



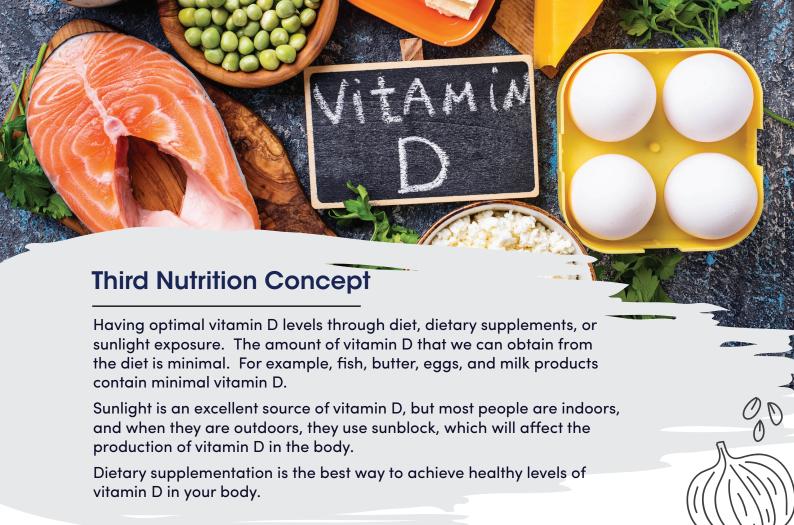




Second Nutrition Concept

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.

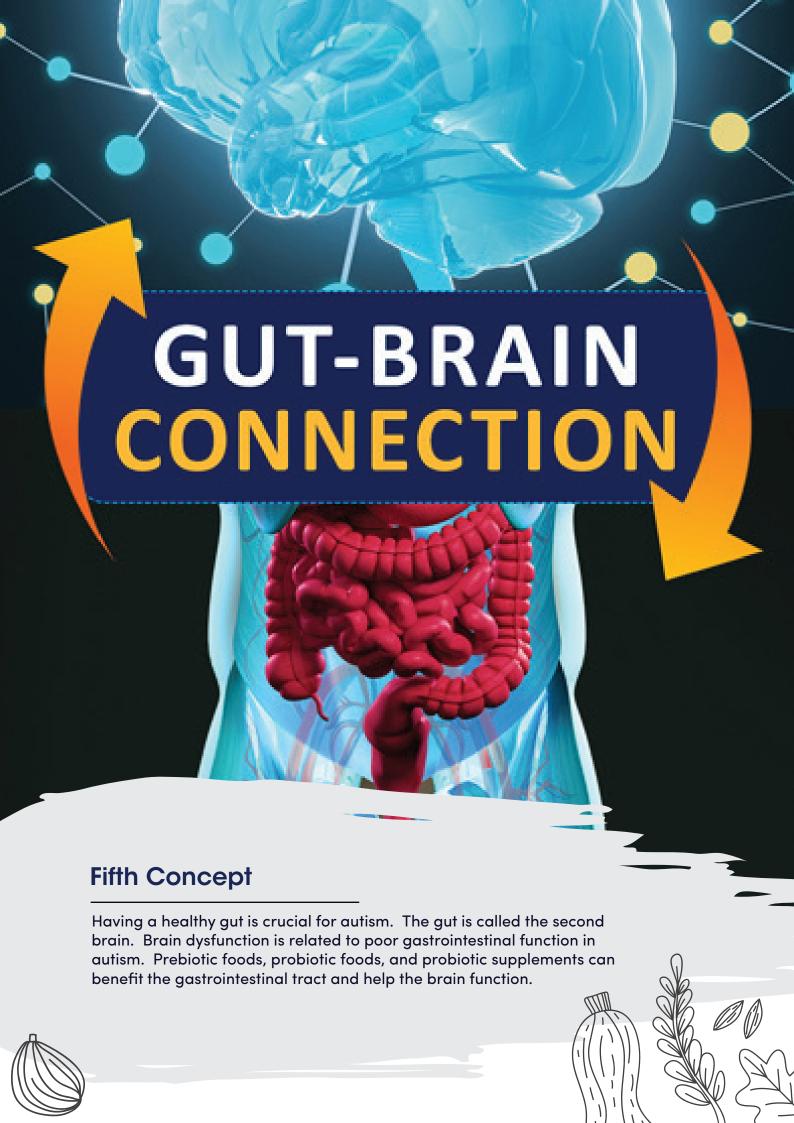




Fourth Concept

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.







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.



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