

## NUTRITIONAL SOLUTIONS FOR AUTISM

November Health Conference to Highlight Work of Dr. Natasha Campbell-McBride

### FOR IMMEDIATE RELEASE

Rates of autism are soaring, with some estimates as high as one in 150 children. The heartbreaking condition, characterized by lack of emotional contact, delayed motor skills and difficulty with verbal expression, presents a bewildering dilemma for parents and physicians.

British physician Dr. Natasha Campbell-McBride has developed a highly successful nutritional protocol for treating autism, which focuses on restoring beneficial intestinal flora and providing nutrients to support normal brain function. She is the author of the groundbreaking *Gut and Psychology Syndrome* and director of the Cambridge Nutrition Clinic in the UK.

Dr. Campbell-McBride will present an all-day workshop on the Gut and Psychology Syndrome (GAPS) on November 7 at Wise Traditions 2008, the ninth annual conference of the Weston A. Price Foundation, held November 7-10 at the Hyatt Regency San Francisco Airport, Burlingame, California.

In her workshop, Dr. Campbell-McBride will explore the connection between the patient's physical state and brain function. The GAPS Nutritional Protocol has been highly successful for treating patients with autism, learning disabilities and other mental problems.

In her clinic, Dr Campbell-McBride also works with many patients suffering from heart disease, high blood pressure, arrhythmia, stroke and other complications of atherosclerosis. She became acutely aware of the existing confusion about nutrition and these conditions, which spurred an intensive study into this subject. The result of this study is her new book *Put Your Heart In Your Mouth! What Really Is Heart Disease And What We Can Do To Prevent And Even Reverse It*. She will present her findings on nutritional support for cardiovascular disease at the same conference on Sunday, November 9.

Other conference speakers best-selling author Julia Ross, president of Recovery Systems and a pioneer in the field of nutritional psychology; Sally Fallon Morell, author of the best-selling nutritional cookbook *Nourishing Traditions*; San Francisco physician Dr. Thomas Cowan, author of the *Fourfold Path to Healing*; and the internationally known expert on the dangers of modern soy foods, Kaayla Daniel, PhD, author of *The Whole Soy Story*.

The Weston A. Price Foundation is a nonprofit nutrition education organization based in Washington, DC, with over 300 chapters in the U.S. and overseas. The Foundation supports accurate nutrition information, principles of traditional diets, pasture-based

farming, community supported agriculture and holistic therapies. For details on the work of the Foundation and the upcoming conference, visit [www.westonaprice.org](http://www.westonaprice.org)

Press passes available.

\* \* \* \*

CONTACT INFORMATION:

Kimberly Hartke, Publicist, [kimberly@hartkeonline.com](mailto:kimberly@hartkeonline.com), 703-860-2711, cell 703-675-5557

\* \* \* \* \*

**Natasha Campbell-McBride MD, MMedSci (neurology), MMedSci (nutrition)**, graduated with honors as a medical doctor in 1984 from Bashkir Medical University in Russia. In the following years she gained a postgraduate degree in neurology. After practicing for five years as a neurologist and three years as a neurosurgeon, she started a family and moved to the UK. Fairly shortly after that her son was diagnosed autistic, which prompted an intensive study into causes and treatments of autism. It was during this time that Dr. Campbell-McBride developed her theories on the relationship between neurological disorders and nutrition. She then completed a second postgraduate degree in human nutrition at Sheffield University, UK.

Having successfully treated her son, Dr. Campbell-McBride has returned to practice in 2000 and runs the Cambridge Nutrition Clinic. She has specialized in using nutritional approach as a treatment, and has become recognized as one of the world's leading experts in treating children and adults with learning disabilities and other mental disorders, as well as children and adults with digestive and immune disorders.

In 2004 she has published *Gut And Psychology Syndrome. Natural Treatment Of Autism, ADHD, Dyslexia, Dyspraxia, Depression And Schizophrenia*, in which she explores the connection between the patient's physical state and brain function. The book gives full details of the GAPS Nutritional Protocol, highly successful in treating patients with learning disabilities and other mental problems.

In her clinic, Dr Campbell-McBride works with many patients suffering from heart disease, high blood pressure, arrhythmia, stroke and other complications of atherosclerosis. She has become acutely aware of the existing confusion about nutrition and these conditions, which spurred an intensive study into this subject. The result of this study is her new book *Put Your Heart In Your Mouth! What Really Is Heart Disease And What We Can Do To Prevent And Even Reverse It*.

Dr Campbell-McBride is a keynote speaker at many professional conferences and seminars around the world. She frequently gives talks to health practitioners, patient groups and associations. She is a member of the Society of Authors and a regular contributing health editor to a number of magazines and newsletters.

\* \* \* \* \*