

PATIENT NAME:

Previous Medical Diagnosis, History, and Present Illness



Autism is not necessarily Attention Deficit Hyperactivity Disorder (ADHD), but a medical condition known as Autism Spectrum Disorder, encompassing a wide range of symptoms and disorders where mitochondrial damage (the powerhouse of the cell) either, maternally, neonatally, and/or environmentally is the most likely cause.

This caregiver guide should be used in tandem with the special report on Autism, chapter 2.5 of the e-book FINDING BALANCE, by Dr. Donna B. Donache.

Autism Spectrum Disorder is a new phenomenon and the most important health issue of our time. Just ten years ago (2001) at this writing, autism was considered a rare disorder that was diagnosed in about 1 out of every 10,000 children born in the United States. **Now, 1 out of 150 children will be diagnosed with autism.** Childhood neurological dysfunctions (ADHD, autism, Asperger’s syndrome, dyslexia, Tourette syndrome, Sensory Processing Disorder, obsessive-compulsive disorder, bipolar disorder, or other frightening conditions – known as the **Autism Spectrum Disorder or ASD** -- confirm that something is not right in the brain. These disorders manifest with different symptoms but they are really one and the same problem: a brain imbalance that is neurological in origin. There is even a name for it – **Functional Disconnection Syndrome**, meaning areas in the brain, especially the two hemispheres of the brain, are not electrically balanced, or synchronized.

-  Previous Medical Diagnosis, History, Present Illness.

-  Special Notes and Special Needs

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-  Liquid Nutrition

-  Therapeutic Bodywork & Massage

-  Traditional Chinese Medicine

-  Hatha Yoga Postures

-  Meditation s

-  Visualizations

-  Affirmations

HISTORY AND PRESENT ILLNESS

Note to Reader: The Following “Sample” Case has multiple complexities due to post-surgical care. I frequently find additional health-related concerns that are supplemental to Autism in patient care. Your particular situation will be described in detail as it relates to your case.

Name of Patient, Age, and Address:

Patient’s Date of Birth:

Date of Original Diagnosis:

Chief Complaints: Hyperemia, hyperuria alternating with hypouria, insomnia, pain in right and left lower legs and feet, hands, head – with frequent headaches and teeth grinding. The family’s chief complaints about Patient Name are: [List all complaints, phobias, behaviors, etc. here.](#)

Previous Medical Diagnoses: Autism Spectrum Disorder (ASD) at age _____, Functional Disconnection Syndrome ([List All Diagnoses here](#)). Patient Name has been classified by numerous therapists as a “non performer”. Patient Name does not speak.

Past Medical History: Patient Name is a _____-year-old ([race and sex](#)), who was diagnosed in childhood with : [could contain one of more or additional diagnoses of the following:](#) ASD, oppositional and combative disorder, numerous nutritional disorders, paranoid/schizophrenic mental disorders, temporomandibular joint dysfunction, celiac disease and malabsorption, repeated closed head injury, trauma, and concussion (self-inflicted), various skin eruptions, injuries, scars, and bruises, and has never spoken.

History of Present Illness: [Patient Name](#)

Family History: [Patient Name](#) ([Sample Patient Description follows](#)): frequently needs two adults for intermittent tasks throughout the day. He must be restrained in a safe, secure manner when distraught or disturbed, in a quiet and non-stimulating environment. He must be visually monitored 24 hours a day, often with hands-on intervention and correction on the part of the caregiver. He must also be allowed interaction, socialization, carefully modulated stimulation, and teaching/task/team building exercises. In short, Patient Name requires specialized one-on-one care. This changes swiftly throughout the day. He has been rejected by numerous personal care homes, both day care and round-the-clock care due to lack of funds. Due to the special tasks and needs of his one-on-one care requirements for his health, his behavior and round-the-clock duties due to his post-surgical ileostomy needs, Patient Name requires a caregiver with specialized training in Autism Spectrum Disorder needs and on-going post-surgical care, which can become sub-acute at times.

