



FINDING BALANCE

Natural Therapies
for the Prevention of the
Top 30 Diseases
in America

Chapter 2.5 – Autism Spectrum Disorder

Dr. Donna B. Donache
Living Wellness™ Therapies
“Where High Technology Meets Ancient Medicine”

Email: info@livingwellnessgroup.com

Phone: 770-931-0123
Web: www.livingwellnessgroup.com and www.healingpathinc.com

Copyright © 2004 and 2016 by Healing Path, Inc.

No part of this material may be copied, transmitted, or duplicated without written permission and consent of the author. To do so violates copyright laws. All statements made herein are the opinion of the author and are provided for informational purposes only.

ABOUT THIS DOCUMENT

The written materials contained in this document represent a small part of the entire realm of health care being utilized in the United States today. It is neither a complete nor a total definition of the disease or procedures being used in the field of Conventional (Western) Medicine. Changes occur every day in the field of Conventional (Western or Allopathic) and pharmaceutical medicine since their inception in the 1940's. Unfortunately, pharmaceutical drugs are now the third leading cause of death in the United States, and if we count chemotherapy and radiation, they are the leading cause of death. That fact prompted this documentation of natural healthcare methods for the prevention of these diseases. Pharmaceutical or synthetically/chemically produced drugs represent just 7% of substances used worldwide in the treatment of the human condition, and are not the professional training, focus or background of this author. They are of tremendous concern in the treatment of the side effects and suppression of symptoms they cause in the disease process.

Medical Definition of the Diagnosis gives basic scientific anatomical and physiological information. The body processes described help form a basis for the diagnosis, and only a medical doctor can *formally* give a person a diagnosis in this country. Always check with your primary care physician before embarking on any course of treatment, as he or she is *part of your team*. The natural health care procedures outlined in this book are suggestions, based upon the experience of this clinic and need to be administered under the supervision of a qualified healthcare practitioner as your state defines it. If you are not supported by your physician when presenting your concerns about your health, and you desire to pursue complimentary and alternative medicine, you have the option to find another practitioner and/or clinic trained and qualified in these methods to support you, and to measure and monitor your results in following these methods.

Conventional Approaches gives basic diagnostic tools and procedure-related information that Western medicine currently employs. The marvel of Western Medicine lies in the tools developed to determine a diagnosis. Throughout the centuries, mankind has constantly improved ways to observe the human condition, both invasive and non-invasive. Therefore, *Medical Definition of Diagnosis and Conventional Approaches* form a background to discuss today's relevancy of

Complimentary and Alternative Medicine (**C. A. M. Therapies**) and the natural solutions they offer. These natural solutions are divided into three main therapy groups: Bio-Energetic Therapies, Bodywork and Movement Therapies, and Mental & Emotional Support Therapies – *Living Wellness™ Therapies*. Many thanks to Time-Life Medical for their synopsis from thousands of leading medical experts that contributed to the formulation of the information for these two sections.

Protocols formulated for the following Product Related Sections: *Nutrition and Supplements, Western Herbs, Rainforest Herbs, Homeopathic Remedies, Essential Oils* are the experience of the author in helping patients achieve wellness. Universities, Research Organizations, Doctors, Practitioners and Authors too numerous to mention in this introduction have contributed dozens if not thousands of years of observation and application skills to create safe, reliable and repeatable methods of treatment. Many of these treasures were unknown in the United States until Global Wars brought us in full contact with each other. Many would have been forgotten, if not for the courageous persistence of brilliant individuals bringing them forward to the 21st century. Protocols formulated for the Body and Mind Development sections: *Therapeutic Bodywork and Massage, Traditional Chinese Medicine, Visualizations, Affirmations, Meditations* rely on centuries of information from advanced civilizations found in China, India, and Europe. The Product, Body, and Mind Development Sections will eventually have their own in-depth chapters in the full book to come, exploring the history, research, and application methods—allowing them to stand as the giants they are in the field of natural health care. For now, I have merely listed these procedures and/or explained at the end of this section where you may obtain products.

Together we stand on the shoulders of the entire human race and experiences that have gone before us. What did our ancestors do to survive and thrive, and what must we do given our current civilization, its problems and concerns, its gifts and its processes, to continue to evolve the human race and our own spirit? Every question and every experience leads us closer and closer to clarity and appreciation for the complexity of who we truly are. It is my heart's desire that you take, use, and experience my life's work and understanding thus far to further your goals and enjoy a better and better quality of life.

Dr. Donna B. Donache

THE BENEFITS OF LIMBIC STRESS ASSESSMENT (LSA)™ TESTING: *The LSA (tm) process involves the use of electro dermal screening with an interface device, called a hand cradle to measure and record galvanic skin responses to a variety of stimuli, stored in the computer database. The results are reviewed as stressors and balancers. If stress values are above or below equilibrium, the System's extensive computer database will allow consideration of a wide range of possibilities that help the patient regain healthy balance and begin to reverse the processes that originally caused the imbalance. These possibilities include thousands of herbal, homeopathic, nutraceutical, neurotransmitter, vitamin/mineral, essential oil, and nutritional products — WELLNESS THERAPIES. We use the Limbic Stress Assessment (LSA System) as our primary interface between you and the modalities available*

CHAPTER 2 – SECTION 5: AUTISM SPECTRUM DISORDER

at the clinic. The LSA System uses specialized biofeedback applications to allow us to very quickly determine your body's reactions to numerous therapeutic alternatives. You simply place your hand on the hand cradle and the computer runs through a sequence of tests. The LSA system tracks your body's physiological stress level and records. **Note:** Remote testing is available for people living long distances from the clinic. Getting retested is easy and inexpensive because there is no need to travel.

HOW VOICE AND BRAINWAVE REPATTERNING THERAPY IS PERFORMED: The EVOX experience opens you to new ways of seeing things, it's called Perception Reframing. Old perceptions that may be stuck and damaging are released and you become free to choose better ways. When you speak, your voice carries the energy of how you perceive or see the topic you are speaking about. The EVOX records your voice energy and plots it on a graph called a Perceptual Index (PI). The EVOX then uses your PI to determine frequency signatures that are most useful to you. It then sends those signatures to the Hand Cradle as you listen to relaxing music and think about the topic you are speaking of. Perception Reframing can positively impact any aspect of: **1) Personal Health**—Health conditions involve perception, and reframing on health issues can improve the way you feel. **2) Interpersonal Relationships**—A better relationship with your spouse, parents, dealing with a problem child, or enjoying your time with others. **3) Personal Performance**—Improve your therapy performance, increase your ability to focus, and become a faster learner at school or community activities.

COMPREHENSIVE TREATMENT:

L.S.A.™ exam and analysis with initial EVOX session as described below:

A thorough assessment, which includes all of the following and a complete protocol specifically established based on the unique and individual criteria of your child. This protocol may include dietary changes and/or supplementation, homeopathic remedies, herbal remedies and essential oils.

COST: \$ 350: L.S.A.™ exam
COST: \$ 120: EVOX™ session

LIMBIC STRESS ASSESSMENT™ (L.S.A.)EXAM identifies:

- **Allergies—Foods & Environmental:**
- Common foods, pollens, plants, inhalants, animal dander that may be affecting the overall health of your auto-immune system
- **Immune Function & Pathogens:**
- Scan signatures of bacteria, viruses, parasites, and fungi. Assess the main immune defense systems. Homeopathic drainage remedies are recommended to rid the body of this obligatory load and increases auto-immune system efficiency.
- **Toxins in the Tissues Evaluation :**
- Identifies pesticides, herbicides, heavy metals, chemicals, mycotoxins, industrial pollutants, drugs, anesthesia and recommends safe de-toxification therapies so that the body has a chance to work optimally.

VOICE AND BRAINWAVE REPATTERNING (EVOX)™ THERAPY:

Customized sessions based on your history and goals. All sessions are 1 1/2 hours in length. Note: Multiple sessions are required for transgenerational mapping, whose goal is to release deep-seated patterns held in the subconscious mind.

