

# Observations from a Specific Carbohydrate Dietary intervention in two children with autism

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## Abstract

**Background:** Recent literature has shown that some autistic symptoms may be ameliorated with a gluten free/casein free diet. A Specific Carbohydrate Dietary intervention has become increasingly popular among parents of autistic children, while medical physicians have become increasingly concerned for these children's nutritional health. There is a lack of studies regarding Specific Carbohydrate Dietary interventions.

**Objective:** Based on claims that the Specific Carbohydrate Diet improves autistic behaviors and heals chronic gut issues, the purpose of this project is to understand the Specific Carbohydrate Diet's effectiveness in ameliorating autistic symptoms in two students with autism. **Design:** Physiological and behavioral signs were observed in two children with autism. Based on the abnormal physiological and behavioral profiles, dietary intervention trials using a Gluten Free/Casein Free Diet followed with a Specific Carbohydrate Diet were initiated in both autistic children. **Results:** These autistic children showed less behavioral and physiological problems during the Specific Carbohydrate Diet than during the Gluten Free/Casein Free intervention, though marked improvements were observed throughout both diets. These results are consistent with the claims related to a Specific Carbohydrate Dietary intervention. **Conclusions:** Based on the results of observed behavioral and physiological changes during the adherence of a Specific Carbohydrate Dietary intervention, it is hypothesized that the Specific Carbohydrate Diet does ameliorate autistic expressions in some autistic populations.

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