
THE NEURODIVERSE FOUNDATION

Fuel, Rest, and Regulation

How Diet, Sleep, and Nervous-System Care Can Help People Living with Neurodivergence

*A research review and personal testimony by Valentina Geovanna
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PLEASE READ FIRST — A DISCLAIMER

Everything in this paper is a combination of published research and my own personal experience. The two are clearly labeled throughout: sections written in a clinical, neutral voice summarize **what the research says**, and the tinted boxes marked **“My Experience”** are my own story in my own words.

I am not a doctor, and this is not medical advice. What worked for me may not work for you — every body, nervous system, and history is different. Please do not start, stop, or change any medication, supplement, diet, or treatment based on this paper without talking to a qualified healthcare professional who knows you. I share all of this for one reason: on the chance that it helps even one person feel a little less alone, or gives them a question worth asking their own doctor.

A Note Before We Begin: My Story

My name is Valentina Geovanna. I'm 21 years old and a living testimony that healing is real. I carried labels that tried to define me — AuDHD, CPTSD, OCD, anxiety, depression, PCOS, anemia — but those words never fully captured what I lived through or who I truly am. Those diagnoses were the gateway to finally understanding myself, and I couldn't be more grateful for them. Still, for a long time I battled the idea that I simply had to live with the effects of a lifetime of my cries for help never being heard.

During my formative teenage years I endured physical, emotional, verbal, and psychological abuse that slowly distorted my sense of self and reality. Because I looked “put together” on the outside, my pain was dismissed. I was told I was dramatic, that I wanted attention, that I lacked accountability when I tried to explain. Over time I internalized those voices until they became my own. By the end of years of psychological abuse, I broke in a way I didn't know was possible. I went completely mute — unable to even ask my professors questions in lectures. I wasn't sleeping or eating for months. My grades dropped as my cognitive function declined. I lost my scholarship to the school I had worked so hard to get into, and I had to drop out.

My hyper-vigilance became so extreme that I was in a state of psychosis for months without realizing it. I lost my voice, my identity, and any sense of safety in the world. I couldn't leave the house without headphones because my auditory processing made everyday sound unbearable. My nervous system was so dysregulated that I had frequent meltdowns, isolated myself for over a year, and genuinely believed the world would be lighter without me in it. What I now understand as systems thinking and deep sensitivity had been weaponized against me — turned into evidence that I was “too much,” “too emotional,” “too intense.” So I learned to shrink myself to survive.

This paper exists because of what happened next. Slowly, and then all at once, I started treating my body and nervous system as things that deserved care rather than punishment. I changed how I ate, how I slept, and how I regulated. It was not a single fix — it was dozens of small, deliberate choices layered on top of each other until, one day, I realized the ground under me had stopped shaking. Today I can operate alongside my peers — with accommodations and their understanding — and I no longer live with the constant, crushing anxiety, depression, mood swings, and meltdowns that once defined my days. I feel like a fully functional person for the first time in my life.

MY EXPERIENCE

I want to be honest about something: without the changes to my diet and lifestyle, I don't believe I ever would have healed in the ways I have. Therapy, understanding, and time all mattered — but my brain and body physically could not regulate until I started giving them what they actually needed. You cannot think your way out of a nervous system that is starving, exhausted, and unsafe.

Being this strict with my lifestyle might look like overkill to some people. That's okay. For me, it's the difference between surviving and living. This structure is what finally gave me a life worth living, and that's exactly why I want to share it.

Why Fuel, Rest, and Regulation Matter for Neurodivergent Brains

Autism and ADHD are neurodevelopmental differences, not diseases to be cured. Nothing in this paper is about “fixing” a neurodivergent brain. Instead, it's about a quieter and very well-supported idea: neurodivergent people carry a higher burden of treatable, physical conditions — and those conditions are easy to miss because they hide behind communication and sensory differences. When we support the body's foundational systems, we often see changes not just in behavior, but in energy, regulation, connection, and joy.

The research backs up how common these overlapping challenges are. Clinically significant sleep problems affect over 80% of autistic children — two to three times the rate in the general population [23]. A substantial subgroup of autistic people show reduced vagal (parasympathetic) tone on heart-rate-variability testing, pointing to a chronic “hyper-arousal” state of the nervous system [19]. Gastrointestinal symptoms affect roughly half of autistic children [3]. Atypical auditory processing — the exact thing that once made me unable to leave home without headphones — is documented across behavioral and neurological studies [22]. And autistic people experience trauma and adverse childhood events at higher rates, while that trauma is more likely to be overlooked [27]. On the biological side, postmortem and imaging studies even find signs of low-grade neuroinflammation in autistic brains [28] — a reminder that what we experience as “mood” or “behavior” often has a physical layer underneath it.

