



AUTISM

Has it changed your life?

Since Billy had his autistic diagnosis 6 years ago our lives have changed dramatically.

Dealing with the diagnosis, the lack of information, the isolation, confusion and feeling worried and scared for his future struck a very harsh blow....I didn't know how to react.

At that time Polly was a rock when I was down and having Bella, our beautiful daughter, was wonderful and those in themselves gave me hope and inspiration for Billy.

Many of you reading this may feel exactly the same; you may have just had an early diagnosis and feel cocooned in your own dilemma. No one to turn to for help and support, no idea what the future holds, pressure within the household and I am sure many other thoughts and feelings. Dig deep there is help out there now.

Autism changed my life, the life of my family and the family and friends who surround us. It was a new dawn.

Reluctant to listen to the doctors who were to say my child had no future, reluctant to listen to the paediatricians who said Billy would never lead an independent life; reluctant to listen to people who said no interventions would help, I quickly decided I had to pave a brighter future for my son.

Soon after his diagnosis a good friend, Charlie gave me an article that told of an autistic child receiving secretin in America had improved significantly after receiving it. My Father who was then a practising G.P in Rhode Island obtained it and sent it across. Dr David O'Connell was inspirational as the only G.P in this country to give it to Billy and the success of his treatment being aired on the Tonight programme.

I had given my son a chance but

we, as a nation, were awakened to the fact that **interventions can and do play a significant role in improving autistic symptoms.**

Following that programme and answering so many e-mails gave me further insight into the disorder – Gluten and Casein free diets, multiple vitamin and mineral supplementation, Epsom salts, probiotics, digestive enzymes plus the need for a much broader diet than Billy at that time was eating - crisps, apples, bananas, chips, biscuits, sausages and water.

I started with alternative approaches, Auditory Integration Therapy, Applied Behaviour Analysis therapy, Cranial Osteopathy, even rectal enzyme therapy and believe me all of those were so difficult to afford, initiate and complete.

I read and read, I talked to leading experts within the field of autism, I took on board two or three consultants and spent thousands of pounds each year, money that we didn't have.

The same year (1999) Polly instigated The Autism File magazine, a life line to so many and I hope you are all still getting plenty of beneficial information from it.

The Medical Research Council invited me as a lay representative on their panel, interviews with BBC radio 4, newspaper articles, magazine articles, a television interview with the health secretary discussing the vaccination policy and the lack of screening of susceptible infants. The sheer absurdity of the vaccination programme and the cost to the nation. But most importantly the cost of vaccine damage to the child and its family, when diagnosis dawns. Have they listened.....No!

I realised I was involved in the world of autism and how happy and

proud I am to be associated with it. Autism has changed my life and I look forward to helping other sufferers through the clinic and will remain focused on pressurising the policy makers on the screening of susceptible children and vaccine safety in general.

Billy's therapy through supplemental interventions and a wonderful school is a son any father could ever dream of having, he is doing so very well.

He loves chanting "Daddy's a loser, Daddy's a loser" at the moment, he even gets Bella's and Toby's friends to chant that with him in the car when I'm at the wheel, he thinks that is really funny and of course I play along with it. It is so wonderful to hear him laugh and enjoying life so much.

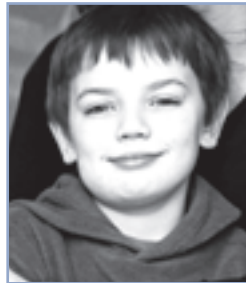
He is also obsessed with winning. Sprinting upstairs to bed, playing play station games, running down the street, ball catching games, cycling you name it if he's not in front he will go ballistic. I think this is such a positive thing, he has grown to be determined, competitive and successful....I know he will get there and reach his true potential.

Emotionally he will climb into bed and give me such a big kiss and cuddle it makes you feel loved and proud, yet the experts (who?) say our children are not emotional and cannot integrate with others and are socially unaware and loners.

We need to change our experts! They are simply OUT OF TOUCH.

So, Billy has brought so much into my life and his family's life and the lives of every single person that know him. He is an inspiration to us all and I pray he continues to give as much and knowing Billy probably so much more than we could ever dream of.

He is the one of the reasons behind the solidity of the family, the instigator of family holidays and trips such as Go Carting and an eagerly



awaited Thomas the tank engine steam trip for his 10th birthday. He has shown Bella and Toby that life as typical children is different to his, this has made both of them aware and totally sympathetic and supportive to all individuals with special needs they meet.

Through his diagnosis I have become so motivated to continue working within this field I am completing my degree in Clinical Nutrition in June 2006 and have opened my clinic.

In clinic I have met wonderful children and lovely parents. I have worked closely with all of them and am seeing some great results.

Diagnostic tests may in some cases be extensive but I feel the ones I recommend are vitally important and in about 98% of cases I have been correct in utilising certain tests to reveal abnormal results which enable a more specific and accurate treatment protocol.

