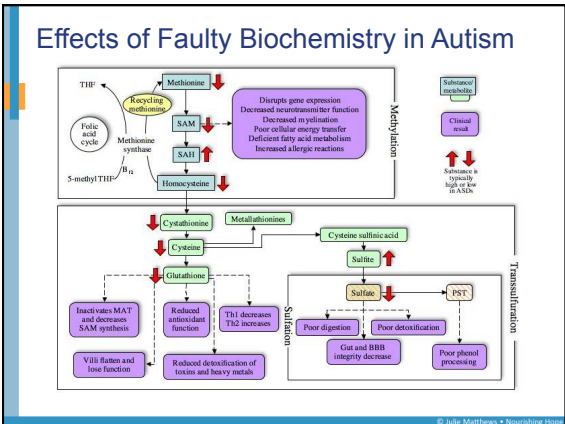
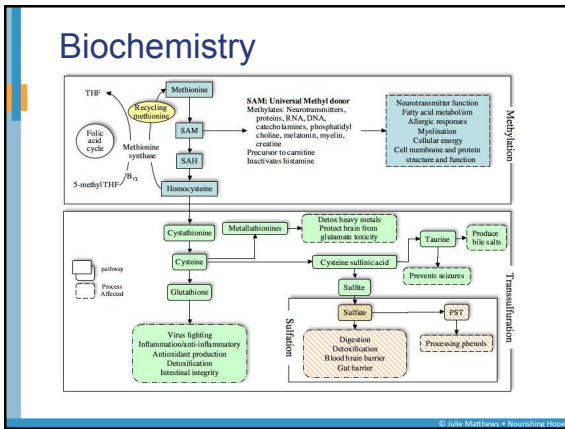
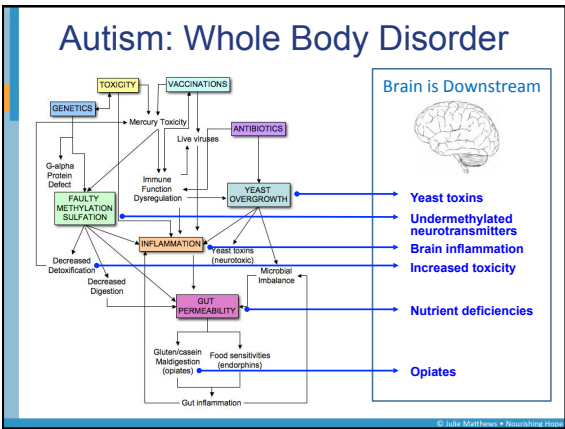
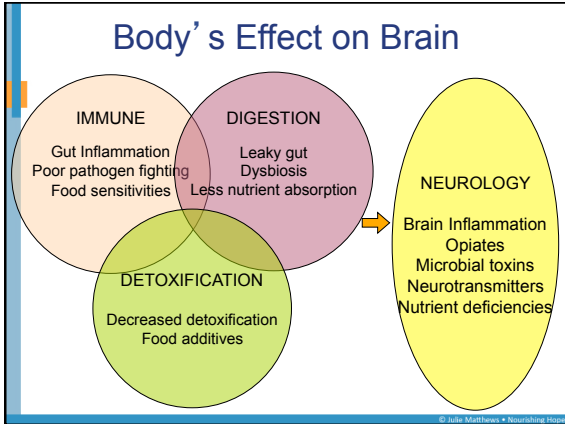


# The Role of Food, Nutrition and Diets in Autism and Mental Health Disorders

**Julie Matthews**  
Certified Nutrition Consultant

Julie Matthews is not a physician. She does not diagnose or treat disease. This information and her statements are not intended to replace a one-on-one relationship with a qualified health-care professional, and is not intended to provide medical advice. For medical advice, always seek a physician. This information is intended for educational purposes only, and is solely as a sharing of knowledge and information based upon the experience and research of Julie Matthews/Nourishing Hope.



## Autism: Canaries in the Coal Mine

- Telling us our world is too toxic and nutrient deficient
- Most mental health (child and adult) disorders have similar underlying causes and contributing factors
  - Inflammation and immune dysfunction
  - Nutrient deficiencies
  - Poor digestion
  - Toxicity and impaired detoxification
- ADHD, hyperactivity, depression, anxiety, schizophrenia

As we improve the body and its systems we help support mental health, cognition, and behavior.

© Julie Matthews • Nourishing Hope

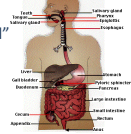
## Importance of GI Health

**“All disease begins in the gut”**

- Hippocrates, the father of modern medicine

Gut has constant contact with food

- Immune:
  - Physical barrier of defense against bacteria, viruses, etc.
  - Largest part of the immune system (70%) found in the gut
- Neurotransmitters:
  - The greatest amount (90%) of the “brain chemical” serotonin is found in the GI tract
  - Amino acids (absorbed from protein digestion) are precursors for neurotransmitters
- Full body function:
  - Vitamins/minerals absorbed in the gut are cofactors for enzyme reactions, metabolism, conversion of nutrients and fat



© Julie Matthews • Nourishing Hope

## Intestinal Flora for Health

- Good bacteria helps digest food, creates vitamins, breaks down used hormones and environmental toxins
- Yeast can cause anxiety, depression, and foggy thinking.
- Other pathogens (intestinal and systemic) can cause mental health issues as well

