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# What to do after di

*“My life is now dedicated*

I will never forget those “dark days” in Billy’s first 2 years. Faced with never ending health issues and questions regarding his mental, emotional, physical and behavioural state plus the waiting, the worry and the tragic news of his diagnosis of severe autism was, then, unbearable.

Recalling those tearful days, etched with extreme, emotional exhaustion left me feeling very numb. It was of little comfort to hear the words from friends and family that: “Einstein didn’t start talking until he was five years old” or “He will be fine, he is just a late developer”.

I knew that a new challenge had begun with all of the earlier issues we had experienced. It wasn’t solely the impact of Billy’s autistic diagnosis, Billy as ever just got on with life as it was, perhaps not even knowing where he would have been without autism; it was the massive impact on the whole family. Bella, our eldest was then only 4 years old and Polly was carrying our third child, Toby. We never really slept, nappies were constantly being changed (up to 10 a day) with foul smelling diarrhoea, we witnessed physical, mental and behavioural changes, Billy’s health was deteriorating. His weight plummeted from the 97th percentile at 13 months to the 7th percentile at 25 months. We witnessed hair loss, eczema, a decreased ability to interact, the loss of



single words and the deterioration of our once happy, smiling baby into a child lost in his own world, cocooned and isolated beneath an autistic shroud. We spent endless hours looking after him, feeding, dressing, bathing, walking, avoiding people and difficult environments. Our daughter was left out and we had lost him.

We read many books and searched the web for answers - they all said the same

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# agnosis?

## to individuals with autism”



*Toby, Bella and Billy*

thing. It is a genetic disorder that has NO CURE. Many are institutionalised; many have no language, social engagement and will never marry or live an independent life. The majority will be institutionalised.

That was such a difficult time for us.

A friend happened to read an article in the Telegraph, a month after Billy's initial diagnosis, about a pig hormone "secretin"

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that was used to treat an autistic child in America for pancreatic insufficiency. The parents were blown away by their child's improvements and this opened the biomedical floodgates for Billy, my belief, education and mission. Without any doubt biomedical interventions have proven so beneficial for so many autistic individuals.

Following his first "secretin" infusion Billy had his first formed stool for months.

He had a total of six injections and the first four made a tremendous difference not only in his bowel function but his behaviour, concentration, sleep patterns and emotional contact with Bella, his new born baby brother Toby and myself and Polly as his parents.

Transmethylation, heavy metal toxicity, mitochondrial dysfunction, oxidative stress, immunological pro inflammation and so many more issues relating to the metabolic, immunological, neurological, biomedical, physiological, biochemical, endocrine and detoxification problems are commonly used words and phrases in my vocabulary. These are all commonly dysfunctional in many individuals across the whole autistic spectrum.

Billy has had a tremendous impact on my life and it is through Billy that The Autism File, The Autism Clinic, The Autism Trust, International lectures, a second degree in Clinical Nutrition, a lay representative on the Medical Research Council's committee and involvement in many other autism associations including wonderful relationships with many parents, doctors, researchers and other individuals associated with autism are all down to him.

My life is now dedicated to individuals with autism.

Billy is now aged 11 and high functioning, he has language, he is lovingly emotional, has great eye contact, he can read and answer questions, he sleeps well and is a natural genius at play station games, super and Wii Nintendo and wants to become a professional rally car driver with Sebastian Loeb (current World Rally Champion) as HIS co-driver.

Long gone are his health issues, the diarrhoea, defecating in the bath for years, the self limiting diet of sausages, crisps and chips with an occasional carrot and the constant need to follow ritualistic behaviours and obsessions.

Why have these issues disappeared?

Through the identification and treatment of specific abnormalities has led to Billy achieving so much more, the years of continued identification of problems and specific treatments have "popped the bubble that once cocooned him" but we still have a way to go.

"Treating autism because autism is treatable" is now a commonly used phrase.

It is however a very difficult disorder to treat, it is multifactorial, it is predisposed genetically and genetic fragility and susceptibility is responsible for the affects of environmental toxicity, immunological and inflammatory responses, endocrine

and detoxification problems, nutritional deficiencies and heavy metal burdens are all too common.

Many mental issues may in part be attributed to individual biomedical and biochemical problems associated with that particular disorder: Parkinson's, Schizophrenia, Depression, Alzheimer's and dementia are all diseases which were not apparent from birth. Susceptibilities and fragility may have led to the individual developing such disorders yet the causative reasons for all of the above are still poorly understood.

Is autism an acquired disorder based upon genetic fragility and burdens on the body as a whole? We understand that identical twins with autism occurs within 60% of the cases; we also understand that purely genetic it is not; we also understand that parents know their child better than anyone else and have commented upon their child's decline into "acquired autism". We also understand that most individuals with autism suffer from biochemical aberrations and adverse symptomology.

Identifying symptoms and the underlying causative issues is of utmost importance as these lead to specific treatments of all issues relating to their individuality and functionality.

As Billy's father I was at first trying everything from anti fungal to nutrient supplementation to anti virals and gastrointestinal support. What I forgot to look at was the relevance to Billy and his specific, unique problems. I have seen over a hundred children through the clinic and not one is the same. The only thing they share is their sex and the majority are boys.