None of this means diet or lifestyle “causes” or “treats” autism. It means the nervous system runs on physical inputs — food, sleep, light, movement, safety — and when those inputs are wrong or missing, a sensitive brain feels it first and feels it hardest. There is a useful concept from trauma therapy called the **window of tolerance**: the zone in which a person can handle life's ups and downs and still stay regulated. For many neurodivergent and traumatized people, that window is narrow — we tip into overwhelm (or shutdown) far more easily. Almost everything in this paper is really about the same goal: *widening the window*, so that the same stressor that once caused a meltdown becomes something the body can ride out. Think of it like this:

THE CORE IDEA

Food is to the body what gasoline is to a car. Put in the wrong fuel, or run on empty, and even the finest engine sputters. A neurodivergent nervous system is often a high-performance engine — powerful, sensitive, and very particular about what it runs on. Give it the right fuel, rest, and conditions, and it can do remarkable things.

The rest of this paper walks through the three areas that changed my life — **diet, sleep, and nervous-system regulation** — pairing the published research with the specific things I do. Where the science is strong, I'll say so. Where it's promising but still uncertain, I'll say that too, because you deserve the honest version rather than a sales pitch.

Part One — Diet: Fueling the Brain

The gut–brain connection

The gut and brain are in constant conversation through what researchers call the gut–brain axis — a two-way network of nerves (especially the vagus nerve), immune signals, and chemical messengers made by gut bacteria. One fact captures how deep this link runs: over 90% of the body’s serotonin — the neurotransmitter most associated with mood — is made in the gut, not the brain [31]. Gut serotonin doesn’t cross into the brain directly, but the microbes and cells that produce it also regulate **tryptophan**, the raw material the brain itself uses to make serotonin [31]. Gut bacteria also ferment fiber into **short-chain fatty acids** like butyrate, which help calm inflammation and support the gut lining. When the microbial community is out of balance, this whole signaling system can be thrown off.

Multiple systematic reviews confirm that the composition of gut bacteria in autistic people differs measurably from non-autistic peers [3], and that gut-directed interventions can improve gastrointestinal symptoms [4]. The most striking data come from an intensive study of Microbiota Transfer Therapy by Kang and colleagues, which reported large improvements in both GI and behavioral measures that were still present two years later [1, 2]. That study was small and had no placebo group, so it isn’t proof — but it points to how deeply gut health and daily functioning can be intertwined. Everyday supports like fiber, fermented foods, and a wide diversity of whole plants are low-risk ways to encourage a healthier, more resilient microbiome.

Digestive insufficiency: when food isn’t broken down

There is also concrete evidence for digestive insufficiency. Endoscopic studies found reduced activity of carbohydrate-digesting enzymes in a majority of autistic children sampled, and those children reliably had loose stools and gassiness [5]. This matters for two reasons. First, chronic GI discomfort is miserable in its own right, and it’s often invisible in someone who can’t easily describe internal sensations. Second, if food isn’t being properly broken down and absorbed, the body may not be getting the amino acids, fats, and micronutrients the brain depends on — even when the diet on paper looks adequate. GI symptoms in neurodivergent people are real and physical, not something to dismiss as “just behavior.”

Protein, amino acids, and steady blood sugar

Protein does two jobs that matter enormously for a sensitive brain. First, the amino acids in protein are the literal building blocks of neurotransmitters — tryptophan becomes serotonin, tyrosine becomes dopamine and noradrenaline. Without enough of these raw materials, the brain’s chemistry has less to work with. Second, protein slows the release of sugar into the bloodstream, which keeps blood glucose steady. This is not a minor detail: research links rapid blood-sugar swings to irritability, anxiety, and emotional volatility in both diabetic and otherwise-healthy people, because when glucose drops too fast the body releases stress hormones like adrenaline and cortisol [33]. For anyone who already lives close to the edge of their window of tolerance, a blood-sugar crash can be the difference between a manageable afternoon and a meltdown.

