

What is BioNutritional Care?

BioNutritional Care incorporates a similar philosophy to the biomedical approach, as defined by Dr. Sidney Baker:

"... there is no one-size-fits-all treatment protocol for autism. Getting the questions right is more important than getting the label or diagnosis right."

The answers to the questions tell us:

- Does this person have a special unmet need to get something beneficial?

- Does this person have a special unmet need to avoid or to get rid of something allergenic or toxic?

BioNutritional Care focuses on symptom improvement through non-drug interventions with specialized foods/supplements. It includes dietary evaluation, food and meal planning, supplements and lifestyle modifications. Laboratory assessments guide dietary and nutrient recommendations.

BioNutritional Care helps find the foods and supplements that work best for your child - that's **nutritional empowerment**.

-Cynthia Dalton
Master Nutrition Therapist and
Defeat Autism Now! Nutritionist

BioNutrition Life Nourishment.

BioNutritional therapy encompasses dietary evaluations, laboratory testing, food and meal planning, supplementation and lifestyle modifications to advance health and wellness.



BioNutritional therapy is not meant to diagnose, treat, prescribe or cure any disease, mental or physical. It is not a substitute for any treatment protocols or regimens recommended by your physician.

The use of BioNutritional therapy empowers our young patients to succeed.

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Nutritional Empowerment on the **Autism Spectrum**



Helping you to help your child naturally.

"Our daughter Lauren has made tremendous gains since our initial meeting with Cindy. We are overjoyed! Cindy has been there every step of the way, and her expertise has contributed greatly to Lauren's success."

—Ryan and Kelly Parry

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Board Certified in Holistic Nutrition®
National Association of Nutrition Professionals

Nutritional Empowerment Goals

- Achieve optimal wellness by finding the right foods and supplements for your child.
- Promote symptom improvement in your child's behavior.
- Monitor and assess progress, making adjustments as needed.

Your child's nutritional needs.

Children on the autism spectrum may experience some common symptoms, including food allergies, digestive disorders, toxicity, metabolic errors, neurotransmitter imbalances and immune dysfunction. These can be addressed proactively by parents working with a BioNutritional Care specialist.

Your role assessing your child's health needs.

As a parent, your observations and experience are instrumental in determining what's best for your child. The details you give enable Cynthia to provide the most favorable nutritional environment to empower your child with optimal health.

In addition, BioNutritional Care may achieve improvements in extra special kids with ADD, AD/HD, SPD, mood disorders and learning challenges. Cynthia works with adopted children and applies both sensitivity and compassion to address parents' concerns.

Dietary Options

Initially, all children are placed on a natural, whole foods plan which is the Foundation Diet. However, there are other diets that may be beneficial to kids on the autism spectrum. These include the Gluten Free, Casein Free and more.

An experienced nutritionist like Cynthia uses your observations along with lab testing results to create a dietary program that works for you and your family using one, or a combination, of the various diets that have been found.

- Gluten Free Casein Free Diet
- Specific Carbohydrate Diet
- Low Oxalate Diet
- Body Ecology Diet
- Feingold Diet

Cynthia engages in ongoing research and training, always searching for the next new diet that may prove helpful.



Cynthia's Three-Stage Approach:

- 1 Discuss concerns, priorities and goals:**
Review your child's health history. The Foundation Diet and basic nutrients are usually started, and laboratory tests are identified.
- 2 Results, recommendations and planning:**
Test results help create a bio-specific program for your child. Also, diet options and a comprehensive supplement program are discussed.
- 3 Follow up consultation/assessment:**
Ongoing support and analysis of your child's progress with any adjustments to the program if necessary.

Benefits of working with Cynthia

- Trained in the Defeat Autism Now! (DAN!) Model, and attends annual training.
- Enables you to get started now if you are waiting for a Defeat Autism Now! doctor's appointment.
- Creates a program that works at your pace and considers your finances.
- Offers flexible appointments, including home or office visits, plus phone and email follow-ups at your convenience.
- Offers problem-solving consults, complementary to your doctor's appointments.
- Coordinates with your pediatrician and other practitioners.
- Provides professional supplements at affordable prices.
- Offers symptom-tracking tools to monitor your child's progress.
- Keeps current with the latest protocols, diets and supplements.

"Working with Cynthia allowed us to jumpstart the program and see positive results months ahead of time."

- Eric and Wendy



Cindy