

A Comprehensive Holistic Approach to Healing The “Tough” Ones

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Work In Progress

- Complex Problem
- Tough Children
- Many great Autism doctors
- Many promising therapies
- I don't have all the answers - I implement many strategies based on the work of many experts



A Public Health Epidemic

- CDC states 1 in 100 children have Autism (1 in 58 boys)
- United Kingdom releases new data: 1 in 60 (or 1 in 38 boys!)



What's Happening?

- Environmental Toxicity is increasing exponentially each year
- Autism, ADD/ADHD, Childhood Cancers, Asthma, Allergies, Birth Defects and Developmental Disabilities
 - Increasing at alarming rates



The Pollution in Newborns

- "Body Burden" published by the Environmental Working Group, July 13, 2005
 - Random umbilical cord blood samples
 - Tested for over 400 chemicals
 - 287 found in all samples
 - 207 are carcinogenic and neurotoxic
- Babies are **born** with unprecedented toxic loads



What is in Our Environment?

- Pesticides
- Mercury, Lead and other heavy metals
- Chemicals from furniture, carpets, paints, clothing, mattresses, etc.
- Poor indoor air quality and mold
- Vaccines
- Electro-Smog



Our Kids are Vulnerable

- Genetically predisposed children
 - Bernadine Healy, MD
- Environmental toxicity creates a set up for the Biochemical train wreck of Autism
 - The immune system is crippled
 - Neuroinflammation sets in
 - Detoxification is grossly impaired

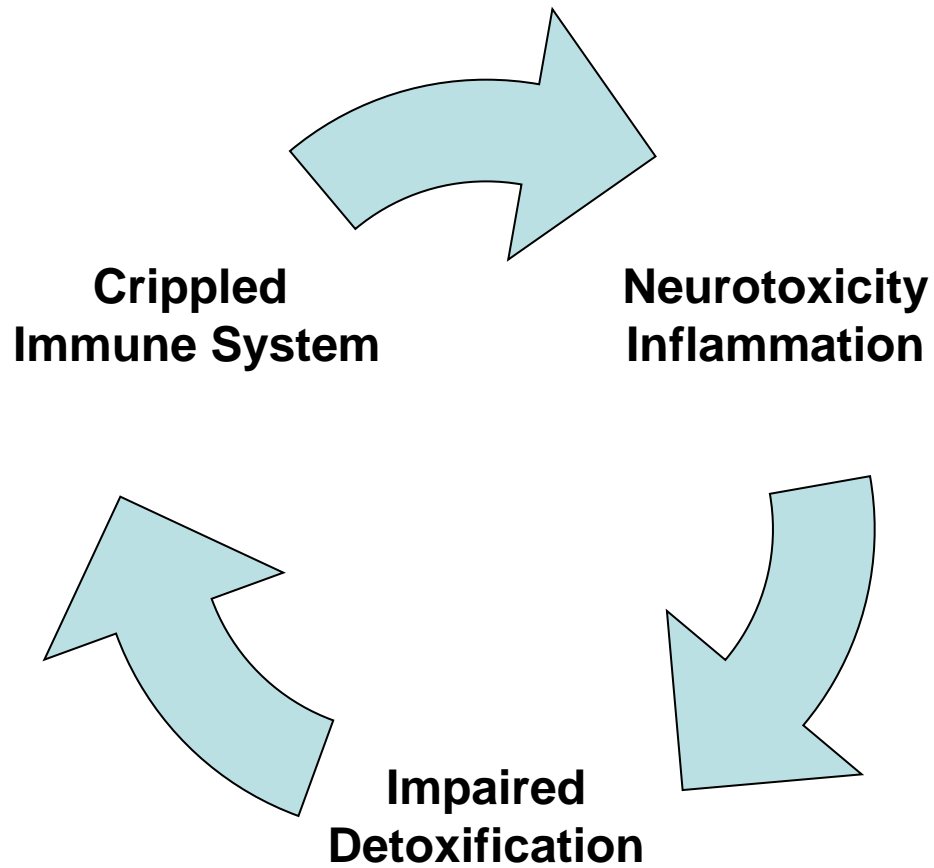


Core Issues in Autism

- Neurotoxicity/Inflammation
 - Infections, Chemicals, Pesticides, Heavy Metals
- Crippled Immune System
 - Chronic Pathogenic Infections
 - Lyme, Co-infections, Yeast, Viruses, Parasites, Bacteria
 - Allergies to food, chemicals, the "air"
- Impaired Detoxification



Core Issues



What Can We Do?

