



# **Special Diets for Special Kids, Two: New! More Great Tasting Recipes & Tips for Implementing Special Diets to Aid in the Treatment of Autism and Related Developmental Disorders**

*Lisa Lewis*

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Lisa Lewis

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In this follow-up to the award-winning first book, Dr. Lewis provides updated research, and over 80 additional recipes!

Included are:

- Smoothies and shakes
- Soups and stews
- Barbeque chicken and buffalo wings
- Salad dressings
- Pie crusts
- Mashed potatoes and sweet potatoes
- And more!

Jenny McCarthy made this book even more famous when she referenced it extensively in her 2008 bestseller, *Louder Than Words*:

"I knew the months ahead would seem like years while I waited for services, so I decided to educate myself on diet interventions. I ordered a book called *Special Diets for Special Kids Two*. ... The book came in the mail. *Special Diets for Special Kids Two*. I couldn't wait to read it and fill my eager heart with more knowledge. I was blown away when I read that mothers often noticed that their autistic children were malnourished because they couldn't absorb nutrients from food. ... Could it really be true? Could diet make that much of an impact? ... I found it completely fascinating and exciting that a diet could help. ... I couldn't believe that the gut could correlate to the brain and that what I fed Evan could have a direct link to his behaviors. But I was inspired and willing to give a diet a shot. ... so I made this my new mission."

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