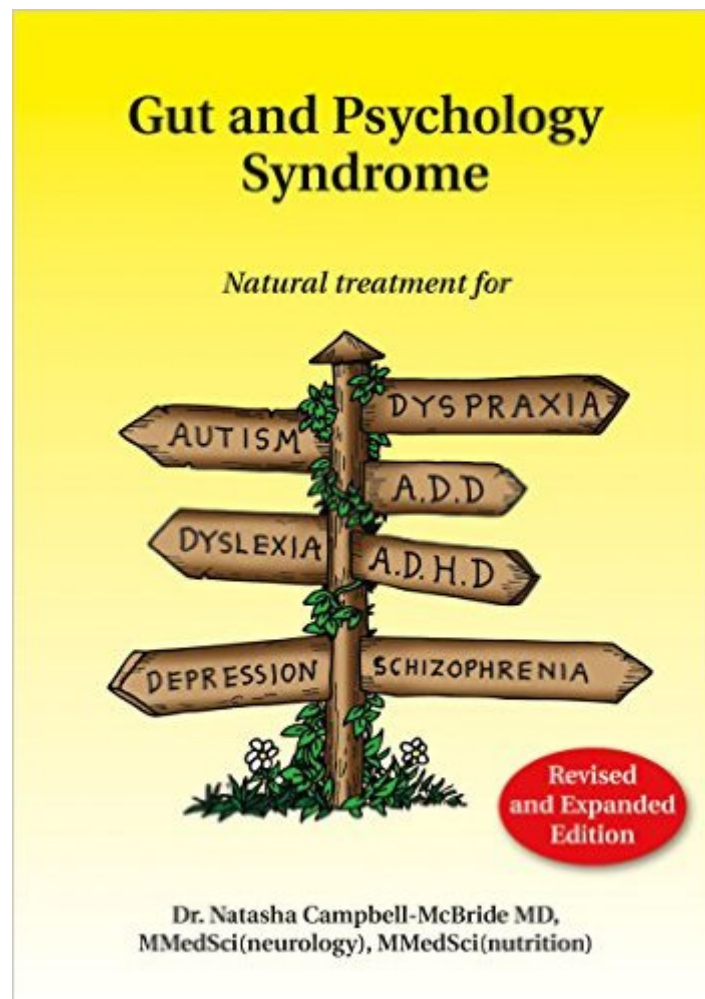


The book was found

Gut And Psychology Syndrome: Natural Treatment For Autism, Dyspraxia, A.D.D., Dyslexia, A.D.H.D., Depression, Schizophrenia



Synopsis

Dr. Natasha Campbell-McBride set up The Cambridge Nutrition Clinic in 1998. As a parent of a child diagnosed with learning disabilities, she is acutely aware of the difficulties facing other parents like her, and she has devoted much of her time to helping these families. She realized that nutrition played a critical role in helping children and adults to overcome their disabilities, and has pioneered the use of probiotics in this field. Her willingness to share her knowledge has resulted in her contributing to many publications, as well as presenting at numerous seminars and conferences on the subjects of learning disabilities and digestive disorders. Her book *Gut and Psychology Syndrome* captures her experience and knowledge, incorporating her most recent work. She believes that the link between learning disabilities, the food and drink that we take, and the condition of our digestive system is absolute, and the results of her work have supported her position on this subject. In her clinic, parents discuss all aspects of their child's condition, confident in the knowledge that they are not only talking to a professional but to a parent who has lived their experience. Her deep understanding of the challenges they face puts her advice in a class of its own.

Book Information

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Customer Reviews

WOW. This book is outstanding. Others have reviewed the book's content, and they do it far better than I could. So, instead, I'll attest to the healing power of this diet. Over a year and a half ago, I became sick. Super sick. So sick I was unable to get out of bed. I eventually realized my adrenal

glands were shot. So I quit my job and school and took time off, expecting to recuperate within a few months. Ha. I researched and researched, pouring over everything I could read online. I had a Candida infection (resulting from allopathic drugs) that never went away. I'd literally feel poisoned, especially after eating. My immune system was a mess. I had zero energy. I suffered severe chemical and mold sensitivities and began to develop hives. I started developing arthritis in my knees and fingers. Some days it was so bad it prevented me from knitting/crocheting, two of my favorite pastimes. I experienced constant congestion and back-to-back sinus infections. My body was in terrible shape. I'm not a dramatic person by nature, but I assure you, some days I wasn't sure how much sicker one could get before the body just gave up altogether. I kept getting weaker and more exhausted by the day. For months, I didn't leave the house. For the record, I'm 32 years old. (Mind-blowing, isn't it?) After several months of research and trial and error, I discovered the adrenal issues were a symptom of a much larger problem - severe leaky gut and gut dysbiosis. If the preceding paragraph sounds like hyperbole to you, I can't say I blame you. Before my experience, I'd have been skeptical too. I had been preparing to study biochemistry in grad school. Before I became ill, I thought chronic illnesses and autoimmune diseases could merely be 'managed.

I struggled with whether to rate this book with 3 stars or 4 stars. I wound up going with 4 stars. My daughter and I started the diet in October 2012. We have been on the diet for 1 year now. We started from a point where we were already eating commercialized "organic" food. My daughter did eat meat prior to us starting the diet. But I had been a vegetarian for over 20 years. I initially picked up this book because it had been getting discussion on an autism parenting group that I belong to. I started to learn about the diet by reading information online, then decided it was potentially worth pursuing further and purchased the book. The intention was to try the diet for my daughter, who had just turned 7 at the time we started the diet. Even though I had been a vegetarian for so many years, I wanted to support her by doing the diet with her. However, as I read the book, I realized that I needed to try this diet for my own issues as well, extreme PMS and major digestive issues (which turned out to be ulcerative colitis, as diagnosed via colonoscopy 3 months after I had started the diet). We started the full diet with the larger variety of food in October. We started the restrictive, elimination portion of the diet (Intro Diet) the 2nd half of December. A year later and we are still in what I would consider to be Intro Diet. Not due to obvious food reactions (still haven't figured out anything specific we might be sensitive to). We eat almost everything on the full diet other than the Navy Beans and Lentils. However, we don't eat honey other than rarely. And only have 2 small portions of low sugar fruit per day. We are both still struggling with yeast overgrowth.

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