



Autism Battle Plan

What is Autism?

Autism is a severe, permanent behavioral disorder that causes a defect in brain development. Autism has no known single cause or cure. The disease is characterized by an inability to communicate in a normal manner, intellectual retardation, and incapacity to develop social relationships. Autistic individuals show a pronounced unresponsiveness to love and affection, often developing attachments to specific objects rather than to human beings. Autistic cases occur with varying degrees of severity.

Causes of Autism:

The underlying cause is still unknown. However, many causative factors occurring during pregnancy and/or infancy have been proposed including:

- A decrease in serotonin activity in the central nervous system
- A genetic predisposition to developing the disease
- Viral infections
- Infant vaccination
- Food allergies
- Yeast infections
- A deficiency of digestive enzymes
- Fetal alcohol syndrome
- Lead poisoning

Facts you should know:

- More than a half a million people in the US have autism, which occurs in as many as 1 in 500 births
- Autism is the third most common developmental disorder
- Autism is not caused by parental neglect as previously believed
- Although some autistic individuals become somewhat self-sufficient, most will require lifelong care
- Unfortunately, only one in twenty autistic children will show any improvement by adulthood. Typically, children with an IQ above 50 can do moderately well, and some can attain normal adjustment with appropriate therapy
- Many children afflicted with autism show an extraordinary talent in a specific area such as art, music, or mathematics

Signs and Symptoms:

Language disorder	Profound social despondency
Mental retardation	Low birth weight
Compulsive behavior	Parrot-like repetition of words or phrases just spoken
Self-destructive behavior	Irrational outbursts and paranoia
Hyperactivity	
Auditory hypersensitivity	

Treatment:

No effective medical treatments currently exist for autism. Natural therapies promoting normal serotonin metabolism and minimizing amounts of nervous system toxins have shown in many studies to significantly help a considerable number of autistic individuals.

1). Diet:

- Identify and eliminate food allergens from the diet. Allergens may adversely affect brain function in many individuals. Autistic individuals can be tested for food allergens. Common allergens include wheat, sugar, and dairy. Allergies may, however, be a reaction to virtually any substance.
- Avoid junk foods, sugar, and foods containing white flour and chemical additives.
- Drink purified water.
- Regular exercise is important.
- Consuming foods that aid the liver in detoxification may help improve behavior. These include:
 - High sulfur content foods such as garlic, legumes, onions, and eggs (*Two to three servings daily*)
 - Sources of soluble fibers such as pears, oat bran, apples, and legumes (*Activated Barley™ - two to three servings daily*)
 - Cabbage family vegetables, especially broccoli, Brussels sprouts, and cabbage
 - Artichokes, beets, carrots, dandelion, and herbs and spices including turmeric, cinnamon, and licorice (*Two to three servings daily*)

2). Nutritional Supplements

- Chlorella, cilantro and other forms of chelation will assist heavy metal detoxification, which has been shown to dramatically improve autistic behavior patterns. (*Use PHP's Chlorella - Take 20 200 mg tablets daily for 30 days, three times a year*)
- Flax seeds and spirulina contain high essential fats that also improve brain function and learning in autistic children. (*Use our Flax Advantage™ - take a ½ cup of fresh flaxseeds ground daily*) / (*Use our Organic Spirulina™ - take 5 500mg tablets daily*)
- Master Amino Complex™ feeds the brain vital proteins that moderate erratic behavior. (*Take 1 tablet for every 20 lbs of body weight daily*)
- Spirulina which contains Vitamin B6 and Magnesium: Scientific studies have conclusively shown that the combination of vitamin B6 and magnesium produces good results in autistic children and adults. Considerable research demonstrates that 30 to 60 percent of autistic children show significant behavioral and other benefits from the administration of large quantities (mega doses) of vitamin B6 and magnesium. Magnesium deficiency has been shown to cause hearing hypersensitivity and hyperirritability. (*Use our Organic Spirulina™ - take 5 500mg tablets daily*)
- C From Nature™ - Vitamin C: shown to significantly reduce symptoms of autistic behavior. (*Take 6 – 10 tablets daily*)
- Dimethylglycine (DMG): a non-toxic chemical found in small amounts in some foods like broccoli, beets, and onions. DMG, which acts as an oxygen carrier to the brain, may be beneficial for many autistic individuals.

3). Herbs

- Ginkgo Biloba extract – in numerous studies Ginkgo Biloba extract has demonstrated platelet aggregation, improving blood flow to the brain and nervous system and enhancing nerve cell function. (*PHPs' Revive-It-All™ contains Ginkgo and Super Oxide Dismutase –Take one capsule with each meal daily*)
- Silymarin: an extract from *Silybum marianum* (milk thistle), Silymarin contains flavonoid compounds that protect the liver from damage and enhance the detoxification process. (*Take 200 mg daily*)

4). Alternative Treatments

- Auditory Integration Training: A treatment for the hypersensitivity to sound common in autistic individuals. Auditory training exposes autism sufferers to sounds that are digitally edited to exclude those specific frequencies to which the patient is hypersensitive. This regular exposure to tolerable sounds is designed to acclimate autistic patients to receiving sound normally, thereby increasing their tolerance for hearing every frequency. Auditory training has achieved positive results for many Autistic patients.
- Craniosacral Therapy: A treatment that manipulates the bones of the skull and the underlying membranes to alleviate pressure and restrictions. Craniosacral treatment involves light touch, hands-on therapy that seeks to improve the range of motion in the brain, spinal cord, and surrounding membranes as well as the bones of the skull and spine. Craniosacral therapy has shown to produce marked improvements in autistic behavior.

5). Counseling, Behavior Modification, Educational Programs

- Traditional behavioral approaches to treating autism, including a firmly structured, purposeful educational program, have been highly beneficial in many cases.
- Stimulation with movement, colors and sounds including impressionist art and classical music.

We do not intend to diagnose, treat, cure or prevent any disease