

Susan Delaine

Healing autism is possible through the use of proper diet, detoxification, nutrition supplementation and an array of other natural processes.”



Self published author, lecturer and passionate advocate for autism awareness and action, Susan Delaine considers *Balancing the Bowl*, the most important book she will write in her career. In her mission to organically heal autism, one child at a time, Susan authored two cookbooks, entitled “*Balancing the Bowl*” which takes a close look at the connection between autism, diet, digestion and immunity. The first edition is designed for those who have multiple food allergies, while the second contains allergen-free recipes that are completely gluten-free and casein-free.

Susan’s mission to spread the word globally about the autism-diet connection and other healing methods is personal.

In 2002, Susan’s brilliant son, Justin, was first diagnosed with multiple, severe food allergies at the age of nine months. This diagnosis came after months of chronic illnesses and unsuccessful doctor assessments. Faced with the challenge of developing edible, nutritious meals for her son from a limited selection of ingredients, Susan was unwittingly preparing for the future challenge of using a special diet to help treat her son’s autism; later diagnosed around the age of three.

Despite the devastating autism diagnosis, the Delaine family empowered themselves with information on how they could help Justin as parents. Susan plugged away at her hunch that what people were eating and what they were lacking in nutrition were playing a role in their optimal learning experiences. And she was right. She began to find large bodies of research and organizations that recommended multi-tier approaches to autism, all of which included a diet free from gluten (found in wheat, barley, rye and oats) and casein (found in milk). In her quest to heal her son, Susan found remedy in recipes.

Balancing the Bowl offers a variety of recipes that are gluten-free (GF), casein-free (CF), recipes that are wholesome, family friendly and affordable. Written for those who are caring for autistic children on a daily basis, readers will not only find delicious meal solutions, but easy-to-understand food guides, a clear explanation of the autism-and-diet link and a glossary of simple definitions.

Susan Delaine has devoted her career to teaching people throughout the world about the autism-diet connection. Her national media presence and books have enabled many to live healthier, happier lives. For information about television appearances, book signings, and lectures, visit Balancingthebowl.com.

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FACTS ABOUT AUTISM

Did you know...

- 1 in 150 children is diagnosed with autism
- 1 in 94 boys is on the autism spectrum
- 67 children are diagnosed per day
- A new case is diagnosed almost every 20 minutes
- More children will be diagnosed with autism this year than with AIDS, diabetes & cancer combined
- Autism is the fastest-growing serious developmental disability in the U.S.
- Autism costs the nation over \$35 billion per year, a figure expected to significantly increase in the next decade
- Autism receives less than 5% of the research funding of many less prevalent childhood diseases
- Boys are four times more likely than girls to have autism
- There is no medical detection or cure for autism

Incidence vs. Private Funding

- Leukemia: Affects 1 in 25,000 / Funding: \$310 million
- Muscular Dystrophy: Affects 1 in 20,000 / Funding: \$175 million
- Pediatric AIDS: Affects 1 in 8,000 / Funding: \$394 million
- Juvenile Diabetes: Affects 1 in 500 / Funding: \$130 million
- Autism: Affects 1 in 150 / Funding: \$15 million

National Institutes of Health Funds Allocation

- Total 2007 NIH budget: \$29 billion
- Of this, \$80 million goes directly to autism research. This represents 0.28% of total NIH funding.

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Balancing the Bowl Recipes

BACK TO SCHOOL

- Chunky Chili (easy to bring to school in a wide-mouth thermos)
- Apple Bread Muffins
- Homemade Trail Mix
- Side of Corn chips, Fresh Fruit
- Minute Maid Juice Box has added calcium (instead of Milk)

LABOR DAY

- Grilled Ginger-Garlic Chicken Skewers
- Sesame Butter (for dipping)
- Salad with homemade balsamic Vinaigrette
- Deep Dish Apple Pie
- Coconut Ice Cream

Workshop Discussion Topics

- Healing Autism From the Inside Out
- Distinguishing Behavior Choices From Autism Symptoms
- Understand Your Legal Rights In The School System
- Top 5 Natural Activities To Help Autistic Children
- Autism And Immunizations
- Zen For Dadz

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7 Steps to Healing Autism from the Inside Out



Science tells us that we are multi-tier beings, needing nurturing and care for each individual body system. We've adopted this truth in our approach to caring for our son, Justin, who has autism. Giving attention to his emotional, spiritual and physical well being results in optimal experiences at school, in therapies and at play.

