



GENERAL INFORMATION BOOKS (GFCF DIET)

(BBB Autism; PDF article #13)

The most important book to have to be successful on the gluten and casein free diet is "SPECIAL DIETS FOR SPECIAL KIDS-UNDERSTANDING AND IMPLEMENTING SPECIAL DIETS TO AID IN THE TREATMENT OF AUTISM AND RELATED DEVELOPMENTAL DISORDERS", by Lisa Lewis, Ph.D. (ISBN number 1-885477-44-9) It can be ordered from Future Horizons, the publisher, at 1-800-489-0727 or from the Great Plains Laboratory at 1-913-341-8949. The cost is \$25.00. It includes many recipes as well as a thorough explanation of the ins and outs of the diet.

GFCFDiet.com fundraiser cookbook see <http://www.GFCFDiet.com> for ordering information Over 200 recipes from the GFCFKids Isitserve. Proceeds benefit the site upkeep and the Autism Autoimmunity Project.

The Great Plains Laboratory (1-913-341-8949) also carries the book "BIOLOGICAL TREATMENTS FOR AUTISM AND PDD" by William Shaw, Ph.D. (ISBN number 0-9661238-0-8). It retails for \$19.95 plus shipping and handling. Among other interesting items, it has an excellent chapter about following a yeast-free diet by Dr. Bruce Semon, M.D.

"DIETARY INTERVENTION AS A THERAPY IN THE TREATMENT OF AUTISM AND RELATED DEVELOPMENTAL DISORDERS" by Beth and Andy Crowell, can be purchased at Developmental Delay Registry (DDR). The book is \$15.00. Send a check to:

Developmental Delay Registry
6701 Fairfax Rd.

Chevy Chase, MD 20815

or call: 1-301-652-2263. Orders can also be placed through the website for DDR: Developmental Delay Registry Home Page (<http://www.devdelay.org>)

For more information on yeast, Dr. William Crook, M.D. has written "THE YEAST CONNECTION", "THE YEAST CONNECTION AND THE WOMAN" (with a chapter on yeast and autism, ISBN number 0-933478-22-4), and "THE YEAST CONNECTION COOKBOOK-A GUIDE TO GOOD NUTRITION AND BETTER HEALTH" with Marjorie Hurt Jones, R.N. (ISBN number 0-933478-16-x). This cookbook features recipes, which are yeast free, but not gluten or casein free. With practice, some may be able to convert to GF and/or CF status with substitutions.

"RAISING YOUR CHILD WITHOUT MILK" by Jane Zukin (ISBN number 0-7615-0131-2) gives milk-free (but not necessarily gluten-free) recipes and suggestions. Particularly good is the information on getting enough calcium into the diet without using milk.

COOKBOOKS

Many gluten-free and casein-free cookbooks are available from large bookstores both locally and online. If you want to order online, try Barnes and Noble (<http://www.barnesandnoble.com>) or Amazon (<http://www.amazon.com>). Many cities also have used-book stores where some of these books might be found for less than full retail price.



Bette Hagman has written three excellent gluten-free cookbooks. Although not all of the recipes are casein-free, many of them can be easily converted to casein-free status with the use of milk substitutes. The titles are:

"THE GLUTEN-FREE GOURMET-LIVING WELL WITHOUT WHEAT" (ISBN number 0-8050-1835-2)

"MORE FROM THE GLUTEN-FREE GOURMET-DELICIOUS DINING WITHOUT WHEAT" (ISBN number 0-8050-2323-2)

"THE GLUTEN-FREE GOURMET COOKS FAST AND HEALTHY-WHEAT FREE WITH LESS FUSS AND FAT" (ISBN number 0-8050-3980-5)

Another excellent guide to gluten-free (but not necessarily casein-free) cooking is "AGAINST THE GRAIN-THE SLIGHTLY ECCENTRIC GUIDE TO LIVING WELL WITHOUT GLUTEN OR WHEAT" by Jax Peters Lowell (ISBN number 0-8050-3625-3). It includes some small lists of food brands that are gluten-free that can be found in grocery and health food stores.

"SPECIAL DIET SOLUTIONS: HEALTHY COOKING WITHOUT WHEAT, GLUTEN, DAIRY, EGGS, YEAST, OR REFINED SUGAR" (ISBN number 1-8893-7400-8) by Carol Fenster. Order from Savory Palate, Inc. (800) 741-5418 for \$16.55. This book and another by the same author "WHEAT FREE RECIPES AND MENUS" are also available from Amazon.com.

"RECIPES FROM REBECCA'S KITCHEN: GREAT GLUTEN FREE GOODIES" by Rebecca Reilly (a chef with a son with celiac disease) can be ordered for \$5.95 plus \$1 shipping from PromoWorks

Recipes from Rebecca's Kitchen

P.O. Box 372

Yarmouth ME, 04096

(contains recipes for baked goods)

"EASY BREAD MAKING FOR SPECIAL DIETS: WHEAT-FREE, MILK- AND LACTOSE-FREE, EGG-FREE, GLUTEN-FREE, YEAST-FREE, SUGAR-FREE, LOW FAT, HIGH TO LOW FIBER" by Nicolette M. Dumke (ISBN number 1-8876-2402-3). Available through Amazon.com.

