

Digestion-gut-autism connection: the Specific Carbohydrate Diet

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Abstract

In many cases, children with neurological issues such as autism and seizure disorder are also experiencing symptoms of chronic constipation, periods of diarrhea, abdominal pain, and indications of intestinal bacterial and fungal overgrowth. More and more parents and clinicians are beginning to connect the function of the gut with the brain and are finding that correcting digestive imbalances by altering the diet can lead to significant overall improvement in the child's mental and physical health and in several cases reduce or even eliminate aberrant behavior and seizure activity. An alphabetized table of foods allowed on the Specific Carbohydrate Diet (SCD) are given in Appendix 1 of this manuscript. Several representative case histories are presented in Appendix 2.

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