Recommendations, Assessment and Plan Patient Name has experienced slow but steady improvement in health, behavior, emotions, and skill development. For the first time in close to 20 years, Patient Name is showing focus, concentration, the desire to communicate (facilitated communication) with improved listening skills, the desire to learn and the desire to be active. This has been accomplished through major dietary changes such as:

- Removal of all high fructose corn syrup and sugar, especially the medically prescribed Nutren “health drink”, which was loaded with chemicals, preservatives, non-absorbable vitamins and minerals, and over 240 empty calories related to sugar. Consumption of this drink has contributed to Patient Name’s ADHD and overall dysfunction.
- Removal of all casein and dairy, replacing the above with nut milks, coconut milk, and rice milk. Patient Name is using a specially processed whey protein drink with all the amino acid groups in pre-digested powdered form. This product is sweetened with stevia and moderates blood sugars throughout the day.
- Removal of gluten and wheat from the diet and replacing with grains such as millet, corn, rice, quinoa, amaranth.
- Introduction to raw and living foods, fruits, vegetables, nuts, and sprouted grains in a variety of dishes to supplement two to three solid meals per day.
- Addition of 10 – 12 tbsps. of nut and vegetable oils to diet each day, as compatible with the liquid nutrition, solid foods, and supplements that Patient Name takes.
- Additionally prescribed naturopathic medical implementation of homeopathic neurotransmitters, particularly acetylcholine chloride, taurine, and gaba; nutritional supplements such as lab-verified and lab-customized vitamin and mineral supplements; homeopathic remedies for detoxification, allergies and sensitivities, pain, and neurotransmitter (phenolics) support; essential oils; herbal sedation and behavior modification through nervine herbs and flower essences; supplemental nutrition such as probiotics, amino acids, enzymatic therapies; therapeutic bodywork and exercises; and behavioral/emotional support including goal setting, task, reward, and listening behaviors/listening skills via music and audiobooks.

Social History: Patient Name has never been institutionalized, and is unable to attend structured classes outside of the home. He has never been medicated or prescribed pharmaceutical drugs for sedation or behavior. He is currently receiving at-home support _____ hours each day through the state comprehensive waiver, which is fiscally managed by ACUMEN. Patient Name frequently needs two adults for intermittent tasks throughout the day. He must be restrained in a safe, secure manner when distraught or disturbed, in a quiet and non-stimulating environment. He must be visually monitored 24 hours a day, often with hands-on intervention and correction on the part of the caregiver. He must also be allowed interaction, socialization, carefully modulated stimulation, and teaching/task/team building exercises. In short, Patient Name requires specialized one-on-one care. This changes swiftly throughout the day. He has been rejected by numerous personal care homes, both day care and round-the-clock care due to lack of funds. Due to the special tasks and needs of his one-on-one care requirements for his health, his behavior and round-the-clock duties due to his _____ needs, Patient Name requires a caregiver with specialized training in Autism Spectrum Disorder needs and on-going post-surgical care, which can become sub-acute at times.

SPECIAL NOTES AND SPECIAL NEEDS – Patient Name's Requirements



- Patient Name must have direct supervision at all times. (Visually and Hands On) This is not just related to the Autism, his anxiety or apprehension. It is the logistics of the ileostomy and ileostomy bag. Patient Name has been known to rip of his clothes and his bag in under 25 seconds, and will do so indoors or out. He cannot lie on his bag, which greatly inhibits his movements while resting.
- Patient Name must be assisted in every activity including toilet, bathing, and eating.
- Patient Name has numerous, serious, life-threatening nutritional needs whose strict adherence must be observed at all times.
- Patient Name lives with constant pain due to autism and his behavior is often beyond his conscious control or understanding. It is the strict religious and professional belief of Patient Name's family that Patient Name not be

medically sedated or psychotropically controlled in any way. Patient Name is sometimes restrained to prevent self-injury and/or injury to others. This is critical to his wellbeing and boundary understanding.

