

## Dietary Concerns: Glutton and Casein

Autism is a disorder that must be treated with a variety of methods since there is no effective way to completely cure it. One of the ways you can help keep the symptoms of autism under control is by studying diet. Parents of children with autism have reported that by controlling diet, they see a significant difference in their child's behavior. Two of the main dietary concerns are glutton and casein.

Glutton is a substance found in many common food products, with wheat, rye, and oaks being the main culprits. Casein is found in dairy products, such as milk. If you or your child with autism eats many foods with these products in them, such as breads or cheeses, you may be able to better control autistic behavior by decreasing consumption of such foods.

The difficulty in digesting both glutton and casein comes from an inability to digestively handle the peptides in these substances. Since they are not broken down as in a normal body, these extra peptides are absorbed into the blood stream. Elevated levels of peptides disrupt major brain functions, contributing to the effects of autism. By cutting foods containing glutton and casein out of you or your child's diet, you can help the body with the process of breaking down the peptides present in the body. To see if you or your child has a high absorption rate of these peptides, your doctor can administer a simple urine test.

Speak to a nutritionist or doctor before making any major changes in your diet. When you decide to cut glutton and casein from your diet, do not attempt to do this all at once. Cutting anything from your diet suddenly is unhealthy, and your body could go into withdrawal. Instead, slowly begin reducing the amounts of breads, grains, and milk products until you are eating none. Your doctor can provide you with a complete list of all the foods containing glutton and casein if you truly want to cut them all from your diet. However, it may be necessary to get the nutrients that you find in glutton and casein products in another way, such as with dietary supplements. Again, your doctor can help in this decision. Overall, maintaining a balanced diet is the healthiest thing to do. Leaving glutton and casein products out of your or your child's diet may help control autistic behavior, so it is an option that should be considered, but eating a healthy diet altogether is the best way to keep you and your family healthy.