- Eliminate the toxins in
- Increase the toxins out (support detoxification)
- Go after the infections
- Support the immune system
- **OVERRIDING GOAL:**

Help the body

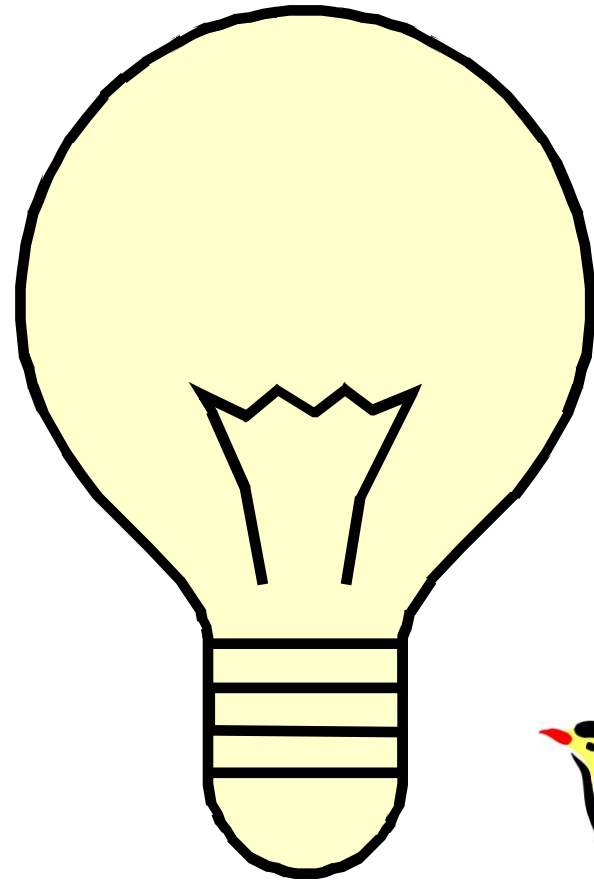
return to homeostasis

Nature is still the BEST healer



The “Light Bulb”

- After several years of going after one or the other, made little progress in tough kids
- Go after all - a comprehensive holistic approach



Comprehensive Approach

- Three Tier Approach
 - First Tier: Biochemical interventions
 - Nutrients, diet, IVs
 - Second Tier: Energetic interventions
 - Homeopathy, Accupuncture, Lasers, Cranial Sacral, Chiropractic
 - Third Tier: Spiritual Well-Being
 - Positive thinking, stress relief, family wellness



First Tier

- Diet
- Nutritional supplements
- Clean up the Home/Person
- PK Protocol
 - Membrane Stabilizing protocol for neurotoxicity
 - IV Phosphatidylcholine, Glutathione, Folinic Acid
- Orthomolecular Medicine
 - Linus Pauling, Abram Hoffer, Jonathan Wright
 - IV vitamins and minerals (high dose Vitamin C)



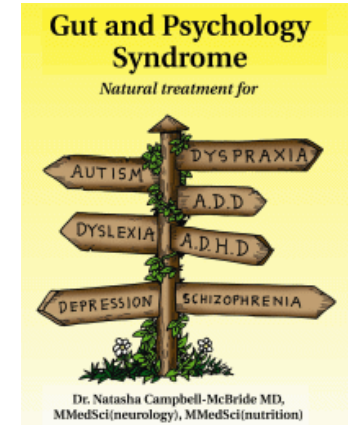
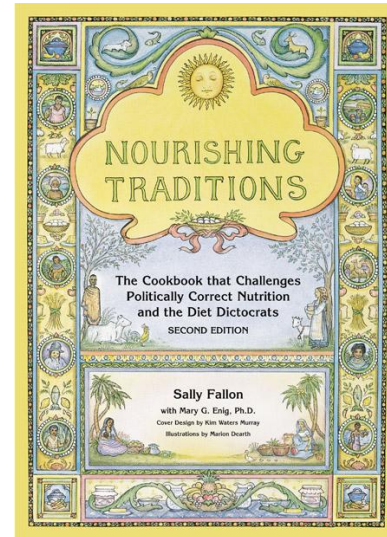
The Diet