- Patient Name has been surgically altered. One-half of his gastrointestinal tract (large intestine or colon) has been removed requiring extensive toilet duties, often 6 – 8 times in a 24 hour period. Nutrition, nutritional supplements, and probiotics must be constantly and evenly supplied due to the inherent malabsorption problems following removal of the colon.
- To the extent that benefits Patient Name’s modification of his global defensive and combative behaviors, due to autism, and the constant pain of multiple closed-head traumas, Patient Name’s behavior can be modified with supervised doses of the following natural remedies:
 - Homeopathics, including neurotransmitters.
 - Valerian Root in herbal capsule form.
 - Bach flower and Australian flower remedies.
 - PM: Deep Sleep Herbal/Nervine Oil Capsules.
 - Gabapentin, 300 mg.
- It should be noted that Patient Name’s environment must be monitored at all times to support the needs of an autistic individual. Patient Name does not respond well to television, loud sounds, or violence, and responds moderately well to some types of music such as classical, new age, soft jazz. No rap or rock. Lighting cannot be harsh and low level incandescent is preferred as phosphors from fluorescent lighting can affect his vision.
- Patient Name has spring and fall allergies that may produce symptoms such as swollen stoma (ileostomy related), changes in mood and behavior, irritation, excessive thirst, and headaches.
- Patient Name does not speak, but he does communicate through how fast or how slow he rocks, various squealing, crying, coughing, and screaming sounds. He is absolutely human in all emotional contexts and can exhibit jealousy, fear, rage, boredom, perturbation, frustration, and anxiety to those who care to “tune in.”
- Patient Name needs to have time to masturbate on a daily basis. Sometimes this is his only “out.”

- **Patient Name** needs encouragement with positive words only. Phrase things easily, praise often – noticing even the little things as a triumphant achievement.

C.A.M. THERAPIES

Non-Dairy Yogurt

can be made from a variety of grains. Patient Name's favorite combinations are from a millet-based fermented yogurt that is rich in vital probiotics and other nutrients.. For details on how to make this yogurt refer to the _____.



Nutrition and Supplements: Dietary Preparations and Schedule

Morning Preparations: Time - 15 minutes.

- **1st task:** Mix homeopathic medicines, 5 HTP (an amino acid supplement that improves uptake of neurotransmitters) 1 capsule and GABA-pentin 300 mg neurotransmitter together in bottle with 1 ounce water to dissolve. Break apart capsules. Give **Patient Name** instantly upon arising. Wait 20 minutes before giving anything else Teeth can be brushed after 20 minutes.
- **2nd task:** Give to **Patient Name** while in bathtub or during dressing routine in moderate amount over the next hour:
 - Mix 4 1/8th cup (total 1/2 cup) of Whey Stak protein/amino acid mixture with 2 tbsps. of either grapeseed, walnut, almond, canola, safflower or peanut oil. Add 3 capsules (break apart) of custom essential vitamin/mineral mix, and 1 serving of DigestZyme powder, a flavored extract to taste (orange, almond, etc.) in Spiruteen container. Fill container with filtered water and stir well. Prepare and refrigerate. NOTE: Repeat the same procedure for the afternoon meal.
- **3rd task:** **Patient Name's** semi-solid meal – given approximately 2-2 1/2 hours after arising;
- 1-2 cups of fermented grain yogurt (either millet or quinoa) or cultured coconut milk.
- 1/2 cup of fresh fruit (blueberries, strawberries, bananas, etc.)
- 1-3 capsules of pro-biotic per Martha's direction.

A structured, daily routine is probably the single most important part of **Patient Name's** day. Confidence and trust is gained if you're prepared, confident, and trusting. His disorder allows him to anticipate a memorized task schedule and he can feel out of sorts, misdirected, and confused if he feels you are not sticking to the schedule.