© Julie Matthews • Nourishing Hope

## Yeast

- Inflammatory to the gut
- Contributes to other pathogens
- Stresses the immune system
- Sugar can perpetuate yeast

© Julie Matthews • Nourishing Hope

## How Diet Can Help - Support Digestion & Biochemistry

- Leaky Gut and Gut Inflammation
  - Remove foods that inflame gut
  - Add foods that reduce inflammation and heal the gut
  - Add foods that supply beneficial bacteria
- Nutrient Deficiencies
  - Increase the quality of food and digestibility
- Yeast Overgrowth
  - Remove sugars
  - Reduce refined flour products and starches
  - Add probiotic-rich foods
- Toxicity and Poor Detoxification
  - Avoid food additives
  - Avoid toxins in food supply and meal preparation
- Faulty Methylation and Sulfation
  - Remove phenolic foods
  - Improve methylation and sulfation through supplementation



© Julie Matthews • Nourishing Hope

## Healing Diets

1. Remove: Avoid offending foods and substances
  - Artificial additives
  - Gluten, casein, soy, corn, phenols, oxalates, starches
2. Replenish: Increase healthy foods
  - Whole and unprocessed foods (sweet potatoes not potato chips)
  - Organic and locally grown
  - Fermented foods: rich in probiotics
  - Grass-fed/pastured meat and eggs
  - Good fats

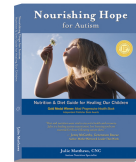
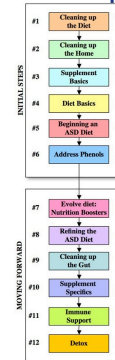
© Julie Matthews • Nourishing Hope

## Additives, Toxins, and Foods to Avoid that Affect Mental Health



© Julie Matthews • Nourishing Hope

## Holistic Nutrition Approach



Gold Medal Winner  
"Most Progressive Health Book"

\*From Nourishing Hope for Autism

© Julie Matthews • Nourishing Hope

## AVOID

### Top 7 Things to Get Out of the Diet



Ingredients to Avoid	Sources
Food additives: Artificial colors/flavors and preservatives, Nitrite and sulfites	candy, cereal, "kids" foods Bacon/lunch meat, dried fruit/wine
MSG (hydrolyzed protein, yeast extracts)	broth, bullion, soup, meat-flavored foods
Pesticides	non-organic produce and meat
Aspartame and other artificial sweeteners	Sodas, candy, and other foods
Trans fats	partially hydrogenated oil, commercial margarine, mayonnaise, peanut butter
(Added) Sugar	Sugary foods, high fructose corn syrup
Food allergens	Gluten, dairy, eggs

- Food additives can cause: Hyperactivity\*, inattentiveness, aggression, irritability, headaches/pain, trigger asthma, can be addictive

McCann D, Barrett A, Cooper A, Crumpler D, Dalen L, Grimshaw K, Kitchin E, Lok K, Porteous L, Prince E, Sonuga-Barke E, Warner JO, Stevenson J. "Food additives and hyperactive behaviour in 3-year-old and 8-9-year-old children in the community: a randomised, double-blind, placebo-controlled trial." Lancet. 2007 Nov 3;370(9598):1569-77.

© Julie Matthews • Nourishing Hope

## Sugar



- Feeds yeast
- Depresses the immune system
- Contributes to inflammation
- Blood sugar drops and increase in lactate – contribute to anxiety
- Depletes nutrients needed for brain function and mental health
- Worse forms:
  - Cane sugar: common food sensitivity and uses chemical processing
  - Agave – processed and high fructose
- Better forms in small amounts:
  - Natural, less-refined sugar (more minerals and less refinement): Raw honey, Maple syrup (grade B), sucanat, fruit, blackstrap molasses

© Julie Matthews • Nourishing Hope

## Common Household Toxins

- It is not only important to remove chemicals in the food we eat, but also in our home and environment
- Fragrance and perfume
- Flame retardant in car seats & clothing
- Fabric softener
- Chemical cleaners - use baking soda and vinegar when possible
- Sunscreens (nano and chemical)
- Toothpaste
- Flea treatments and ant sprays

© Julie Matthews • Nourishing Hope

## Nutrient Deficiencies in Mental Health Disorders



© Julie Matthews • Nourishing Hope

## Health is most affected by our genetic expression

- Good nutrition turns our genes towards health
- Nutrient deficiencies turn our genes toward the direction of disease
- Toxins turn our genes toward the direction of disease
- DNA methylation for genetic expression: zinc, methionine, betaine, choline, folate, B12

Cooney CA, Dave AA, Wolff GL. Maternal Methyl Supplements in Mice Affect Epigenetic Variation and DNA Methylation of Offspring. The American Society of Nutritional Sciences J Nutr. 132:2393S-2400S, 2002

© Julie Matthews • Nourishing Hope

## Nutrient Deficiencies in Autism

- Magnesium, calcium, zinc, selenium, iron
- Vitamin B6, B12, folic acid, B1, B2, B3, biotin
- Vitamin D and A
- Vitamin C
- Omega 3 fatty acids
- Amino acids: glutathione, cysteine, l-carnitine, taurine, and glycine