As science would have it, there is no magic pill that covers it all; the puzzle pieces are many. In our experience, a combination of seven affordable activities has helped our son function better. These certainly do not constitute a prescription that fits every autistic child, nor is this an exhaustive list. Here are 7 Steps to healing autism from the inside out:

1. Vitamin Supplementation

Nutrition is the basis for good health. But even a balanced diet does not provide all the nutrition we need. Because of modern-day agricultural practices, our food supply is severely depleted of natural nutrition, compared to just thirty years ago. While everyone could benefit from a daily multivitamin, children with autism really need the extra nutrition to aid with brain, immune and nervous system function. For starters try the children's multivitamin as well as calcium by Hero Nutritionals, makers of Yummy Bears®. Both products are allergen-free, gluten-free and the natural ingredients help them to absorb completely in the body. For extra B12 and folic acid, Blue Bonnet[®] brand has a kid-friendly chewable supplement.

2. Detoxification

Let's face it, toxins exist everywhere, in the form of pesticides, preservatives, and gaseous fumes. Unfortunately, toxins are virtually unavoidable. Children with autism can benefit from extra detoxification. The best way to naturally detoxify is to eat a diet high in raw, organic fruits, vegetables and grains, get lots of exercise and to consume an ample amount of purified water. Another way of eliminating toxins from the body is through **Ionic Foot Detox**, a warm foot bath in which negatively charged toxins (such as yeast, acids and heavy metals) are pulled from the body through the pores of the feet. An ionic foot detox is quick and cost effective procedure that yields positive results.

3. Diet

Studies show that 70% of children diagnosed with autism have a difficult time digesting a protein called gluten (found in wheat, barley, rye and oats) and casein (found in milk and milk products). This is the result of intestinal damage and overgrowth of bacteria that exists starting at birth. Ultimately, it affects learning, behavior and development. My allergy-free cookbook, *Balancing the Bowl*, offers quick, affordable, recipes that the entire family can enjoy. From sesame ginger chicken to gluten-free banana bread, visit my website at www.balancingthebowl.com for more delicious recipes.

4. **Meditation and Affirmation**

Affirmative thoughts and words do have a positive effect on our well-being and quality of life. Maintaining a positive attitude has a positive effect on the healing process.

Affirmations can be an empowering tool especially as your child faces social challenges at school and at play. Depending on your child's ability level, meditating can be as easy as having your child think positive. Your thoughts have power!

5. **Energy Therapy**

The proper flow of energy in the human body is a major determinant for good health. Several ancient methods of energy therapies exist that assist with the healing. "Reiki" (pronounced "ray-kee"), a Japanese hand-laying technique that promotes healing by increasing the flow of energy in specific body systems, is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use.

6. **Hugs & Jumps**

Many children with autism have senses that are either overly-active or very under-active. Self-stimulatory activities can interfere with learning. Incorporating an appropriate outlet helps decrease those activities and improve attention and learning. To help your child's under activity, I recommend deep pressure hugging each day. This feeds his need to feel well grounded and secure. Another activity that can help with children in either category would be jumping for several minutes each day. Invest in an indoor trampoline for less than \$30 and have your child to jump fifteen to twenty minutes a day. This helps develop balance and gives physical stimulation. Over time, a few minutes of hugs and jumps each day has a great long-term effect.

7. **Social Groups**

Host massively fun, multi-child play dates at your home on a regular basis. Put away your collection of porcelain trinkets and crystal bowls, and allow the children to have full reign for several hours. Make sure you provide healthy snacks for the kids while the moms get caught up on the latest news. Following the play dates, a two-to-three hour nap would be in the bag. Enjoy your child's opportunity for pure fun, and their chance to observe and imitate social interactions, channel self-stimulatory activities and learn some sophisticated speech from their rather gifted peers. Play dates are totally worth it!

Susan Delaine, is the author of [Balancing the Bowl](#) and a passionate advocate for autism awareness and action. Susan hosts lectures, workshops and cooking demonstrations around the world. For information about Susan's television appearances, book signings, and lectures, visit Balancingthebowl.com.

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Left to right: Susan Delaine and son Justin Delaine



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