



## Websites That Can Help

**ABOARD**-Advisory Board on Autism Related Disorders – provides a network of support groups, lending library, and periodic conferences pertaining to the GFCF diet. ABOARD also sponsors a biomedical intervention support group called biomed buddies. Contact Chris Perdziola at [perdziola@comcast.net](mailto:perdziola@comcast.net) for more information. [www.aboard.org](http://www.aboard.org)

**Autism Center of Pittsburgh** – provides diagnosis, family support, lending library, support groups, occupational therapy, speech therapy, drama therapy, family outings and much more. Many grants available. [www.autismcenterofpittsburgh.com](http://www.autismcenterofpittsburgh.com)

**Autism Help Network** – offers a monthly magazine (*Autism Globe*) that often includes information about dietary interventions and nutrition for children with ASDs, and other means of family supports. [www.autismhelpforyou.org](http://www.autismhelpforyou.org)

**AutismLink** – offers information and message boards to help parents interact with one another. [www.autismlink.com](http://www.autismlink.com)

**Autism Network for Dietary Intervention (ANDI)** – provides help and support for families using a gluten free and casein free diet for treating children with autism and related disabilities. Website created by world famous authors Karyn Seroussi and Lisa Lewis. [www.autismndi.com](http://www.autismndi.com)

**Autism Research Institute (ARI)** – home of the DAN (Defeat Autism Now) protocol. Conducts research and provides information on treatment for autism, including dietary interventions. [www.autism.com](http://www.autism.com)

**Generation Rescue** – organization of parent volunteers who help families using biomedical treatments for autism. [www.generationrescue.org/index.html](http://www.generationrescue.org/index.html)

**The GFCF Diet** – online support for parents implementing the gfcf diet as treatment for children on the autism spectrum. [www.gfcfdiet.com](http://www.gfcfdiet.com)

**Great Plains Laboratory** – provides testing and information related to autism, biomedical and dietary interventions. [www.greatplainslaboratory.com/home.htm](http://www.greatplainslaboratory.com/home.htm)

**Kirkman Nutritionals** – sells supplements and gluten/casein free foods. essential fatty acids, casein/gluten foods. 1- 800-245-8282 [www.kirkmangroup.com](http://www.kirkmangroup.com)

**National Autism Association (NAA)** – educates families affected by autism and offers guidance to families implementing biomedical and dietary interventions. [www.nationalautismassociation.org/index.php](http://www.nationalautismassociation.org/index.php)

**TACA-Talk About Curing Autism** – organization supported by actress Jenny McCarthy to offer support and information to parents implementing biomedical and dietary interventions to their children with autism and related disabilities. [www.talkaboutcuringautism.org](http://www.talkaboutcuringautism.org)

## **Books That Can Help**



***Unraveling the Mystery of Autism and Pervasive Development Disorder*** by Karyn Seroussi

***The Natural Medicine Guide to Autism*** by Stephanie Marohn

***Children With Starving Brains: A Medical Treatment Guide for Autism Spectrum Disorder*** by Dr. Jaquelyn McCandless

***Special Diets for Special Kids: Understanding and Implementing Special Diets to Aid in the Treatment of Autism and Related Developmental Disorders*** by Lisa Lewis, Ph.D.

***Special Diets for Special Kids Two: More Great-Tasting Recipes & Tips for Implementing Special Diets to Aid in the Treatment of Autism and Related Developmental Disorders*** by Lisa Lewis, Ph.D.

***Special Foods for Special Kids: Practical Solutions and Great Recipes for Children with Food Allergies*** by Todd Adelman & Jodi Behrend

***The Autism Diet: A Step-By-Step Guide to the GFCF Diet for Children on the Autism Spectrum*** by Barrie Silberberg

***Healing the New Childhood Epidemics: Autism, ADHD, Asthma, and Allergies: The Groundbreaking Program for the 4-A Disorders*** by Dr. Kenneth Bock and Cameron Stauth

***Louder Than Words: A Mother's Journey In Healing Autism*** by Jenny McCarthy

***Nourishing Hope for Autism: Nutrition Intervention for Healing Our Children*** by Autism Nutrition Specialist Julie Matthews

