



Products for problems

Individuals with autism have many known biological disturbances. Many of these can in isolation cause many disruptions to normal functioning but together can cause deleterious effects on the whole body. It is therefore imperative to discover as many of these abnormalities as possible and this can only be realistically achieved through diagnostic testing and observations of the extremities.

I write about many issues In The Autism File and the ones that I feel are important to understand are:

1 The functioning of the gastrointestinal tract and immune status.

2 The detoxification mechanisms especially liver function and metallothionein dysfunction or deficiencies.

3 Heavy metal toxicity.

All three if not functioning correctly will alter neurological, metabolic and biological functionality.

The gut plays a most important role in digesting the foods that are consumed and delivering the broken down constituents to the blood and lymphatic systems for use within the body whether they be vitamins, elements, trace elements, minerals, sugars, fatty acids or amino acids and eliminating the wastes.

Unfortunately in many cases there are clear disturbances within the gut which will alter the effectiveness of this process and may create many problems as a result. For example; foods are consumed containing protein. If there is, at the onset, a reduced production of hydrochloric acid in the stomach the individual will not be able to digest proteins sufficiently well and kill bacteria consumed with the food that is eaten. This in turn may lead to food poisoning or pathogenic bacterial species residing in the gut. The undigested protein will

not be broken down in the bowel which will lead to putrefaction and fermentation in the lower gut which releases toxins and allows for the pathogenic species to flourish especially clostridia. (Following the University of Reading's stool analysis on over 200 individuals suffering from autism (thanks to all of you for sending your child's samples in) Clostridia species were found in the vast majority of results obtained. A full report will be issued in the Autism File as soon as the document reaches us). This then puts more stress on the liver to detoxify the blood and for other systems to suffer. It also allows for allergenic protein particles to pass through the gut wall causing allergenic responses. So as you can see ONE small disturbance leads to many others.

Leaky gut, bacterial dysbiosis, poor digestion of foods, rapid transit time, nutrient

deficiencies, fungal overgrowth, parasites, allergenic responses, poor immune status in the bowel, inflammatory disorders of the bowel, altered pH of the bowel are a few problems that are commonly found in autistics and therefore simple testing procedures should be used to isolate the very problems that exist. Leaky gut, dysbiosis and digestion of food is where I would start.

Dysbiosis is clearly a major problem and this needs to be addressed. Many autistics have chronic problems with their bowels and in many cases these problems are brought about by the very bacteria, parasites and fungi that reside in the bowel. If your child has, like Billy, received many courses of antibiotics within their early life then the likelihood of pathogenic species being present is going to be high. (See issue 11..."Are antibiotics immune suppressing drugs?"). Nystatin and

Diflucan, even though temporarily may clear the fungi, place an enormous burden on the livers detoxification processes and this could be dangerous. The fungi may then become resistant to the effects of the drug and return with vengeance. Balancing the correct approach to dysbiosis, leaky gut and digestion is critical but in my opinion is not yet fully understood. Using a decent probiotic is important along with supplements that help restore beneficial flora, are antimicrobial and antifungal as well. Dr Nigel Plummer, technical product developer at Biocare has come up with just that. A product called FLORAGUARD. Two capsules in one. Floraguard includes 4 billion organisms of Lactobacilli and Bifidobacterium. Garlic which is a natural antiseptic and a range of oils from Coconut which provides Lauric acid (a natural antiviral against Measles), Cinnamon oil, Oregano oil, clove and Ginger oils which are antifungal, antiseptic and have soothing anti-inflammatory effects on the gastrointestinal tract. This in many ways is an important supplement for autistics as it combines many ingredients that help with many known problems in autistics and may be beneficial to those children who possess gut related issues. Seek advice from Biocare or one of your Nutrilink practitioners before embarking on a treatment protocol. Of course other probiotic supplements may be of equal benefit such as Biocult as it contains many known beneficial strains of bacteria, or even a combination of the two.

Liver function is also an enormous problem in many autistics. If the gut is leaky and a chronic dysbiosis (too many bad guys residing) and candidiasis exists many toxins will pass into the blood system and it will be the

duty of the liver to detoxify these and pass them on for elimination. If it is constantly being bombarded with toxins it will become stressed and its ability to detoxify may be impaired. This can often be seen if one has done a chemical elimination of Candida using drugs such as Nystatin or Diflucan. The drug rapidly kills the Candida cells that release their toxins into the blood system. The liver is then put under enormous pressure to clear up these toxins and it is possible that a Herxheimer reaction occurs. The individual becomes yellow. The liver is also responsible to produce bile which helps with the emulsification of fats for digestion and the elimination of toxic wastes.

Liver products are difficult to find and Biocare has also released a good liver health product called LIV-D which includes favourable ingredients which may assist with liver health and functionality. Of those ingredients Calcium-d-Glucurate helps with the breakdown and elimination of unwanted metabolic residues. N-acetyl Cysteine is a powerful antioxidant (neutralises free radicals) and is a precursor of Glutathione, a major antioxidant within cells. It also supports the livers natural eliminative process. Alpha Lipoic acid is in itself a powerful antioxidant that helps recycle other antioxidants involved in liver metabolism and Ellagic acid (from raspberries) may also help liver function as well as providing a natural antioxidant.

Biocare has also released an emulsified fish oil in fruit extracts that doesn't taste of fish and is palatable to the majority of children I know who have used it. It is especially high in Omega 3 fatty acids which play important roles in autism as well as having an anti inflammatory effect. Nordic

Naturals through Nutrilink also have a similar product.

Detoxification of heavy metals is also a major problem in autistics. These are derived from pollutants, additives and preservatives in foods and most importantly from vaccines. The DPT and MMR are the known culprits and aluminium and mercury as preservatives have been linked to the acquisition of acquired autism. It is important to identify metallothionein presence (the protein transporters of heavy metals in the body) and or dysfunction of these. The Edelson Centre in the U.S.A has identified in a study that 96% of the autistic children screened have metallothionein deficiencies. It is important to chelate heavy metals if present, but safely and one must look at liver function first. Also eliminate these in the foods, products and the environment the child comes into contact with. Tap water contains many heavy metals and pollutants and it is a very good idea to have a professional filtration system fitted in your house. Peter Campbell McBride of Cambridge probiotics is selling an excellent, yet relatively inexpensive filter and will give a discount to all Autism File subscribers. It will be cost effective as well as highly beneficial over a short period of time. (Please see page 34).

Using your Nutrilink practitioner will help you uncover some of these hidden problems and will help you with your diagnostic testing and treatment protocols. Use them they are all working very hard on helping us all.

Good luck with your endeavours.

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