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- Family Links Conference
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Links

www.utaharts.org
connecting you to art

www.timwilsonglassart.com
View the Co-founder Tim Wilson's art

www.usautism.org
US Autism & Aspergers Association

Upcoming Events in Utah

www.updc.org
February 13th – 15th 2008
Autism /Asperger Educator Conference -
Held at the Ogden Eccles Conference
Center - Register online

www.hyperbarichealingsystems.com
Feb 12th 2PM-4PM & again at 6PM-8PM
Stroke Recovery, Neurological
Conditions, General Wellness and
Hyperbaric Therapy. For more
information call (801) 964-2008

www.hyperbarichealingsystems.com
Feb 13th 10AM-12PM & again 1:30PM-
5:30PM Neuro-Sensory Motor and Reflex
Integration for all children, children and
adults with special needs. For more
information call (801) 964-2008

www.utahparentcenter.org
February 29th & March 1st to be held at
Mount Jordan Middle School for more
information or to register visit website
or call (801) 272-1051.

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Nutrition in the New Year

As many of us tackle the new year and think about resolutions or goals to live better lives, one thing that tops most lists is diet or nutrition. As we think about healthy eating and our children remember sometimes our children react differently to foods than others.

When looking at the “standard” food pyramid I know what you are thinking, “how can I get my child to eat the recommended amounts?” Our children are often considered selected or “picky” eaters. Children with an ASD often have some intolerance or difficulty digesting certain foods; if you remove those foods their choices may widely vary and open up.

The top two offenders are typically gluten (wheat) and casein (dairy). Most children crave these foods, which makes you think they truly like them but in fact they are reeking havoc on our children’s intestines, and also passing over into the blood and affecting the brain. They have been studied and found to have opiate like affects (similar to heroine) when not processed properly, it is not that our children like them it is that their body craves them similar to an addiction. They create a fog like state and can lead to behavior issues, sensory issues and even barriers to learning and communicating.

Many feel that to change their child’s diet “my child will starve.” That is untrue, and I am a believer that even limiting the guilty foods can cause change. Yes complete elimination is best but in the real world scaling back is better than making no change at all.

There are many ways to get the nutrients offered by Gluten and Dairy products. Including but not limited too: fresh fruits and vegetables, fortified cereals, almonds, beans, dietary supplements. Please contact your physician and/or a nutritionist before starting any diet.

Family Links Conference

A conference for parents and professionals alike, the Family Links conference is a much-anticipated annual event. The 13th annual Family Links conference will be held at Mount Jordan Middle School, 9360 South 300 East Sandy on February 29th and March 1st 2008.

The Family Links Conference has a reputation of bringing much-needed and valuable information to the disability community. Due to its low cost and content packed schedule this conference for many families will be the only one they attend all year. With topics ranging from behavior management, nutrition and autism 101, there is always something for everyone.

The conference is collaboration between many agencies that serve people with disabilities, including the Division of Services for People with Disabilities, Marbles for Miracles and the Utah Parent Center to name a few.

Topics for Upcoming Newsletters

*Diet change the first steps
Services you are entitled to
Alternative therapies
Education options
Stress relief for parents
*Support groups for family
Organic food choices
GFCF, SCD, LOD Which diet does your child need.
*Going GFCF
DAN! Doctors
Biomedical treatments
Supplements
Speech therapy
Occupational Therapy
The Star Program
Floortime
Hyperbaric Oxygen Treatments
*Coping with OCD
*Setting a routine in place to benefit child and family
IEP process
GI issues the minds connection
Environmental Toxins
*Sibling Issues
Music Therapy
Sensory Integration
Melatonin
*Toilet Training
Bullying
Aggression
Total load theory
*Covered in past issues

Created by Brooke Wilson

Each year the conference hosts a dynamic keynote speaker and this year is no exception. World-renowned opera singer and speaker Michael Ballam will be speaking on Saturday. In addition to the speakers and presentations, another helpful resource the Family Links Conference provides is its exhibitor fair. This year exhibitors will be on site Saturday, please stop by and visit us at the Marbles for Miracles table. Whether you have a question about recreation for people with disabilities or social security benefits, you will find a table with information and people to answer your questions.

For more information on the conference including the entire conference schedule or to register, please visit www.utahparentcenter.org or call (801) 272-1051.

Reader's Recipe

What a Cutie! Happy Birthday Dallin!



This is Dallin as he celebrates his 6th birthday earlier this year, he has not been diagnosed professionally with Autism but has many autistic tendencies. His mother Christie Rhoades is currently in the beginning stages of diet intervention and trying to help her son by using the GFCF diet.

Toll House Chocolate Chip Cookies converted to GFCF

1 C margarine (or acceptable fat like coconut butter or palm oil spread)
1/2 c sugar
1c dairy-free
1/2 c Brown Sugar
1 dash ground vanilla or 1/2 tsp liquid vanilla
Cream together. Add 2 eggs and mix well.
1 1/2 c white rice flour (use equal amt sorghum instead)
1/2 c potato starch flour
1/4 c tapioca flour
1 1/2 tsp xanthan gum (use equal amt guar instead)
1 tsp salt
1 tsp baking powder
1 tsp baking soda

Combine and add to egg/sugar mixture. Mix and add 12 ounces of GFCF (NO DAIRY) chocolate chips and one cup chopped nuts. Drop by rounded tablespoons onto ungreased cookie sheets. Bake at 375* for 12 minutes or until golden brown.

Recipe from Talk About Curing Autism (TACA) Please visit their website for more yummy recipes www.talkaboutcuringautism.org

Disclaimer: *Marbles for Miracles does not lobby or promote any one treatment or therapy. Our goal is to provide you with as much information as possible, so that you can make an informed decision. This is purely for information only and is not intended to substitute medical advice.*