© Julie Matthews • Nourishing Hope

## Deficiencies stem from...

- Poor quality food consumption from the SAD diet
- Picky and restrictive eating or dieting
- Insufficient digestion or absorption (inborn or acquired)
- Ability for the cell to utilize nutrient
- Not converted to active form
- Improper enzymes or nutrients needed for biochemical pathways (methylation, transsulfuration, and sulfation)
- Increased toxins and inflammation - use up needed nutrients
- Intestinal dysbiosis and lack of beneficial bacteria
- Medication induced nutrient depletion

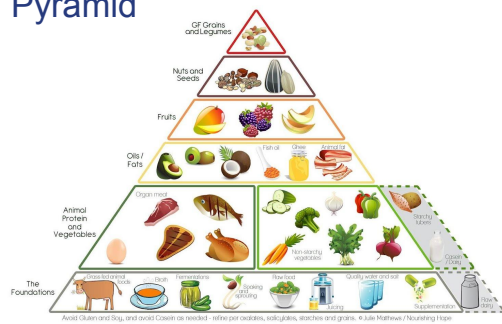
© Julie Matthews • Nourishing Hope

## Good Nutrition for All - Autism, Mental Health Disorders, and Beyond...



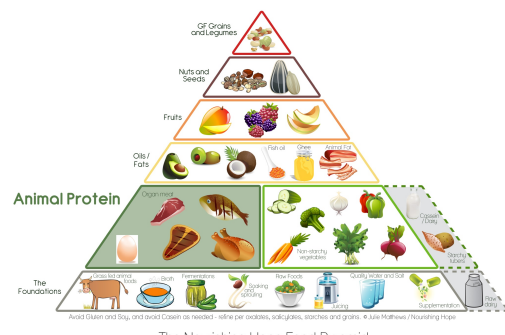
© Julie Matthews • Nourishing Hope

## The Nourishing Hope Food Pyramid



© Julie Matthews • Nourishing Hope

## Animal Protein



© Julie Matthews • Nourishing Hope

## Protein



- Protein (essential amino acids) building blocks for:
  - Neurotransmitters, immune responses, enzymes, detoxification, growth and repair
- Animal protein is easier to digest and has more concentrated amounts of protein
- Protein helps keep blood sugar balanced for less mood swings

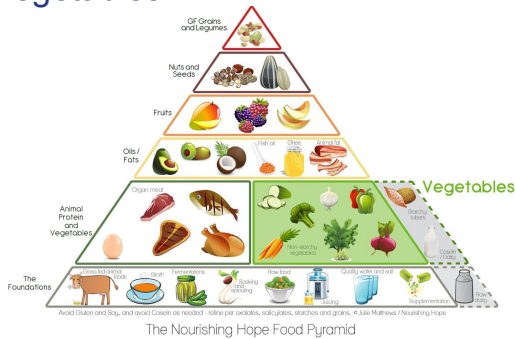
© Julie Matthews • Nourishing Hope

## Animal Protein

- Organ Meats 
- Bone Broths 
- Fish 
- Red Meat 
- Poultry 
- Eggs 
- Dairy 

© Julie Matthews • Nourishing Hope

## Vegetables



© Julie Matthews • Nourishing Hope

## Vegetables



- Leafy green
- Red vegetables
- Orange/yellow vegetables
- Purple vegetables
- Green vegetable (green beans, celery, fennel)
- Cruciferous vegetables
- Sulfur-Rich/Immune Supportive
- Fermented vegetables
- Starchy tubers (optional)
- Some people avoid high salicylate and high oxalate vegetables

© Julie Matthews • Nourishing Hope

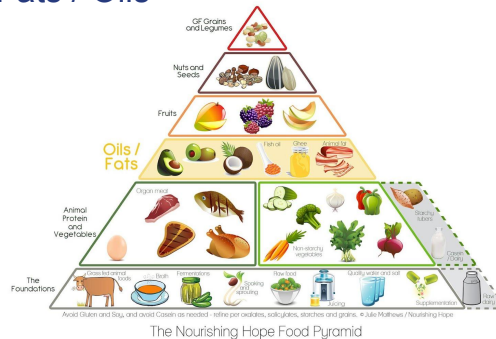
## Non-Starchy Vegetables



- Rich in phytonutrients, vitamins and minerals needed for brain function and mental health
- Fiber supports digestion and bacteria balance
- Good for stable blood sugar balance

© Julie Matthews • Nourishing Hope

## Fats / Oils



© Julie Matthews • Nourishing Hope

## Fats / Oils



- Fish oil: Salmon, sardines, fish eggs/salmon roe, cod liver and fish oil supplements
- Plant oils: Olive oil, avocados, nuts/seeds
- Plant saturated fats: coconut oil, palm oil, macadamia nuts
- Animal fats: lard and bacon (pork), tallow (beef), chicken fat (Pastured sources)
- Dairy fat: casein-free ghee (Grass-fed sources)
- AVOID Vegetable oil: canola, safflower, corn, soy, and cottonseed oils

© Julie Matthews • Nourishing Hope

## Fats



- Omega 3s, monounsaturated fat, and saturated fat
- Fat and saturated fat are essential for babies and brain development
- Breast milk is 53% fat & 25% saturated fat
- Hormone balance and mood
- Omega 3s (very helpful with depression, hyperactivity, and inflammation)
- Creating energy in cell and helps burn fat
- Formation/fluidity of cell membrane
- Animal fats are healthy and an important part of the diet

