



## Winter Newsletter 2017

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*Love Serving Autism is a 501(c)(3) nonprofit organization that Provides a Specialized Therapeutic Program Focusing on Tennis, Communication and Life Skills for Children and Adults with Autism Spectrum Disorders and Developmental Disabilities. [www.loveservingautism.org](http://www.loveservingautism.org)*

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## Happy Holidays from LSA!

We want to wish you and your family a very happy holiday! The 2017 programs will finish in December with the 2018 programs beginning in January. Sign your child up now to help enhance their physical, social, and developmental skills. We have already seen such amazing growth with the children throughout the sessions and are excited for what 2018 will bring. New adult programs opening in 2018!



## Upcoming Tennis Programs

### Els for Autism

**Start Date: January 22, 2018**  
18370 Limestone Creed Road  
Jupiter, FL 33458  
Phone: [561.598.6200](tel:561.598.6200)  
<http://www.elsforautism.org/>

### Palm Beach Gardens

#### Adult Program

**Start Date: January 18, 2018**  
Gardens Tennis Center  
[5110 117th Court North](#)  
[Palm Beach Gardens, FL 33418](#)  
Phone: [561.775.8227](tel:561.775.8227)  
<http://www.pbgfl.com/>

### Boca Raton Adult

### Palm Beach School for Autism

**Start Date: January 16, 2018**  
[8480 Lantana Rd.](#)  
[Lake Worth, FL 33467](#)  
Phone: [561.533.9917](tel:561.533.9917)  
[www.pbsfa.org](http://www.pbsfa.org)

### Palm Beach Gardens

#### Kids Program

**Start Date: January 13, 2018**  
Gardens Tennis Center  
[5110 117th Court North](#)  
[Palm Beach Gardens, FL 33418](#)  
Phone: [561.775.8227](tel:561.775.8227)  
<http://www.pbgfl.com/>

## Program

Start Date: January 20, 2018  
Patch Reef Park  
[2000 Yamato Road](#)  
[Boca Raton, FL 33431](#)  
Phone: [561.367.7035](tel:561.367.7035)  
<http://www.patchreefpark.org/tennis>

## West Palm Beach

Start Date: January 13, 2018  
South Olive Tennis Center  
[345 Summa St](#)  
[West Palm Beach, FL 33405](#)  
Phone: [561.762.3047](tel:561.762.3047)  
<http://www.southlivetennis.com/>

## Boca Raton Kids

### Program

Start Date: January 20th, 2018  
Patch Reef Park  
[2000 Yamato Road](#)  
[Boca Raton, FL 33431](#)  
Phone: [561.367.7035](tel:561.367.7035)  
<http://www.patchreefpark.org/tennis>

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## Upcoming Events

### Tropical Smoothie Fundraiser

December 16, 2017

8am-8pm

Palm Beach Gardens, FL

### Delray Open LSA Kids Event

February 22, 2018

5pm-8pm

Delray Beach, FL

### Autism Speaks Walk

March 4, 2018

9am

West Palm Beach, FL

### Delaire Country Club Tennis & Luncheon Fundraiser

April 21, 2018

10am-2pm

Delray Beach, FL

### Kid's Carnival Boca Raton

April 28, 2018

10am-5pm

Boca Raton, FL

<https://kids carnival bocaraton.org/>

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## Fall 2017 Events

### United States Professional Tennis Association/District Training

November 8, 2017

Ibis Country Club



West Palm Beach, FL



**Max's Grille Fundraiser**  
**November 16, 2017**  
**Max's Grille Restaurant**  
**Boca Raton, FL**

**Giving Tuesday**  
**November 28, 2017**  
**California Pizza Kitchen**  
**Restaurant**  
**Palm Beach Gardens, FL**



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## In The News...

### *Food for Thought*

*By: Donna Haybarger, HHC, AADP*

Autism rates are skyrocketing according to the Centers for Disease Control and Prevention. What is causing this rise? Is it from growing awareness of autism, changes to the condition's diagnostic criteria, or is it the surge in chemicals in our air, household products and foods? The number of chemicals linked to autism and other disorders doubled in the past 7 years according to research published in *The Lancet Neurology*.

In our foods, chemicals such as pesticides, herbicides, fertilizers, artificial colors and flavors can increase the risk of disease. Children are more vulnerable to the toxic effects of

flavors can increase the risk of disease. Children are more vulnerable to the toxic effects of these chemicals. Studies show these chemicals may contribute to the prevalence of many diseases including autism.

