition is essential for brain function. Any deficiencies present in the body can affect how the brain will perform during a particular task like taking an exam or in children may affect brain development. The brain weighs about 3 pounds or 2% of our body weight but consumes 20% of our energy. That is why any deficiencies of nutrients can really affect your energy, which means concentration, focus, and performance at school will suffer.

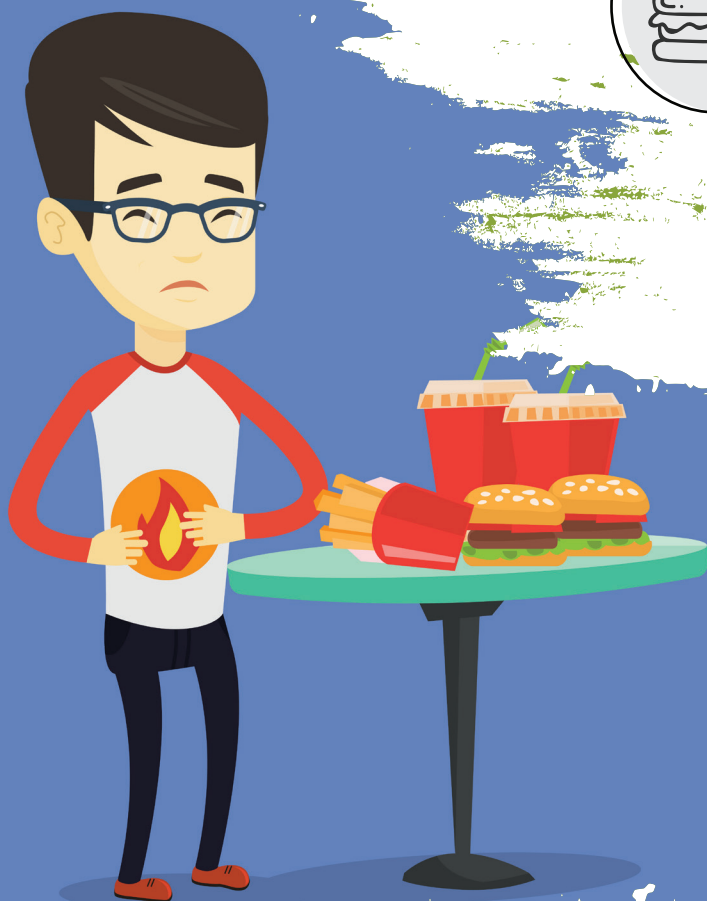
First Mistake



Thinking that a simple multivitamin will supply all the necessary nutrients in the appropriate amounts. Multivitamins contain small amounts of critical nutrients for the brain, like vitamin D or omega-3 fatty acids. Also, most multivitamins contain a synthetic form of vitamin B-12 called cyanocobalamin, which is not active. The active forms of vitamin B12 are methylcobalamin, adenosylcobalamin, and hydroxocobalamin. Always check your multivitamin bottle to see if your manufacturer is high quality or trying to cut corners and producing a low-quality product.



Second Mistake



Believing that dietary supplements will compensate for eating a junk food diet. Eating a junk food meal will promote inflammation that lasts for at least three hours, and having another unhealthy food will extend inflammation for three more hours. In other words, inflammation is already at high levels in autism; giving junk food is like adding gasoline to a fire. In addition, cognition will be significantly affected in children on the spectrum by constantly eating fast foods or processed foods.



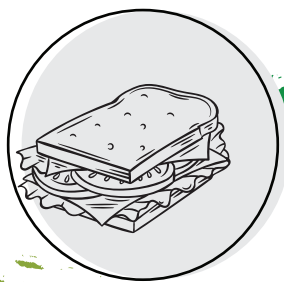
Third Mistake:

Thinking that milk products must be consumed to obtain optimum calcium levels. You don't need milk to get adequate amounts of calcium from the diet. There are much better options to get calcium in your body than milk—for example, leafy greens like broccoli, collard greens, and kale. Also, almond milk can be a quality source of calcium.



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A large percent of the population is intolerant to milk and will promote digestive issues. Also, milk promotes constipation, which is rampant in autism. In addition, there is a relationship between milk and allergies or skin eczema. Besides, milk can promote the formation of antibodies against the action of folic acid in the brain. Folic acid is crucial for brain function.



Fourth Mistake

Believing that eating high levels of white bread, white rice, cereal, and white pasta is fundamental for health. It is the other way around! Eating a high level of all of these foods (high in carbohydrates) will increase your chances of obesity, inflammation, diabetes, pain, and the presence of most chronic diseases. It is incredible, but eating six to eleven servings of carbohydrates was recommended in the past as part of a healthy diet. In addition, consuming high levels of refined carbohydrates promotes the elimination of magnesium. Magnesium is essential for anxiety, stress, and constipation, which are all present in autism.





Fifth Mistake

The belief that eating fat is detrimental to your heart and total wellness. There is no connection between eating fat and heart disease. On the contrary, eating fat is exceptionally healthy for your body and crucial for brain function in autism. Olive oil, omega-3 fats, avocados, and nuts, to name a few, are required to achieve total wellness.



Sixth Mistake

Believing all the health claims of boxed products that express gluten-free, low fat, and high fiber. These companies don't tell you that the product is quite high in carbohydrates and sodium, promoting inflammation and higher blood sugar levels. Be careful with healthy claims if it is a product from a box. Cereal, even if it is whole grain, is still high in sugar, promoting inflammation.





Seventh Mistake

Not being aware of high levels of pesticides in some typical fruits and vegetables. Always visit www.ewg.org for the most recent list of the Dirty Dozen (Top Pesticides Laden Fruits and Vegetables). Buying these organic will be a safer choice for brain function. Sometimes, what you don't know can harm not only you but your family.





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