COST: \$ 120 PER SESSION/8 sessions \$800

Chapter 2.5



Autism Spectrum Disorder

*A full 80% of all patients diagnosed with Autism Spectrum Disorder (ASD) are under the age of 22. The number of diagnoses rose sharply through 2005, when it was discovered that high fructose corn syrup negates and circumvents the Leptin Control System in the body, creating increased inflammation and impaired immune function in the body, particularly in the digestive tract. This dramatically decreased leptin level affects the neuro-immune cross-talk necessary in thymic development, creating abnormal cytokine levels in the blood (messenger molecules that tell us what to do). It is vital to consider Autism an inflammatory disorder as well as a mitochondrial, genetic, epigenetic, and functional disconnection disorder. **Autism Research Institute: Panel facilitated by Dr. Martha Herbert, 4/2011.***

ICON KEY

	Medical Definition of Diagnosis
	Conventional Approaches
	Nutrition and Supplements
	Western Herbs
	Rainforest Herbs
	Homeopathic Remedies
	Essential Oils
	Therapeutic Bodywork & Massage
	Traditional Chinese Medicine
	Hatha Yoga Postures
	Meditations
	Visualizations
	Affirmations

Autism Spectrum Disorder is a new phenomenon and one of the most important health issue of our time – it affects the future generation and our generation’s future. 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 100 children will be diagnosed with autism. In a recent study from South Korea, released in October of 2011, that estimate was changed to 1 in 38 worldwide.**

“I am different, not less”
– [Temple Grandin](#)

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 is origin. There is even name for it – **Functional Disconnection Syndrome**, meaning areas in the brain, especially the two hemispheres of the brain, are not electrically balanced, or synchronized. This electrical imbalance interferes with the ability of the two hemispheres to share and integrate information, meaning the brain cannot function as a whole. The result is that a child with a brain imbalance has normal or even unusually good skills associated with the higher-functioning area or side of the brain, and unusually bad skills associated with the

Since the 1980’s there has been a 7000% increase in neurobehavioral disorders.

CHAPTER 2 – SECTION 5: AUTISM SPECTRUM DISORDER

underactive area or side of the brain. The problem seems to come about because one side of the brain is maturing at a faster rate than the other. As the child develops, this imbalance becomes more significant and the two hemispheres can never fully function as one. The brain is considered functionally disconnected.

Unfortunately there are no consistent anatomic or physical markers for diagnosing the ASD. Currently the diagnosis of this disorder is purely subjective.

There was a **Global Autism Collaboration or GAC**, formed October 1, 2010. It will encompass the efforts of Autism One, TACA, Unlocking Autism, Safe Minds, the Schafer Autism Report, the National Autism Association, and one of the largest and best known organizations – the ARI or Autism Research International, formerly known as DAN – Defeat Autism Now!

Hopefully, in the spirit of collaboration, particularly on a global level, networking and communication will move the field forward to better meet the needs of the autism community worldwide.

Disconnected Kids, believes that this neurological brain imbalance involves every system of the body. In his newly released book (2011), *Reconnected Kids*, Dr. Melillo discusses goals and strategies for long-term planning, and the importance of family empowerment programs that develop everyone in contact with children and adults diagnosed with this disorder.

Dr. Temple Grandin, herself a very well known Asperger's Syndrome diagnosee, or

“What would happen if the autism gene was eliminated from the gene pool?”

You would have a bunch of people standing around in a cave, chatting and socializing and not getting anything done.”

— Temple Grandin, *The Way I See It: A Personal Look at Autism and Asperger's*

Aspie, as she affectionately refers to herself and other sufferers, has written in her groundbreaking book, *The Way I See It*, that people on “The Spectrum” have to think from the bottom up, often building elaborate references of pictures or patterns in order to cognize information. She is the subject of an award-winning film starring Claire Danes as Miss Grandin in the movie *“Temple Grandin”*. She has written a number of books about Autism and Asperger's Syndrome where she has contributed groundbreaking observations personally and professionally about and inside this disorder. She offers a stunning array of the top collegiate professionals sharing their expertise and case studies in her new and far-reaching credentialing university: **Future Horizons, Inc.**

What functional medicine offers that conventionally western medicine does not, is the ability and the potential to determine etiology of illnesses that were previously understood only as “chronic,” “incurable,” or worse, “genetic.” If you understand the root cause(s) of illness, then the chances of treating, curing and preventing illness increase exponentially. For example, millions upon millions of dollars have been spent, and thousands of thousands of research hours have been invested into the search for the cause of autism. Most of this time and money has been spent looking at the brain and genetics. Is there no greater puzzle in the medical world today than the etiology of autism? Functional medicine is beginning to uncover some of the root causes of autism (and there are many). Applied functional medicine has reversed autism in thousands of patients across the country. Many of these children have completely lost their autism diagnosis to be considered “neurotypical,” indistinguishable from their ADHD, allergies and asthma, and they have also recovered from their illnesses. — Beth Lambert, in *A Compromised Generation: The Epidemic of Chronic Illness in America's Children* (2010).

CHAPTER 2 – SECTION 5: AUTISM SPECTRUM
DISORDER

Clinically speaking, the 14 signs of autism are classified as follows:

1. May avoid eye contact
2. May prefer to be alone
3. Echos words or phrases
4. Difficulty interacting with others
5. Spins objects or self
6. Insistence on sameness
7. Inappropriate attachments to objects
8. Inappropriate laughing or giggling
9. May not want cuddling
10. Difficulty in expressing needs; may use gestures
11. Inappropriate response or no response to sound
12. No real fear of dangers
13. Apparent insensitivity to pain
14. Sustained, unusual or repetitive play; uneven physical or verbal skills

More information, including educational conference information, can be ordered at www.FHautism.com. Many resources that Future Horizons, Inc., who frequently feature Dr. Temple Grandin's lectures and seminars, as well as other prominent medical professionals, are listed at the end of this report.

Almost all children who have been diagnosed with autism have sensory processing disorders, or SPD, a medical classification unto itself. The children primarily diagnosed with SPD may or may not have autism. The 10 common signs of Sensory Processing Disorder are:

CHAPTER 2 – SECTION 5: AUTISM SPECTRUM
DISORDER

1. **Extra Sensitive to Touch:** Don't like to be touched or can't be touched enough.
2. **Sensitivity to Sounds:** May cover their ears when the same noises don't bother others.
3. **Picky Eaters:** Will only eat one or two familiar foods.
4. **Avoidance of Sensory Stimulation:** Won't put their hands in anything messy such as glue, clay, or mud. Only wears certain clothes.
5. **Uneasiness with Movement:** Fear amusement park rides, playground equipment or being turned upside down.
6. **Hyperactivity:** Can't be still during the day or get to sleep at night.
7. **Fear of Crowds:** Crowded areas are bothersome to the point of frequent public meltdowns.
8. **Poor Fine or Gross Motor Skills:** Have trouble with handwriting or kicking a ball.
9. **Excessive Risk Taking:** May be unaware of touch or pain, which can come across as aggressive behavior.
10. **Trouble with Balance:** May be accident-prone or fall more often than others and have a preference for sedentary activities.

More information about SPD and what to do at home and in the classroom for infants, toddlers, children and young adults can be found at www.sensoryworld.com.

Holistically speaking, causative factors include food additives and food allergies, environmental allergens, and heavy metal toxicity (such as lead, mercury, and aluminum). A poorly functioning digestive system and increased intestinal permeability lead to an increase in metabolic toxins that disrupt brain chemistry. Nutritional deficiencies of essential fatty acids, B vitamins, magnesium and other minerals, and iron appear to play a role. Finally, do not underestimate the role of emotional stress and its relationship to ASD. The breakdown of the family unit in our culture places abnormal stresses on the child, which can result in attention and behavior changes.

If your child has ASD, try the home-care suggestions here for at least a month and optimally for three months. Some children settle down to a normal level of activity after just a few days without troublesome foods; others will need three or four weeks before the toxins are out of their bodies. Buying and preparing natural foods can be a challenge for busy parents, but your perseverance will be rewarded with a healthier child and a

CHAPTER 2 – SECTION 5: AUTISM SPECTRUM DISORDER

stronger family. Nutritional supplements can work extremely well for most children to correct underlying biochemical imbalances.

Symptoms of ASD include some aspects of ADD and ADHD such as:

- Inability to sit still
- Mood swings
- Restlessness
- Short attention span
- Inability to concentrate
- Frequent tantrums
- Poor coordination and motor skills
- Impaired memory
- Failure to complete age-appropriate tasks
- Impulsiveness
- Speech or learning disorders

ROOT CAUSES THAT AGGRAVATE MISBEHAVIOR

- A diet that is high in sugar and additives
- Food allergies/sensitivities
- Hypoglycemia
- Nutritional deficiencies
- Poor digestion and absorption
- Heavy metal poisoning
- Emotional stresses

CONVENTIONAL APPROACHES

The medical care of a person with Autism Spectrum Disorder may be guided by his or her naturopath, internist or family physician. Other health care professionals who may be involved, depending on the circumstances, include:



- **Neurologists**, who specialize in disorders of the brain, spinal cord and nerves
- **Psychiatrists**, who treat mental, emotional, and behavioral problems
- **Pediatricians**, who deal with diseases of childhood/young adults
- **Mental health workers**, such as psychologists, nurses and social workers

Health professionals help both the person with Autism and his or her caregiver to cope. Support groups provide a chance to be with people who understand and can share the rough times and perhaps laughter as well.

Because the condition can worsen, you must realize that you will need help. You should consider many sources for help such as your close friends, family and neighbors. Knowing that you welcome their help will make them feel comfortable offering it. Consider also your church, community center and local volunteer groups.