- **4th task:** Prepare/pulse-chop 1 bag of spinach for evening. (refrigerate). This will undergo a secondary blender processing immediately prior to consuming. For now, it is part of the morning preparation activity, do not consume.
- Be sure that Patient Name consumes a minimum of 24 ounces of fresh filtered water in the morning. The proper amount of water to give, as a minimum, is 1/2 the body weight in fluid ounces throughout the day. In Patient Name's case, this is 84 ounces of water a day. Give no more than 3 ounces at a time.

Patient Name: Meal Preparations:

Morning Preparations: Time – Approximately 1 1/2 hours.

NOTE: If done in sufficient quantity, this task is performed no more than 2 – 3x per week. Labeled in single servings for 2-3 meals – surplus amounts can be frozen in double servings. See custom recipe selections for gluten-free, wheat-free, dairy-free, trans-fat free, meat free and chemical/preservative/nitrate and nitrite-free selections.

- A pureed vegetable soup, stew, or casserole from recipe list.
- Herbal tea/beverage from recipe list.
- A grain dish, seasoned with herbs, such as rice, quinoa, amaranth, corn tortillas, or flatbread from recipe list.
- Nuts, for added protein, to taste.

NOTE: Due to a diet free from processed foods and saturated fats, Patient Name **requires** added fats in the form of liquid fruit/vegetable/seed and nut oils added to dishes just prior to consumption. Cooking the oils kills the nutritional properties in the oils and turns them into damaged fats, called free radicals, which creates oxidative stress in the body and leads to diseases such as cancer, cardiovascular and autoimmune problems.

PATIENT NAME = 10 to 12 tablespoons total oils in shakes, cereals, semi-solid, solid, and soy/lecithin meals. Patient Name gets 3 meals per day at 11am, 2pm, and 5pm.



Foods to be Avoided:

All recipes are made with:

- No soy
- No wheat
- No gluten
- No dairy
- No high fructose corn syrup
- No sugar
- No chemicals, preservatives, additives, or dyes
- With organic produce grown without pesticides, herbicides, or chemicals