Eliminating these toxins from the body and healing the gut through dietary changes has shown to have great results. Research now validates what some already know: that many with autism also have gastrointestinal issues like leaky gut syndrome. The connection between digestion and brain function is critically important. Compromised digestion can cause nutrient deficiencies and impaired cellular function, which manifests as poor brain function and immune system deficiencies. If a child continues to poison their body with foods they cannot process, it becomes extremely difficult to recover.

Those on the spectrum are typically very finicky with their food choices, consuming a diet of starchy and sweet foods known as the “white diet”. They get trapped in a vicious cycle of craving the very foods that harm them. Since our bodies crave the foods that we eat most, it is important to start introducing the foods that can heal the gut and overtime the healthy foods will become desired.

By incorporating highly nutritional whole foods in the diet, it will naturally start crowding out the problematic foods like, sugars, gluten, casein and processed foods. These highly nutritional foods include dark leafy green and root vegetables, such as collard and mustard greens, kale, broccoli, onions, parsnips, winter squash and potatoes. Four gluten-free grains: quinoa, millet, amaranth and buckwheat, all of which are high in vegetable proteins, are good choices as well as organic, unrefined, virgin oils and fats: coconut, flaxseed, macadamia nut, olive and pumpkinseed oil and selected fruits: berries, grapefruit, kiwi, green apples and pineapples, eaten with at least four ounces of coconut kefir.

Incorporating fermented foods and probiotic beverages is also very beneficial. A small amount goes a long way to restore the good bacteria in the gut. It will change how the food you eat is digested and how nutrients are absorbed. The sour taste of these foods and beverages will slowly diminish the cravings for sweets.

*Let food be thy medicine and medicine be thy food.* — Hippocrates, father of medicine, 431 B.C.

For more information on this topic contact Donna:

[www.way2wellness.com](http://www.way2wellness.com)

Phone: [888-659-6604](tel:888-659-6604)

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## *The Benefits of Physical Activity and Sports for Individuals with an Autism Spectrum Disorder*

*By: Jeannie Lozowski, Division 1 Collegiate Athlete*

Most forms of autism therapy come from programs that aim to develop communication, cognitive, and social skills. A majority of these skills are taught in a classroom setting where students can engage with teachers and other ASD students. Although this treatment is necessary, there is one form of therapy that is most neglected among individuals with autism: physical activity.

Physical activity provides the same components as classroom style autism treatments such as communication and cognitive skills as well as sensory processing. However, physical activity may also provide; increased motor skills, better cardiovascular health, and more controlled mechanisms such as body rocking, arm flapping, and head-nodding. Aside from these benefits, implementing a fitness program as a part of your therapy regimen promotes higher self-esteem and increased happiness.

The rates of childhood obesity have been on the rise since the 1960's. Individuals with ASD are twice as likely to be overweight and about five times as likely to be obese

compared to their peers. Lack of physical activity and being overweight can lead to joint pain, limited motor functioning, low motivation in terms of physical activity, and even increased chance for diabetes. To combat these negative encounters, the US Centers for Disease Control and Prevention recommend 60 min of daily exercise.

From my experience, fitness is all about finding what works for the individual. Partaking in physical activity should be enjoyable. Some people may enjoy playing sports and being competitive while others may enjoy games and activities such as tag or dancing. Growing up, I was a very competitive kid, but I was not an avid team sport person. I found that my niche was tennis. Tennis kept me active, engaged, and brought me a lot of my closest friends. The sport has taught me so many life lessons and made me learn a lot about myself as an individual. Aside from tennis, I enjoy going to the gym and lifting weights on my own. Lifting and tennis go hand in hand; increasing my strength off court helped me increase my confidence on court.

Physical activity as a whole causes the body to release chemicals known as endorphins. Endorphins interact with the brains receptors that reduce your perception of pain. This process promotes a positive feeling in the body and overall can increase happiness. Having elevated levels of positive emotion in individuals with ASD leads to increased cognitive functioning, increased social skills, decreases in challenging behaviors, and less need of moral support.

In conclusion, physical activity is a beneficial form of therapy for autism. Aside from increasing motor skills, it promotes happiness and improved cardiovascular health. Many if not all research studies are in favor of individuals with autism engaging in physical activity. Finding a fitness program that works for you is a necessary aspect of an ASD treatment option.

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## Become a volunteer today!

The program volunteers not only help motivate the students to build positive relationships with their peers, but also gain an invaluable experience. Your knowledge and awareness of children with Autism Spectrum Disorders can greatly benefit the community and be very self-rewarding. Sign up today by clicking [here](#).

## LIKE US ON [FACEBOOK](#)

Please visit our website for more information, registration, donations, volunteer and sponsorship information!





**DONATE TODAY**

Your generous donations and contributions will go directly to funding current and new RALLY programs at charter and public autism schools, tennis facilities and community centers throughout the Florida region. All donations are tax deductible.



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