

Test Possible Allergens

Rotation Diets

Elimination Diets

By eliminating common allergens from your diet, and then reintroducing them, you can easily determine what negatively affects you. Common allergens include:

* **Gluten** * **Casein**

* **Soy** * **Sugar**

* **Corn** * **Food dyes**

* **Preservatives/ chemicals**

A Diet 'Lifestyle'

Getting into a routine by determining diet needs weekly, scheduling cooking time and finding the fun in cooking makes this diet a sustainable approach to a healthy lifestyle! This workshop is a first step towards problem solving dietary symptoms and solutions.



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As the parent of a teen with multiple food and chemical sensitivities, as well as a diagnosis of Autism, I have over 15 years of experience cooking alternative diets. After many years implementing this diet for my sons, I discovered my own multiple food sensitivities. This was indeed an eye-opening experience! I learned to identify how wheat, dairy, sugar and other allergens affected my health as well as how to enjoy the challenge of finding delicious, new foods to eat.

Y's Owl Information

Diet *Can* Make a Difference!



A 3-Part Workshop



What's Wrong With **MY** Diet?

Diet it is not necessarily about CURING Autism, or a lot of other conditions. Diet is about identifying AND relieving symptoms !

Food allergies can contribute to a challenging profile and cause more difficulties than most people imagine.

- * Bloating * Diarrhea
- * Acne * Constipation
- * Fatigue * Aches and pains
- * Headaches* Congestion

Diet is about removing the **'illness'** **factor** from the picture.

Does Diet **Affect** Mood?

There have been many studies that link gluten sensitivity to psychiatric diagnoses as well as to overall ill health. Reactions can present in many ways, ranging from physical to cognitive to mental health issues.



D.D.D. - Don't let Hunger Dictate Diet

Making the shift from eating to satisfy cravings to eating to feel good can solve a lot of problems!



Come and Learn to Make This Diet **Work!**

- **Samples**
- **Alternative flours**
- **Planning tips**
- **Maximize cooking time**
- **Helpful substitutions**
- **Easy Crock pot ideas**
- **Increase energy**