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## Unraveling the Mystery of Autism

Posted by Helaman2000 - 2009/01/17 01:31

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My wife had come across the book, Unraveling the Mystery of Autism and Pervasive Developmental Disorder: A Mother's Story of Research & Recovery by Karyn Seroussi. This book seems to have some wonderful information on a dietary intake for children with disabilities. Here is a brief synopsis from Publisher's Weekly:

"Her own experience and a growing body of scientific evidence pointed to connections between autism and diet. And though the theory has not yet been proven, Seroussi says, research now suggests that autism may be an autoimmune disorder triggered in rare cases by an infant's measles-mumps-rubella immunizations. Convinced that the inability to digest certain proteins was contributing to her son's condition and that his autism was related to his reaction to MMR vaccines, Seroussi eliminated suspect foods from his diet; he made such dramatic improvement that, by age four, he was functioning normally."

Although my daughter has not been officially diagnosed with autism, she has many of the traits and characteristics associated with it. By limiting or excluding certain foods from her diet we have seen behavioral improvement. This book is definitely worth a look into.

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## Re:Unraveling the Mystery of Autism

Posted by lisariska - 2009/01/22 14:03

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Thanks so much for your recommendation. Though I imagine the list of "suspect" foods varies from case to case, can you give us a general list?

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## Re:Unraveling the Mystery of Autism

Posted by Helaman2000 - 2009/01/22 14:28

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The diet might vary on a case by case basis, but there seems to be certain foods (or lack thereof) which help most all cases.

For example, our daughter would hardly get much sleep (staying awake all night long), developed dark circles under her eyes and had an excessive amount of tantrums or "meltdowns." These symptoms practically went away when we cut out dairy from her diet.

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