



**Special Diets for Special Kids, Volumes 1 and 2  
Combined: Over 200 REVISED and NEW gluten-  
free casein-free recipes, plus research on the  
positive ... ADHD, allergies, celiac disease, and  
more!**

*Lisa Lewis*

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# **Special Diets for Special Kids, Volumes 1 and 2 Combined: Over 200 REVISED and NEW gluten-free casein-free recipes, plus research on the positive ... ADHD, allergies, celiac disease, and more!**

*Lisa Lewis*

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Praised as a modern-day classic by celebrities and readers all over the world, the first edition of *Special Diets for Special Kids* has been helping children and adults with autism, ADHD, celiac disease, and other disorders since 1998. *Special Diets for Special Kids Two* followed up in 2001 by providing more recipes and updated research.

Now, this revised and expanded edition offers **both books in one**, complete with the latest research, revised recipes, and color photos throughout!

The first part of the book **describes dietary intervention in detail**, from both a scientific and a personal approach (the author's son has autism and has been on a GFCF diet for many years). In a nutshell, certain enzymes are required to break down gluten and casein. If those enzymes don't function well, or are not present at sufficient levels, serious neurological problems can result. Studies have shown that children with autism have a marked deficiency of these enzymes, which may explain why GFCF diets have yielded positive results for many children.

Among many other helpful topics, Dr. Lewis explains:

- The Biology behind Dietary Interventions
- "Leaky Gut"
- Allergies, Sensitivities, and Intolerances
- Antibiotics and Probiotics
- Vitamins and Minerals
- Testing and Nutritional Support
- Other Diets and Interventions
- How to Go GFCF

The second part of the book is an easy-to-follow cookbook. This section contains **over 200 recipes**, including many you would have never thought possible on a GFCF diet, such as:

- Banana-Nut Pancakes
- Blueberry Muffins
- Tortillas/Wraps
- Chicken Nuggets
- Shepherd's Pie

- Mock Mac and Cheese
- Chili
- Turkey Dressing
- Cakes and Cookies
- And many, many more!

Best of all, this book comes with a **FREE CD of printable recipes**, so you can easily print out recipes as you use them and keep the book away from counter spills and drips!

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**From reader reviews:**

**Sonya Ewing:**

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**Kathryn Cortez:**

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