This is why a plate built around protein, healthy fat, and fiber — with slower carbohydrates rather than sugar spikes — tends to produce a calmer, more even mood than one built around refined carbs alone. It's not about cutting carbs; it's about pairing them so the ride stays smooth.

The fats the brain runs on: omega-3 and DHA

The brain is roughly 60% fat by dry weight, and the type of fat matters. The omega-3 fatty acids **EPA and DHA** — found in oily fish like sardines and salmon — are essential for building neuronal membranes and for keeping inflammation in check. Studies consistently find that children with autism and ADHD tend to have lower omega-3 levels and a higher omega-6-to-omega-3 ratio than their peers, with lower levels linked to greater symptom severity [29]. Reviews suggest omega-3 supplementation may modestly improve cognition, hyperactivity, and emotional regulation, though the results are genuinely mixed and the trials are small — so this is “promising and low-risk,” not “proven cure” [29]. Getting these fats from food, as part of an overall higher-fat diet, is a sound foundation regardless.

Cholesterol, fat, and the brain

This is the part I most want people to understand, because it nearly derailed me. The brain is one of the fattiest, most cholesterol-rich organs in the body — it holds roughly a quarter of all the cholesterol we have [6]. Cholesterol is not a villain there; it is essential. It is the raw material of myelin, the fatty sheath that insulates our nerves so signals travel quickly, and in the central nervous system cholesterol makes up the majority of the lipids in that myelin [7]. It is also required for building and strengthening the synapses where brain cells communicate [6]. The brain cares so much about cholesterol that it manufactures its own supply locally, largely sealed off from the cholesterol in our bloodstream by the blood–brain barrier [6].

Here is where nuance matters, and where I want to be responsible rather than absolute. Nutrition science on saturated fat has genuinely become more layered than the old “all saturated fat is bad” message. Researchers now emphasize that the *source* of saturated fat matters, and that lean and processed cuts of red meat differ in their effects [9]. At the same time, persistently elevated LDL cholesterol in the blood remains a recognized cardiovascular risk factor, and mainstream guidance still links high saturated-fat intake with raised LDL [8]. Both things can be true: your brain needs cholesterol and fat to function, *and* your heart's long-term cholesterol numbers are worth watching with a doctor. This is exactly the kind of decision to make with a professional who knows your full history — not from any single paper, including this one.

MY EXPERIENCE

Recently I went to the doctor and was told I had high cholesterol, and that I should stop eating red meat and full-fat dairy. But those foods are the fuel my body actually needs. My brain and nervous system run on cholesterol and fat — that’s not fringe belief, it’s basic neuroscience — and cutting them out is part of what left me depleted in the first place. Food to us is like gasoline to a car. When we’re misinformed about what the proper diet even *is*, the effects can be detrimental.

So I made an informed choice for *my* body: I kept the fats and full-fat dairy that make me feel human, and I focus on the *quality* of what I eat. I’m not telling anyone to ignore their doctor — I’m saying I’ve learned to ask better questions and to understand the “why” behind the numbers before I let someone take away the fuel my brain depends on.

Hydration, electrolytes, and alcohol

Two more inputs quietly shape how regulated a nervous system feels. The first is **hydration**. Water alone isn’t the whole story — the body needs electrolytes (sodium, potassium, magnesium) to actually use that water and to conduct the electrical signals nerves and muscles depend on. Chronic mild dehydration can show up as fatigue, brain fog, and irritability. The second is **alcohol**, which disrupts sleep architecture, depletes nutrients, and destabilizes mood in the days after — a steep price for a nervous system that is already working hard to stay balanced.

MY EXPERIENCE

Here’s how all of this shows up on my actual plate. I build meals around **high protein, high healthy fats, moderate carbs, and a lot of fruit and vegetables**. For my microbiome I lean on **kombucha** (fermented, full of live cultures) and **sardines** (which double as an omega-3 brain food). I eat “brain foods” on purpose, keep **alcohol** to a minimum, and add **electrolytes to all my water** so I’m actually hydrated and not running my nervous system on fumes.

When my gut is happy and I’m properly fueled and hydrated, my brain is noticeably calmer. Food used to be one of the first places my dysregulation showed up — now it’s one of the first places I feel steady.

