

04. Autism, A Mums Approach - Cara Comini

Autism: A Mums Perspective

Autism affects 1 in 68 children in the United States and 1 in 100 children in Australia. Unfortunately the numbers are growing not decreasing.

With up to 1.5 million people affected in the United States and 230,000 affected in Australia the need for information, that families can use about how to manage the life long condition is extreme.

Today's guest is Cara Comini, a mum who lives in Montana USA with her three children. They enjoy the sunshine, swimming, fun day trips, with food packed to bring along and hanging out with family.

Can Autism be supported by a change in diet?

Cara has a background in the medical field when she worked as a nurses aid and studied to achieve a degree as an associate of science so she could better decipher what are statistically significant studies and what is nutritional propaganda in order to support her son who was born with Autism.

Cara believes that natural sustainably produced and traditionally prepared food is designed by god to be best for earth and people alike.



Cara's passion is to encourage the average family that eating real wholesome foods is something that is a priority in our lives and can realistically be done in any family.

As a result Cara has researched and published a number of books that contain healthy recipes to support health and well being, and are easy to use and follow.

You can check out Cara's website at <https://www.healthhomeandhappiness.com> where you will find tips, recipes and, a whole lot more information on how she made the small changes to support her son and the rest of the family to be healthier and manage Autism.

Learn how others are using food to help manage and recover from other medical conditions by listening to [episode 15.](#)