About Julie Matthews

Julie Matthews is an internationally respected autism diet and nutrition specialist. As a Certified Nutrition Consultant, Julie provides diet and nutrition intervention guidance backed by extensive scientific research and applied clinical experience. She has been a Defeat Autism Now! Practitioner for nine years and has helped thousands of children worldwide through her public education programs, conferences sessions, private consultations, her blog, web site and Facebook group. Julie is on the nutrition faculty at DAN!, serves on the scientific advisory panel of The Autism File. and is an honored member of the National Association of Nutrition Professionals (NANP).

Julie is author of "Nourishing Hope for Autism," an award-winning parent and clinicians guide to the fundamentals of autism nutrition, dietary implementation and supplementation. Julie is also the creator of Cooking to Heal™, an autism education and cooking class program that provides public education in cities across the country as well as in-home resources for parents who cannot attend events and would like support as they are implementing diet from home. Julie presents at the leading autism conferences in the US and abroad, hosts multiple radio programs, writes for autism publications, and teaches Cooking to Heal™ autism cooking classes. She supports parents, nutritionists, and physicians worldwide from her private practice in San Francisco. She provides nutritionist training through her private practice and through programs provided by Autism Research Institute throughout the year. Julie is a graduate of Bauman College and University of California, Davis. She has worked in the field of nutrition for over a decade.

Website: www.nourishinghope.com