



# Children's and Special Needs Nutrition Services



## The Nutrition Link to Autism Spectrum Disorders; ADHD

Current statistics show that **1 in 91** children in the United States are diagnosed with autism. The rate of diagnosis in boys is **1 in 58**. Children with autism usually have mild to moderate nutrition issues. These nutritional deficiencies can cause havoc in children's growing bodies and minds, which can negatively affect growth, sleep, behavior and overall health. Children with Autism, ADHD and special needs require good nutrition and absorption for optimal function and growth. Correcting nutrition issues can give a child relief from unnecessary suffering and bring comfort back into the life of the whole family. Practitioners around the country are seeing positive results using specific nutrition interventions in children with autism and other developmental delays.

## The Defeat Autism Now!<sup>®</sup> Nutrition Approach Practiced by Registered Dietitian, Staci Small M.A., R.D.

The **Defeat Autism Now!<sup>®</sup>** approach as well as many **Defeat Autism Now!<sup>®</sup>** doctors will recommend adjustments to a child's nutrition before progressing to additional medical treatments. Practitioners have seen better results with biomedical interventions once nutritional deficiencies are corrected and the overall health of the child is more stable.

**Common Improvements Found with Nutrition Intervention in Children with Autism and ADHD:** Behavior and social; Sleep patterns; Bowel health; Growth; Weight gain; Fewer infections; Happier, healthier child and family.

Early intervention is key to the healing and recovery of children with autism and other special needs. If you are currently trying a special diet with your child and not seeing results, there may be pieces missing from the puzzle. Before beginning any nutrition adjustments to your child's diet, it is imperative that a complete nutrition assessment is performed to maximize safety and effectiveness. As you may have already discovered, it can take eight to twelve months on a waiting list to see a **Defeat Autism Now!<sup>®</sup>** doctor. Staci Small M.A. R.D. is a Registered Dietitian that is trained in the **Defeat Autism Now!<sup>®</sup>** approach and is ready to address your child's nutrition needs immediately.

## Autism, ADHD and Special Needs Diet Consultations (\$95)

Nutrition care is vital to the health and well being of children with Autism Spectrum Disorders (ASD), ADHD and other special needs. Meet with a **Defeat Autism Now!<sup>®</sup>** trained Dietitian to help. A detailed nutrition assessment will be completed by a Registered Dietitian. Once evaluation is complete, an individualized nutrition care plan will be developed for your child. This may include lab testing, diet changes, intake adjustments and/or supplementation. We will work together to determine the best course(s) of action for you and your family. Follow-up appointments are necessary to monitor progress and make adjustments as needed. The client will provide requested preliminary data before the initial session.

## Gluten Free/Casein Free (gf/cf) or Specific Carbohydrate Diet Consultations (\$95)

Trying to implement a gluten free (gf/cf) diet or specific carbohydrate diet for your child can be very challenging. Meet with a Registered Dietitian who understands these challenges first hand. After reviewing your child's medical history, previous diagnosis as well as your goals, we will determine the best plan for your child. Follow-up is usually necessary to monitor diet modifications.

## Pediatric Intake and Growth Assessment (\$95)

Useful for parents who are concerned that their child isn't reaching growth milestones or consuming the right types and amounts of food. This in-depth consultation includes a thorough nutrition assessment, review of feeding history and food intake journal for children of all ages and needs. Recommendations are given for total daily nutrient intake as well as other modifications if necessary.

## Supplements, Enzymes, and Laboratory Testing

The Wellness Philosophy offers a wide range of supplements, vitamins, and enzymes from today's leading manufacturers. Additionally, we offer numerous forms of laboratory testing to offer a clearer picture of your child's symptoms.

