

autism101

Jordan Garcia was three when he was diagnosed with Asperger's Autism. He's thirteen now, enjoys girls and sports, but asks why he's not like others.

"You just think differently," says his mother, Kathy.

Jordan's parents have spent his entire life educating themselves, school officials, and anyone involved in his care about Autism. They inform, focus on the positives, and nurture Jordan's interests. They educated Jordan and provided him with structure, routine and communicated clearly what was acceptable behavior.

No one really knows what causes the condition. The National Autism Association states that the latest theories involve anything from genetics to medications to the environment. Autism is diagnosed when a specified number of characteristics listed in the Diagnostic and Statistical Manual of Mental Disorders are present.

Some examples include delays or abnormal social skills, language used in social communications, repetitive behaviors. A few noteworthy autistics are Einstein, Thomas Jefferson and Vincent Van Gogh.

"Early intervention is most important," insists Kathy "Parents have to accept it and not get stuck in denial."

If your child has been diagnosed with a form of Autism, there are five steps you should take Immediately:

1. Find a qualified physician. Don't waste time trying to educate your health care provider. Work with a variety of professionals including allopathic, naturopathic, chiropractic, Ayurvedic, homeopathic and Traditional Chinese Medicine practitioners. Children with autism should not take most over-the-counter medicines. Instead homeopathic remedies can be safely used to treat all the cuts, scrapes, coughs, insect bites

and other minor maladies our children are susceptible to.

2. Test for yeast and bacteria overgrowth. Candida albicans and other intestinal microbes are a known problem in children with autism. Some of the behaviors linked to yeast overgrowth include confusion, hyperactivity, short attention span, lethargy, irritability, and aggression. Attempting to restore intestinal balance is a constant struggle.

3. Implement a gluten- and casein-free diet & environment. Almost 70 percent of children with autism respond favorably. Gluten is found in toothpaste, hair shampoo, Play Dough, glue, and finger paint among other items.

4. Test for nutritional deficiencies. Autistic children are severely deficient in vitamins, minerals, enzymes, other nutrients, and fiber. Children with autism face unique nutritional requirements and can be particularly sensitive to the introduction of supplements. How a child reacts can only be determined by carefully adding, or in some cases withdrawing, supplements and monitoring behaviors, skin, nails, hair, stools, and urine.

5. Test for heavy-metals. Many Autistic children suffer from heavy-metal toxicity, particularly mercury. It is in the air, water, food supply, dental amalgams (silver fillings), and remains in many vaccines including the flu shot. We normally excrete mercury through our hair, urine, feces, nails, and breath. Many children with autism cannot effectively eliminate mercury.

Autism is dynamic, so it's important to keep abreast of new developments and treatments. Treatment plans need to be specific to the individual. What works for one, may not work for another. In 1996 when autism was added to the Diagnostics and Statistics manual 1-in-10, 000 were diagnosed, today it's 1-in-150. 🌍

~ B.D. THARP