CAREGIVERS

Caregivers, such as professional advocates, semi-skilled and skilled medical staff, close family members or friends should begin to think about **addressing safety issues, getting legal advice, and financial planning**. If at all possible, the patient should have a voice in the planning process. A lawyer can draw up the papers to give a substitute decision maker, usually a family member, a **durable power of attorney** and can explain the details of a **living will**.

It is more than a full-time job to care for a person with Autism Spectrum Disorder. General educators are having to deal with this disorder as much as neuronormal students. You must give yourself breaks and schedule times when you can be relieved. Depending upon your financial resources, you may want to investigate home health care services, day care centers and live-in facilities. **Respite programs in many communities allow caregivers to take periodic breaks from their responsibilities.**

ENVIRONMENT AND CARE CENTERS

It is important to maintain a calm atmosphere, a structured environment and a predictable routine. Arguing with a patient who has ASD can raise the level of anxiety. Adult day care centers offer appropriate activities and encourage people with ASD to stay mentally and physically active while allowing the caregiver “time off”. If the disorder progresses, taking care of a person with ASD becomes more challenging. Safety issues (fires, getting lost, etc.) become a big concern. You may need to begin thinking about, and perhaps preparing for, a time when you can no longer care for your loved one. Then trained professionals outside of your home may be able to provide a safer environment.

AT HOME CARE (ARI publication 40/April 2007)

The sociological impact of autism spectrum disorders on the caregivers, family and friends of families living with autism cannot be overstated. People who do not have autism are greatly affected when in contact with people who do. Typically, the following programs and therapies have been recommended for at home care programs administered by parents, caregivers and other members of the autism community. They should be administered under the supervision of a naturopathic doctor qualified, trained,

CHAPTER 2 - SECTION 5: AUTISM SPECTRUM DISORDER

and experienced in ASD. (Note: typically, pediatricians and medical doctors do not administer these types of programs). They are:

- Improve Diet
- Food Allergies
- GFCF Diet (Gluten Free, Casein Free and often corn and soy free)
- Vitamin/Mineral Supplements
- High-Dose Vitamin B6 and Magnesium
- Essential Fatty Acids
- Gut Treatments
 - Antifungals
 - Probiotics
 - Digestive Enzymes
- Amino Acids
- Melatonin
- Thyroid Supplements
- Sulfation
- Glutathione
- Chelation
- Immune System Regulation

In conventional and bio-medical approaches, the parent ratings on behavioral effects are rated in the tables and charts that follow:

CHAPTER 2 - SECTION 5: AUTISM SPECTRUM DISORDER

CONVENTIONAL AND BIO-MEDICAL MARKERS

DRUGS	Parent Ratings					DRUGS	Parent Ratings					DRUGS	Parent Ratings				
	Worse ^A	Effect	Better	Worse	Better: No. of Cases ^B		Worse ^A	Effect	Better	Worse	Better: No. of Cases ^B		Worse ^A	Effect	Better	Worse	Better: No. of Cases ^B
Actos	19%	60%	21%	1.1:1	140	<u>Dilantin^D</u>						Prolitin	30%	41%	28%	0.9:1	109
Aderall	43%	26%	31%	0.7:1	894	Behavior	28%	49%	23%	0.8:1	11:7	Prozac	33%	32%	35%	1.1:1	1391
Amphetamine	47%	28%	25%	0.5:1	1355	Seizures	16%	37%	47%	3.0:1	45:1	Risperidal	21%	26%	54%	2.6:1	1216
Anafranil	32%	39%	29%	1.1:1	440	Fenfluramine	21%	52%	27%	1.3:1	48:1	Ritalin	45%	26%	29%	0.6:1	4256
Antibiotics	33%	50%	18%	0.5:1	2507	Haldol	38%	28%	34%	0.9:1	12:2	<u>Secretin</u>					
<u>Antifungals^C</u>						IVIG	7%	39%	54%	7.6:1	14:1	Intravenous	7%	50%	43%	6.4:1	597
Diflucan	5%	34%	62%	13:1	1214	<u>Klonopin^D</u>						Transderm.	9%	56%	35%	3.9:1	257
Nystatin	5%	43%	52%	11:1	1969	Behavior	31%	40%	29%	0.9:1	27:1	Stelazine	29%	45%	26%	0.9:1	437
Atarax	26%	53%	21%	0.8:1	543	Seizures	29%	55%	16%	0.6:1	86	Steroids	34%	30%	36%	1.1:1	204
Benadryl	24%	50%	26%	1.1:1	3230	Lithium	22%	48%	31%	1.4:1	51:1	<u>Tegretol^D</u>					
Beta Blocker	18%	51%	31%	1.7:1	306	Luvox	31%	37%	32%	1.0:1	25	Behavior	25%	45%	30%	1.2:1	1556
Buspar	29%	42%	28%	1.0:1	431	Mellaril	29%	38%	33%	1.2:1	21:8	Seizures	14%	33%	53%	3.8:1	872
Chloral						<u>Mysoline^D</u>						Thorazine	36%	40%	24%	0.7:1	945
Hydrate	42%	39%	19%	0.5:1	498	Behavior	41%	46%	13%	0.3:1	15:1	Tofranil	30%	38%	32%	1.1:1	785
Clonidine	22%	32%	46%	2.1:1	1653	Seizures	21%	55%	24%	1.1:1	85	Valium	35%	42%	24%	0.7:1	895
Clozapine	38%	43%	19%	0.5:1	170	Naltrexone	18%	49%	33%	1.8:1	35:1	Valtrex	8%	42%	50%	6.7:1	238
Cogentin	20%	53%	27%	1.4:1	198	Low Dose						<u>Zarontin^D</u>					
Cylert	45%	35%	19%	0.4:1	634	Naltrexone	11%	52%	38%	4.0:1	19:1	Behavior	34%	48%	18%	0.5:1	164
<u>Depakene^D</u>						Paxil	34%	32%	35%	1.0:1	47	Seizures	20%	55%	25%	1.2:1	125
Behavior	25%	44%	31%	1.2:1	1146	<u>Phenobarb.^D</u>						Zoloft	35%	33%	31%	0.9:1	579
Seizures	12%	33%	55%	4.6:1	761	Behavior	48%	37%	16%	0.3:1	11:5						
Desipramine	34%	35%	32%	0.9:1	95	Seizures	18%	44%	38%	2.2:1	54:1						

BIOMEDICAL/ NON-DRUG/ SUPPLEMENTS	Parent Ratings					BIOMEDICAL/ NON-DRUG/ SUPPLEMENT:	Parent Ratings				
	Worse ^A	Effect	Better	Worse	Better: No. of Cases ^B		Worse ^A	Effect	Better	Worse	Better: No. of Cases ^B
Calcium ^E	3%	60%	36%	11:1	2832	Transfer Factor	8%	47%	45%	5.9:1	274
Cod Liver Oil	4%	41%	55%	14:1	2550	Vitamin A	3%	54%	44%	16:1	1535
Cod Liver Oil with						Vitamin B3	4%	51%	45%	10:1	1192
Bethanecol	11%	53%	36%	3.4:1	203	Vit. B6/Mag.	4%	46%	49%	11:1	7256
Colostrum	6%	56%	38%	6.8:1	851	Vitamin C	2%	52%	46%	20:1	3077
Detox. (Chelation) ^C	3%	23%	74%	24:1	1382	Zinc	2%	44%	54%	24:1	2738
Digestive Enzymes	3%	35%	62%	19:1	2350	<u>SPECIAL DIET:</u>					
DMG	8%	50%	42%	5.3:1	6363	Candida Diet	3%	39%	58%	21:1	1141
Fatty Acids	2%	39%	59%	31:1	1680	Feingold Diet	2%	40%	58%	26:1	1041
5 HTP	11%	42%	47%	4.2:1	644	Gluten-/Casein-					
Folic Acid	5%	50%	45%	10:1	2505	Free Diet	3%	28%	69%	24:1	3593
Food Allergy Trtmnt	2%	31%	67%	27:1	1294	Low Oxalate Diet	7%	43%	50%	6.8:1	164
Hyperbaric Oxygen	5%	30%	65%	12:1	219	Removed					
Therapy						Chocolate	2%	46%	52%	28:1	2264
Magnesium	6%	65%	29%	4.6:1	301						
Melatonin	8%	26%	66%	0.2:1	1607						

C.A.M. THERAPIES

(Complementary/Alternative Medicine – Wellness Approaches)

- **Approaches for Autism Spectrum Disorder**
- ***How Voice and Brainwave Repatterning Therapy Is Performed***
- **The Benefits of Limbic Stress Assessment Testing**

