

# DEAR READERS

Since Billy's diagnosis some six years ago, I have been tremendously involved in looking into and treating his biochemical imbalances. Over the past six years he has made tremendous improvements to reach the level where we are now. He is reading books, his social interaction skills have improved enormously and his use of language over the last year has and is rapidly progressing. His behaviour is improving and he is focused on living in our world. His physical skills are very good and to reiterate this, on his 9th Birthday I took him and Toby for their first time – Go Kart Racing. I explained to the instructor that he is autistic and may not fully understand his explanation. He was very understanding and took both boys through the introduction. Kitted up in fire proof overalls, gloves and safety helmet, they looked the part. I could not believe it when they both got into their karts and took off around the track. Toby could hardly reach the accelerator and brake pedals but took off like Schumacher and ploughed into the tyres on the second corner. Unsteadied by this he drove the next four laps with a little more caution and did fantastically well.

Billy was more consistent and apart from trying to itch his head with one hand and driving with the other, took every corner with pinpoint accuracy - the back wheel of the Kart missing the tight corners by a centimetre. He put into practise something that he is highly skilled playing on the play station – Rally car games. The instructor said that they had picked it up brilliantly and Billy did far better than most typical boys of his age. I was a proud Daddy that afternoon I can tell you. They both loved it and are desperate to go back again, something I shall do after completing my second year post graduate clinical nutrition exams.



**So why has Billy come on so well?**



Since our earliest intervention with secretin, I have become totally confident that once the problems have been identified, there are many different therapeutic opportunities available to help. I have worked tirelessly looking at diagnostic tests to identify Billy's biochemical disturbances. Utilising these results I have managed to provide a regular treatment plan for him to follow. I firmly believe that it is through this protocol and his education and family existence have led to his dramatic improvements, improvements that have enabled him to progress.

We have learnt through diagnostic testing, feedback from teachers and of course our own observations that biochemical imbalances can affect mood, understanding, emotions, behaviour, attention, illness and many other signs. ***It is important to look for these imbalances and to correct them whenever possible – here are a few examples for Billy:***

- Diarrhoea and constipation (*resolved*)
- Dry / brittle hair (*resolved*)
- Glue ear (*resolved*)
- Dry skin (*resolved*)
- Foul smelling stools (*better but varied*)
- Aggressive behaviour (*working on it*)
- Recurrent infections (*resolved*)
- Poor eye contact (*only deteriorates when under the weather*)
- Itchy anus (*only on rare occasions*)
- Poor attention (*only deteriorates when under the weather*)
- Potty trained (*resolved*)
- Lack of language (*much improved*)
- Dark circles under the eyes (*resolved*)

## NEW TESTS REQUIRED

- Gut dysbiosis (*unchecked recently a CDSA 2 required*)  
VERY IMPORTANT TEST RELATING TO GUT ENVIRONMENT AND FUNCTION.
- Leaky gut (*unchecked recently. IVDL mannitol / lactulose test required*)
- Organic acid imbalances (*new test required but much improved from last test*)
- Liver function test to follow if leaky gut present.
- Omega 3/6 balance. Red blood membrane check.
- Gut inflammation markers.

***Billy's behavioural and mental symptoms – aggression, Jekyll and Hyde mood swings, irritability, poor concentration, brainfog, day dreaming, sensitivity to sounds, foods selections, have all improved enormously. It is only when the underlying problems that may be responsible for these have been identified, and where possible treated, that any improvements are to be expected.***

I have asked Mike Ash from NutriLink and Chris Moore from Nordic labs to include articles on 'What Diagnostic Test' you could select and conduct on your child. Merely to give you a little clearer understanding of the biochemical imbalance that may be present within your child and to give you a marker to start with. The results will give a solid baseline for a treatment protocol to follow.

I was recently interviewed by a reporter from The Telegraph who informed me that one mother said her two children were born autistic – it is genetic – and there was no chance of recovery. Though through nutritional support one of her sons gut related disturbances has improved and that he is no longer in pain. I am not saying that there is recovery across the board but certainly if one identifies and treats as many of the problems as possible the chances of getting there is more likely.

On the genetic front, my answer to this is that there may be some genetic predisposition in a small population of

autistic spectrum disorder. Most brain scans, EEG's and such like conducted on autistic children stress no anatomical or functional differences to a typical brain. You also cannot scientifically get a Genetic Autism Pandemic.

Why are there so many different biochemical markers associated with autistic children compared to the non autistic "typical" child? Why did the October 04 DAN open with 1,000 recovered children? Why do we get so many letters saying how well the autistic child is doing following intervention and in some cases has fully recovered? Why is there the controversy over the vaccination and heavy metal issues in autism? Why do so many parents tell the same story of their child slipping away into an autistic state?

## Genetic? I don't think so, especially in the vast majority of sufferers.

It is the biochemical dysfunctioning of the systems that affects our child and looking back at my theoretical model for its etiology in Issue 7 and Mike Ash's updated theoretical flow Diagram in Issue 10 is much more likely.

Diagnostic Testing and in clinic practice have come on leaps and bounds over the past five years. The level of understanding has improved relating to the treatment of autism and the results have been impressive in some cases.

I have worked to develop a common group of practitioners to help you with the support, interpretation and guidance from Mike Ash and his associated Nutrilink practitioners.

I have personally been studying hard. I am shortly to finish my second year of a post graduate Clinical Nutrition Degree with the Institute of Optimum Nutrition. I had decided to enrol on this course with one sole mission. To open a clinic to treat, help and look after children suffering from autism and I am hoping to start this coming October (05)

My aim is to open a clinic from home where parents would be welcomed into an autistic friendly

home, where the child could play with the toys they wanted, watch a video, play on a play station or even to go on the swing and trampoline in the garden.

I would then sit down and discuss the completed questionnaires with the parents and to look at their medical/health/behavioural symptoms and parental histories in order to evaluate and plan a realistic, affordable and accurate protocol that will be specific to the child's needs. Tests may be recommended and it may not be until after the results have been analysed that a treatment protocol will follow.

It is fundamentally important that a record of symptom changes, a food diary and a supplement/treatment diary are kept. I shall be qualified to prescribe tests and if I feel any medical guidance or referral is required I shall co-ordinate this.

I have been totally dedicated to Billy and The Autism File but feel it's time I put a little more back into the autistic community and to help sufferers across the world. Many, if not all, biological conditions associated with autism are treatable but without diagnostics and the correct, specific treatment interventions put in place the future for our children will not be as bright.

I shall of course be working very closely with the professionals I have been fortunate to work with and have grown to respect over the past six years and am looking forward to further identifying associations with bowel function, inflammation and the immune system and how they directly and indirectly affect brain function.

I am looking to working with many parents and their autistic children and am hoping to take the identification, causation and treatment of autistic symptoms into a new dimension.

I shall provide more details in Issue 18 but if you would like to book a phone or clinic consultation starting in October 2005 please contact either myself or Anne at The Autism File for more details. Tel: 0208 979 2525 or email: info@autismfile.com

I wish you all the very best in your endeavours.


