

April 2011

HomeCures

That Work

.COM

WEIGHT CONTROL • SPIRITUAL WELLNESS • HEALTHY RECIPES • LIVING HEALTHY

Is There A Cure For Autism?

HomeCures That Work - Volume 3 Issue 4

Fighting Back
Autism
With GFCF Diet

10 Steps To
A Healthier Child

Spiritual Clarity To
Navigate the Fog of
Autism

Leading Scientists
Reverse Autism

GRANDMA'S CURE CORNER
REVERSE AUTISM WITH A CLAY BATH



TABLE OF CONTENTS

Ask Dr. Saunders:

[Is There A Cure For Autism?](#)

Healthy Recipes and Eating Ideas:

[Fighting Back Autism with GFCF Diet](#)

Grandma's Cure Corner:

[Reverse Autism With A Clay Bath!](#)

The Spiritual Dimensions of Wellness:

[Spiritual Clarity for those Navigating the Fog of Autism](#)

Big Pharma Corporate Arm:

[Can We Reverse This Autism Pandemic? Leading Scientists Say Yes.](#)

Celebrity Healthy Watch:

[Jenny McCarthy Life's Mission: Autism Awareness](#)

Weight Loss Corner:

[Avoid Childhood Obesity: 10 Steps To A Healthier Child](#)

Product Review:

[Protect120](#)

Product Recommendation:

[Glutamine: Brain Food For Autistic Children](#)

Free Remedy Report:

[ADHD/ADD](#)

Is There A Cure For Autism?



By Dr. Scott Saunders

In 1976, a ground-breaking book was published about an autistic child who was cured of his autism. Prior to that time, autism was thought to be an incurable disease. Raun Kaufman disproved the theory, whose own son “triumphed over autism.”

However, even today when parents are told that they have a child with “autism” they are almost always told that there is no cure. In fact, if a person diagnosed with autism improves, then most doctors still assume the diagnosis was wrong in the first place. But in a world where we regularly heal leprosy, cause the blind to see, the lame to walk and the deaf to hear, I think it is not very realistic to call anything “incurable.” We are beginning to understand that “incurable” just means “ignorant.” If we understand a disease, then we can cure it.



Symptoms

Autism is not a disease with a cause; it is simply a collection of symptoms. People who are diagnosed with autism meet certain criteria that include:

- Problems with social interaction, such as a lack of eye contact or not acknowledging others.
- Language delays, such as speaking, reading or writing.
- Repetitive behaviors, such as spinning things, flapping hands, or balancing things.

Causes

Like every other part of the body, the brain has stages of development. If there is an insult during a certain stage, the function that would normally take place doesn't happen and there is a resulting deficit. In autism, the insult to the developing brain seems to happen anywhere from the womb to early childhood. Those things that are thought to cause this disturbance are many, some of which include:

- Toxins, such as mercury, lead, mold toxins, pesticides, and industrial solvents

- Infectious diseases, such as viruses, prions, and bacteria
- Allergies
- Food sensitivities
- Nutrient deficiencies
- Genetic predisposition

A word about genetic predisposition is in order. Twin studies indicate anywhere from a 50 to 200 percent increased risk of autism due to genetics. Put into perspective: if the average risk is 1 in 1000, the risk of the other twin getting autism is anywhere from 1.5 to 3 per 1000. The genetic risk may be simply susceptibility to one of the other potential causes such as a nutrient deficiency, allergy, or toxin. We are beginning to understand that having a genetic defect doesn't guarantee a disease. If we change the environment, we can change the expression of genes.

Treatment



When a child meets the criteria outlined by experts, he is labeled "autistic." The parents are then told they can try therapy, but nothing more can be done. Because the causes of autism are many, we don't yet have a single cure for it. However, many individual cases have been cured or at least improved.

