



# **SEVEN KEY NUTRITION & LIFESTYLE**

Concepts for  
Success in  
**AUTISM**



## First Nutrition Concept

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Consuming a diet high in healthy fats like omega-3 fatty acids, extra-virgin olive oil, flaxseeds, chia seeds, avocado, etc. Children with autism have high levels of inflammation in the brain. It is like their brain is on fire. These beneficial fats help to quench the fire inside their brain and help the brain to communicate better. Also, the brain is 60% fat, and the brain can not work optimally without fats.



## Second Nutrition Concept

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You should avoid consuming refined carbohydrates like white bread, white pasta, and flour products. These products are deprived of nutrients (empty calories and will make you obese) and contain high levels of sugar and salt, which are inflammatory to the body.





## Third Nutrition Concept

Having optimal vitamin D levels through diet, dietary supplements, or sunlight exposure. The amount of vitamin D that we can obtain from the diet is minimal. For example, fish, butter, eggs, and milk products contain minimal vitamin D.

Sunlight is an excellent source of vitamin D, but most people are indoors, and when they are outdoors, they use sunblock, which will affect the production of vitamin D in the body.

Dietary supplementation is the best way to achieve healthy levels of vitamin D in your body.



## Fourth Concept

Having a good night's sleep. Sleep is necessary for brain detoxification. It is how the brain gets rid of toxins. If you don't sleep, you may be accumulating toxins. Some nutrients help benefit sleep in children with autism. Lack of sleep will affect school performance and may increase behavioral issues.





# GUT-BRAIN CONNECTION

## Fifth Concept

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Having a healthy gut is crucial for autism. The gut is called the second brain. Brain dysfunction is related to poor gastrointestinal function in autism. Prebiotic foods, probiotic foods, and probiotic supplements can benefit the gastrointestinal tract and help the brain function.





## Sixth Concept

Also, avoid High-Fructose corn syrup because it has a brain toxin called Mercury. Mercury has demonstrated toxicity at any dose. Also, High-Fructose corn syrup increases the risk of obesity, which is already at higher levels in autism.





## Seventh Concept

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Eating the mighty broccoli and his cousins. Broccoli is a powerhouse of nutrients, including sulforaphane. Other sources of sulforaphane are cabbage, collard greens, Brussel sprouts, cauliflower, etc. Sulforaphane is critical to activate a vital brain mechanism that helps with self-repair.



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