***A User Guide to the GF/CF Diet: For Autism, Asperger Syndrome and ADHD*** by Luke Jackson and Marilyn Le Breton

***Cooking Healthy Gluten and Casein-Free Food for Children*** by Betsy Prohaska

***Changing the Course of Autism: A Scientific Approach for Parents and Physicians*** by Bryan Jepson, Katie Wright, and Jane Johnson

## Local Resources That Can Help



### **East End Food Co-op**

7516 Meade Street, Point Breeze  
412-242-3598 [www.eastendfoodcoop.com](http://www.eastendfoodcoop.com)

### **Frankferd Farms**

717 Saxonburg Blvd. Saxonburg  
724-352-9500 [www.frankferd.com](http://www.frankferd.com)

### **General Nutrition Centers**

Various locations throughout the area [www.gnc.com](http://www.gnc.com)

### **Giant Eagle** (Nature's Basket)

Various locations throughout the area [www.gianteagle.com](http://www.gianteagle.com)

### **Gluuteny GFCF Bakery**

1923 Murray Ave, Squirrel Hill  
412-521-4890 [www.gluuteny.com](http://www.gluuteny.com)

### **Health Hut Two**

2580 Constitution Blvd, Beaver Falls  
724-843-3625

### **Healthy Kids Rx**

10441 Perry Hwy, Wexford, PA 15090

724-934-5439 [www.healthykidsrx.com](http://www.healthykidsrx.com)

### **Herbalicious**

612 W. Main Street, Mt. Pleasant, PA 15666  
724-542-9745 [www.everythingnutritious.com](http://www.everythingnutritious.com)

**Lori Bakes Gluten Free** (online ordering of baked goods and cookbooks)  
724-207-0009 [www.loribakes.com](http://www.loribakes.com)

**McGinnis Sisters**

Locations in Bridgeville and Monroeville [www.mcginnis-sisters.com](http://www.mcginnis-sisters.com)

**Nancy Krainbucher** (bakes GFCF and other diet-friendly foods!)

New Kensington

724-339-2660

**Nature's Way**

796 Highland Ave, Greensburg

724-836-3524 [www.natureswaymarket.com](http://www.natureswaymarket.com)

**NutriFarmacy**

2506 Wildwood Road, PO Box 238, Wildwood, PA 15091

412-486-4588 [www.nutrifarmacy.com](http://www.nutrifarmacy.com)

**Sunny Bridge Natural Foods**

130 Gallery Drive, McMurray

724-942-5800 [www.sunnybridgenaturalfoods.com](http://www.sunnybridgenaturalfoods.com)

**Today's Market**

612 Allegheny River Blvd, Oakmont

412-828-4244

**Trader Joe's**

6343 Penn Ave, East Liberty

412-363-5748 [www.traderjoes.com](http://www.traderjoes.com)

**Whole Foods Market**

5880 Center Ave, Shadyside

412-441-7960 [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

**Yareck's Natural Foods**

2 McKean Ave. Charleroi

724-489-9261

On an even brighter note, there are many common or "everyday" GFCF foods that are available at Sam's Club, ALDI, and even WalMart! Today, many labels even state "gluten free". A label stating the contents as Parve or Pareve means that the product is free of dairy.

*It's all about reading the labels!*

## Yahoo Chat Groups To Consider



**ABMD (Autism Biomedical Discussion)** – Discussion of research and biomedical interventions as they relate to autism. This is a very large and active group.

**Elaine's Children** – For parents who are considering or have implemented the Specific Carbohydrate Diet. The group was started by and is named for the late Elaine Gottschall, author of *Breaking the Vicious Cycle*. Many children with autism have shown improvements with implementation of this diet.

**Enzymes and Autism** – Discusses digestive enzymes and how their supplementation affects children with autism, ADHD, digestive problems and more.

**GFCF Kids** – Over 13,000 members of this group discuss how to implement and follow a strict gluten-free, casein-free diet. This group also addresses the most innovative biomedical treatments. This is an EXCELLENT source of information.

**GFCF Recipes** – parents exchange a plethora of GFCF recipes. This group answers general food questions and provides cooking support.