



MILLION MOM MOVEMENT

Our intention is to raise awareness and change the standard American diet. We aim to help people move from a demineralized and overly processed diet to one that is rich in pure whole foods. An Organic, plant-based lifestyle benefits the health of the consumer and the earth. By divesting from the foods that are potentially harming our health and investing into nourishing superfoods we can optimize our health and leave the planet better than we found it.

All that we consume on a daily basis, directly determines our mood, energy and quality of life. How we feel and function affects not only ourselves but also our family, friends, community and the world around us. Purium has been providing high quality, farm to family nutrition for over 25 years. By purchasing Purium products, you are voting for non-GMO, Organic, fair trade, sustainable agriculture practices, and advanced compostable packaging.

The modern chemical agriculture industry is not only harmful to the people consuming these products, but to the soil, water ways and other living creatures affected by these toxins. America is the most severely overfed and undernourished society on the planet and we offer a holistic solution that is fast, affordable, shelf stable and convenient.

10 POINT QUALITY COMMITMENT

- ✓ Certified Organic Farmers
- ✓ Regenerative Farming Practices
- ✓ Synergistically Combined Formulas
- ✓ On-site Microbiology Department
- ✓ Ingredient Identification Testing
- ✓ Allergen Program / Gluten Testing
- ✓ OK Certified Kosher
- ✓ QAI Certified Organic
- ✓ GMP FDA Registered Facility
- ✓ 60-Day Money Back Guarantee

10 POINT PURITY COMMITMENT

- ✓ No Artificial Colors
- ✓ No Artificial Flavors
- ✓ No Artificial Sweeteners
- ✓ No Synthetic Vitamins
- ✓ No Binders
- ✓ No Fillers
- ✓ No GMO's
- ✓ No Pesticides
- ✓ No Herbicides
- ✓ Plastic Free Packaging

Disclaimer: Information Advisory

While our community aims to provide valuable insights, it is essential to recognize that the information presented here is not intended as a substitute for professional medical advice. Always consult with your doctor or healthcare provider to address specific health concerns or if there is a discrepancy between the recommendations provided here and your healthcare professional's opinion.

Autism Awareness! Let us celebrate the diverse experiences of individuals on the autism spectrum and strive to foster greater understanding and support.

As we delve into this lesser-known dimension of care, let's explore how a mindful approach to nutrition can make a world of difference in the lives of individuals on the spectrum.

For many individuals on the spectrum, navigating dietary choices can be challenging due to sensory sensitivities, selective eating habits, or digestive issues. However, understanding the impact of nutrition on overall health and well-being is paramount.

Research suggests that certain dietary interventions can positively influence behavior, cognition, and physical health in individuals with ASD. One key consideration is the gut-brain connection. Emerging studies indicate a significant correlation between gut health and neurological function, suggesting that the microbiome may play a crucial role in the development and management of ASD symptoms. As such, adopting a gut-friendly diet rich in probiotics, prebiotics, and fiber can potentially alleviate gastrointestinal discomfort and improve overall mood and behavior.



Paying attention to nutrient density is essential as well. Many individuals with ASD have dietary preferences that lean towards processed foods high in sugar, artificial additives, and allergens, which can exacerbate symptoms and impair cognitive function. By prioritizing whole, nutrient-dense foods such as fruits, vegetables, lean proteins, and healthy fats, we can provide the essential vitamins and minerals necessary for optimal brain function and physical health.

Individualized approaches are key when it comes to nutrition for autism. What works for one person may not work for another, so it's essential to listen to the individual's needs and preferences. Additionally, promoting food acceptance and expanding food repertoires through gradual exposure and positive reinforcement can help broaden dietary choices and ensure adequate nutrition. Incorporating familiar foods alongside new or challenging options in a supportive environment can encourage experimentation and reduce mealtime stress.

Mealtime routines can also significantly impact nutritional intake and overall well-being. Establishing predictable meal schedules, creating visually structured meals, and minimizing distractions can help individuals with ASD feel more comfortable and engaged during mealtimes, fostering a positive eating experience.



As we strive to support individuals on the autism spectrum, let's not overlook the transformative power of nutrition. By recognizing the importance of dietary interventions tailored to individual needs, we can empower individuals with ASD to thrive and lead fulfilling lives.