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DR. W. BRENT REYNOLDS TO HOST AUTISM DIET WORKSHOP

*Event to Address Mechanics behind Gluten-Free/Casein-Free Diet;
Kid-Friendly Food Samples to be Offered*

FOR IMMEDIATE RELEASE

Smithtown, NY (April 2, 2010) – Smithtown Chiropractic Neurologist and nutritional specialist Dr. W. Brent Reynolds will host a workshop on dietary intervention for children diagnosed with Autism Spectrum Disorders (ASD) at Feel Goods Café in St. James on Monday, April 19, 2010 at 7:30 pm.

“Autism & the Gluten-Free/Casein Free Diet: Why Its Important & How to Cook for Finicky Eaters” is designed to help parents better understand how gluten (wheat grain products) and casein (dairy) cause gastrointestinal distress and affect behavior. Parents and caregivers will learn how to: adopt and adhere to a gluten-free/casein-free (GF/CF) lifestyle; identify hidden sources of gluten and casein in prepackaged goods; make informed decisions concerning diet and nutritional supplements; and ensure GF/CF eating when dining out. The workshop will also provide nutritious and tasty GF/CF foods samples prepared with children in mind by Feel Goods proprietor and gluten-free chef Nicole Lawrence.

“Many children with ASD are unable to properly digest wheat and dairy products; these proteins form peptides that produce opiate-like affects on the brain and body, altering the child’s behavior and wreaking havoc on the digestive system,” says Dr. Reynolds. “Eliminating gluten and casein products and adhering to a GF/CF lifestyle helps improve digestive and bowel issues,

speech and focus, as well as reduce self-stimulating behaviors such as hand flapping, spinning, rocking and other repetitive body movements.”

He adds, “Nicole and I are both gluten sensitive and follow a GF diet, so we are personally aware of how food intolerances/allergies can negatively impact the body and the challenges associated with a restricted dietary lifestyle. My goal is to educate parents on how bionutritional therapy can significantly affect behavior and provide them with the tools to prepare healthy and appealing GF/CF foods. Nutritious GF/CF food samples that children enjoy will be served and tips on how to maintain a GF/CF kitchen will be offered. A Q&A period will follow – we encourage attendees to come prepared with their questions. It promises to be a night that broadens the mind and pleases the palate.”

Space for the event is limited; Reservations required. Date: Monday, April 19, 2010, 7:30 pm @ Feel Goods Café, 412 No. Country Road, St. James, NY. Fee: \$20. Call New Life Chiropractic at 631 265 1223 to book your reservation.

About Dr. Brent Reynolds and New Life Chiropractic

Dr. W. Brent Reynolds is a board-certified Chiropractic Neurologist and nutritional specialist practicing for over 10 years. He is currently an adjunct professor of neurology and kinesiology at the New York College of Health Professions. A graduate of Parker College of Chiropractic, Dr. Reynolds has been featured in the Journal of the American Chiropractic Association and a major Washington D.C. newspaper for his work with special needs patients. Dr. Reynolds shares his private practice with his wife Dr. Keri Chiappino also a board-certified Chiropractic Neurologist and Defeat Autism Now! Practitioner. He can be reached at his practice New Life Chiropractic in Smithtown, Long Island at 631 265-1223; www.newlifechiropractic.com.

About Feel Goods Cafe

Located in St. James, Long Island, FeelGoods Cafe is an all natural, nutrition-focused cafe with creative, delicious food for kids, health-focused people, health-food skeptics, vegetarians, vegans, gluten-intolerant people, and everyone in-between. Contact owners Nicole Lawrence and Kathy Gerdes at 631-390-8545; or visit them on the web at www.feelgoodscafe.com or on facebook <http://www.facebook.com/pages/Saint-James-NY/FeelGoods-Cafe/102291173304>.