Part Two — Sleep: Where the Nervous System Repairs

If I could convince a neurodivergent person to change only one thing, it would be sleep. During deep sleep the brain consolidates memory, regulates emotion, balances hormones, and clears metabolic waste. Sleep problems are extraordinarily common in autism and ADHD, and they don't stay contained to the night — poor sleep quietly worsens mood, attention, sensory tolerance, and the ability to regulate the next day [23]. The cruel part is that a dysregulated nervous system also makes sleep *harder*, creating a loop. The good news is that sleep is one of the most fixable things on this entire list. Here are the specific tools that turned my nights around, and what the research says about each.

Deep pressure: weighted blankets and masks

Deep, even pressure appears to calm the nervous system — the same principle behind a firm hug or being swaddled as an infant. Gentle sustained pressure is thought to nudge the body toward parasympathetic “rest and digest” activity. The evidence for weighted blankets has grown notably: a randomized controlled trial found that people using a weighted blanket were dramatically more likely to see a major reduction in insomnia severity — and to reach remission — than those using a light blanket, along with less fatigue, depression, and anxiety [10]. A 2024 pilot RCT similarly found better sleep quality, and lower stress and anxiety, after a month of use [11], and a systematic review and meta-analysis concluded weighted blankets show real promise for anxiety and sleep, while noting more research is still needed [12].

MY EXPERIENCE

A **weighted blanket** and a **weighted sleep mask** were genuinely life-changing for me. The pressure tells my body it's safe in a way words never could. The mask blocks light and adds gentle weight over my eyes, and together they shift me out of that hyper-vigilant, “on guard” state and into something that finally feels like rest. For a body that spent years braced for threat, being physically held by weight is the closest thing to being told “you're okay now.”

Magnesium at night

Magnesium is involved in hundreds of processes, including regulating the nervous system and the stress response. A 2024 systematic review found that most studies reported improved sleep and reduced anxiety with supplementation — especially in people who were low in magnesium to begin with [13]. The authors are careful to note the trials are small and more rigorous research is needed, but they highlight magnesium's low-risk profile as a reasonable option. Not all forms are equal: magnesium glycinate and threonate are commonly chosen for calm and sleep, while some other forms are used more for digestion — another good thing to talk through with a pharmacist or doctor.

MY EXPERIENCE

I take **magnesium at night**, and it's become a non-negotiable part of my wind-down. It takes the edge off the physical restlessness that used to keep me wired long after I wanted to be asleep.

Protecting melatonin: no screens before bed

The blue-enriched light from phones and screens is read by the eye as daytime. Specialized light-sensing cells in the retina signal the brain's master clock to suppress melatonin, the hormone that ushers in sleep, which pushes the whole circadian rhythm later and delays sleep onset [14]. Interestingly, the research on blue-light-blocking glasses is mixed and inconclusive [15] — which suggests the more reliable move isn't a gadget to filter the light, but simply reducing screen exposure before bed in the first place. The content on the screen matters too: an activating video or stressful message keeps the mind aroused no matter what the light is doing.

MY EXPERIENCE

I cut **screen time before bed** completely. No scrolling, no bright screens in the last stretch of my evening. It was hard at first, but the difference in how quickly and deeply I fall asleep made it easy to keep. My evenings got quieter, and so did my mind.

Anchoring the circadian rhythm: morning light

Light is the master signal for the body's internal clock. Morning light does two useful things at once: the transition from dim to bright light in the early morning triggers an immediate, healthy rise in cortisol — the alerting hormone that helps you feel awake and focused [16, 17] — and it anchors the timing of that night's melatonin release, helping you feel sleepy at the right time. In other words, morning light and night-time sleepiness are two ends of the same string. Large-scale data also link brighter days and darker nights to better mood and lower risk of depression and anxiety [26]. How you handle the first minutes of your morning shapes both your focus that day and your sleep that night.

MY EXPERIENCE

Two morning habits changed everything for me. First, I get **sunlight within 10 minutes of waking** to set my circadian rhythm — even a few minutes outside or by a bright window. Second, I protect the **first hour after waking**: no phone, no high-stimulation input, nothing overwhelming. That quiet buffer does more for my concentration and calm for the entire rest of the day than almost anything else. Starting the day gently instead of flooding my nervous system with noise means I'm regulated *before* the world even asks anything of me.

The sleep environment: dark, cool, and consistent

Beyond specific tools, the conditions of the room matter. A cool temperature supports the natural dip in core body temperature that accompanies falling asleep; full darkness protects melatonin through the night; and — often most powerful of all — a consistent sleep and wake time trains the circadian clock so the body knows when to release its sleep and wake hormones. For a sensitive system, predictability itself is regulating. Going to bed and waking at roughly the same time, even on weekends, is unglamorous but quietly transformative.