APPROACHES FOR AUTISM SPECTRUM DISORDER: *Autism Spectrum Disorder (ASD) is a new phenomenon and one of the most important health issue of our time – it affects the future generation and our generation's future. Just ten years ago, (2002) 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 100 children will be diagnosed with autism. In a recent study from South Korea, released in October of 2011, that estimate was changed to 1 in 38 worldwide. 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** require a specialized approach for each and every child. The recommendations provided by reliable testing and a competent practitioner, coupled with modest therapies that parents can incorporate in their daily lives are the specialty of this clinic. We constantly being update our current therapies with continuously emerging research here at Healing Path Therapies. We have provided service to the Atlanta community for over 25 years and are expanding nationally with new and emerging technologies. While we do not diagnose autism, we work with your primary care physician and/or pediatrics team, speech and physical therapists and others to provide natural health care solutions for the many health problems experienced by individuals living with ASD.*

THE BENEFITS OF LIMBIC STRESS ASSESSMENT (LSA)™ TESTING: *The LSA (tm) process involves the use of electro dermal screening with an interface device, called a hand cradle to measure and record galvanic skin responses to a variety of stimuli, stored in the computer database. The results are reviewed as stressors and balancers. If stress values are above or below equilibrium, the System's extensive computer database will allow consideration of a wide range of possibilities that help the patient regain healthy balance and begin to reverse the processes that originally caused the imbalance. These possibilities include thousands of herbal, homeopathic, nutraceutical, neurotransmitter, vitamin/mineral, essential oil, and nutritional products — **WELLNESS THERAPIES**. We use the Limbic Stress Assessment (LSA System) as our primary interface between you and the modalities available at the clinic. The LSA System uses specialized biofeedback applications to allow us to very quickly determine your body's reactions to numerous therapeutic alternatives. You simply place your hand on the hand cradle and the computer runs through a sequence of tests. The LSA system tracks your body's physiological stress level and records. **Note: Remote testing is available for people living long distances from the clinic. Getting retested is easy and inexpensive because there is no need to travel.***

HOW VOICE AND BRAINWAVE REPATTERNING THERAPY IS PERFORMED: *The EVOX experience opens you to new ways of seeing things, it's called Perception Reframing. Old perceptions that may be stuck*

CHAPTER 2 – SECTION 5: AUTISM SPECTRUM DISORDER

and damaging are released and you become free to choose better ways. When you speak, your voice carries the energy of how you perceive or see the topic you are speaking about. The EVOX records your voice energy and plots it on a graph called a Perceptual Index (PI). The EVOX then uses your PI to determine frequency signatures that are most useful to you. It then sends those signatures to the Hand Cradle as you listen to relaxing music and think about the topic you are speaking of. Perception Reframing can positively impact any aspect of: **1) Personal Health**—Health conditions involve perception, and reframing on health issues can improve the way you feel. **2) Interpersonal Relationships**—A better relationship with your spouse, parents, dealing with a problem child, or enjoying your time with others. **3) Personal Performance**—Improve your therapy performance, increase your ability to focus, and become a faster learner at school or community activities.

COMPREHENSIVE TREATMENT: **L.S.A.™ exam and analysis with initial EVOX session as described below:**

A thorough assessment, which includes all of the following and a complete protocol specifically established based on the unique and individual criteria of your child. This protocol may include dietary changes and/or supplementation, homeopathic remedies, herbal remedies and essential oils.

COST: \$ 350: L.S.A.™ exam
COST: \$ 120: EVOX™ session

LIMBIC STRESS ASSESSMENT™ (L.S.A.)EXAM identifies:

- **Allergies—Foods & Environmental:**
 - Common foods, pollens, plants, inhalants, animal dander that may be affecting the overall health of your auto-immune system
- **Immune Function & Pathogens:**
 - Scan signatures of bacteria, viruses, parasites, and fungi. Assess the main immune defense systems. Homeopathic drainage remedies are recommended to rid the body of this obligatory load and increases auto-immune system efficiency.
- **Toxins in the Tissues Evaluation :**
 - Identifies pesticides, herbicides, heavy metals, chemicals, mycotoxins, industrial pollutants, drugs, anesthesia and recommends safe de-toxification therapies so that the body has a chance to work optimally.

VOICE AND BRAINWAVE REPATTERNING (EVOX)™ THERAPY:

Customized sessions based on your history and goals. All sessions are 1 1/2 hours in length. Note: Multiple sessions are required for transgenerational mapping, whose goal is to release deep-seated patterns held in the subconscious mind.

COST: \$ 120 PER SESSION/8 sessions \$800

Bio-Energetic Therapies: Nutrition and Supplements



The precise cause or causes of Autism Spectrum Disorder (ASD) are unknown, and while there is no known cure for this little-understood brain/neurological disorder, research has revealed that approximately 1 out of every 100 children born today will be diagnosed with some form of ASD, and that figure is on the rise monthly. Autism is usually diagnosed in early childhood (before the age of three and is characterized by marked unresponsiveness to other people and the surrounding environment). 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 that 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 may include biting and pounding on their bodies, head, or extremities. Reference: Prescription for Nutritional Healing, Second Edition, by Dr. James F. Balch, and Phyllis A. Balch, CNC.

“The amount of antioxidants that you maintain in your body is directly proportional to how long you will live.”
Dr. Richard Cutler –
Director, National Institutes
of Health – Anti-Aging
Research Department.

Autistic children have learning disabilities, and are often mentally disabled. Speech development is usually delayed and in many cases is absent or limited to nonsensical rhyming or babbling (if speech is present at all). Some autistic children and young adults seem to have lower intelligence in most areas but almost supernatural abilities in others, such as mathematics or music. Most develop 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. Other factors contribute, as listed below:**

- **Gastrointestinal Disorders.** In studies of autistic children, a significant number have been found to have gastrointestinal disorders, including celiac disease and other food intolerances. A diet high in fresh, raw, and living foods is preferable. A diet eliminating casein, wheat, gluten, dairy, and in some cases, beef and pork is essential.
- **B6 Supplementation.** Studies have shown that supplementation with vitamins B6 (pyridoxine) and magnesium can produce good results in autistic

CHAPTER 2 – SECTION 5: AUTISM SPECTRUM DISORDER

children and adults. In addition, there is often dramatic improvement after chemical additives and allergenic foods are eliminated from the diet.

- Heavy Metal Toxicity. 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 seem to contribute to autism. Even low-level lead exposure in young children has been associated with impaired intellectual development and behavior problems.

In 1997, autism affected 100,000 people in the United States. As of 2010, hundreds of thousands more have been diagnosed, misdiagnosed or undiagnosed. Physically, autistic individuals do not appear different from others, but they exhibit marked differences in behavior from a very early age. Prescription for Nutritional Healing by James F. Balch, MD and Phyllis Balch.

- Low levels of the antioxidant vitamins A & E. When vitamins A, E, and C are taken together, they can act as powerful free radical scavengers. Free radicals are formed by exposure to radiation, toxic chemicals, and are the by products of oxidation that occurs at high temperatures when frying foods, and ingesting the damaged fats. This process can create severe and increased oxidative stress to brain cells. Vitamins A, E, and C, substances known as antioxidants, *neutralize free radicals* by binding to themselves to the outer electron shell or free electron of the free radical molecules. Other antioxidants that can be purchased in supplement form include the enzymes superoxide dismutase and glutathione peroxidase, the vitamin beta-carotene, the trace mineral selenium, and the hormone melatonin. All of these anti-oxidants improve the utilization of oxygen.
- An estimated 50% of patients with ASD have high cravings of sugar. Do not consume refined sugar or anything that contains sugar. In a University of California – Davis study, more than half the patient's with ASD have such a strong desire for sweets, that their access to these foods have to be restricted.
- Avoid Processed Foods. Infants and toddlers whose diets 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.
- Prognosis: 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 in independent. However, most autistic individuals ultimately need lifelong care of some type.

Bio-Energetic Therapies: Nutrition

It is also suggested that you consult with your primary care physician to undergo a trial of nutritional therapies when first given a diagnosis of ASD. Vitamin B12 injections play a role in metabolic processes and nerve functioning, including the formation and protection of the myelin sheath that surrounds the nerves. Tom Warren cites evidence that diet and chemical allergies also play an important role in Autism Spectrum Disorder. Reactions to allergens can cause swelling the brain. Major components in the cell membranes of neurons in the brain, choline and ethanolamine, are significantly lower in people suffering from Autism Spectrum Disorder, according to researchers at Massachusetts Institute of Technology.

Where possible, consult a nutritionist, a registered dietician, or a nutritionally-oriented naturopath or physician to determine your specific nutritional needs. Practitioners of Bio-Energetic Medicine can easily determine, by performing food allergy and environmental sensitivity testing, what allergens may be creating toxic reactions in your body. Nutritional foods and supplements can easily be recommended that will help you overcome your particular sensitivities, either through detoxification of the body and/or helping your body create the necessary neurotransmitters from other foods that may reverse the sensitivities you currently have. Qualified professionals can easily detect nutrients you are absorbing/not absorbing and can recommend products and foods to balance your deficiencies. Bio-Energetic Medicine practitioners can also determine if you have heavy metal toxification which may be producing your symptoms. See the section in this chapter on homeopathic remedies, which may help to detoxify these metals out of the tissue, lymphatic and cellular structure of the body.