Because there are so many possible causes, getting to the root of why an individual child has the symptoms of autism and then correcting it is difficult. Moreover, even if the insult is removed, it doesn't change the fact that the brain is not functioning. For example, there is some good evidence that mercury may produce symptoms of autism to those who are susceptible. However, when mercury is removed from the body and brain, the symptoms don't automatically resolve because the damage done doesn't automatically heal. This is why there needs to be a combination of treatments. First, find and remove the insult. Second, find therapy to improve function.

The following is a list of options for diagnosis and treatment that may not be recommended by a doctor:

1. Biomedical Therapies

Trying to find and remove the offending cause is the goal of Defeat Autism Now! (DAN!), now known as as the [Autism Research Institute](#). Doctors trained in the DAN! protocol test for toxins, food sensitivities, nutrient deficiencies, and infections to try to find a cause of autism. The treatment can then be based on the need, and may include a special diet, supplements, www.HomeCuresThatWork.com

antibiotics, chelation and so forth. While not all find a cause, there are many who improve with this protocol.

2. Applied Behavioral Analysis (ABA)

Applied Behavioral Analysis (ABA) is a reward-based training. This is the most common type of therapy offered because insurance often pays for it.

3. Occupational Therapy

Occupational therapy focuses on building daily living skills.

4. Social Skills Therapy

This can teach a person how to interact with others.

5. Physical Therapy

Physical therapy can build up strength, coordination, and basic sports skills, as well as improving the functioning of the brain.

6. Play Therapy

Play therapists may have training in particular therapeutic techniques such as Floortime or The P.L.A.Y. Project. Or, play therapy may be incorporated into speech, occupational or physical therapy.



7. Behavior Therapy

Behavior therapists are trained to figure out just what lies behind negative behaviors, and then to recommend changes to the environment and routines in order to improve behavior.

This may include

“sensitivity” analysis because some diagnosed with “autism” are simply hypersensitive to their environment.

8. Developmental Therapies

Floortime, Son-rise, and Relationship Development Intervention (RDI) are all considered to be "developmental treatments." This means that they build from a child's own interests, strengths and developmental level.

9. Visually-Based Therapies

Many people with autism are visual thinkers. Some do very well with picture-based communication systems such as PECS (Picture Exchange Communication). Video modeling, video games and electronic communication systems also tap into autistic people's visual strength to build skills and communication.

10. Speech Therapy

Speech problems are common to those with autism and therapy is often essential for improvement.

Many of these therapies can be taught to parents and practiced in the home. None of these are exclusive of the others so they can be used at the same time.

Since the time of Raun Kaufman, there have been many advances. His family started a therapy called "Son-Rise" as noted above. Some are helped a great deal by this treatment. Remember, autism is not a specific disease and has multiple possible causes, some of which are not known.

However, there are many resources available, which may not be suggested by your doctor. Do your own research because the answer for any one person with autism may be different from others with the same symptoms. Weigh the risks and benefits of each; choose those first where the benefits are much greater than the risks. It's helpful to work with a knowledgeable doctor such as one trained in the DAN! protocol. The bottom line is: if you are told it can't be fixed, move on and keep looking.



Dr. Scott D. Saunders, MD is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine.



Fighting Back Autism with GFCF Diet

By David Randall

For most people, the breakdown of dietary and wheat proteins into usable energy is a relatively simple and symptom free process. The digestion process breaks down proteins into smaller and smaller peptides (amino acid chains) and finally into individual amino acids which are then used by the body for energy. However, many children with Autism Spectrum Disorders (ASD) cannot properly digest proteins, like those found in wheat (gluten) and dairy (casein) products.

The improperly digested gluten and casein proteins form peptides or substances that act like opiates in the body. These opiate-like peptides can alter the person's behavior, perceptions, and responses to their environment.

Implementing the Gluten Free – Casein Free Diet (GFCF Diet)

While mainstream medicine has yet to officially recommend a special diet for autism, many parents have had great success implementing a strict Gluten Free – Casein Free Diet (GFCF). The theory behind the GFCF diet is that removing these poisons from the body will lessen autistic symptoms such as impulsive behaviors, lack of focus, and even speech problems.

