

## Autism Battle Plan

### What is Autism?

Autism is an often-severe developmental and behavioral disorder once thought to be permanent that causes a defect in brain function. Up until now science has not identified a single cause or cure. The disorder is sometimes characterized by an inability to communicate in a normal manner, intellectual retardation, and many times incapacity to develop social relationships. Autistic individuals can 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, and many parents of Autistic children are not aware of this.

*New evidence* is being compiled that suggests with diligent, constant, and intense therapies, and an educated focus on nutrition/diet and eliminating food allergens and toxins within the body, these children can emerge from the condition to some degree and have a much greater quality of life than once thought, and many are reawakening parts of their minds that once seemed shut down, and living without the specter of autism.

### New Awareness

Only a few years ago, Autism was almost unknown and was often confused with Down syndrome, mental retardation, or just being “slow.” For the public and medical community alike, Autism was simply not on the radar. In fact, only now is this troubling condition being studied and insights into its cause, care, and even treatment starting to emerge. New evidence suggests that Autism is at near epidemic proportions, and parents, rich and poor alike are affected. That is why we have created the '*Autism Battle Plan*' to help people understand and cope with this condition. We believe that with diligent and loving dedication, many or all of the symptoms of Autism can be reversed, and you can experience all of the aspects of parenting that “autism” may inhibit.

### Causes of Autism:

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

- Phytate-rich foods such as soy, grains, etc.
- A severe imbalance of minerals
- Fetal alcohol syndrome
- Infant vaccination
- A decrease in serotonin activity in the central nervous system
- Food allergies
- Yeast infections
- A deficiency of digestive enzymes
- Viral infections
- Lead poisoning
- A genetic predisposition to developing the disease

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**Facts you should know:**

- More than a half a million people in the US have autism, which occurs in as many as 1 in 150 births; however, only 10 years ago that number was 1 in 100,000.
- Autism is the most common developmental disorder among newborn boys today.
- Autism is not caused by parental neglect as previously believed
- Many children afflicted with autism show an extraordinary talent in a specific area such as art, music, or mathematics
- Unfortunately, only one in twenty autistic children currently 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
- Although some autistic individuals become somewhat self-sufficient, most will require lifelong care costing 5 million dollars

**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	

**Recommended Products:**

The medical community for autism currently offers no effective medical treatments or drugs. Natural therapies, like those we teach here, promote normal mineral balance, serotonin metabolism, and minimize the amounts of toxins in the nervous system, and have shown in many cases to significantly help a considerable number of autistic individuals. What about vaccines? Modulate the vaccinations that your child receives by requesting single dose vials (so they will not contain potentially dangerous preservatives), do not give them vaccinations until they are 5 years of age (so that the early brain development stage and the spinal cord is complete) and limit them to only 1 vaccination per 6 months.

Perhaps the most important part of this plan has to do with food! The foods you do not eat are just as important as the foods you do eat. Below is the beginning of an approved list. Be creative but do not vary. We will add additional approved foods after they are tested to meet our standards.

1). Diet

Protein:

- ✓ Salmon
- ✓ Mackerel
- ✓ Sardines
- ✓ Catfish
- ✓ Raw, soaked almonds
- ✓ Hemp protein

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Fruit:

- ✓ Young coconuts (water and meat)
- ✓ Mangos
- ✓ Prunes
- ✓ Papayas
- ✓ Grapefruits
- ✓ Cranberries

Vegetables:

- ✓ Broccoli
- ✓ Carrots
- ✓ Spinach
- ✓ Onions
- ✓ Cauliflower
- ✓ Beets
- ✓ Sweet potatoes
- ✓ Butternut squash
- ✓ Parsley

Fats:

- ✓ Coconut oil
- ✓ Butter
- ✓ Grapeseed oil

2). Nutritional Supplements

While food is the key, supplements can help push the progression along much faster and for that reason we highly recommend the following:

- **Organic Spirulina**, which contains beta-carotene, 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. **Spirulina** also contains high essential fats that may also improve brain function and learning in autistic children (*Follow serving suggestions as instructed on label*)
- **Master Amino Complex**<sup>™</sup> feeds the brain vital proteins that moderate erratic behavior like tryptothan, a serotonin precursor that bypasses the blood brain barrier. (*Take 1 tablet for every 20 lbs of body weight daily*)
- **Revive-it-All**: 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. It also contains the powerful receptor-cell enhancing formula touted in *Reader's Digest* (November 2003) as the end to aging. (*PHPs' Revive-It-All*<sup>™</sup> contains Ginkgo and Super Oxide Dismutase –Take one capsule with each meal daily)

