

Touchstone *Naturopathic* Centre
Scott Clack, B.Sc., N.D.

ADHD & LD Diet Bibliography

1. The Kid-Friendly ADHD & Autism Cookbook by Pamela Compart, MD and Dana Laake, RDH
2009 Fairwinds Press, Beverly, MA (ISBN13 978-1-59233-394-3)
2. Eat to Live Cookbook by Joel Fuhrman, MD
2013 Harper Collins, New York, NY (ISBN 978-0-06-230995-2)
3. Eating Alive 2 by Jon Matsen, ND
2004 Goodwin Books, North Vancouver, BC
4. Kewl Bites by Reed Alexander
2013 Rodale Inc/MacMillan, New York, NY (ISBN 978-1-60961-510-9)
5. Healing the Childhood Epidemics: Autism, ADHD, Asthma and Allergies by Kenneth Bock, MD & Cameron Stauth
2007/2008 Ballantine Books/Random House Inc., New York, NY (ISBN 978-0-345-49451-1)
6. The Paleo Diet (revised edition): Lose Weight and Get Healthy by Eating the Foods You Were Designed to Eat by Loren Cordain, PhD
2002, 2011 Houghton Mifflin Harcourt Publishing, New York, NY (ISBN 978-0-470-91302-4)

Other books to consider:

- Food Revolution by Jamie Oliver
- Wheat Belly by Willam Davis, MD
- Wheat Brain by David Perlmutter, MD
- Clean Gut by Alejandro Junger, MD
- Clean, Lean and Green: Get Rid of the Toxins that make You fat by Walter Crinnion, ND