PRODUCT LISTINGS

Clan Thompson "POCKET GUIDE TO GLUTEN FREE FOODS" (\$3.50) and the Clan Thompson "POCKET GUIDE TO GLUTEN FREE PHARMACEUTICAL PRODUCTS" (\$2.00) (lists about 1,000 brand names and the Pharmaceutical Guide lists about 230 Prescription and over the counter medications). Shipping and handling is free in the US. Send check or money order to:

Clan Thompson

Attn: Webmaster

951 Maine St.

Stoneham, ME 04231

The Tri-County Celiac Sprue Support Group has a "SHOPPING GUIDE" for \$10.00. It is updated yearly. It lists common products in grocery stores, which they have determined to be gluten-free. It is not all-inclusive but is an excellent guide to some of the GF products that are readily available.



BBB AUTISM SUPPORT NETWORK ~ <http://www.bbbautism.com>

TCCSSG Shopping Guide
34638 Beechwood St.
Farmington Hills, MI 48335

The TCCSSG also has a regular membership packet, which you can receive by calling Mary Lou Sullivan. Her number is 248-645-5219. The new member packet includes the last 2 issues of their newsletter, the shopping guide which is updated yearly, a pharmaceutical guide, a manufacturer's guide, a list of gluten-free food companies, a list of cookbooks and other pertinent information. New member fees are:

\$30-Sept. Oct. Nov

\$25-Dec. Jan. Feb.

\$20-Mar. Apr. May

\$15-June July Aug.

The renewal for everyone is \$25 by 8/31.

A "COMMERCIAL PRODUCTS LISTING" of gluten-free products is available for \$8.00 from:

Celiac Sprue Assoc. of USA Inc.

P.O. Box 31700

Omaha, NE 68131-0700

It is also said that they have a "MEDICINE GUIDE" for \$2.00.

Kathy Doody, a parent/listmember of the GFCFKids list, has an excellent arsenal of gluten-free product listings, including many over-the-counter medications. For information on a specific product, email Kathy at kazoo@pcom.net.

NEWSLETTERS

(all monies should be sent in US dollars, check or money order)

To subscribe to the newsletter "GLUTEN-FREE LIVING" send \$29 for 6 issues (1 year) or \$49 for 12 issues (2 years) to

Gluten-Free Living

P.O. Box 105

Hastings-on-Hudson, NY 10706

To subscribe to the newsletter "THE GLUTEN-FREE BAKER" send \$19.95 for 4 issues (1 year) or \$38.50 for 8 issues (2 years) to

The Gluten-Free Baker Newsletter

361 Cherrywood Dr. Suite A

Fairborn, Oh, 45324-4012

*Ohio residents must add 6% sales tax, check and money-orders in US dollars only, international subscribers add \$4 for additional postage.

To subscribe to the ANDI (Autism Network for Dietary Intervention) News send \$20 for 4 issues (quarterly) to

ANDI

P.O. Box 17711

Rochester, NY 14617-0711



BBB AUTISM SUPPORT NETWORK ~ <http://www.bbbautism.com>

"Sully's Living Without" is a new magazine focused on readers with allergies, food and/or chemical sensitivities, and intolerances. Subscription info: (630) 415-3378
\$12 for a 1 yr. subscription

LISTSERVERS FOR GLUTEN/CASEIN DIETS

St. John's Celiac Listserver:

Send email to LISTSERV@MAELSTROM.STJOHNS.EDU with:
SUB CELIAC yourfirstname yourlastname in the body of the letter

St. John's Milkfree Listserver:

Send email to LISTSERV@MAELSTROM.STJOHNS.EDU with:
SUB NO-MILK yourfirstname yourlastname in the body of the letter

GFCFKids Listserver

To sign up for the Gluten and Casein Free Diet Listserver, go to the following address:
<http://www.onelist.com/subscribe.cgi/GFCFKids> OR Click here: GFCFKids Subscription Address

Autism-FBI Listserver

To sign up for the Fighting Back with dietary Intervention Listserver, go to the following address:
<http://www.onelist.com/subscribe.cgi/Autism-FBI>. This list is for intermediate and advanced GF,CF, YF etc...dieters.



CELIAC SUPPORT GROUPS

Celiac Sprue Association/United States of America, Inc.
(CSA/USA)
P.O. Box 31700
Omaha, NE 68131-0700
402-558-0600

Gluten Intolerance Group of North America
(G.I.G.)
P.O. Box 23053
Seattle, WA 98102-0353
206-325-6980

Celiac Disease Foundation
13251 Ventura Blvd., Suite 3
Studio City, CA 91604-1838
818-990-2354

Information herein does NOT represent medical advice. Please check with your doctor

From the gfcf egroups!

A notice to our readers...

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