- Importance of Organic, non-GMO foods.
 - Monsanto study
 - Animals fed GMO food for 3 months developed kidney and liver damage
- Choose safe cooking options
 - No Teflon!!! Use stainless, glass or ceramic to cook.
 - Choose safer plastics (No #7, styro)
 - Loose the microwave



Which Diet?

- GF/CF, allergen free
- SCD
 - Ketogenic diet for seizures
- Organic, "real" food
- Eat like our ancestors ate



Nutritional Supplements

- Most all need:
 - Multi Mineral
 - Essential Fatty Acids
 - Vitamin D, C
 - Probiotics
- Key nutrient testing:
 - Vitamins, minerals, antioxidants
EFAs



“Clean Up” Your Home

- Make safe choices for household cleaning supplies and personal care.
 - www.ewg.org
 - Get a Green Living book for tips
- Do not redecorate with newborns or young children in the home unless you use organic, low/no VOC products.
 - SIDS study
 - Investigate Green Building options



Consider Lowering EMR

- EMR is Electromagnetic Radiation or "ElectroSmog"
 - Australian study links EMR to inability to detoxify and disruption of blood brain barrier in children with autism.
- Cordless Phones pose the greatest risk
- Turn wireless off at night
- Wi-Fi is banned in German schools
- Never let a child talk on a cell phone!
- Consider having a "Building Biologist" test your home.



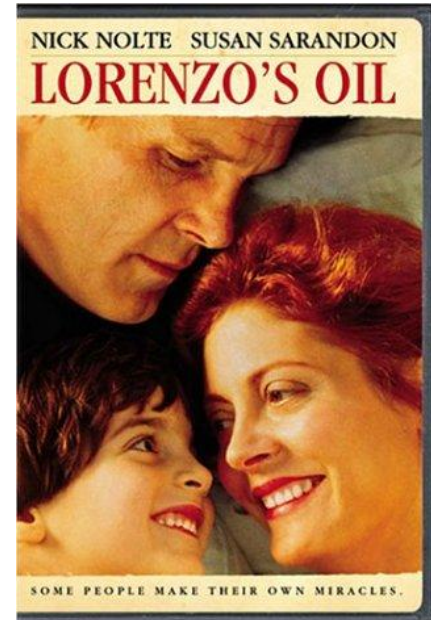
PK Protocol

- Membrane Stabilizing Protocol to combat neurotoxicity
- "Rehab" the cell membrane
- Restore membrane fluidity
- Allow nutrients to "get in"
- Allow toxins to "get out"