Get 40% (or more) of calories from fat

© Julie Matthews • Nourishing Hope

## Animal Fat (Grass-Fed)



Contains:

- Good fats:
  - Saturated fat
  - Monounsaturated fat
  - Essential fatty acids
- Essential fat soluble vitamins: A, D, E, and K
  - Assimilation of minerals
  - Important for immune function
  - Antioxidant status or oxidative stress
  - Strong bones
  - Lowers depression and anxiety
- Cholesterol

© Julie Matthews • Nourishing Hope

## Vitamin A and D levels in Grass-Fed vs Conventional

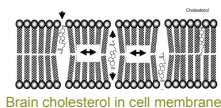
- Eggs
  - 8x the vitamin D
  - 2x the vitamin A
- Butter
  - 3x the vitamin D
  - 10-13x the vitamin A
- Lard
  - 12x the vitamin D

Tested by the Weston A Price Foundation

© Julie Matthews • Nourishing Hope

## Uses of Cholesterol

- Brain development and function
- Aids digestion
- Builds strong bones and muscles
- Repairs damaged tissue
- Building block for stress and sex hormones
- Regulates blood sugar
- Protects against infectious diseases
- Cholesterol is an activator for oxytocin receptors in the brain
- Low cholesterol linked to anxiety and depression

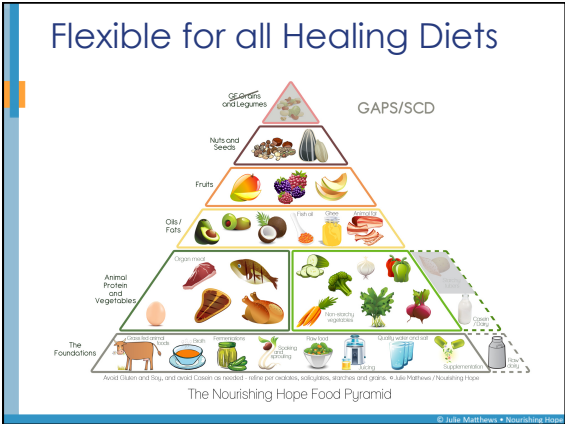


© Julie Matthews • Nourishing Hope

## Special Healing Diets



© Julie Matthews • Nourishing Hope



## Top Healing Diets

<b>GFCF (Gluten-free and Casein-free)</b> No gluten (wheat, rye, barley, spelt, kamut, and oats) or casein (dairy)	<b>Food Sensitivity Elimination/Rotation</b> Eliminating all other food sensitivities: Soy, corn, eggs, citrus, peanuts, chocolate, cane sugar
<b>SCD (Specific Carbohydrate Diet)/GAPS</b> Restricts carbohydrates to only fruits, non-starchy vegetables, and honey. No grains, starchy vegetables, or mucilaginous fiber	<b>Paleo/Primal Blueprint</b> Meat, fruit, vegetables, fat and nuts. No grains or beans. Often removes potatoes and dairy too.
<b>Low Oxalate Diet</b> Restricts high oxalate foods (nuts, beans, greens)	<b>Low FODMAPS Diet</b> Low in fermentable, poorly absorbed carbs such as fructose, lactose and FOS.
<b>Body Ecology Diet &amp; other Yeast Diets</b> Anti-yeast diet combining principles of anti-yeast diets including no sugar, acid/alkaline, fermented foods	<b>Feingold/FAILSAFE Diets</b> Restricts high phenolic foods, including all artificial ingredients and high salicylate fruits (and more)
<b>Weston A Price Dietary Principles: Solid nutrition foundation for everyone</b>	

© Julie Matthews • Nourishing Hope

## Gluten-Free/Casein-Free: GFCF & Other Food Sensitivities

© Julie Matthews • Nourishing Hope

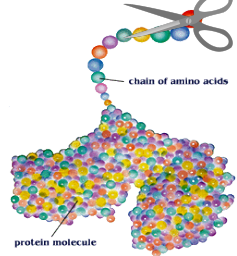
- ## Food Allergies & Sensitivities
- Food allergies (IgE): immediate/acute
    - Hives, anaphylactic shock
    - Peanuts, eggs\*
  - Food Sensitivities (IgG): delayed
    - Digestive disturbances, inflammation, pain, hyperactivity, anxiety
    - Gluten, casein, soy, corn\*
- \*Any food can be an allergy or a sensitivity
- © Julie Matthews • Nourishing Hope

- ## Common Food Sensitivities Eliminate or Rotation Diet
- Gluten
  - Casein
  - Soy
  - Corn
  - Eggs
  - Citrus
  - Peanuts and tree nuts
- 
- © Julie Matthews • Nourishing Hope

- ## Gluten and Casein
- Common IgG reactions in autism
  - Possible opiate response
  - Inflammatory response
  - Autoimmune response
  - Other possible reactions
  - Trying the diet is the “gold standard” of how a child reacts to gluten and casein
    - = Try the diet
- © Julie Matthews • Nourishing Hope



## Digestive Enzymes Break Proteins into Amino Acids



When someone is unable to break down gluten or casein proteins into individual amino acids, they remain as protein chains or opioids

© Julie Matthews • Nourishing Hope

## Opioid Peptides can cause...

- Addiction (foods)
- High pain tolerance
- Inattention and spacey behavior
- Aggression (self and others)
- Mood changes
- Anxiety
- Depression
- Irritability