RECIPES: RAW AND LIVING FOODS

Raw and Living Foods: Salads and Slaws



- **MEXICAN COLE SLAW (6 Servings)**

2 Jalapeno peppers

1 cup fresh cilantro

½ green cabbage – fine sliced

1 cup of multi-colored peppers, pulse chopped

½ cup green onions, pulse chopped

½ cup red onions, pulse chopped

½ bag of baby spinach

2 medium carrots, pulse chopped

½ cup lemon juice

½ cup of grapeseed or canola oil

- **ASIAN COLE SLAW (6 Servings)**

½ purple cabbage, fine sliced

½ bunch green onions, fine sliced

2 carrots, pulse chopped

1 red bell pepper, fine sliced

1 cup Asian sesame and ginger salad dressing

½ cup black, white, or black and white sesame seeds

- **MULTI COLE SLAW (12 Servings)**

½ purple cabbage, fine sliced

½ green cabbage, fine sliced

1 bunch green onions, fine sliced

½ stalk of green celery

4 carrots, finely shaved with vegetable peeler

1 red, yellow, and orange bell pepper, fine sliced

½ cup lemon juice

1 cup olive oil or avocado oil

Finely grated Himalayan Salt

½ cup Italian herbs to taste

- **TRADITIONAL COLE SLAW (6 Servings)**

¼ purple cabbage, pulse chopped

½ green cabbage, pulse chopped

4 medium carrots, pulse chopped

1 cup mayonnaise

- **FENNEL SALAD (4 Servings)**

1 bunch fennel, finely sliced from root to stalk

1 large can mandarin oranges (do not drain) or 6 fresh mandarin oranges

½ bag of raisins

½ pomegranate fruit seeds separated from the pith

¼ cup walnut oil

2 tsps red chili pepper flakes

- **BEET SALAD (6 Servings)**

3 medium beets – peeled, then fine shredded

1 large apple or jicama root, fine shredded

6 medium carrots, fine shredded

- **CARROT/RAISIN SALAD (6 Servings)**

8 medium carrots, fine shredded

1 large can of pineapple tidbits, drained

1 cup golden or regular raisins

- **BLACK-EYED PEA SALAD (6 Servings)**

2 cups cooked black-eyed peas

2 cups fresh (fresco) salsa with fresh cilantro

½ cup Vidalia onions

¼ cup walnut oil

- **ITALIAN STYLE CAULIFLOWER SALAD WITH ASPARAGUS (6 Servings)**

Cauliflower, asparagus, celery, red bell peppers, onion, fennel, black olives, sun-dried tomatoes, walnuts, fresh parsley and basil.

- **BROCCOLI SPROUT SALAD (6 Servings)**

Broccoli, sprouted lentils, celery, carrot, onion, and oregano.

- **CREAMY CARROT PATE WITH FRESH BASIL (6 Servings)**

Carrots, almonds, sunflower seeds, celery, onion, fresh parsley and basil.

- **DAIKON AND ZUCCHINI KOMBHU SALAD WITH GINGER, MISO, AND CILANTRO (6 Servings)**

Daikon, zucchini, kombu, carrots, celery, onion, fresh ginger root, sweet white miso, cilantro, and a touch of wheat-free Nama shoyu.

NOTE: All salads are tossed with extra virgin olive oil, fresh squeezed lime juice, fine grain Himalayan salt, garlic, and a trace of cayenne.

Raw and Living Foods: Dressings and Sauces

- **COCONUT CILANTRO PESTO SAUCE (6 Servings)**

Fresh coconut

Fresh cilantro

Home made coconut milk

Almonds

Celery

Onion

Cumin Seed

Garlic

Olive oil

Lime Juice

Hint of Ginger Root

Toss with the following vegetables: Cauliflower, broccoli, sugar snap peas, carrots and red cabbage.

Raw and Living Foods: Smoothies

- **ENERGY SOUP (4 servings)**

Pineapple, apple, avocado, kale, spinach, chard, dulse, kombhu, wakame, sprouted lentils & clover, with filtered water..

- **PH Balancer with SPINACH (4 servings)**

Cucumber, celery, spinach, parsley, avocado, filtered water, lime juice, REALSALT and a hint of garlic.

- **PINEAPPLE, CRANBERRY, BANANA (4 servings)**

Pineapple, fresh blueberries bananas, avocado, lime juice, with filtered water and a slight hint of garlic.

- **KALE, PINEAPPLE (4 servings)**

Pineapple, kale, avocado, orange juice, with filtered water..

“The key to regenerating and revitalizing your health is to give your body the missing links. You require the proper nutritional supplements, not available in your daily diet. With good nutrition and supplements your organs will have the raw materials they need to regenerate and do their jobs efficiently.” Dr. Hetrick, Microbiologist and advocate of Rainforest Herbs.

- **SPINACH, APPLE, CELERY (4 servings) (No garlic, no added sweeteners, and no salt)**

Spinach, apple, celery, avocado, kale, with filtered water and a hint of lime juice.

Raw and Living Foods: Crackers and Flatbreads

ORGANIC FLAXSEED CRACKERS

- **OMEGA 3 FLAX AND NUT (Approximately 5 ounces)**

Brown and golden flaxseeds, walnuts, almonds, pumpkin seeds, fresh parsley, garlic, celery, onion, lemon juice and REALSALT.

- **SUPER VEGGIE AMAZING ENERGY CRACKER/FLAX (Approximately 5 ounces)**

Brown and golden flaxseeds, pumpkin seeds, sunflower seeds, tomatoes, zucchini, daikon, beets, green onions, fresh parsley, garlic, celery, onion, lemon juice and REALSALT.