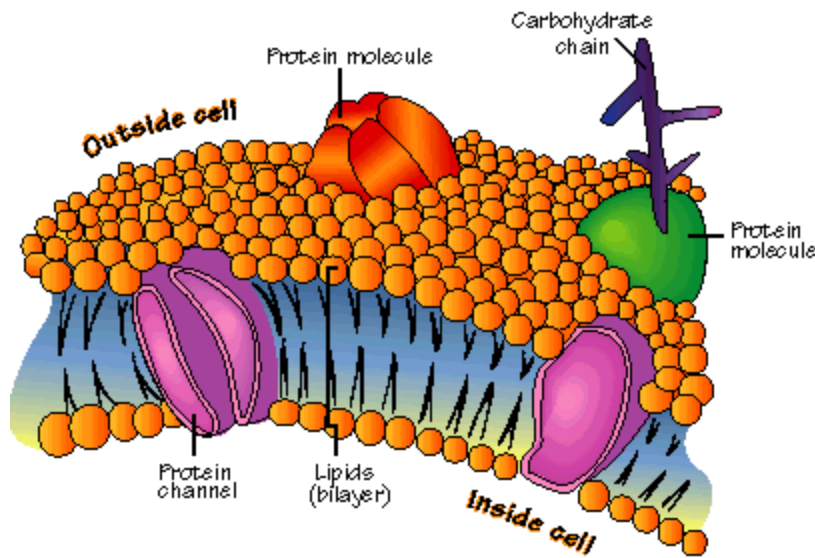
Lorenzo's Oil

- ALD
(Adrenoleukodystrophy)
- A de-myelination of neurons
- Poor beta-oxidation of VLCFAs
- Johns Hopkins Peroxisomal Lab study



The Cell Membrane

- The lipid bilayer is a critical component of all biological membranes, including cell membranes, and so is absolutely essential for all life on earth.



PK Protocol

- Membrane Stabilizing Protocol
 - Build up of VLCFAs cause cell rigidity
 - Due to poor beta-oxidation of VLCFAs
 - Inability to get nutrients inside cell and get toxins out
- Kennedy Krieger Peroxisomal Lab at Johns Hopkins for Fatty Acids
- IV PC, GSH, folinic acid
 - Fast push, long drip and/or combo



PK Protocol cont.

- Phosphatidylcholine
 - Large component of cell membrane
 - Repairing aberrant membranes
- Glutathione
 - Helps detoxify cells, support the immune system
- Leucovorin/Folinic Acid
 - Methyl donor
 - Used as a "rescue" with methotrexate in cancer patients



PK Protocol cont.

- Phosphatidylcholine-Lipostabil
- Leucovorin (Folinic Acid)
- Glutathione (Wellness Pharmacy patent)
 - method of preparation and storage that ensures and enhances glutathione stability allowing physicians to administer the product in near 100% reduced form.
- +/- NaPhenylbutyrate
- +/- Erythropoietin
 - (neuroprotective against glutamate toxicity)



Orthomolecular Medicine

- Orthomolecular medicine describes the practice of preventing and treating disease by providing the body with optimal amounts of substances which are natural to the body.



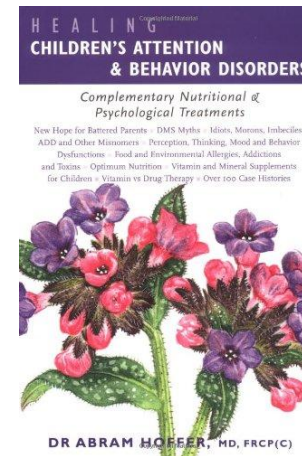
Orthomolecular Medicine

- Orthomolecular literally means the "right molecule."
- Linus Pauling, Ph.D., two-time Nobel Prize winner, and molecular biologist coined the term "Orthomolecular" in 1968.



Orthomolecular Medicine

- Linus Pauling, Ph.D.
 - Nobel prize winner for Chemistry and Peace
 - Vitamin C advocate
- Abram Hoffer, M.D., Ph.D.
 - Psychiatrist - nutrition and megadoses of vitamins are effective treatment for Schizophrenia
- Jonathan Wright, M.D.
 - Tahoma Clinic in Seattle, WA
 - Wright-Gaby seminars



Orthomolecular cont.

- Oral and IV nutrients
 - Vitamin C in high doses
 - Multi and B vitamins, Minerals
- Protocols for Infections, Allergies, Asthma, Chronic Fatigue, Heavy Metal Toxicity, Cancer, etc.
- It works for Autism too!
 - Our kids have most of these problems



High Dose Vitamin C

- 5 year old boy with ASD
- 3rd dose of 10g Vit C IV
- Viral/Infectious rash to arms and swollen belly
- Major brain fog
- Purging infection?



36 hours Post PC/Folinic/GSH

- Rash cools down
- Cognition returns



What's the Point?