Part Three — Regulating the Nervous System

Many neurodivergent people live in a chronically activated state. Heart-rate-variability research shows that a large share of autistic people have reduced parasympathetic (vagal) tone — the “rest and digest” branch of the nervous system that’s supposed to bring us back down after stress [19]. When that brake is weak, everyday life feels like constant hyper-arousal, and small stressors can tip into meltdown. This is the narrow window of tolerance again, seen from the inside. The encouraging news is that vagal tone is both measurable and, to some degree, trainable: early research suggests practices that raise parasympathetic activity can support emotion regulation [20]. Below are the regulation practices I rely on, and the science behind them.

Breathwork: the fastest lever we have

Of all the tools here, breathing is the one you carry everywhere. Slow, nasal, diaphragmatic breathing — especially at around six breaths per minute, with a longer exhale — reliably shifts the balance toward the vagus nerve. A systematic review and meta-analysis found that voluntary slow breathing meaningfully increases heart-rate variability and vagal activity [30]. The mechanism is elegant: a slow exhale activates the baroreflex and signals the heart to slow, which the brain reads as “we are safe.” It is free, immediate, and one of the only ways to consciously reach an otherwise automatic system.

Stillness, water, and warmth

Slow, low-stimulation practices — warm baths, quiet, gentle breathing — are classic ways to nudge the body toward that parasympathetic state. Warmth encourages the muscle relaxation and blood-vessel changes that accompany calm; silence removes the sensory load that keeps an overwhelmed system on alert. These are low-risk, accessible, and for sensitive nervous systems they can be the difference between spiraling and settling.

MY EXPERIENCE

I take **regular baths** and I deliberately **sit alone in silence**. As someone with auditory processing issues, silence isn’t boredom for me — it’s medicine. It gives my overloaded senses room to reset. I also **journal**, which gets the loops out of my head and onto paper where I can actually see and soothe them. Naming a feeling on the page shrinks it down to a size I can hold.

Movement and the body

Exercise is one of the best-evidenced mental-health tools we have. Physical activity raises **BDNF**, a protein that supports neuroplasticity and healthy brain connectivity, and it stimulates dopamine and serotonin — the very chemistry involved in mood and attention [32]. In neurodivergent populations specifically, reviews find that regular exercise reduces anxiety and depression and improves emotional regulation, and aerobic activity may even calm an over-reactive amygdala, the brain’s fear center [32]. Movement also discharges the physical energy of a stress response that would otherwise stay stuck in the body. It doesn’t have to be a gym; walking, dancing, and play all count.

Sound as a tool: calming frequencies

Sound cuts both ways for sensitive people — it can overwhelm, but it can also regulate. Research on binaural and related beats is genuinely promising for anxiety: a meta-analysis found a medium-to-large effect on anxiety reduction, and pooled surgical studies found meaningful drops in anxiety compared to control audio [21]. The evidence isn't unanimous — some studies find no effect — so it's best thought of as a low-risk tool that helps many people rather than a guaranteed fix.

MY EXPERIENCE

I listen to **anxiety-relieving frequencies**, and they help me down-shift when I feel activation building. For a brain that's so sensitive to sound, having sound I can use *on purpose* — to calm instead of to flood — feels like reclaiming something that used to hurt me.

Auditory processing and the headphones I no longer need

Atypical auditory processing is one of the most documented sensory differences in autism, from altered brain responses to sound, to real difficulty filtering background noise, to heightened loudness sensitivity [21, 22]. This isn't "being dramatic" about noise — it's a measurable difference in how the brain handles sound. Environmental supports (reducing background noise, noise-reducing headphones, remote microphones in classrooms) are practical and genuinely helpful, and they are accommodations anyone has the right to ask for.

MY EXPERIENCE

There was a time I **couldn't leave the house without headphones** — the world was simply too loud for my brain to filter. As my nervous system came back online through everything in this paper, that changed. I still honor my sensitivity and use supports when I need them, but I'm no longer *trapped* by sound the way I once was. That freedom came from regulating the whole system, not from forcing myself to tolerate more.