If you drink tap and or municipally treated water, consider purchasing a water purification system proven to remove heavy metals and other impurities from the water.

- **Eat a well balanced and nutrient-dense diet of fresh, whole, organically grown foods. Include plenty of fiber (a minimum of 32 grams of fiber per day). Your primary foods should be raw and living fruits and vegetables, whole sprouted grains, and legumes. Eat a high-fiber 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.**
- **Avoid saturated fats and fried foods to diminish oxidative stress from free radicals at the cellular level. Avoid processed foods, and any foods cooked and/or stored in aluminum.**

- Use cold pressed organic vegetable and/or nut oils only (such as olive oil, walnut oil, avocado oil, etc.) to add fats to your diet.
- **OMIT WHEAT AND WHEAT PRODUCTS FROM THE DIET.**
- 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 colors or preservatives. Avoid fatty foods such as bacon, cold cuts, fried foods, gravies, ham, luncheon meats, sausage, and all dairy products except for low-fat soured products.
- Drink steam-distilled water.
- Use an elimination diet to test for food allergies, which can aggravate the condition. Your naturopathic physician, trained in the use of Limbic Stress Assessment (LSA) technology, can quickly pinpoint these allergies. The NAET (National Allergy Elimination Testing) remedies can be used to alleviate sensitivities so that certain foods can be enjoyed again.
- Have an LSA test done, or 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.

For more information go to www.feingold.org.

FOOD ALLERGIES: Many children with autism have food allergies, due to abnormalities in their digestive and/or immune systems. If food is not fully-digested into individual sugars, amino acids, etc., then the partly digested food can pass from the gastrointestinal tract into the bloodstream, especially if the child has a “leaky gut” due to inflammation. The immune system recognizes those foods as foreign, and may launch an immune response to those foods, resulting in an allergic response. Identifying and removing allergic foods can result in a wide range of improvements in some children, especially improvements in behavior and attention.

Bio-Energetic Therapies: Supplements

The following nutritional supplementation is recommended by Dr. James and Phyllis Balch, however I have found it imperative in my work with autism to provide daily supplementation of all the core vitamins and minerals. The best way to tell what your child may need is to have a custom urinalysis performed and evaluated by an independent laboratory such as MetaMetrix, located in metro Atlanta, Georgia. Ideal Health, currently owned by the Trump Network, offers an inexpensive PRIVA-TEST that you can perform in your own home and send to the lab. The lab then sends your child's report to Ideal Health for custom formulation and delivery of an easy-to-use, pre-measured capsule packet that you administer daily. You can request the formula to be made in powdered form that you measure and mix into liquid nutrition as well. Order online at www.healingpathinc.com or directly at [www.trumpnetwork.com/DDonache #6568995](http://www.trumpnetwork.com/DDonache#6568995).

Unless otherwise specified, the following recommended dosages are for persons over the age of eighteen. For a child between twelve and seventeen years old, reduce the dose to three-quarters the recommended amount. For a child between six and twelve, use one-half the recommended dose, and for a child under six years old, use one-quarter the recommended amount.

Vitamin B Complex: Essential for normal brain and nervous system function. A sublingual form is highly recommended.

The following additional nutrient dosages are considered "Essential" and "Very Important" according to research performed by authors James F. Balch, MD and Phyllis A. Balch, C.N.C. in their book *Prescription for Nutritional Healing*, Second Edition, Avery Publishing Group:

ESSENTIAL:

- Acetylcholine. **500 mg 3x daily.** *Deficiency has been implicated as possibly causing autism. Improves brain function and circulation to the brain. Use under professional supervision.*
- Boron. **3 mg daily do not exceed this amt.** *Improves brain function.*
- Coenzyme Q10. **100-200 mg daily.** *Increases oxygenation of cells and is involved in the generation of cellular energy. Improves brain function.*
- Lecithin granules or capsules. **1 tbsp. 3x daily before meals for granules. 1,200 mg 3x day before meals for capsules.** *Needed for improved memory. Contains choline.*

CHAPTER 2 - SECTION 5: AUTISM SPECTRUM DISORDER

- Pycnogenol or grape seed extract. **60 mg 3x day**. *Potent antioxidants that readily pass the blood-brain barrier to protect brain cells from free radical damage.*
- Vitamin B Complex (as injections) plus Vitamin B12. Results must be monitored by blood chemistry/lab reports. Supervised by a qualified physician/naturopath. Injections are best, if not available, they may be administered in sublingual form. **A maximum of 100 mg 3x daily. B12 – 2000 mcg daily.** *Plays a role in converting choline into acetylcholine, needed for memory.* Complex: **50 mg 3x daily with meals**, plus extra Vitamin B3 (*niacin*) **50 mg 3x daily**. Do not exceed this amount. Vitamin B5 (niacinamide) **300 mg daily** and Vitamin B5 (as pantothenic acid) **500 mg daily** to help reduce stress and aid circulation. Vitamin B6 (pyridoxine) **50 mg 3x daily** (do not exceed this amount). Deficiencies in B6 have been linked to autism.
- DMG (Dimethylglycine). **100 mg daily**. Oxygen carrier to the brain. Important for brain stem and nervous system function.

HELPFUL:

- L-Glutamine, L-Phenylalanine, L-Tyrosine and Taurine. **500 mg daily**. Amino acids needed for normal brain function. Some pre-digested protein powders, such as Power Whey Stack by N-PAC, Inc. www.whey2grow.com, 1-800-346-4697, provide complete amino acid support.
- Melatonin. **2-3 mg daily** for adults, taken 2 hours at bedtime. This is helpful if symptoms include insomnia.
- Zinc. **50 - 100 mg daily**. Do not exceed this amount.. *Helps stop amyloid plaque formation induced by zinc deficiency.*

Additionally, the following supplements are recommended daily to provide further healing support to the body. They are proprietary formulas from Transformation Enzyme Corporation, a leading research corporation in the definition, development, and distribution of enzyme therapies. Please refer to Chapter 3 on *Bio-Energetic Therapies: Nutrition and Supplements* in this book for background material on these enzymatic therapies and their specific ingredients and usage, as well as the reference section on nutraceutical organizations to order these products. As always, consult with a qualified practitioner who understands nutritional therapies and supplements in creating a specific C.A.M. protocol for your unique needs.

ENZYMATIC THERAPIES:

Enzymes are the only substances within the body that can rebuild injured cells by infusing them with oxygen and fortifying nutrients. The most powerful scavenger antioxidants are plant protease enzymes. In addition to cleaning up free radical damage in cell membranes, protease enters the cell's nucleus and helps repair devastation by free radicals to its DNA. They have been shown to be implicated in the removal of oxidized and damaged proteins –including the amyloid precursor protein. The following Advanced Enzyme Formulas must be prescribed by a licensed health care professional:

- Antioxidase™: **Recommended usage: 1 capsule with or between meals, with at least 8 ounces of liquid.** *Contains a wide variety of antioxidants and it is important for antioxidants to work together synergistically. These highly purified enzymes in a protease blend are indicated for cellular damage, premature aging, environmental toxins, and oxidative stress.*
- **IT IS RECOMMENDED THAT THIS CAPSULE BE TAKEN WITH THE FOLLOWING SYNERGISTIC FORMULATIONS:**
- Digestase™ and Digestzyme Protein Powder. **Recommended usage: 1 capsule with every meal or snack with at least 8 ounces of liquid.** *Assists in the digestion and assimilation of all food groups. It is indicated in food allergies, indigestion, malabsorption, and impaired gallbladder functions.*
- Protease 375K™: **Recommended usage: 1 capsule 2x per day, preferably upon arising and at bedtime with at least 8 ounces of liquid.** *This formula is indicated in tissue repair including kidney repair, removing heavy metal toxins, as scavengers of oxidized and damaged proteins, correcting weakened immunity, and maintaining normal blood flow.*
- Florase™: **Recommended usage: 1 capsule per day, preferably upon arising or at bedtime with at least 8 ounces of liquid.** *This formula is a high potency blend of “friendly” bacteria, plus FOS and lactoferrin to help the body maintain a healthy balance of microorganisms in the intestinal tract. It is indicated in chronic constipation, intestinal parasites, pH and bacterial imbalances in the small and large intestines. The PROBIOTIC contains the following strains of lactobacillus microorganisms: plantarum, sporogenes, salivarius, longum, casei, acidophilus, as well as bifidobacterium longum.*

C.A.M. THERAPIES

Bio-Energetic Therapies: Rainforest and Western Herbs



IN 1983, THERE WERE NO U.S. PHARMACEUTICAL MANUFACTURERS INVOLVED IN RESEARCH PROGRAMS TO DISCOVER NEW DRUGS OR CURES FROM PLANTS. TODAY, OVER 100 PHARMACEUTICAL COMPANIES AND SEVERAL BRANCHES OF THE U.S.

