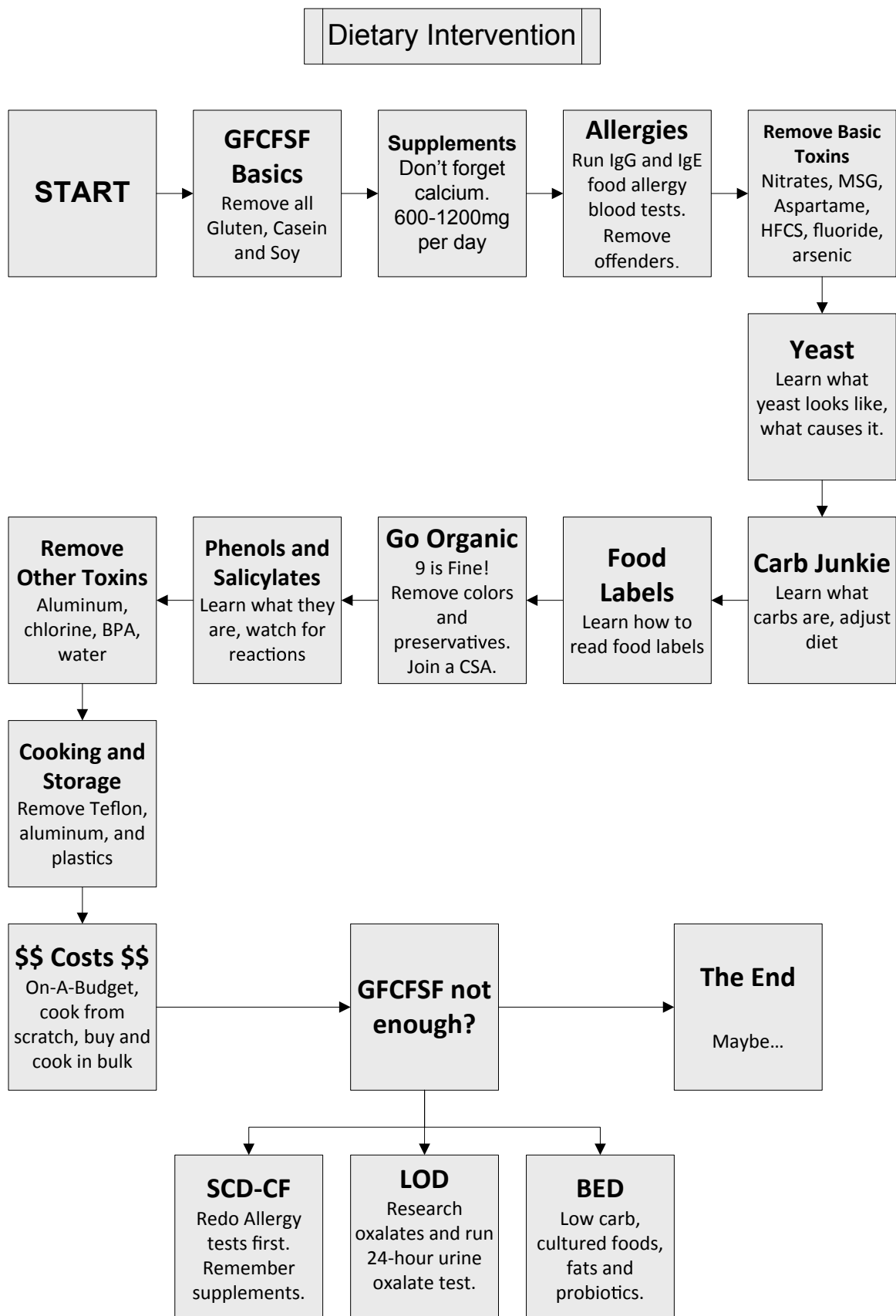




Dietary Intervention

1. Basics – Remove gluten, casein and soy
 - a. <http://www.tacanow.org/family-resources/going-gfcfsf-in-10-weeks/>
2. Supplements
 - a. Calcium – you MUST give calcium when removing dairy
 - i. 600-1200mg per day is the RDA
 1. Available in powder, pills, chewables and liquid
 - b. Multivitamins
 - c. Specialty supplements like B6, Magnesium, P5P, TMG, EFA's etc.
 - i. <http://www.tacanow.org/family-resources/ideas-to-help-your-child-take-supplements/>
3. Allergies - IgG and IgE food allergy tests, rotation diet
4. Toxins - MSG, aspartame, nitrates, arsenic, fluoride, aspartame, HFCS (high fructose corn syrup).
 - a. <http://www.tacanow.org/family-resources/toxins-in-foods-the-environment/>
 - b. <http://www.ewg.org/foodnews/>
 - c. <http://www.iatg.org> (Arsenic in chicken and rice and rice milk.)
5. Yeast and carbohydrates
 - a. Keeping the diet as low sugar as possible is important.
 - i. <http://www.tacanow.org/family-resources/what-is-yeast-overgrowth/>
 - b. Recheck your diet, don't supplant calories.
 - c. Don't create a carb junkie.
 - i. <http://www.tacanow.org/family-resources/what-are-carbohydrates/>
6. Learn to read food packaging labels
 - a. <http://www.tacanow.org/family-resources/how-to-read-food-labels/>
7. Go Organic
 - a. Join a local organic CSA at <http://www.localharvest.org/csa>
 - b. <http://www.organic.org/home/faq>
8. Research Phenols/Salicylates – learn what they are and what reactions they give
 - a. <http://www.tacanow.org/family-resources/phenols-salicylates-additives/>

9. Remove more toxins

- a. Test water and filter.
- b. Avoid aluminum in food packaging like juice, milk sub or broth boxes and cookware.
- c. Replace Teflon and aluminum pans with Stainless steel and cast iron.
- d. Replace plastic with glass.
- e. <http://www.tacanow.org/family-resources/living-in-a-toxic-world/>

10. Costs – Diet on a Budget <http://www.tacanow.org/family-resources/gfcfsf-diet-on-a-budget/>

- a. Special diet foods can be deducted on taxes
- b. Schools can provide special diet meals
 - i. If you qualify, reduced- or free lunch and breakfast programs
- c. GFCFSF on Food Stamps
 - i. <http://www.tacanow.org/family-resources/gfcfsf-diet-on-food-stamps/>
- d. Cook whole foods from scratch, it will save you a ton of money

11. Other Diets

- a. SCD-CF – Specific Carbohydrate Diet, Casein-free
 - i. <http://www.tacanow.org/family-resources/specific-carbohydrate-diet-scd/>
- b. LOD – Low Oxalate Diet
 - i. <http://www.lowoxalate.info>
- c. BED – Body Ecology Diet
 - i. <http://www.bodyecology.com/autism.php>