RECIPES: COOKED AND PUREED FOODS

Cooked and Pureed Foods:

SOUPS

- **ORGANIC CARROT (Serves 4)**

12 medium carrots

½ grated fresh ginger root

1 medium onion

1 cup of presoaked/precooked orange or yellow lentils pureed for stock (protein)

2 cups of vegetable bullion

½ small container of frozen (no sugar added) orange juice concentrate (don't worry – this high fiber soup will slow the absorption of sugar).

Grate, cook, and puree above. Or for a summer blast – serve cold! For rugged raw foodies grate and puree, but don't cook, and eat at room temperature. This is a great all season soup and is delicious without the orange juice. Add butternut squash, sweet potatoes, or pureed spaghetti squash for a heartier fall/winter soup.

- **CREAM OF CELERY OR MUSHROOM OR TOMATO (Serves 4)**

1 stalk celery cut into chunks and cooked OR

1 pound of any kind of mushrooms, sliced and cooked OR

3 large red tomatoes (or stewed canned tomatoes)

PULSE CHOP after cooking and return to pot with 1 cup of:

Unsweetened coconut kefir OR

Mimicreme OR

Coconut milk with cornstarch thickener to taste OR

Fermented millet yogurt

Add herbs to taste such as fresh and/or dried:

Sage

Cilantro

Basil

Parsley

Celery Seed

Rosemary/Thyme

Add raw or sautéed onions and peppers as garnish to taste (salsa works great)

- **ASPARAGUS SOUP (Serves 4)**

1 can of corn (Del Monte)

1 bag of asparagus (Kroger's frozen)

Liquify canned corn in Turboblender

Chop frozen asparagus into approximately 1 ½ pieces (4 or 5 at a time)

Steam till hot

Blend in Turboblender until there is no noticeable fiber

Lightly salt serving after putting into soup mug (1/2 the mixture)

Add 2 tablespoons walnut oil to Patient Name's serving

- **GAZPACHO (Serves 6)**

Delightful summer soup designed to be eaten raw, its absolutely great to eat partially frozen on a hot summer day. Combine what you have on hand of the following vegetables – and be sure to throw in some fresh pulse chopped

cilantro: tomatoes, thai eggplant, cucumbers, onions, any color bell pepper, yellow and/or zucchini squash.

All vegetables should be very finely pulse chopped and lightly seasonedp with REALSALT and a little cayenne pepper. For mild tastes, leave as is. For bolder tastes try Tabasco peppers, or jalapeno peppers. If you're really a pepper love and want a more Greek gazpacho, add porchini peppers and olives.

C.A.M. THERAPIES

Bio-Energetic Therapies: Homeopathic Remedies



Liquid homeopathic remedies may be combined together on a daily basis. All drops are dosed at 10 – 30 drops per day in increments of 1 - 10 drops 3x day, unless otherwise indicated. For more information about these proprietary formulas from Deseret Biologicals, a leading research corporation in the definition, development, and distribution of homeopathics, please refer to Chapter 3 on *Bio-Energetic Therapies: Homeopathic Remedies* in this book for background material on homeopathics, their specific usage, as well as the reference section on nutraceutical organizations to order these products. As always, consult with a qualified practitioner who understands homeopathic medicine in creating a specific C.A.M. protocol for your unique needs.

Note: There are no known contraindications for drug interactions when using homeopathic remedies. Let your primary health care provider know about your usage of homeopathics.

For specific homeopathics, phenolics, nosodes, and isodes related to [Patient Name's](#) current care and past needs, please consult the chapter on Autism and [Patient Name's](#) ISA Reports.