GOVERNMENT, INCLUDING GIANTS LIKE MERCK AND THE NATIONAL CANCER INSTITUTE, ARE ENGAGED IN PLANT RESEARCH PROJECTS FOR POSSIBLE DRUGS AND CURES FOR VIRUSES, INFECTIONS, CANCER AND EVEN AIDS.

“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.



The following herbal preparations (you may choose capsules or a liquid herbal tincture) are recommended daily to provide further healing support to the body. They are proprietary formulas from the Amazon Herb Company™, the leading research corporation in the definition, development, and distribution of rainforest herbal therapies. Please refer Chapter 3 on *Bio-Energetic Therapies: Rainforest and Western Herbs* in this book for background material on these quality life-force therapies and their specific ingredients and usage, as well as the reference section on nutraceutical organizations to order these products. As always, consult with a qualified practitioner who understands herbal remedies in creating a specific C.A.M. protocol for your unique needs.

Rainforest Herbs: Amazon Herb Company is now TRIVITA @ www.trivita.com

Rainforest Herbal Formula: ILLUMINATION Used as a daily supplement, Illumination can help cleanse, detoxify, strengthen and revitalize. It feeds virtually every organ and system of the body in a sustained and ongoing manner. As a multiple phyto-nutrient, it feeds the body's essential nutrients unavailable through our modern day diet. **Pau d' Arco, Chuchuhuasi, Boldo, Fucus and Sangre de Drago** are among the 30 herbs in this formula. It is a blend of five Amazon Herb Company™ Formulas: ARCOZON, METABOZON, ENVIROZON, CALMAZON, AND DIGESTAZON, each described below. For specific properties of each herb contained in these formulas, again – refer to Chapter 3 in this book. Recommended dosage for this formula is two dropper's full per day.

ILLUMINATION:

Rainforest Herbal Formula #1: ARCOZON strengthen's your body's defense. There are many elements in our environment that may tend to compromise our immune functions. In addition, fungus and yeast are major offenders. In our modern world this broad spectrum defense formula can be used to stay in optimum health. Arcozon contains the Rainforest most notable immune support herbs including *Pau d' Arco, Una de gato, Jatoba, Espinheira santa, Suma, Alfalfa, Marapuama, Catuaba & Propolis.*

Una de gato also known as *Cat's Claw (Uncaria tomentosa)* has been documented in studies that show the presence of alkaloids in the bark of the tree. These alkaloids strongly support the immune system. Studies have also revealed the presence of compounds that normalize inflammatory properties, which is in part due to its strong antioxidant properties.

Rainforest Herbal Formula #2: METABAZON for more efficient sugar and carbohydrate metabolism. Assists the body's natural ability to maintain metabolic harmony, helping to meet special dietary needs that may arise from an imbalance in sugar energy. That afternoon energy slump and sweet craving may indicate an inefficient metabolism. Facilitate your ability to convert carbohydrates into quick energy for smooth afternoon energy and proper weight control. *Pedra Huma Caa, Pata de Vaca, Stevia, Cashew Plant, Artichoke leaf and Sarsparilla.*

Artichoke Leaf (*Cynara scolymus*). Traditional and current uses in natural medicine include its application for ally types of liver and gallbladder disorders, digestive irregularities and for the prevention of gallstones, liver disease, including those related to alcoholism, dyspepsia, chronic albuminuria, anemia, arteriosclerosis, diabetes, and

CHAPTER 2 – SECTION 5: AUTISM SPECTRUM
DISORDER

high cholesterol. Artichokes contain “cynarin” and “scolymoside” that have been shown to stimulate bile production and secretion and lower cholesterol and triglyceride levels in the blood. Artichokes also possess some diuretic activity, which helps with kidney disease and protein in the urine.

Rainforest Herbal Formula #3: ENVIROZON helps to purify the body. It assists the body’s natural ability to cleanse and restore balance after exposure to environmental impurities. We deal with toxic exposure on a daily basis. Dowloading and detoxifying environmental challenges is an integral part of optimizing health. Herbs used in this formula include: *Jurubeba, Quebra Pedra, Boldo, Une de Gato, Artichoke and Alfalfa.*

Boldo Leaf (*Peumus boldus*) is an herb that supports liver functions. When toxins are released, it is important to protect the body from the free toxins with strong antioxidant support. Boldo contains a very strong antioxidant called boldine.

Rainforest Herbal Formula #4: CALMAZON promotes balanced energy with tranquility. Assists the body’s natural processes and supports it’s nutritional needs which may arise as a result of stressful environment. Tody’s fast paced living can translate into a highly stressful environment. Our bodies are continually challenged physically and emotionally in the workplace, in relationships. *Passion Flower, Mulungu, Espinhiera Santa and Lemon Balm.*

Mulungu (*Erythrina Mulungu*) is used to quiet hysteria from trauma or shock, as a mild sedative to calm the nervous system, to treat insomnia and promote healthy sleeping patterns by sedating overactive neurotransmitters. It is also used to regulate the heart palptations, hepatitis, and liver disorders. Mulungu has positive regulatory effects on heart palpitations and decreased blood pressure have been reported. Other benefits include support for hernias, stomachaches, epilepsy.

Rainforest Herbal Formula #5: DIGESTAZON improved digestion is a key to good health. Supports the body’s natural process of digestion and nutrient absorption. Inefficient digestion is considered to be a major contributing cause to many health problems. Obesity, constipation, heavy/bloated feelings after eating can all be associated with poor digestion. *Star Anise, Orange Bitters, Carqueja, Peppermint and Boldo.*

Additionally:

Rainforest Herbal Formula: SUMACAZON promotes energy and vitality, and balances the endocrine system. This combination of herbs is a great energizer and

helps regulate the endocrine, immune, muscular/skeletal and digestive systems. They increase stamina, endurance and mental clarity, act as an aphrodisiac, regulate blood sugar and balance the hormones. They also help with chronic fatigue and increase oxygen utilization in the body. This natural formula delivers a broad range of nutrients, amino acids and electrolytes to increase energy, mental clarity, libido and muscle tone. Herbs used in this formula include: ***Suma, Maca, Muira Puama, and Stevia.***

Muira Puama (Ptychopetalum olacoides) is a good tonic for the nervous system and useful in treating symptoms of neuralgia or nervous depression.

Rainforest Herbal Formula: AQUAZON broad spectrum foundational micro-nutrition for energy, clarity, and immune support. Contains fresh water Blue-Green Algae (*aphanizomenon flos-aquae* or AFA) and Marine Algae Fucus (*Fucus vesiculosus*) AFA is harvested from Upper Klamath Lake in Southern Oregon. Fucus is harvested off the coast of Brazil and Peru.

Blue Green Algae (*aphanizomenon flos-aquae*) Algae are masters of regeneration—they are the most highly regenerative foods on the planet. Harvested and eaten by Native Americans, but largely ignored until now, this strain of wild algae contains an abundance of vitamins (one of the highest sources of B-12), the full spectrum of minerals, beta carotene, chlorophyll and balanced amino acids. Some of the more commonly reported benefits of eating algae include increased energy and endurance for high-performance sports, even temper, improved memory, mental clarity and concentration and alleviation of stress, anxiety, and depression. Because it grows “wild” it is genetically superior to other “non-wild” sources of algae. *It is indicated in improving the neurological connections within the brain.*

Western Herbs: Please refer to Chapter 3 on *Bio-Energetic Therapies: Rainforest and Western Herbs* in this book for background material on these herbs, their indications, actions, and usage, as well as the reference section on nutraceutical organizations to order western herbal products .



The following single herbs are recommended for support of the brain and circulation as well as support for the body in times of depression and anxiety, which are often reported with ASD. Colon detoxification herbs and immune support herbs can be added to this formula as well. Use approximately 15 drops in liquid 2x per day. It is best to dissolve the tincture in hot water and consume as an herbal tea. You may use or create your own capsules from the dried herbs, but you will not find the life-force value to be as strong as its herbal tincture counterpart. As always, consult with a qualified practitioner who understands herbal remedies in creating a specific C.A.M. protocol for your unique needs.