© Julie Matthews • Nourishing Hope

## Gluten's Damage

- Gluten creates GI inflammation and damage to the intestines for many people
- Enzymes are diminished
- Digestive capacity decreases:
  - Nutrients and amino acids cannot be absorbed
    - Causing nutrient deficiencies such as vitamins/minerals and amino acids that affect mood, behavior, and cognition
  - Large protein chains are not broken down
    - Formation of opiates
    - Create inflammation throughout the body and tax the immune system
    - The body attacks itself, as in celiac and other autoimmune disorders

© Julie Matthews • Nourishing Hope

## Studies on GFCF and Autism

- OPIOIDS
  - Jinsmaa Y, Yoshikawa M. (1999) Enzymatic release of neocasinomorphin and beta-casinomorphin from bovine beta-casein. *Peptides*, 20:957-962.
  - Reichelt KL, Knivsberg AM, Lihnd G, Nodland M: Probable etiology and possible treatment of childhood autism. *Brain Dysfunction* 1991; 4: 308-319.
  - Kamiński S, Cieslińska A, Kostyra E. (2007) Polymorphism of bovine beta-casein and its potential effect on human health. *The Journal of Applied Genetics*, 48(3):189-198.
  - Shattock P, Whiteley P. (2002) Biochemical aspects in autism spectrum disorders: updating the opioid-excess theory and presenting new opportunities for biomedical intervention. *Expert Opin Ther Targets*. Apr;6(2):175-83
- DIGESTIVE PROBLEMS WITH GLUTEN & CASEIN
  - Jyonouchi H, Geng L, Ruby A, Reddy C, Zimmerman-Bier B. (2005) Evaluation of an association between gastrointestinal symptoms and cytokine production against common dietary proteins in children with autism spectrum disorders. *J Pediatr*. May; 146(5):582-4.
- REDUCED AUTISTIC SYMPTOMS
  - Knivsberg AM, Reichelt KL, Nodland M. (2001) Reports on dietary intervention in autistic disorders. *Nutritional Neuroscience*, 4(1):25-37.
  - Knivsberg AM, Reichelt KL, Høien T, Nodland M. (2002) A randomised, controlled study of dietary intervention in autistic syndromes. *Nutritional Neuroscience*, 5(4):251-61

© Julie Matthews • Nourishing Hope

## Studies on Gluten and Mood

- Research on gluten and Depression
  - Pynnönen PA, Erkki T Isometsä ET, Verkasalo MA, Kähkönen SA, Sipilä I, Savilahti E and Aalberg VA. Gluten-free diet may alleviate depressive and behavioural symptoms in adolescents with coeliac disease: a prospective follow-up case-series study. *BMC Psychiatry*. 2005, 5:14
- Research on gluten and Anxiety
  - Potocki P, Hozyaszk K. Psychiatric symptoms and coeliac disease. *Psychiatr Pol*. 2002 Jul-Aug;36(4):567-78.
- Research on gluten and Schizophrenia
  - Kalaydjian AE, Eaton W, Casella N, Fasano A. The gluten connection: the association between schizophrenia and celiac disease. *Acta Psychiatr Scand*. 2006 Feb;113(2): 82-90.
- Research on food sensitivities for ADHD
  - Sinn N. Nutritional and dietary influences on attention deficit hyperactivity disorder. *Nutr Rev*. 2008 Oct;66(10):558-68.
  - Rapp DJ. Diet and hyperactivity. *Pediatrics*. 1981 Jun;67(6):937-8.

© Julie Matthews • Nourishing Hope

## Not All Dairy is Created Equal

- Casein-free diet is NO animal milk of any kind
- However, there are great differences in the way different people digest various forms of dairy.
  - Raw vs pasteurized
  - A1 vs A2-beta casein
  - Cow, goat, camel milk

© Julie Matthews • Nourishing Hope



## Dairy Digestibility

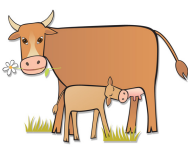
← easiest

Milk & Cream   Soft Cheese   Hard Cheese   Yogurt & Kefir   Butter   Ghee

↑ least reactive

Raw camel  
Raw goat / sheep  
Raw A2 cow  
Raw cow  
Pasturized: Grass-fed, organic, non-homogenized  
Pasteurized and homogenized cow  
Ultrapasturized

best digested and tolerated



Breast milk is the best of all, easiest to digest and least allergenic.

© Julie Matthews • Nourishing Hope • NourishingHope.com

## Step-by-Step Guide to GFCF Success




Emailed to you along with ppt slides

### Steps for a Successful GFCF Diet Implementation

© Julie Matthews • Nourishing Hope

## Avoid Soy

- Not good substitute for dairy or protein
- Very difficult to digest
- Irritate the gastrointestinal tract
- Blocks absorption - calcium, magnesium, iron, copper and especially zinc - due to phytic acid and oxalates
- Soy compounds block thyroid function
- Endocrine disruption in the reproductive hormones of both males and females