C.A.M. THERAPIES

Bio-Energetic Therapies: Essential Oils



The following nutritional supplements may help with the listed condition. It is my clinical experience that not every combination helps with everyone in every case. However, most people experience beneficial results. Please discuss the research information available about these products with a practitioner trained in the use of Essential Oils. For more information about these proprietary formulas from Young Living Essential Oils, Dr. D. Gary Young, a leading research corporation in the definition, development, and distribution of Essential Oils and remedies with essential oils, please refer to Chapter 3 on *Bio-Energetic Therapies: Essential Oils*, in this book for background material on the oils, their specific usage, as well as the reference section on nutraceutical organizations to order these products. As always, consult with a qualified practitioner who understands essential oils in creating a specific C.A.M. protocol for your unique needs.

1. Use of the the blend of **CLARITY(#3321)** to improve mental clarity and brain functioning. The blends of **PEACE & CALMING (#3393)** and **3 WISE MEN (#3426)** may help to calm the central nervous system, and open up the spiritual centers of the body. These oils may be applied to the temples, bottom of feet, and diffused in the air.
2. The following single oils are recommended for anxiety: **BERGAMONT, CEDARWOOD, CHAMOMILE, CLARY SAGE, CYPRESS, FRANKINCENSE, GERANIUM, HYSSOP, JASMINE, JUNIPER, LAVENDER, LEMON, MARJORAM, MELISSA, PATCHOULY, ROSE, SANDLEWOOD, TANGERINE, AND YLANG-YLANG. RELEASE (#3408)** is recommended for the release of anger, tension, and anxiety.
3. The following blends are recommended for restlessness: **ACCEPTANCE (#3303)** and **GATHERING (#3342); HARMONY (#3351), HOPE (#3357), and HUMILITY (#3354)** to help uplift the spirit and emotions. Blend **SACRED MOUNTAIN (#3414), and VALOR (#3429)** to help create and environment in the body for electrical energies to be balanced, grounded and stabilized.
4. The supplements of **CLEANSING TRIO and JUVA-TONE** help the body regulate liver and digestive system functioning.

C.A.M. THERAPIES

Bodywork and Movement Therapies:

Therapeutic Bodywork and Massage



The support work of a therapist who provides massage when you are experiencing anxiety, frustration, disorientation and depression can give you a safe place to experience positive touch and reconnect you with your body and with your emotions. The following massage therapy modalities are illustrated and explained in Chapter 4 on *Therapeutic Bodywork and Movement Therapies: Therapeutic Bodywork and Massage* in this book. The reference section of this book will give you organization information that can help you find qualified practitioners of these modalities in your area.

If someone you know has been diagnosed with ASD, please know that there is a need for emotional therapy. Gentle work such as *Cranio-Sacral Therapy* and *Somato-Emotional Release Therapy* are non-invasive processes, done while the person is fully clothed, and is a soothing way to relax and clear the central nervous system. These therapies allow the body to release pent-up frustration, anxiety, trauma and emotions, without going through a cognitive, or conscious mental associative therapy. *Reiki, Therapeutic Touch, Zero Balancing, and Reflexology/Vita Flex Therapy* can also aid the body's energy balancing mechanisms.

Consider the *FEELINGS Aromatherapy Session* to help the body release anger, grief, despair, guilt, hopelessness, and other potentially harmful emotions, while providing support to internal organs and glands.

Traditional Chinese Medicine



The following acupuncture and acupressure points are general recommendations only. These points are illustrated and explained in Chapter 4: *Therapeutic Bodywork and Movement Therapies: Traditional Chinese Medicine* in this book. The reference section of this book will give you organization information that can help you find qualified practitioners of these modalities in your area.

While there is no known cure for the advancement of ASD, and progression of the disease varies with the individual. Stimulation and tonification of the following acupuncture/acupressure points may help some of the circumferential problems associated with this disease.

Chinese medicine sees this disease as a weakness in the protective Qi and the nourishing Qi. The following points should be treated:

- B-23: Associative Kidney point for fatigue
- B-20: Associative Spleen point for digestive disorders
- B-13: Associative Lung point
- B-62: (Combats Insomnia)

The following point should be tonified:

- LI-4: Metabolic Source point – mucous membrane disorders

Chinese medicine also diagnoses Alzheimer's as an imbalance in the Spleen, Stomach, Heart and Mind. The following points should be treated:

- CV-12: Alarm point for the Stomach
- H-6 and H-7: Sedative points for the psyche
- CV-14: Source Point: Metabolic point for migraines and other headache disorders. Helps with nausea.