## Where to start?

It is important that a qualified practitioner is sourced and I would select individuals with experience, personal involvement, success stories and personal references. Many will be able to help from nutritionists, functional medicine and holistic health practitioners, homoeopaths, kinesiologists, massage therapists and other alternative individuals. They must however be passionate about autism, as research has progressed incredibly over the past decade and they must all be prepared to keep up to date.

Start with genetic predisposition. Many parents and grandparents are commonly vulnerable to premature inflammatory and auto-immune diseases

## Ask yourself the following questions?

- Diagnosis, where is your child on the spectrum?
- Did you expect any delayed development?
- Does your child speak?
- Any history of ear infections?
- Did your child lose skills such as language, fine and gross motorskills ?
- Did you associate any decline with vaccines?
- Did your child have many courses of antibiotics?
- What are the commonly eaten foods?
- Are there any known bowel problems?
- What other symptoms are expressed by your child?
- Is your child currently using medication or nutritional supplements and have any proven beneficial?
- List the known and current medical issues?
- What are your concerns with your child?
- Do you live in a polluted area?
- Does your child drink tap water?
- Is your child addicted to sweets and refined carbohydrates?
- Does your child have self injurious behaviour?
- Is your child potty trained?
- Does your child have regular bowel movements?
- What are the presented nutritional deficiency symptoms from mouth ulcers, dry flaky skin, diarrhoea, easy bruising, slow wound healing, rapid heart rate, and insomnia to anxiety, pale skin, stomach pains, hyperactivity, white flecks on nails, cold hands and feet?

ranging from psoriasis, eczema, hay fever, rheumatoid arthritis, lupus, heart disease, gastrointestinal problems to asthma, depression, allergies to food and environment, Reynaud's disease, cancers, hypothyroidism and diabetes.

Look at conception, pregnancy and birth issues.

Is there a history of previous miscarriages, birth problems i.e. forceps, ventouse, late delivery, poor APGAR score, breast or bottle fed, amalgam fillings including dental treatment during pregnancy, medical treatments during pregnancy, high blood pressure, food cravings, vaginal thrush and such like.

Baby medical health, especially in their first year. Colic, diarrhoea, projectile vomiting, eczema, poor sleeper, vaccinations and what medications were used, for what and whether they were successful. Percentile weight and height graphs and others all can help identify predisposition.

I could go on for another 12 pages but those are included in my detailed questionnaires.

The message is clear, the more questions asked by the practitioner the better the understanding of your child. However still more research into your child's condition is required.

Home tests and laboratory tests may then help evaluate and identify other areas that may be of concern.

Home tests used can identify adrenal stress as an example. Is your child hypersensitive to light and sound, does he/she find busy environments difficult to cope with, are the eye pupils constantly dilated, does your child have hyperactivity, digestive disorders and blood sugar disturbances these, as examples, may be due to overactive adrenal output.

Hypothyroidism, the presence of threadworms, reduced hydrochloric acid production in the stomach and others can all be tested using simple home tests.

For a more detailed investigation the use of laboratory tests would be relevant, if the practitioner has identified a number of symptoms that need further investigation to identify what the underlying factors may be.

For example if a child with gut disturbances has light coloured, very smelly, floating stools with undigested food with diarrhoea and/or constipation with abdominal discomfort there will be a need for investigation.

It cannot be assumed that a particular child with the above issues has low levels of acid production, dysbiosis,

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## *Symptoms, whether physical, emotional, behavioural or mental are caused by specific causative factors.*



*Toby and Sophie*

including Clostridia, parasites, Candida and streptococcus, low levels of secretory IgA, an over acidic pH and low levels of beneficial bacteria. A comprehensive digestive stool analysis with parasitology as a test example will isolate these possible disturbances. With appropriate identification of isolated health problems can lead to a specific treatment protocol to be accurately designed.

Many other tests are available through a number of leading laboratories that offer specific tests that would be apparent to look into the symptoms exhibited by the individual with autism.

I do hope I am painting a clear picture. This is my experience and this methodology has led to specific, individually tailored treatment opportunities for many children I am looking after in my clinic, including of course, Billy.

Throughout my 9 years experiencing autism I have witnessed many remarkable improvements in many individuals with autism. Some have gained speech, gastrointestinal problems have been resolved, heavy metals chelated, immune modulation has resulted in fewer allergenic responses and an improved ability to fight

off pathogens, intestinal permeability repaired. All improvements in physical, chemical and neurological functioning has led to improvements in autistic symptomology.

If your child does not speak or is unable to tell you what the matter is it is very challenging for you. I used to try and guess what was wrong, the answer is to find out what is wrong. Symptoms, whether physical, emotional, behavioural or mental are caused by specific causative factors and if your child expresses abdominal discomfort that may indicate problems with the gut.

I could go on for ever but I do hope I have given you all some insight into an approach which for many has reaped some wonderful benefits. You are your child's guiding light, so shine on!



**If you would like to learn more about The Autism Clinic practice please contact me on my mobile 07714 957 309 or at The Autism File Tel 0208 979 2525**