



Alternative Science Technology Research Organization

ASTRO
TAS

Natural Health - Alternative Energy

FOOD FOR THOUGHT

WITH ANITA ROSSITER

BSc. BAPPSc.

Anita who is studying post grad nutrition, shares her family's journey from white foods to whole foods and how diet can change the presentation of a child with autism.

- * Why our current diet is inflammatory to the brain
- * Exploring the mind gut connection in autism
- * Where to begin with dietary change



Sat 19th April

**2-5pm Community Learning Centre
Penguin Primary School**

Entry \$5.00 members \$7 others includes membership and

☺ Afternoon Tea ☺

astrotas.wordpress.com

ASTRO TAS is a community non-profit organisation