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- **Enzyme Advantage-** New research shows that autism may be directly linked to our digestion. PHP believes that adding digestive enzymes like Enzyme Advantage to one's diet can relieve many of the common digestive ailments we experience. Enzyme Advantage is beneficial in conjunction with any other supplement or food because it will help ensure that the fibers, carbohydrates, fats, proteins, and micronutrients in the foods we eat are either used by the body or eliminated. *(Follow serving suggestions as instructed on label)*
- **Advanced Probiotic Blend-** Another great digestive tool, our shelf stable probiotics help to increase the healthy bacteria needed in our bowels. *(Follow serving suggestions as instructed on label)*
- **C From Nature<sup>™</sup>** - vitamin C is thought to help reduce some of the symptoms of autistic behavior. Reject the ascorbic acid as it is not vitamin C. The best sources of vitamin C are whole food sources such as Amla berry, Camu Camu, rosehips, citrus bioflavonoids, and Acerola cherry that are bioavailable because they contain all the very necessary co-factors your body needs to use the nutrients efficiently- just as Mother Nature intended! *(Follow serving suggestions as instructed on label)*
- **Apothe-Cherry<sup>™</sup>** - A natural source of melatonin and serotonin precursors. It is beneficial and an anti-inflammatory, antioxidant and sleep inducer due to its melatonin and proanthocyanidin content it boasts a 7,000 ORAC rating per serving. *(Take 1 tbsp with 1 serving (1 tsp) of PHP's Aloe Vera.)*
- **40X Aloe Vera Concentrate<sup>™</sup>** – The Father of Medicine Hippocrates' favorite healing plant, aloe vera has been shown to increase conductivity, reduce inflammation and suspend antioxidants in blood serum for extended time periods specifically melatonin—*(Take 1 tsp. with one serving (2 tbsp) of the Apothe-Cherry.)*
- **Cracked Cell Chlorella:** If your child has already been vaccinated, try PHP's **Cracked Cell Chlorella** to rid their body of mercury and other heavy metals; it is a powerful chelator and detoxifier and also contains valuable nutrients typically found in green foods. *(Follow serving suggestions as instructed on the label.)*

Also recommended:

- **Organic Tropic Oil:** Pure extra virgin coconut oil is a great source of “good fat” that is best when taken raw *(take 1 tbsp and let melt in mouth and slide down throat or take 3 tsp spread out through the day)*. May be used as a margarine or vegetable oil substitute and is also ideal as cooking oil.

#### 4). 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.

#### 5). Alternative Treatments

- **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

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surrounding membranes as well as the bones of the skull and spine. Craniosacral therapy has shown to produce marked improvements in autistic behavior.

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*These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. Purium Health Products recommends consulting your physician on this or any nutritional regimen, preferably a physician specializing in integrative medicine.*

*If you need advice on how to approach your doctor on health/ nutrition, please see our archived Consumer Education Conference Call on [www.phporder.com](http://www.phporder.com) (under Education section) titled "How to Talk to your Healthcare Provider".*

*PHP is based on the tradition of Naturopathics, which operates on the premise that our bodies are self-healing if given the right tools and environment. This tradition has been well practiced for over 5,000 years!*

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1542 Seabright Ave, Long Beach, CA 90813. Tel: 888-747-6733, E-mail: [info@phporder.com](mailto:info@phporder.com). Updated: June 24, 2008

### ***A WORD FROM DAVE....***

Over the last 20 or more years of my life, I have been dedicated to helping people find holistic and alternative approaches in their quest for health. Many times the health challenges that they were facing were severe and other times they were minor but regardless of that, I was always proud that in most instances we could direct them towards what is an effective, and really sometimes dramatically effective, method of inspiring the body to heal itself. And so with that in mind, there have definitely been challenges and there have been some difficulties. There are in fact some conditions which no effective alternative treatment nor effective medical treatment exists and in those instances, of course, we are most saddened when we can offer little hope. In recent years I have documented the seeming acceleration of chronic and degenerative conditions manifesting themselves in younger and younger generational age group. These conditions include heart disease and heart attacks; where heart attacks once were the realm of 50+ year olds, it is now not uncommon to see them happen to 30 yr. olds- or cancer, which was once the realm of 60+ yr olds but are now not uncommon in 30 and 40 year olds- other diseases were not seen until adulthood but are now being seen in greater numbers in juveniles, such as diabetes. Because of this, there has been an alarming confirmation of a theory that I proposed over 15 years ago in (my audio lecture CD "The Healing Miracles of Green Foods") which was that we are a species on the brink of extinction.

Perhaps there is no better indication that something has gone drastically wrong in our ability to raise and nourish our children to be free of disease then the new plague that we call Autism.

Unless you are aware, autism could afflict as many as 1 in every 100 children born- which is far too many! As I stated before, one of the greatest frustrations in dealing in naturopathic and holistic medicine is when you can offer no hope. Well, for the first time in history, I believe, **there is hope that can be offered in a very inexpensive and easily applied fashion** for those parents and children afflicted with conditions in the Autism spectrum, for everything from ADD/ADHD, SID (Sensory Integration Dysfunction), up to autism. It is for that reason that I wanted to bring attention to PHP's *Autism Battle Plan* (you can find the link in the blue column to the left or at [www.phporder.com](http://www.phporder.com) under the *Education* section) - **we hope to inspire anyone who knows someone who is afflicted with this condition to please contact us immediately. We can put you in contact with clinicians that offer the greatest opportunity for a successful outcome.**

Please also check out our archived Consumer Education Conference Call that can be found on [www.phporder.com](http://www.phporder.com) under the *Education* section and then click on *Listen & Learn* and then click on *Listen Online*, scroll down to *Autism Awareness and Battle Plan* on 4/06/09.

*-Dave Sandoval*  
*Author of The Green Foods Bible*  
*Owner and Founder of PHP*

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