



AUTISM  
ASPERGER ACT



SUPPORT  
CANBERRA • QUEANBEYAN

(With the assistance from  
The ACT Government  
Under the ACT Disability  
funding program)

# Autism Asperger ACT Inc and Canberra Queanbeyan ADD Support Group Inc

Presents for the information of members, professionals and the general community

## ***NOURISHING HOPE FOR AUTISM AND ADHD***

a seminar with  
**JULIE MATTHEWS**  
Certified Nutrition Consultant  
([www.nourishinghope.com](http://www.nourishinghope.com))



Through her practice in the United States, Julie has worked with many families of children with autism and ADHD. Julie has an in-depth knowledge of the genetics and biochemistry of autism spectrum disorders, ADHD, allergies and food intolerances. At the seminar Julie will cover the following topics:

- an overview of some of the diets that have been developed to help children with autism and ADHD and how dietary intervention can help ameliorate the symptoms of these disorders.
- important aspects of macronutrients, vitamins and minerals and which ones are most essential for these children.
- healing and nutrient-dense foods and creative strategies for introducing them to picky eaters and incorporating them into the whole family's diet.
- where to begin making positive changes, however small, to your child's diet and how to evolve their diet over time.

**Tuesday, 12 May 2009  
7.30pm–10pm (Registration from 7pm)**

**Burton Theatre, Canberra Grammar School  
Monaro Crescent, Red Hill**

**Cost \$35 includes supper, tea/coffee  
(Pls advise SHOUT of any dietary needs)**

**All bookings through SHOUT 6290 1984 bh  
Enquiries to Adrienne Gault 6260 3794**

Mindd Foundation has sponsored Julie Mathews' visit to Australia for the Mindd International Forum On Children, Sydney 15–18 May 2009



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