

## Autism & food

Anonymous ~ When my son was diagnosed with Autism, his peds doc gave me no hope. I started my own research and found a DANs! Doctor, the FIRST thing she had me do was change [his] diet to GF/CF. I really didn't think it would do that much, but boy was I wrong! He went from maybe one bowel movement a month (no kidding) to now about 4 a week! He is so happy now! I am so thrilled to have found this site so that I have new recipes to try out on him.