**Soy sources:** tofu, soy protein, miso, tempeh, soy milk, soy cheese or ice cream, soy sauce, tamari, soy oil



© Julie Matthews • Nourishing Hope

## Reduce/Avoid Corn

- Top 5 allergen
- Contains high level of fungus
- Herbicide Atrazine delays puberty in boys, affect endocrine function, fertility and thyroid
- Genetically modified corn: environmental experiment, RoundUp Ready. Genes from bacteria toxin added - BT toxin
- High consumption can lead to niacin deficiency
- Eat ONLY organic, if at all




© Julie Matthews • Nourishing Hope

## Beyond GFCF Diet

- Soy-free
- Corn-free
- Specific Carbohydrate Diet
- Food additives
- Feingold Diet
- Dysbiosis - Adding probiotic/fermented foods, Body Ecology Diet
- Low Oxalate Diet

© Julie Matthews • Nourishing Hope

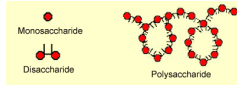
## Specific Carbohydrate Diet (SCD) & GAPS Diet



© Julie Matthews • Nourishing Hope

## Specific Carbohydrate Diet™

- Removes disaccharides and polysaccharides – (most sugars & starches)
- Allows only monosaccharides – (honey, fruit, non-starchy vegetables)



© Julie Matthews • Nourishing Hope

## SCD/GAPS Specifics

Begin as casein-free  
Consider the Intro diets

Foods to avoid	Foods to eat
<ul style="list-style-type: none"> <li>▪ No grains or corn</li> <li>▪ No potatoes (white or sweet)</li> <li>▪ No soy products</li> <li>▪ No sugars except honey</li> <li>▪ No cornstarch, arrowroot powder, tapioca, agar-agar or carrageenan</li> <li>▪ No pectin in jams</li> <li>▪ No chocolate or carob</li> <li>▪ No baking powder (baking soda OK on SCD)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Vegetables (non-starchy)</li> <li>✓ Fruit</li> <li>✓ Fruit juice not from concentrate</li> <li>✓ Honey</li> <li>✓ Meat</li> <li>✓ Eggs (if tolerated)</li> <li>✓ Nuts/seeds and nut milks (if tolerated)</li> <li>✓ Certain beans</li> <li>✓ Ghee</li> </ul>

© Julie Matthews • Nourishing Hope

## GAPS Diet Differences

- Mostly same food lists
- Some minor differences: baking soda, cocoa
- Supplement differences: more supplements allowed on GAPS than SCD such as higher strength probiotics, CLO
- Also has Intro diet – but different foods
- Healthy food introductions: bone broths, fermented foods

© Julie Matthews • Nourishing Hope

## Yeast Diets



© Julie Matthews • Nourishing Hope

## Focus on a Caveman Diet for Yeast Overgrowth



- Focus on diet consisting of mainly meat, eggs, fish, fats, vegetables, fruit, nuts
- Reduce or avoid starches and grains and added sugar
- Paleo, Primal, SCD/GAPS

© Julie Matthews • Nourishing Hope

## Body Ecology Diet

Low sugar diet  
Fermented foods

Food combining  
Acid/alkaline  
Expanding/contracting

- **Low sugar:** Avoids all sugars including fruit. Only sour fruit allowed at the beginning: Lemons, limes, black currants, cranberries. Future: Grapefruit, kiwi, and green apples.
- Addition of **fermented foods:** Young coconut kefir, raw sauerkraut/cultured vegetables
- **Expansion/Contraction-** macrobiotic principle of energetic properties of food. Contracting: meat, eggs, salt. Expanding: sugar.
- **Acid/Alkaline-** The intention is to keep the blood slightly alkaline. This is thought to discourage the growth of systemic candida.
  - 20% acid-forming foods: meat, grains, eggs, and 80% alkaline-forming foods: vegetables, raw apple cider vinegar.
  - Grains: quinoa, amaranth, millet, buckwheat. No rice or other grains.
- **Food Combining-** Macronutrients need different conditions in the stomach, especially for weak digestion. Doesn't combine protein and starch at a meal

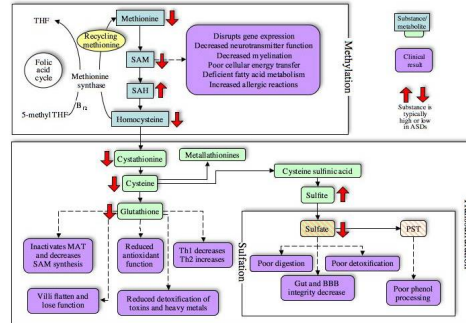
© Julie Matthews • Nourishing Hope

## Phenols & Salicylates Feingold Diet and Failsafe Diet



© Julie Matthews • Nourishing Hope

## Effects of Faulty Biochemistry in Autism



© Julie Matthews • Nourishing Hope

## Phenols, Salicylates, and Amines

Can cause:

- Hyperactivity
- Red cheeks/ears
- Itchy skin
- Upset stomach
- Asthma
- Headaches
- Bedwetting
- Fatigue
- Diarrhea
- Depression

© Julie Matthews • Nourishing Hope

## Phenols/Salicylates

Phenol/aromatic ring bound to -OH group



### Symptoms

- Red cheeks and ears
- Hyperactivity
- Sleeping disturbances
- Aggression
- Irritability
- Diarrhea
- Headache
- Headbanging/self-injury
- Inappropriate laughter
- Hives/rashes
- Some forms of seizures

