

Note from Nancy: At last a simple and comprehensive explanation of and direction to the GFCF diet that has helped so many of our kids. Hats off to Holly Bortfeld and her dedication to providing parents with the tools they need to make positive change in the diets and health of their children. Her expertise and knowledge are evident in the presentation and content of this new TACA tool. No matter what you might have thought of the GFCF diet before, take a look through new eyes at the many possibilities for ease and availability for all parents wanting to implement this intervention. Good luck!

Nancy Cale
Unlocking Autism

TACA is proud to announce our fabulous new DIET website to help out families using dietary interventions.

The site includes information on:

- Dieting on a Budget
 - Menu plans
 - Research articles
 - NEW Recipes
 - How to get started
- Tips for picky eaters
 - Where to shop
 - Cooking Classes
 - time savers
 - Hidden Dangers
- Ingredients and substitutions
 - And many more.....

Come check it out at <http://gfcf-diet.talkaboutcuringautism.org/index1.html>

Talk About Curing Autism (TACA) provides information, resources, and support to families affected by autism. For families who have just received the autism diagnosis, TACA aims to speed up the cycle time from the autism diagnosis to effective treatments. TACA helps to strengthen the autism community by connecting families and the professionals who can help them, allowing them to share stories and information to help people with autism be the best they can be.

www.talkaboutcuringautism.org

UNLOCKING AUTISM . . . Across the Nation and Around the World