Brain Building Formula:

CHAPTER 2 – SECTION 5: AUTISM SPECTRUM DISORDER

- **Ginkgo Biloba (*Ginkgo*) 10%:** Promotes cerebral circulation. This herb is used for disturbed brain functions, which result in dizziness, tinnitus, and headache with emotional lability and anxiety. Ginkgo has also been demonstrated to improve concentration and memory deficits as a result of peripheral arterial occlusive disease.
- **Siberian Ginseng (*Eleutherococcus Senticosus*) 10%:** is used as a tonic for invigoration and fortification in times of fatigue and debility or declining capacity for work and concentration.
- **Gotu Kola (*Centella Asiatica*) 10%:** is indicated as an anti-depressant, lymphatic, anti-spasmodic, nervine, sedative, and tonic. Creates significant improvement in venous insufficiency.
- **St. John's Wort: (*Hypericum Perforatum*) 10%:** is specific for the central nervous system and is indicated for depression, neuralgic pain, fibrositis and sciatica. St. John's Wort is a preferred analgesic, astringent and sedative. It is indicated as a vulnerary as well. The anti-depressive effects of this herb are largely due to its ability to prevent the reuptake of serotonin.
- Additionally the following herbs can be combined with the above listed herbs to support the remaining 60% of the formula: Skullcap, Valerian Root, Hawthorne Berries, Blue Flag, Marshmallow Root, Dulse, and Cayenne.

Herbal Remedy Precautions and Contraindications:

Mild gastrointestinal complaints can occur with Ginkgo. Additionally, allergic skin reactions have been observed on extremely rare occasions. Possible hypersensitivity reactions are: occurrence of spasms and cramps and, in cases of acute toxicity, atonia and adynamia. Drug interactions: The ginkgolide B component has a potent inhibitory effect on the platelet-activating factor (PAF) by displacing PAF from receptor binding sites. For this reason, extracts of Ginkgo Biloba have the potential to interact with antithrombotic therapy. Siberian Ginseng should not be administered in the presence of high blood pressure. St John's Wort: No health hazards are known in conjunction with designated therapeutic dosages. The tannin content of the herb may lead to digestive complaints. These statements have been abstracted from the PDR for Herbal Medicine, First Edition, published by the Medical Economics Company in Montvale, NJ.

C.A.M. THERAPIES

Bio-Energetic Therapies: Homeopathic Remedies



For Autism Spectrum Disorder, the following 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.

1. **Acetylcholine Chloride (Phenolic Formula):** Indicated as a parasympathetic stimulant neurotransmitter, lowers blood pressure, chronic fatigue, phobias, schizophrenia, allergies to cigarette smoke and chemicals, burning throat, chest congestion, chilling, cough, depression, hiatal hernia, hives, itching, memory impairment, migraines.
2. **Metox (Homeopathic Detoxification Formula):** For relief of symptoms due to metal toxicity. Contains heavy metal nosodes to detox concentrations of the following metals from tissues: Cu, Al, Co, Hg, Pb, St, Sn, Vn, Zn, Ba, Cr, Fl, Ni, Ag, Au, Ti.
3. **Dopamine:** This compound is considered one of the basic neurotransmitters of the nervous system. It is also found in many foods. It is known to assist three main Dopamine neurotransmitter systems. Extrapyramidal system involved with coordination and integration of fine muscular movement such as picking up small objects. Mesolimbic system involved with control of memory and emotion. Hypothalamic-pituitary axis is involved with such endocrine related activity as the release of prolactin which induces lactation in mammals.
4. **Taurine:** Taurine is an inhibitory neurotransmitter. It plays a major role in the brain and other electrically excitable tissue. It is involved in the calcium metabolism within the brain which plays a major role in the release of other neurotransmitters.

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.

CHAPTER 2 - SECTION 5: AUTISM SPECTRUM DISORDER

5. Malvin: This substance is commonly present in fruits and vegetables and other plants. It provides the red and blue and purple pigment displayed by many plants, i.e. apple, tomato, grape, blueberries. It is highly neurological in activity and helps relieve the allergy symptoms of severe depression as a causative agent found in these foods.
6. Pyrrole: FPyrrole is a chemical commonly used in the manufacture of drugs and polymers and is used as an intermediate in the manufacture of other compounds. It is a constituent of coal tar and bone oil and is found in auto fumes and pesticides. It is released naturally as an out gas from wool and albumin. A homeopathic of pyrrole is indicated for gas, bloating, MS, anxiety, depression and mauve factor in schizophrenia. Also gastrointestinal distress, headaches, insomnia, and light sensitivity.
7. Mannan: This substance is a metabolic byproduct of *Candida albicans*. Its principle cause of attention is its apparent ability to lower immune response in yeast sensitized individuals. T-lymphocyte production is suppressed. Its addition to immune influence is seen as being capable of lowering glucose response and is indicated for *Candida* desensitization.
8. Quercetin: Quercetin is widely found in the plant kingdom. It is found in rinds and barks, in clover blossoms and pollen, ragweed pollens, blue-green algae, citrus fruit, rose hips, currants, cherries, tea, apples and onions. It is an antioxidant with antihistamine effects. It reduces capillary permeability caused by histamine and serotonin. It increases the intensity and prolongs the duration of the adrenalin effects as well as inhibits the auto-oxidation of adrenalin. Larger doses can reduce pressure in essential hypertension.
9. Neuro II: Is a combination of six neurotransmitter phenolics related to the proper functions of the Central Nervous System and Autonomic Nervous System and the indirect calming of the Adrenal Glands. Contains: Norepinephrine, Acetylcholine Chloride, GABA (anti hypertensive, anti hyperirritability), Histamine, Tyramine, Epinephrine, Taraxacum, and Hydrastis.

Guna, Inc. is a wonderful product line, carrying an extensive array of homeopathic preparations. This company, headquartered in Milan, Italy, has some of the most widely medically researched, documented, and used products worldwide. Their newest product: GUNA AWARENESS is a homeopathic preparation specifically developed for ASD.

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.

CHAPTER 2 – SECTION 5: AUTISM SPECTRUM DISORDER

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 ASD 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 ASD.
- **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.

ASD

7 out of 10 people currently affected with ASD are living at home with family or other caregivers. Taking time to provide a quality of life that includes regular prayer and meditation greatly reduces anxiety, frustration, and depression.

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



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.

APPENDICES

About Your Doctor

Dr. Donna B. Donache holds doctorates in Naturopathic Medicine and Bio-Energetic Medicine. She is a Graduate of the Arkansas College of Natural Health (formerly Southern College of Naturopathic Medicine) and the Academy of Bio-Energetic Medicine. She has individualized her exams and sessions in private practice in Atlanta, Georgia for over 25 years. She also holds two master's degrees: In Bio-Energetic Medicine and in Environmental Design and Architecture. She has expertise in Autism Spectrum Disorder (ASD) and pioneered therapies for ASD throughout the 90's using a combination of Touch Therapies and Cranio-Sacral Therapies, which she utilizes in her practice today.

Her complete book, *FINDING BALANCE*, lists natural health care approaches for treatments by many different diseases, some of which are supplemental to ASD in a series of easy-to-follow reports. You may download this additional information at www.healingpathinc.com, then go to the *Top 30 Diseases* tab to download your report for a nominal fee.

If you are looking for high level wellness for your child, yourself, and your family, please complete the complementary health care questionnaire located on the website today. Dr. Donache will provide a free 15 minute consultation that can frame your approach to treatments and goals. Dr. Donache conducts a variety of workshops and lectures in the complementary and alternative health care field.

You can schedule her by email at:
drdonna@healingpathinc.com or contact her:
Healinginc@aol.com

Consider purchasing a remote hand cradle to accomplish exams in the privacy of your home. Go to the VIRTUAL CLINIC TAB at www.healingpathinc.com for a complete overview of the technology, procedures and pricing.

AVAILABLE SPRING 2016: NEW CHILDREN'S REMOTE HAND
CRADLE – indestructible, fun, and easy to use.

Resources

The below list of resources may assist you in gathering further information and support about chronic fatigue syndrome. It does not claim to be nor is it comprehensive.

Resource Category	Details
<p>Websites</p> <p>(Note: Use a search engine such as Google or Yahoo to find additional resources using the key words “autism, ASD, Asperger’s, functional disconnection syndrome, sensory disorder, etc.”)</p>	<p>Autism and Asperger’s Digest Magazine www.AutismDigest.com</p>
	<p>BRAIN BALANCE CENTERS - USA www.brainbalancecenters.com</p>
	<p>TACA: Talk About Curing Autism www.tacanow.org</p>
	<p>Autism Research Review International and Autism Research Institute www.Autism.com Autistic Global Initiative agi@autism.com</p>
	<p>SENSORY WORLD 800-489-0727 www.sensoryworld.com</p>
	<p>FUTURE HORIZONS, INC. 800-489-0727 www.FHautism.com</p>
<p>TEMPLE GRANDIN, NEWSLETTER, BLOG, WEBSITE www.templegrandin.com</p>	

CHAPTER 2 - SECTION 5: AUTISM SPECTRUM
DISORDER

Books	Autism and Life in the Community, Successful Interventions for Behavioral Challenges by Marcia Dallow Smith
	Autism, An Inside-Out Approach by Donna Williams
	Eyegames: Easy and Fun Visual Exercises by Lois Hickman and Rebecca E. Hutchins
	Functional Disconnection Syndrome Nobody Nowhere, an Extraordinary Autobiography of an Autistic by Donna Williams
	Ten Things Every Child With Autism Wishes You Knew by Ellen Notbohm
	Ten Things Your Student With Autism Wishes You Knew by Ellen Notbohm
	The Autism Trail Guide, Postcards from the Road Less Traveled by Ellen Notbohm
	1001 Great Ideas for Teaching & Raising Children with Autism or Asperger's By Ellen Notbohm and Veronica Zysk, Foreword by Temple Grandin, PhD.

