

# POSSIBILITIES FOR AUTISM

Feel Better + Live Better

MAY 3, 2016 BY BETH SECOSKY

## Autism One — Bringing the Pieces Together

**Beth Secosky** is so excited to be speaking at the Autism One conference later this month in Chicago. She'll be **giving away helpful tools for getting started on SCD or GAPS** to every person who attends her session.



AutismOne is the world's largest and most comprehensive annual autism conference and will be held May 25 through 29th in Chicago. The focus of AutismOne is to provide information to preserve and restore health and function to children and families, especially those affected by autism. Teri Arranga, AutismOne's executive director, said: "This is an excellent opportunity for parents to choose from among renowned speakers including many medical doctors and credentialed researchers, in order to increase their knowledge toward helping their family. The onsite networking and positive energy are empowering and energizing."

In Chicago, Beth will talk about diets that heal and how to choose and start one that is right for your child. Following is an overview of her presentation which will be held on **Saturday, May 28th at 3:00 pm.** Hope you can come!

## **Diets that Heal: The Most Effective Intervention You Aren't Using and How to Get Started**

### ***Success Tools for Getting Started on SCD and GAPS Diets***

Diet is one of the most important tools you have to heal the body, but with so many diets how do you choose the right one? Many top practitioners recommend the Specific Carbohydrate Diet (SCD) or GAPS diets. Dr. Sidney Baker has said, "SCD is the best treatment that I have found so far for many children on the Autism Spectrum."

How do you get started on one of these healing diets? In this interactive session, health coach, Beth Secosky, will give you tools and insights to get you started on the diets to improve your child's health and quality of life – and your family's too!

This session is all about helping make it easy for you to take action. Learn about:

- \* The difference between the SCD and GAPS diets
- \* How to choose the diet best for your child's healing and health goals
- \* Overview of the "introductory" stages of diets, including detailed foods lists by stage
- \* **Quick start tools for success including grocery shopping lists, essential kitchen supplies, and more**
- \* **Delicious, child-friendly recipes for the introductory stage of the diets (SDC and GAPS)**

Health coach, Beth Secosky, will give you the tools to take action so you can more

quickly improve your child's quality of life – and your family's too!

📖 **AUTISM, ADHD, LEARNING DISABILITIES, AND MORE, FOOD**

© Beth Secosky · Health Coach · 919.828.8221 · [beth@bethsecosky.com](mailto:beth@bethsecosky.com)