The GFCF diet is by no means an easy undertaking, but since it has been proven successful it is definitely worth trying. To succeed at this diet, it must be undertaken for no less than 6 months and all gluten and casein must be completely eliminated from the child's diet.

The first step in starting this diet is to slowly remove these items from daily meals. Start by removing all dairy (casein) products from the diet. This is the easiest to start with because the body can clear itself of milk (casein) the quickest. Gluten may be slowly removed from the diet the following month. It can take up to 6 months for the body to completely remove gluten, that is when you will start to see the successes of the diet and an improvement in your child's ASD.

Identifying Gluten and Casein Foods

Casein is found in all dairy products or foods containing dairy, and really nothing else. When reading food labels look for and stay away from these ingredients:

- Milk
- Milk proteins
- Milk solids
- Caseinates
- Fortified proteins
- Curd



Gluten is found in many more grains and products. When reading food labels look for and stay away from these ingredients:

- Wheat
- Barely
- Rye
- Flour
- Triticale
- Spelt
- Semolina
- Durum
- Einkorn
- Bulgur
- Couscous
- Kamut
- Tabbouleh
- Cracker meal
- Malt vinegar

Certified



TM

Gluten-Free

Considerations

The GFCF diet has passionate defenders, as well as skeptical critics. But both sides agree the diet isn't inherently dangerous for children with autism, provided they receive other therapies and a balanced diet. Gluten-free grains like brown rice, oatmeal and cornmeal can step in for gluten-rich grains. Calcium and Vitamin D-fortified juices and gluten free cereals exist, and foods like spinach, almonds, cod liver oil, eggs and fatty fish also provide these nutrients.

Conclusion

Since ASD is such a tough disorder to understand and cope with, implementing a diet geared toward improvement, even minor improvement, will prove effective. Dietary Intervention may be that one piece of "the puzzle" which helps a child with Autism Spectrum Disorder toward the road for recovery. It will be a tough, yet very rewarding road.

GFCF Recipes For The Hungry Child

Mac 'n Cheese

Ingredients

- 1 cup cooked rice elbow macaroni (Tinkyada brand)
- ¼ cup finely chopped onion
- 1 tablespoon margarine (Earth Balance – RED tub vegetarian)
- 1 tablespoon tapioca or corn starch
- Dash black pepper
- 1 ¼ cup Rice Milk
- 2 cups shredded American/cheddar cheese (Daiya **dairy** free brand)



Directions

1. Cook rice macaroni according to directions.
2. In a saucepan, cook onion in margarine until tender. Stir in flour and pepper.
3. Add rice milk.
4. Cook and stir until thickened and bubbly.
5. Add cheese. Stir until melted.
6. Stir macaroni into cheese.
7. Transfer to a 1 quart casserole.
8. Bake uncovered in 350 degree oven for about 20-25 minutes – until bubbly.

Simple Peanut Butter Cookies

Ingredients

- 1 cup of Sugar
- 1 cup of Natural Peanut Butter
- 1 large egg

Directions

1. Preheat oven to 375 degrees F.
2. Mix all three ingredients.
3. Scoop out the dough and roll it into one inch balls.
4. Place on prepared cookie sheet 2 inches apart.
5. Use a flat bottomed cup to somewhat flatten each dough ball out.
6. Cook for exactly 9 minutes.
7. Once removed from the oven, let the cookies cool for a few minutes before placing them on a cooling rack.
8. Recipe should yield about 36 cookies.



David Randall, diagnosed at the age of 15 with type 1 Diabetes, started to learn everything he could about living healthy. With a love for cooking, he made his way through college teaching young diabetics how to manage the disease. He then turned his ambitions towards spreading what he knows and loves to others, having ghost written for over 10 years on nutrition, vitamin and mineral supplements, as well as cooking and healthy lifestyle. David spends his free time with his family in Northern Michigan sailing, cooking and volunteering.



Grandma's Cure Corner: Reverse Autism With A Clay Bath!

