



# Resources To Minimise Toxins & Inflammation From Your Diet

Nutritionists and doctors can provide information about how to follow a diet that minimizes excitotoxins and neurological inflammation whilst getting a wide variety of nutrients, vitamins and minerals that the body needs.

In the meantime, you might like to do some further reading. Here are 4 starting points:

## Gluten-free, casein-free (GF/CF) diets

These diets are common for those with autism who are especially sensitive to excitotoxins and neuro inflammation. You can Google GF CF diets or start here to look through recipes and diet resources:

<http://www.gfcf.com/recipes/gfcf-recipes.html>

## Excitotoxins: The Taste That Kills

Authored by retired neurosurgen Dr Russell Blaylock. His book provides an in depth but easy to read exploration of the brain and the damage caused by excitotoxins.

## Battling the MSG Myth

This is a cookbook by Debby Angelsey. She has a great section on her website which allows you to conduct a quick test to see if you are affected by the harmful ingredients of excitotoxins like MSG. Find out more about her test here: [http://www.msgmyth.com/test\\_diet.html](http://www.msgmyth.com/test_diet.html)

## Autism: Pathways To Recovery

Dr Amy Yasko has written a free book designed for mothers of children with autism. In it she goes through a wealth of information relevant not only to autism but how our brain is affected by our genes, our environment and the food we are exposed to. It's an easy read which goes into depth about many important concepts such as our myelination pathways and neurological inflammation. Find out more here: <http://www.dramyyasko.com/>

It's important to remember that completely eliminating all offending foods is unrealistic. Aim to find a sustainable balance where the foods you consume help rather than hinder your condition.