- Our kids are infected, toxic and inflammed and their immune systems are crippled!
 - BUT they are also VERY sensitive
- The approach has to be multi-tiered.
- Go after as many of these issues in a safe, effective and timely way.
 - The closer to natural the better



Parental Feedback

- "He passed his first math standardized test ever!"
"His teachers said he is 'on fire' with math and reading." - 13 yr old with cognitive delays.
- "Her behaviors/tantrums are gone. She is using language now instead... 'Mommy I'm frustrated!'" - 5 yr old, recovered from PDD but in self-contained class.
- "I don't know what you did since Thanksgiving but his attention and social exchanges are amazing!" - 5 yr old with ASD.
- "I am smart." typed by a 10 yr old with ASD.



Second Tier

- Homotoxicology
- Acupuncture/pressure
 - NAET (Numbripad's Allergy Elimination Technique)
- Classical or Sequential Homeopathy
- Cranial Sacral Therapy, Chiropractic
 - Traditional, Laser therapy, Quantum neurology



Homotoxicology

- Mary Coyle
 - New York City, NY
- Worked with ASD kids for many years
- Homeopath and parent of a recovered child.



Homotoxicology

- A theory of disease developed by Dr. Hans-Heinrich Reckeweg asserted that the human body's defense against toxic substances is illness. The length, severity, and type of illness is determined by the level of toxin that the body is fighting against. The body is trying to restore the chemical balance through illness, and fight through the clogging that occurs in blood vessels and cells when toxins are present in the body.
- These toxins enter our bodies through drugs, food, drink, and the environment. If we use an effective method of ridding our bodies of the toxins, they will exit quickly, and not clog up our body systems.



Homotoxicology

- Homotoxicology acts on an energetic level
 - Toxins, microbes are cleared from cells energetically
- Vitamins act on a biochemical level
- Some of our kids are too sick to handle the biochemical approach



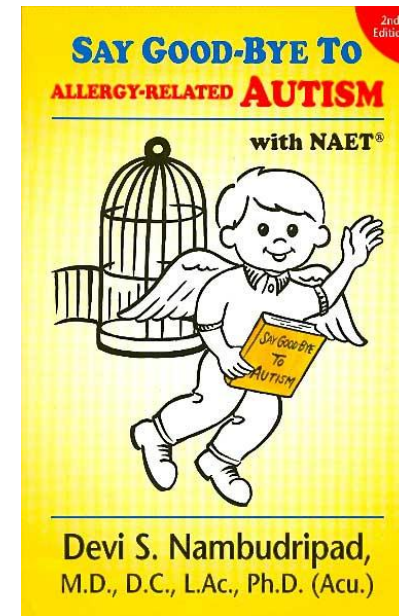
Homotoxicology

- Adaptosode (Stress Support)
- Biosode (Organ Support)
- Detoxosode (The "culprit")
- Drainage Remedies



NAET (Numbudripad's Allergy Elimination Technique)

- Kinesiology is used to determine the presence of the allergen by a form of muscle testing, if the person is allergic to the item placed on their skin, their muscles are weaker.
- Accupuncture or Accupressure is used to resolve the imbalance in the body by removing the energy blockages in the Meridian thereby bringing the body back to a state of homeostasis.

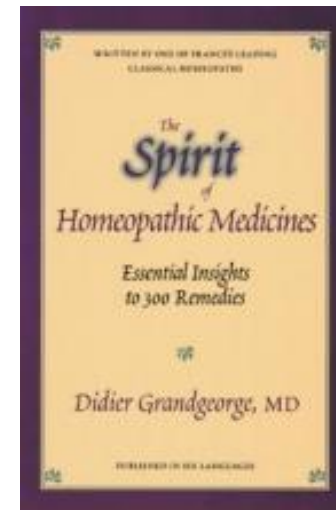
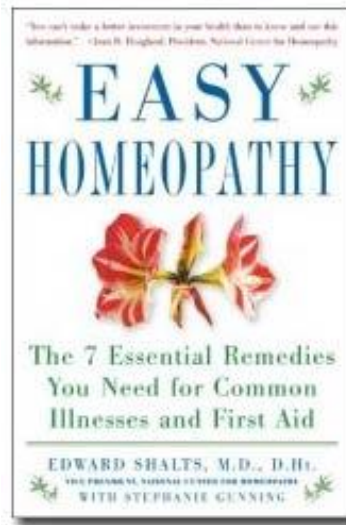
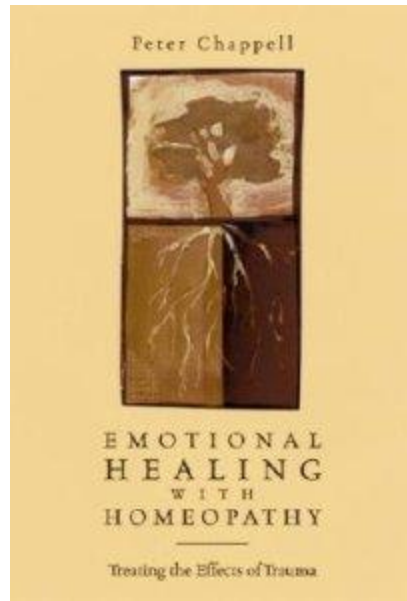


