

# Gluten Free Lifestyle

Saturday- April 3rd- 2010 11:00AM-1:00PM



## YES! Healthy Gluten Free Snacks Provided

### Learn

- What Gluten is
- What Gluten intolerance is
- The difference between a genetic problem and systemic intolerance
- Who is susceptible?
- Ways to test for it and how to handle it

### Workshop Includes

- Cooking Gluten free tips and resources
- Shopping for Gluten free foods
- Gluten free recipes

Join Dr. Linda Collins and Sandi Star, Certified Clinical Nutritionist, for an informative seminar on the importance of gluten free nutrition. Families with autistic children are especially welcomed to attend.

## Gluten Free Lifestyle Seminar Information

**The Gluten and Casein Free Diet** for children with autism is a dietary intervention to lessen the digestive and bowel, and behavioral issues sometimes found in children with autism spectrum disorder (ASD).

Recent research indicates that there are children with a genetic predisposition to the disorder, which is then triggered by some as yet undetermined event—a vaccine, environmental toxin, or virus—which can cause a “leaky gut” (sometimes evidenced by resulting chronic loose stools as the child cannot properly digest these proteins). If this happens, wheat and dairy are then metabolized as opiates. It is believed that by eliminating gluten (wheat) and milk protein (casein), the gut will begin to heal and the child’s overall condition will improve somewhat.

### DETAILS

**What:** Gluten Free Lifestyle Seminar

**When:** Saturday- April 3rd- 2010

**Where:** PS Business Parks Conference Center  
6450 Lusk Blvd., Suite E100  
San Diego, CA 92121

**Time:** 11:00AM-1:00PM

**Cost:** \$45 - Seats are Limited

**Other:** Sponsored by STAR Program Inc. and The Center for Mind and Body Wellness