### Sources

- Artificial Phenols
  - Artificial colors, flavors, preservatives
  - Propionic acid
- Salicylates
  - Red grapes, apples, berries, citrus, cucumbers, peppers
  - Aspirin

**Diets:** Feingold or Failsafe

© Julie Matthews • Nourishing Hope

## Phenols/Salicylates on Feingold

- Almonds
- Apples
- Apricots
- Berries, raspberries, cherries
- Chili powder
- Cider and cider vinegar
- Cloves
- Coffee
- Cola drinks
- Cucumbers and pickles
- Curry powder
- Endive
- Grapes, raisins, currants
- Honey
- Nectarines and peaches
- Oranges and oranges
- Paprika
- Peppers (bell and chili)
- Pineapple
- Plums and prunes
- Radishes
- Tea
- Tomatoes
- Wine and wine vinegar
- Oil of wintergreen

© Julie Matthews • Nourishing Hope

## Failsafe/RPAH Elimination Diet

Low Salicylate, Amine, and Glutamate

### Additional salicylates not allowed

- Avocado
- Zucchini
- Broccoli
- Spinach
- Cantaloupe
- Watermelon
- Cinnamon, thyme, oregano, rosemary, and most herbs/spices
- Dates
- Watercress
- Artichoke
- Eggplant
- Peanuts

Failsafe is based on RPAH Elimination Diet and Anne Swain Royal Prince Alfred Hospital in Australia

© Julie Matthews • Nourishing Hope

## Amines

Biogenic amines/derivatives of ammonia

R1-N(R2)-R3

**Symptoms**

- Can be same as salicylates
- Often come on more slowly and last longer
- Aggressive/defiant
- Eczema
- Migraines
- Depression
- "Hangover"
- Irritable bowel symptoms

**Sources**

- Banana
- Cheese, yellow
- Aged or blue cheese
- Chocolate/cocoa
- Wine/beer
- Fermented foods: sauerkraut, yogurt, tempeh
- Soy sauce
- Bone broths
- Meat and aged meat

Diets: Failsafe

## Glutamates

Salts of glutamic acid/Natural and MSG

**Symptoms**


- Hyperactivity
- Headaches
- Hunger regulation imbalanced. Obesity
- Asthma symptoms
- Anxiety
- GI complaints

**Sources**

- MSG
- Autolyzed yeast
- Soy sauce
- Parmesan cheese
- Vegemite/Marmite
- Sauerkraut
- Bone broths
- Gelatin
- Peas
- Corn
- Tomatoes

Diets: Failsafe

## Low Oxalate Diet

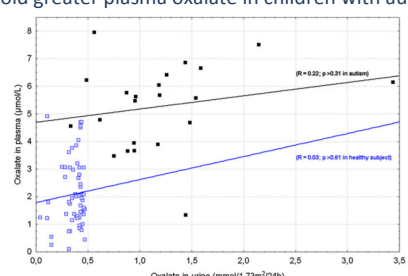


© Julie Matthews • Nourishing Hope

## Oxalate Study 2011

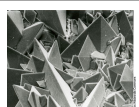
"A Potential Pathogenic Role of Oxalate in Autism"  
European Journal of Paediatric Neurology, September 2011

- 3-fold greater plasma oxalate in children with autism.



© Julie Matthews • Nourishing Hope

## Oxalates

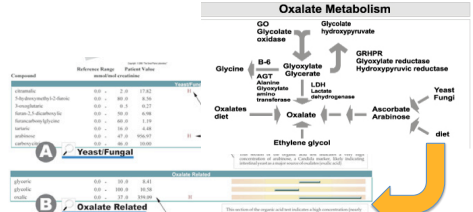


- Oxalate can bind calcium forming crystals that may have sharp edges
- When not bound to calcium, it impairs mitochondrial function, disrupts minerals, and creates oxidative stress.
- Oxalates may come from food or generated by the body. Genetic differences in the ability to handle oxalate.
- Leaky gut and low beneficial bacteria may add to problems. Certain probiotics break oxalate down.
- Certain diets can be very high in oxalate: SCD (nut flours) and Body Ecology (buckwheat, quinoa, amaranth)
- Parents report improvements: energy, sleep, skin, motor skills, mood, growth, joint and eye pain, and gut and yeast
- The Autism Oxalate Project: lowoxalate.info

© Julie Matthews • Nourishing Hope

## Oxalate Testing

**Oxalate Metabolism**



**Reference Range: Urinary Oxalate**

Component	Reference Range	Normal Values
Urea Nitrogen	8.0 - 20.0	0.00
Uric Acid	0.0 - 8.0	0.00
Glucose	0.0 - 100.0	0.00
Creatinine	0.5 - 1.5	0.00
Calcium	0.0 - 10.0	0.00
Phosphate	0.0 - 10.0	0.00
Protein	0.0 - 10.0	0.00
Albumin	0.0 - 10.0	0.00
Bilirubin	0.0 - 10.0	0.00
Triglycerides	0.0 - 10.0	0.00

**Oxalate Related**

Component	Reference Range	Normal Values
Urea Nitrogen	8.0 - 20.0	0.00
Uric Acid	0.0 - 8.0	0.00
Glucose	0.0 - 100.0	0.00
Creatinine	0.5 - 1.5	0.00
Calcium	0.0 - 10.0	0.00
Phosphate	0.0 - 10.0	0.00
Protein	0.0 - 10.0	0.00
Albumin	0.0 - 10.0	0.00
Bilirubin	0.0 - 10.0	0.00
Triglycerides	0.0 - 10.0	0.00

