



Look Benea

Many parents call to ask me about the type of supplements and treatments their child should have and for what. This is a very difficult question for me to answer as each child is unique and must be regarded as an individual with specific requirements. It is vitally important to LOOK BENEATH THE SURFACE. We need help so who do we turn to for it.

The whole idea of formulating a group of Nutralink practitioners was initiated due to the sheer demand for such a service. Doctors still know

very little about the known biochemical and metabolic dysfunctioning present in autistic children so it was important for the autistic community to have a qualified group of post graduates capable of helping us identify problems and initiate a formulae to help us care for our children. Even though still in its infancy it is a growing body with interwoven communication channels so each practitioner is able to learn from their colleagues. It is true that many new concepts about the aetiology of autism are unveiling but we need to act now and realistically cannot wait for science research and the genome to

unveil possibilities.

The Defeat Autism Now practitioner list is extensive but problematical in that families based outside of the USA have to spend large sums of money in order to obtain direction for their child. Many of those children outside of the USA do not ever see the practitioner and parents are asked few questions about their child due to time and distance problems. There are now a

few DAN practitioners over here and they are listed on the Autism Research Website but have they experience, are they aware of the interventions and do they regard your child as unique?

It is important to also understand that our children, on the surface, seem as 'typical' as any other child without a diagnosis. Yet we see on occasions changes in emotional, physical and mental behaviour and strange stimming, squealing and other actions for no apparent reason. We have to endure disapproving looks from other individuals in society unaware of the behavioural issues expressed with autism. Society must be educated in order to understand our stresses and look at our children much more sympathetically and with understanding – we STILL live in a very ignorant society.

So going back to the original concept in this passage, INDIVIDUALITY is the key to understanding and identifying what lies beneath. There IS a reason why our children are different – a biological reason. Do we all need to complete a full brain scan on our children? Do we need to see whether an area of the brain is underdeveloped? Do we need to identify that before we do anything else – is the motor faulty?

In our defence, there are many children who have been scanned that show NO abnormalities but are still diagnosed with autism.

It may therefore be a number of problems that lead to the onset of autism within your child. Why do small, subtle changes make such a difference? Why are our children better on some days than others?

Why are their sleep patterns disturbed? Why do they select certain foods? Why are their bowel movements fine one day and terrible the next? Why are they affectionate one minute and aggressive the next? Why are they rarely ill? Why does their pulse beat so much faster than other 'typical children'? Why do they flip from great attention to being in a void?

These are only a small number of questions that have reasons and answers – our biggest problem for us is finding both.

I must reiterate as I always do that based upon the known problems associated with autism and whether you and your chosen professional consultant(s) feel there is a problem diagnostic testing seems a very good way forward – such as the Organic Acid Test, the Stool Test with Parasitology, the Heavy Metal and Mineral analysis, The lipid profile of the red cell membrane, adrenal stress profile, and secretory IgA.

Why these you may ask?– Well – let us look at the NOW widespread evidence that our children do differ in many respects from a typical child. Problems associated with metabolic, digestive and immune function and heavy metal toxicity are important to identify as one or more of these may be linked with the overall problems experienced by your child. We may be able to do something if we have problems but some children are young with no or poor speech so how can they tell us?

These results will then give you a base line in which various supplements may formulate a protocol. (The organic analysis will interpret the results with a



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breakdown list of supplements and other treatments. This may include antifungals, antiparasitic or antibacterial medications. The heavy metal analysis may determine chemical heavy metal chelators (be sure to look at liver stress) and it may include a host of 'nutrients' that may aid in your child's recovery. Expert advice is required here not only from a Nutritionist but also from a doctor if medication and liver stress profiles are to be monitored.

It is imperative that you seek advice from a professional NutriLink Practitioner, a consultant or doctor who knows about autism and will give you the direction, support and enthusiasm that you deserve.

I stress the importance of the above as there are many supplements that are poorly absorbed by autistic children, especially if they have a dysfunctioning gastrointestinal tract. Supplements will be manufactured in different ways and will come in many different forms some will be better than others so it is important to discuss these as some you may be giving may not be absorbed so will have no beneficial affect. Oils may need to be emulsified to aid absorption, stools become lighter and frothy if these are not digested and absorbed.

The pH in the stomach must also be correct for many minerals to be absorbed and to initiate the release of enzymes not only in the stomach but in the small intestines. The protein, fats and carbohydrate foods need to be broken down and absorbed in order for your child to benefit from them. Poor digestion in itself has been shown to be problematical with some autistic children Gluten and Casein digestion is poor – so there is strong evidence for other proteins to be problematical linking the effective use of digestive enzymes. Reflux is also a

problem in some children who may not be producing sufficient acid in the stomach.

Secretin has helped many children – this hormone is stimulated by the acid contents passing down from the stomach and secretin stimulates the release of cholecystikinin (CCK) to initiate the release of digestive

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enzymes – so HCl production is important – very important. To produce HCl, Vitamin B6 and Zinc are required and B6 has often been talked about as being highly beneficial. Zinc deficiency is common in our children and this deficiency may be indicated by white flecks on nails and their peculiar taste and smell sensitivities.

Bowels are often poorly functioning in autistics- leaky, inflamed, mucus present, diarrhoea, constipation, abnormal gut flora (bacteria), candida, parasites, light/dark coloured stool, strong smelling with a high presence of ammonia and other abnormalities.

Adrenal stress – indicated by an increased heart rate, a high sensitivity to light and sound and hyperactivity.

Immune dysfunction – few colds or many colds, autoimmune antibodies to myelin basic protein (the sheath surrounding the nerve cell), antibodies against measles, passive viral, bacterial and parasitic infestations and increased cytokine production are known to be present in many tested autistics.

Heavy metal presence due to excess burden or by poor detoxification – indicating a possible metallothionein deficiency or dysfunction? Metallothionein is a protein that transports the heavy metals and therefore if protein digestion is poor, this may prove a major reason for a metallothionein deficiency. There are tests to measure this now.

So many other problems are present but we cannot see many of these from looking at our children. We see behavioural changes, emotional changes and academic changes but rarely can we identify and understand these apparent problems without testing. We rarely see cancer or aids in its infancy? Do we see viruses, bacteria and parasites – NO - we see only the consequences of infection.

The moral is to delve deep into our child's health issues, identify what you can and formulate a treatment protocol. Get help from the experts and monitor the progress. Last Octobers Defeat Autism Now conference apparently opened with a stage full of recovered children from autism— enough to stimulate anyone with an autistic child.

My very best wishes.



Jonathan