Laser Therapy

- Laser Energetic Detoxification (LED)
 - Developed by Lee Cowden, MD
 - Releases a toxin (microbe, metal, allergen, food, etc.) with laser light
 - Supports detoxification with herbals and homeopathics
- Quantum Neurology
 - Dr. Gonzalez and Dr. Sheehan
 - Neurologic rehabilitation



Classical Homeopathy



- Find a good homeopath!

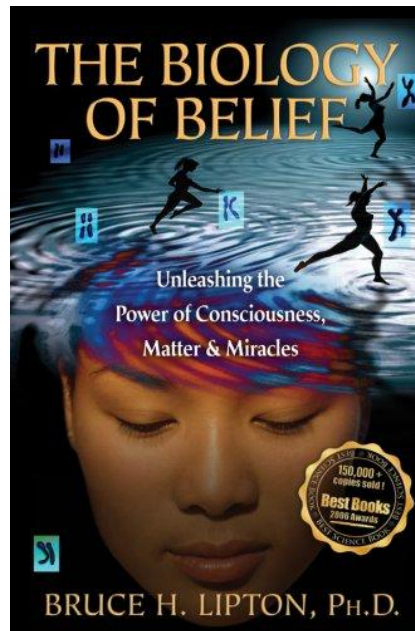
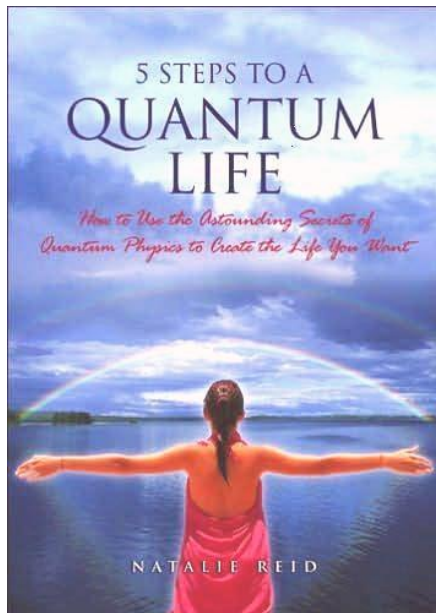


Third Tier

- Positive Thinking
 - Quantum Physics, The Secret
- Stress relief
 - Hypnosis, Acupuncture
- Family Wellness
 - Living now, not waiting for the "recovery" to enjoy life



Emotional Health for Parents



Start Retraining YOUR Brain

- Read everything you can get your hands on that relates to POSITIVE thinking
 - Deepak Chopra, Dwayne Dyer, Andrew Weil, Louise Hay, Greg Bradden, James Bradshaw
- Practice it daily (see your child better)
 - Get a daily flip calendar and force yourself to read it
 - Put positive affirmations around your house



Believe!



Be Grateful

- We have been handed a situation that no parent should have to endure
- Intense Heartbreak
- Nonetheless we have to endure
- Don't ever stop looking for answers
- Be grateful for all the parents and practitioners here that are working towards a common goal



Follow Your Heartbreak: You May Find Your Life's Purpose