© Julie Matthews • Nourishing Hope

# Oxalates in Food

## High oxalates (50-400+ mg)

- Nuts, especially almonds & peanut
- Beans, most
- Beets
- Figs
- Rhubarb & Swiss chard
- Field greens and spinach
- Amaranth, buckwheat, and quinoa
- Soy
- Sweet potatoes
- Some berries - Goose berries, raspberries and blackberries
- Chocolate
- Citrus peel
- Kiwi and starfruit
- Tea

## Lower oxalate choices

- Avocado
- Animal foods except organ meats
- White (preferred)/brown rice
- Wild rice
- Corn - on cob or 1 cup popcorn
- Collard greens, bokchoy & cabbage
- Broccoli and other cruciferous
- Pear, apple, mango, papaya, melons
- Black eyed peas, garbanzo, lima, and mung beans
- Lentils
- Pumpkin seeds & sunflower seeds

© Julie Matthews • Nourishing Hope

# Nutrition Support

By Telephone and Skype with Julie Matthews

- Consultations for practitioners and clients/patients



(415) 235-2960

Info@nourishinghope.com

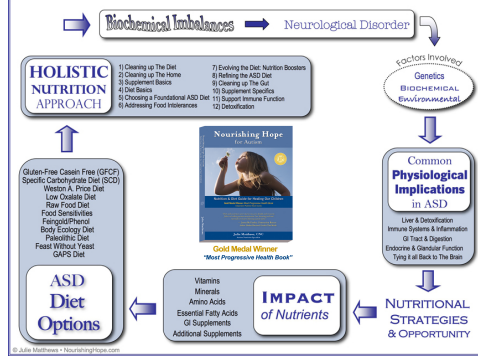
© Julie Matthews • Nourishing Hope

# Nourishing Hope Support Tools for You and Your Patients



© Julie Matthews • Nourishing Hope

# Nourishing Hope - Contents



© Julie Matthews • Nourishing Hope



## Nutrition Education & Cooking Demonstration

Special diet recipes, substitutions, and tips for implementing the dietary principles in special healing diets. Kid-friendly recipes and ideas.

- FOR THOSE FOLLOWING:
- Gluten-free Casein-free (GFCF) • Specific Carbohydrate Diet™ (SCD)
  - GAPS • Low Oxalate • Body Ecology

### 4-hour workshop DVD with Cookbook



Listen & Watch Julie in the Kitchen

- TOPICS INCLUDE:
- Nutrition & Diet Quality & Fermented Foods
  - Broths & Soups
  - Soaking Seeds & Grains
  - Healthy Desserts



Follow along in Cookbook Practical Recipes

LEARN ABOUT: REMOVING inflammatory and problematic foods ADDING easy to digest, nutrient dense foods

Recipe excerpt from Cooking to Heal

### Bean Burgers

To make FG, limit herbs and spices to parsley, salt and pepper.

- 1 cup black or kidney beans
- 1 cup sunflower seeds
- 4 eggs
- ½ cup carrots - peeled, grated

Additional ideas and tips...

Each recipe labeled for autism diet compliance

GFCF/SCD/FG Nut-Free

Indicates that Julie demonstrates this recipe on the DVD

© Julie Matthews • Nourishing Hope

# Nourishing Hope Food Pyramid



## Detailed Description

A detailed description of each element on the pyramid including standard serving size and recommended number of servings.

## Nutrition Checklists

Food Pyramid and Nutrient-Rich Food checklists are included to help you to track nourishing food intake.

Nourishing Hope Pyramid Checklist	
<b>Protein</b>	Check 1-3 on the Pyramid (check 4-6 on the Pyramid)
<b>Carbohydrate</b>	Check 1-3 on the Pyramid (check 4-6 on the Pyramid)
<b>Healthy Fats</b>	Check 1-3 on the Pyramid (check 4-6 on the Pyramid)
<b>Other</b>	Check 1-3 on the Pyramid (check 4-6 on the Pyramid)



Multimedia Presentation 90-minute video with Powerpoint slides

© Julie Matthews • Nourishing Hope

## Nourishing Hope Support

**Nourishing Hope for Autism**  
Autism Diet & Nutrition Guide

- Scientific rationale for nutrition intervention
- Role of genetics and environmental factors
- Impact of nutrients on biochemistry and healing
- The most beneficial dietary options for autism

**Gold Medal!**  
Independent Publisher Book Awards

*"This book inspired me and helped me see a new world."*  
- Kane Wright, Mom  
Board Member, National Autism Association

**Cooking To Heal**  
Autism Nutrition & Cooking Class  
Cookbook & DVD

**4-hour LIVE Webinar**

*"My biggest take was adding good nutrition back into a limited diet."*  
- Katrina V., Mom

**Contact Julie at:**  
[info@nourishinghope.com](mailto:info@nourishinghope.com)  
**NourishingHope.com**  
**415-235-2960**

**JOIN the Nourishing Hope Autism Diet Community**

**Facebook**

Autism Diet Community  
Specialized Diet  
2017-2018  
Facebook.com/AutismDiet

**Nourishing Hope on YouTube**

Presentations • Interviews • News

© Julie Matthews • Nourishing Hope