

# Three Crucial Steps to Start Recovery and Healing for Your Child



Courtesy of Autism Help At Home™

## Step 1: Eliminate gluten and casein from the diet

Glutens and caseins are proteins from grains and dairy products. When they leak through a permeable gut lining, they are known to convert to opioids in the brain, contributing to neurotoxicity.

## Step 2: Eliminate sugars and refined grains from the diet

Sugars and refined grains feed gut pathogens furthering “gut dysbiosis” including Candida (yeast overgrowth) which, when the natural gut bacteria (flora) is imbalanced, creates a compromised gut lining which will in turn leak neurotoxins into the brain.

## Step 3: Supplementation to supply what’s missing, (nutraceuticals) and to combat what’s injuring, (viral/bacterial/fungal/parasitic).

The “starving brain” is then finally nourished when nutrients not only in the form of high quality foods but in isolated nutrients are introduced through specific individualized high quality supplementation.

To help yourself more fully understand food toxins, order your Special Report:

***Is Your Child’s Lunch Causing Harm?***