Other Resources

AET (Association of Educational Therapists)

- The Association of Educational Therapists is the national professional association for educational therapists. AET defines and sets standards for the professional practice of educational therapy. Educational therapists provide a broad range of individualized educational interventions for children and adults with learning disabilities and other learning challenges.

ASAGA (Autism Society of America – Georgia Chapter)

- The Greater Georgia Chapter of the Autism Society of America (ASA-GGC) is a unit of the Autism Society of America. ASA-GGC is a dedicated well-informed group of parents and professionals working together to increase public awareness about autism and the day-to-day issues faced by individuals with autism, their families and the professionals with whom they interact.

AGI (Autistic Global Initiative)

- Since it's founding in January 2011, AGI has begun work on a variety of projects and initiatives. The organization strives to be an agent for assumption-free inclusion of people with autism, providing advisory and consulting services to the Autism Research Institute and other organizations both nationally and globally. www.autism.com, agi@autism.com

Autism Speaks

- Autism Speaks is the nation's largest autism science and advocacy organization, dedicated to funding research into the causes, prevention, treatments and a cure for autism. Autism Speaks seeks to increase awareness of Autism Spectrum Disorders and to advocate for the needs of individuals with autism and their families. www.autismspeaks.org

Camp Twitch and Shout

- Camp Twitch and Shout is a one-week overnight camp for children ages 7-17 with Tourette syndrome located at Camp Will-A-Way, just outside Atlanta.

CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder)

- Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD), is a national non-profit, tax-exempt (Section 501 (c) (3)) organization providing education, advocacy and support for individuals with AD/HD. CHADD is the nation's leading non-profit organization serving individuals with AD/HD and their families. CHADD has over 16,000 members in 200 chapters throughout the US, and offers support for individuals, parents, teachers, professionals, and others. www.Chadd.org

Fast ForWord

- The Fast ForWord program is a reading intervention program designed for K-12 education institutions and clinical specialists, whose students are struggling and reading below grade level.

FEINGOLD (Feingold Association of the United States)

- The Feingold TM Association is a nonprofit organization of families and professionals founded in 1976, dedicated to helping children and adults apply proven dietary techniques for better behavior, learning and health, and generating public awareness of the role of foods and synthetic additives in behavior, learning, and health. www.feingold.org

Floortime Atlanta

- Floortime Atlanta serves children with social, emotional, communicative, developmental and learning challenges, including autistic spectrum disorders such as Autism and Asperger's Disorder. They also work with parents and entire families to help them to understand their children, and to address the range of emotional and practical challenges they face in helping these children grow.

Kids Enabled

- Kids Enabled is a 501(c)(3) not-for-profit organization which offers guiding information, support and encouragement to parents and support networks to navigate the complicated journey from awareness to success, thus enabling children with learning differences to reach their full potential. www.kidsenabled.org

Law Office of Allison B. Vrolijk, LLC (Special Education Attorney)

- Allison B. Vrolijk, Esq. assists parents in the metropolitan Atlanta area with securing a Free Appropriate Public Education for their children with special needs.

LDA (Learning Disabilities Association of America)

- Since 1963, LDA has provided support to people with learning disabilities, their parents, teachers and other professionals. At the national, state and local levels, LDA provides cutting edge information on learning disabilities, practical solutions, and a comprehensive network of resources. These services make the Learning Disabilities Association of America the leading resource for information on learning disabilities. www.ldanatl.org

TSA (Tourette Syndrome Association)

- TSA's mission is to identify the cause of, find the cure for and control the effects of Tourette Syndrome. They offer resources and referrals to help people and their families cope with the problems that occur with TS. TSA raises public awareness and counters media stereotypes about TS. Membership includes individuals, families, relatives, and medical and allied professionals working in the field. www.tsa.org

TSFC (Tourette Syndrome Foundation of Canada)

- The Tourette Syndrome Foundation of Canada is a national voluntary organization dedicated to improving the quality of life for those with or affected by Tourette Syndrome through programs of: education, advocacy, self-help and the promotion of research.

Tourette Syndrome "Plus"

- This website includes coverage of the other disorders commonly observed in conjunction with TS. Learning what disorders emerge at what ages and what to "be on the lookout for" can help parents, teachers, and clinicians recognize when symptoms of another disorder may be emerging.

WellMED

- The providers at WellMed specialize in serving the mental wellness needs of individuals, families, and groups. The child, adolescent and adult psychiatrists are board certified and families in the Greater Atlanta area rely on holistic approaches to psychiatric medicine. www.wellmedatlanta.com

Product Ordering Information

You may visit your natural health care practitioner and/or your natural health care supplier for general nutritional supplements widely recommended by this author as applied from Prescription for Nutritional Medicine, 2nd and 3rd editions from Dr. James and Phyllis Balch. However, the specific products outlined in this section may be ordered from the companies listed below.

Nutritional Supplements

SPECIALTY PRODUCTS FOR ASD:

GUNA, INC.

3724 Crescent Court West
Whitehall, Pennsylvania 18052
Direct: 484-223-3527
Main: 484-223-3500
Fax: 484-223-3515

On the web, YouTube, and Facebook

Obtain through professional referral only. Healing Path can order without exam, with medical diagnosis.

SPECIALTY PRODUCTS FOR ASD MENTIONED IN THIS REPORT:

ENZYME THERAPIES

TEC – Transformation Enzyme Corporation
2900 Wilcrest, Suite 220
Houston, Texas 77042

Order Phone Number: 1-800-777-1474

Fax Phone Number: 888-777-1474

Customer Service Phone Number: 713-266-2117

e-mail: order@tecenzymes.com,

ORDER REFERRAL INFO: Healing Path, Inc.

WESTERN HERBS

Proprietary Herbal Formulas, based on the herbs listed in this section, are manufactured by NUTRIWEST and must be obtained from a licensed herbologist/natural medicine doctor, if you are not preparing the formulas yourself. Contact HEALING PATH, INC. www.healingpathinc.com, and complete the health care questionnaire on line for immediate assistance. You may now order products on-line at www.amazon.com.

RAINFOREST HERBS

Trivita

www.trivita.com

Order Phone Number 1-800-991-7116

Contact HEALING PATH, INC. www.healingpathinc.com, and complete the health care questionnaire on line or via e-mail at drdonna@healingpathinc.com, with quantity and product desired. Paypal will be used to conduct any product orders.

HOMEOPATHIC REMEDIES (By Prescription Only)

Deseret Biologicals, Inc.

469 West Parkland Drive

Sandy, Utah 84070

Order Phone Number: 1-800-827-9529

Fax Phone Number: 801-563-7455

ORDER REFERRAL INFO: Healing Path, Inc. (must have exam/bio-scan)

NOTE: Only naturopathic physicians can order for you. Contact HEALING PATH, INC. www.healingpathinc.com, and complete the health care questionnaire on line or via e-mail at drdonna@healingpathinc.com, with quantity and product desired. Paypal will be used to conduct any product orders.

ESSENTIAL OILS

Young Living Essential Oils

Thanksgiving Point Business Park,

3125 West Executive Parkway

Lehi, UT 84043

www.youngliving.com

Order Phone Number: 1-800-371-3515

ORDER REFERRAL NUMBER: #59430, Healing Path, Inc.

OTHER PRODUCT RESOURCES

Enzymedica, The Enzyme Experts

752 Tamiami Trail

Port Charlotte, FL 33953

1-888-918-1118

www.enzymedica.com

The Kirkman Group (full spectrum of health supplements)

6400 SW Rosewood Street
Lake Oswego, OR 97035
kirkman@kirkmangroup.com
(800) 245-8282
www.kirkmangroup.com

COMPOUNDING PHARMACY RESOURCES

Wellness Pharmacy Experts

3401 Independence
Drive #231
Birmingham, AL 35209
(800) 227-2627
www.Essentialgsh.com

Your source for Oral Liposomal Glutathione

Central Drugs Compounding Pharmacy

520 West La Habra Blvd.
La Habra, CA 90631
562-691-6754
Fax: 562-694-3869
info@anypharmacy.com
www.CentralDrugsRX.com

Lee Silsby Compounding Pharmacy

3216 Silsby Road
Cleveland Heights, Ohio 44118
800-918-8831
Fax: 216-321-4303
info@leesilsby.com

www.leesilsby.com