Hair mineral analysis, intestinal permeability, stool analysis, sulphite levels and many other diagnostic tests have been utilised with great affect.

The supplement protocols have been totally specific and dietary changes in cases have shocked the parents. "There is no way he will eat this, how do you expect me to get that down, he will never try a frozen berry". Yet perseverance seems to be key in every given situation.

I recall suggesting to a mother we try mackerel on gluten free toast with mixed reactions – two days after our consultation her son was demanding it every morning for breakfast.

Mixing pureed green vegetables into spaghetti bolognese was unheard of, pressing own fruit juices and diluting with water, using powdered seeds and nuts, good quality protein, the importance of vegetables and fruits, coming off refined and "junk" foods, listing good products...the list goes on. Dietary changes have to be made in the majority of children I have seen to date.

What I would like to reinforce to you is for each child I see within my clinic I would provide a protocol for that child as accurate and specific as I would for my own son, Billy.

Times have changed, my depth of knowledge is so much more now than

ever before, my experience with autistic children and their parents and most importantly my drive and enthusiasm to help autistic children in general. I have become passionate about Autism because I see results and helping a child with autism not only helps the child but the whole family as well.

I would feel so disappointed if I was to ever receive negative feedback about my explanations and approach, but hey I am human so I am sure I will expect it at some point. I have been very fortunate to have been given the opportunity to help. Thank you.

We have so much to learn from our children and their condition, yet we as parents have so much to give. As I have always said **you** be their guiding light.

Here are a couple of parental feedbacks on their children 2-4 months after starting their regimes and yes there is a great light to reach out for with all of our children. I do hope I will see you soon in clinic and at the Ball on June 10th, it will be great fun and a night away. I am sure you all deserve that. I wish you all the very best.



Dear Jonathan

Many thanks for this.

As promised, we're updating you on Hari's improvements:

1. He's started to show an interest in his sister. He has moved beyond touching, and will now help her with her hat and coat.
2. He has stopped playing with saliva and has also stopped handling his faeces.
3. His complexion has got healthier - he has rosier cheeks now.
4. He is getting more used to strangers, greeting and playing with visitors.
5. He has started to show more affection and will come for comfort when he is upset.
6. He takes less time to go to bed and get to sleep: this is part of a general calming down.
7. There is an increase in the number of words he is using, and he appears to understand more as well.
8. There is more eye contact.
9. He is keen to "do the actions" for songs - watching Nisha and copying her.
10. He has started to point at specific pictures in books.
11. He is eating a more varied diet (as you recommended) and his appetite has improved significantly.

We're very grateful to you for your help so far, and hope we can continue to improve his condition. Best wishes

Nisha and Michael

Dear Jonathan,

I'm writing to introduce myself and to let you know how things are going with Timmy. I am Sally, Timmy's Mum - I know you've met my husband and my Mum, but I wanted to be in touch with you myself.

There's a lot happening at the moment and I think a lot of the changes are down to the new nutritional programme Timmy is on. Starting him on the Ultra-care etc was a nightmare - we felt like we were torturing him - but over a period of time he has adapted and now even ASKS for it!!! We call it 'red yoghurt' and he takes it by saying, '10

more, 9 more' etc as though it's a game. We are so proud of him. We feel there's a lot more hope now that we can get food into him. I think we'd only given him the 'mix' for a few days when we started seeing changes. He was suddenly much more calm, happy, less clingy, patient, alert, cooperative, healthy (his mouth had been sore for months and hasn't been since - and we'd tried a lot of things!). He became so much better behaved - he could handle 'no' and became distracted and happy again much more quickly after being upset. Things which had been very sporadic started to become a lot more 'regular' - ie. his potty training - It's as though things in his brain are making sense and he knows what to do. He's hardly doing his repetitive things at all - it's as though he doesn't have the need to - his talking, too, is taking off amazingly. One of the biggest things is that he's lost a lot of his anxiety and has a happy disposition most of the time now.

The best way I can describe the last few weeks is as though we've been watching a miracle take place in front of our eyes. He already was a gorgeous child but now a lot of the things that were making life so hard for him (and for us) seem to be diminishing. I am trying not to get too excited in case it is just a phase but the changes we have witnessed seem very real to me. I think 'miracle' is a good word because there's a part of you that just can't believe it is actually happening!!

Time will tell anyway. We will keep on giving him the 'mix' and if I understand it right, we will get the stool test results soon which should tell us some more specifics as to what he should have.

Over the last year I have been completely heartbroken about Timmy's development and we've tried so many things but now there's a part of me which has some hope that things may actually get better. It's a really good feeling, so thank you.

I hope you had a good Christmas and happy New Year!

Best wishes,

Sally (and Erik)