Hormones and the cycle: PMDD and histamine

For those of us who menstruate, hormones add another layer. Premenstrual dysphoric disorder (PMDD) is a severe, cyclical mood condition understood largely as a heightened sensitivity to the brain's normal response to hormone shifts — particularly involving allopregnanolone and the GABA system that governs calm [24]. Separately, an emerging (and still preliminary) line of thinking connects estrogen, histamine, and mast cells: estrogen can prompt histamine release and slow the enzyme that clears it, which may amplify symptoms like anxiety, mood swings, and migraines in the luteal phase for some people [25]. I want to be clear that the histamine-PMDD link is hypothesis-stage, drawn largely from clinical observation rather than large trials — but tracking symptoms across the cycle is low-risk and can be genuinely clarifying.

MY EXPERIENCE

I **follow my cycle** closely for both PMDD and histamine reasons. Knowing which phase I'm in tells me when to expect harder days, when to be gentler with myself, and when to adjust my food and routine. Naming the pattern took away so much of its power — instead of thinking “I'm falling apart for no reason,” I can think “this is the luteal phase, and it will pass.”

Sunlight: the free regulator

Sunlight is one of the most underrated tools available. Beyond setting the circadian clock, sun exposure cues the brain to raise serotonin, which is tied to calmer, more stable mood [26]. It also drives the skin's production of vitamin D — and, in a detail I love, that process literally starts by converting cholesterol in the skin into vitamin D, which in turn helps regulate serotonin in the brain [26]. (Yet another reason cholesterol is not the enemy.) A very large study of over 86,000 adults linked brighter daytime light and darker nights to better mood and lower risk of depression, anxiety, and PTSD [26]. It's free, and for many people it's remarkably effective.

MY EXPERIENCE

I **spend a lot of time in the sun**, on purpose. It's one of the simplest things I do and one of the most powerful. On the days I get real sunlight, I'm calmer, clearer, and more myself. It's free medicine, and I take my dose.

How to Start Without Overwhelming Yourself

Reading a list like this can feel like a mountain. It is not meant to be done all at once — I built it over time, one habit at a time, and plenty of days I fell short. If you're neurodivergent, the way you start matters as much as what you start, because shame and all-or-nothing thinking will sabotage the very regulation you're trying to build. A few gentle principles that helped me:

Start with the biggest lever. For most people that's sleep, because so much else improves downstream of it. Pick one sleep change — a consistent wake time, morning light, or no screens before bed — and let it become automatic before adding the next.

Track gently, not obsessively. Notice what actually changes for *you*. Your body is the real experiment; a paper can only point you toward questions worth testing. What regulates one nervous system can overstimulate another.

Layer, don't leap. These tools compound. A regulated body sleeps better; better sleep makes food choices easier; better fuel makes movement and regulation possible. Small consistent inputs beat dramatic overhauls that collapse in a week.

Keep your team. None of this replaces therapy, medication where it's needed, medical care, or the accommodations you have every right to. It works best *alongside* them. Bring the questions this paper raised — about cholesterol, sleep, your gut, your cycle — to someone qualified to help you decide what's right for your body.

Bringing It All Together

None of these things worked in isolation. Diet, sleep, and regulation are one system — the gut talks to the brain, sleep resets the nervous system, light anchors both, movement and breath widen the window, and a regulated body finally lets food and rest do their jobs. What looks like a long list of habits is really one commitment: treating my body as something that deserves the right fuel, real rest, and genuine safety.

I won't pretend any of this is a cure, or that it erases the reality of being neurodivergent in a world not built for us — nor would I want it to. I am still autistic, still ADHD, still deeply sensitive. But I am no longer at war with my own body. I believe the physical foundation matters far more than we're usually told, and that a sensitive nervous system, given what it actually needs, is capable of extraordinary healing. Mine was. Start with one thing. Be curious, not harsh, with yourself. And keep going.

THE HEART OF IT

I feel like a fully functional person for the first time in my life. Being strict with my lifestyle might be overkill to some — but it gave me a life worth living. If sharing it helps even one person feel less alone or ask one better question, then every word here was worth writing. — Valentina

The Neurodiverse Foundation — spreading awareness of how diet, sleep, and nervous-system regulation can support people living with neurodivergence. This paper is educational and reflects the author's personal experience and reading of the research; it is not medical advice.

References & Further Reading

Sources are grouped loosely by topic. Where the science is strong I have said so in the text; where it is preliminary or contested, I have flagged it. These links are starting points for your own reading and for conversations with qualified professionals.

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