

## Autism...

Autism is a little-understood brain disorder that affects approximately 4 out of every 10,000 people. Autism is usually diagnosed in early childhood (before the age of three) and is characterized by a marked unresponsiveness to other people and to the surrounding environment. Physically, autistic individuals do not appear different from others, but they exhibit marked difference in behavior from an early age. While most babies love to be held and cuddled, autistic infants appear indifferent to love and affection. As they grow older, they fail to form attachments to others in the way most children do, and instead seem to withdraw into themselves. Many autistic children also exhibit unpredictable and unusual behaviors that can range from constant rocking, to pounding their feet while sitting, to sitting for long periods of time in total silence. Some experience bursts of hyperactivity that include biting and pounding on their bodies.

Autistic children have learning disabilities, and are often mentally disabled. Speech development is usually delayed, and in many cases absent or limited to nonsensical rhyming or babbling. Some autistic children seem to have lower than normal intelligence, while others seem to fall into the normal range. Still others have low intelligence in most areas but almost supernatural abilities in others, such as mathematics or music. Autism is also characterized by a strong resistance to any changes in familiar environments or routines.

The cause of autism is unknown. Studies comparing twins suggest that there may be a hereditary component to this disorder. Some experts believe that it is a result of some neurological imbalance or malfunction that renders the autistic individual painfully oversensitive to external stimuli. It is known that autism is not caused by parental neglect or actions, as was once believed.

Treatment should include avoidance of sugar and food allergens; supplementation should include calcium and magnesium at double the supplement rate; B6 at five times the RDA for weight and age; and chromium for the hypoglycemia.

### NUTRIENTS

Very Important

Calcium 1,500mg daily Essential for normal brain and nervous system function

Magnesium 1,000mg daily

Choline 500-2,000mg daily Improves brain function and circulation to brain

Use under professional supervision

Coenzyme Q10 As directed on label Improves brain function

Dimethylglycine 100 mg daily Oxygen carrier to the brain

Ginkgo Biloba

Vitamin B complex 50mg x 3 times daily with meals plus extra

Vitamin B3 (niacin) 50mg x 3 times daily (do not exceed this amount) and

Niacinamide 300 mg daily and

Pantothenic acid (vitamin B5) 500 mg daily and

Vitamin B6 (pyridoxine) 50 mg x 3 times daily

Vitamin C 5,000-20,000 mg daily A powerful free radical with bioflavonoids

### HERBS

Ginkgo biloba is a powerful free radical destroyer that protects the brain. It also improves brain function in increasing circulation to the brain. Take it in capsule or extract form as directed on the product label, three times daily.

## RECOMMENDATIONS

- Eat a high-fibre diet consisting of 50 to 75 percent raw foods, including large amounts of fruits and vegetables plus brown rice, lentils, and potatoes. For protein, eat beans and legumes, fish, raw nuts and seeds, skinless white turkey or white chicken breast, tofu, and low-fat yogurt.
- Eliminate alcohol, caffeine, canned and packaged foods, carbonated beverages, chocolate, all junk foods, refined and processed foods, salt, sugar, sweets, saturated fats, soft drinks, and white flour from the diet. Avoid foods that contain artificial colours or preservatives. Avoid fatty foods such as bacon, cold cuts, fried foods, gravies, ham, luncheon meats, sausages, and all dairy products except for low-fat soured products.
- Omit wheat and wheat products from the diet.
- Drink steam-distilled water.
- Get regular moderate exercise.
- Use an elimination diet to test for food allergies, which can aggravate the condition.
- Have a hair analysis done to rule out heavy metal poisoning
- Do not go without food. Eating frequent small meals daily is better than eating two or three large meals.
- Try to improve blood oxygen supply to the brain with deep breathing exercises. This stimulates deeper breathing and helps to increase oxygen levels in the tissues of the brain. Hold your breath for thirty seconds every half hour for a thirty-day period.

## CONSIDERATIONS

- Studies have shown that supplementation with vitamin B6 (pyridoxine) and magnesium can produce good results in autistic children and adults. In addition, there is often dramatic improvement after chemical additives and allergenic foods are eliminated from the diet.
- In studies of autistic children, a significant number have been found to have gastrointestinal disorders, including celiac disease and other food intolerance's.
- Elevated serum and tissue copper levels may be a factor in autism and other mental problems, as may excessive exposure to lead and mercury. Excessive copper also seems to contribute to autism. Even low-level lead exposure in young children has been associated with impaired intellectual development and behavior problems.
- Infants and toddlers whose diet consist largely of processed baby foods need supplemental vitamins and minerals to ensure that all of their nutritional needs are met. Nutritional deficiencies are a factor in many psychological disorders.
- The prognosis for autistic children is difficult to predict. There have been documented cases of apparent recovery from autism, usually after adolescence. Some children seem to progress well only to inexplicably regress. Many become marginally self-sufficient and independent. However, most autistic individuals ultimately need lifelong care of some type.