The following points should be tonified:

- C-9: A tonification point to counteract collapse and brain congestion
- ST-36: Normalizes blood pressure, increases circulation. For irritability and melancholy
- SP-6: For liver insufficiency, acts as an analgesic, for liver insufficiency and intestinal spasms.
- LV-13: (Alarm Point for the Spleen)

Our vitality depends upon the balance of Qi, Blood, and Mind. Acupressure/Acupuncture helps improve the Blood and Qi. Add the following points to the above to stimulate warming Yang Qi and nourishing Yin Qi:

- GV-4: Exhaustion and Anemia
- CV-4: Alarm point for Small Intestine
- CV-6: “Sea of Energy” – all conditions of exhaustion, insomnia, tympanism

If dizziness and disorientation occur:

- TW-17: Tinnitus

Hatha Yoga Postures



The following yoga postures or asanas (poses) reveal their true power in the long-term commitment to regular yoga practice. When combined with meditation, breathwork, proper diet and nutrition, these postures can rejuvenate the body and, in many cases, help to reverse damage to tissues, organs, and glands. These are general recommendations only. They are not prioritized as to importance, nor do they necessarily have to be performed in the following order. They are suggestions to an overall daily yoga practice consistent with a majority of people who have this disease or condition. The postures are illustrated and explained in Chapter 4: *Therapeutic Bodywork*

and Movement Therapies: Yoga in this book. The reference section of this book will give you organization information that can help you find qualified yoga instructors in your area. Please consult a yoga instructor before beginning a regular practice of yoga, particularly if you are over the age of 55 and do not have a regular exercise program.

- **Downward Facing Dog:** A rejuvenating stretch that brings blood flow to the head.
- **Upward Facing Dog:** Helps to lift and open the chest, clearing the head and reducing fatigue to the back, neck, and spine
- **Half Lord of the Fishes:** This twist energizes the spine and brings about the release of digestive fire, helping the spleen, stomach, small and large intestines.
- **Seated Forward Bend:** Lets a distracted mind unwind.
- **Bow Pose:** Strengthens the spleen, which helps with metabolic disorders, such as sugar handling stress associated with Alzheimer's
- **Corpse Pose:** A pose of total relaxation – making it one of the most challenging!

C.A.M. THERAPIES

Mental and Emotional Support:

Meditation



Create a safe and quiet space, where you will not be interrupted for at least 20 minutes. Initially, you may choose to play soft sounds such as a nature soundtrack to soothe and settle your mind – but allow time to be in silence also. You may sit in a chair or lie down, whatever feels most comfortable to you. Let any feelings of being tired of coping, or being unable to be in control of your life come to the surface. Surrender any suppressed anger and feelings of inferiority and/or insecurity about your body, mind and spirit to the universe. Know that you are supported in your body/mind world, and that you are never given more than you can handle each day. Let go and appreciate each moment.

Visualization



See Yourself Being Physically Supported in all your Needs. Allow your mind to turn within again and again to experience its own inner silence. When you do, divine light blazes forth, which you perceive as the light of your own heart.

Swami Chidvilasananda

Affirmation

Custom affirmation will be created, based on LSA exam.



One of the Most Magical Things that Happens when you apply yourself to spiritual practices is that you experience great love surging within yourself for no apparent reason. This love is totally free – it has no motive. It is as though this pure love loves itself. Very naturally then, you will be inclined to let your own goodness shine forth. Periodically, shut out the world entirely from your mind. Refuse to

cognize through your senses. Persist in this practice though it will appear difficult in the beginning. It will make you enter into perfect relaxation, at your will – irrespective of external conditions.