By Grandma Barton

Playing in the Mud is Safe for Mercury/Heavy Metal Detox

Mud baths date back to the dawn of time. The ancient Romans valued mud baths as a preventative and curative measure where members of the entire population - male and female, young and old, ill and healthy - would gather to immerse themselves in the mud. In Egypt, Cleopatra used clay to preserve her complexion.



The Wappo Indians used mud baths of volcanic ash and spring waters for their health treatments. Other native species used clay to cure wounds, as well as paint caves. Sadly, in some countries, eating dirt has become a way of surviving.

Present day, we can still thank Mother Nature for the value of dirt. Mud baths have been used to treat everything from tired, achy muscles, radiation and chemical/pesticide exposure and heavy metal poisoning.

Very recently, some surprising and encouraging results have been reported when using clay baths to treat Autism, Asperger's Syndrome, Fibromyalgia and ADD.

Since one of the biggest benefits of a clay bath is the removal of heavy metals such as mercury and lead through the pores of one's skin, there is definite hope that clay baths can play an increasingly bigger role in treating autistic patients. In the recent past, autistic children who have been taking clay baths on a regular have reported amazing improvement.

Capture and Eliminate Toxins

Clay, especially calcium Bentonite clay, acts as a chelator, which binds to heavy metals and has an incredible ability to absorb toxins that are excreted through the pores of the skin. In

fact, one clay bath can actually release years of toxic pollutants such as mercury and other metals out of your body and into the bathtub.

The range of environmental toxins that could be triggering autism envelopes everything from the previously mentioned mercury to lead and other toxic metals, pesticides, food additives, flame retardants, phthalates (found in cosmetics and vinyl, including vinyl flooring), antibacterial soaps, pet flea shampoos, and even fluoride.

When chelators are used consistently, mercury and toxins begins to leave the body. If a clay bath is used long term, parents of autistic children will see significant improvement in functioning, even to the extent of their child no longer qualifying as autistic. Because mercury toxin is extremely dangerous, the chelation process must be done at a slow pace in order for this to be safe. Detoxing and chelating with calcium Bentonite clay baths is proving to be a key factor in success.

Calcium Bentonite clay carries a uniquely strong negative ionic charge, which causes it to “magnetically” attract any substance with a positive ionic charge (i.e., bacteria, toxins, metals, etc.). These substances are both adsorbed (sticking to the outside like Velcro) and absorbed (drawn inside) by the clay molecules.

Choosing the Right Clay

When selecting clay for healing and detoxing purposes, it’s important to remember that not all clays are created equal. Make certain that you are using a high quality, safe, healing clay. A clay that has additives may not have a strong drawing effect as one without additives. So, using weak clay to bath in would do you little good in chelating heavy metals. You want high quality raw clay in order to experience positive results in autistic children. Bentonite clay is often referred to as Living Clay, which is clean, raw and natural swelling.



The clay should be a natural, contaminant free calcium Bentonite Clay with a pH of 8.7 or higher. Look for a company that provides a mineral analysis sheet, a certified laboratory microbial test, and direct contact information including a phone number and physical address. There are too many “fly-by-night” companies out there, so make sure you are dealing with a reputable seller.

In our [Amazon store](#) you can find a couple of [Bentonite clay products](#) that Home Cures That Work recommends for a detox bath.

Clay should be stored in containers that are completely sealed, kept away from petroleum chemicals and should not come into prolonged contact with metals.

Bathe twice weekly in your clay bath for 3 months, which should dramatically reduce high levels of mercury. You should start to see muscle weakness associated with high mercury levels improve dramatically. Continue clay baths for another 5 months and even lower more levels of mercury.

Preparing Clay Bath

It's important to follow the instructions on how to properly prepare a clay bath in order to experience best results.

- When using dry powder clay, scatter 2 cups into the running water, using your hands to mix any lumps of clay that form.
- To avoid lumps, pre-mix clay and water with a 1:8 ratio in container, shake vigorously, allow to sit for a couple of hours and then shake again. Use 4 cups of liquid to your bath.
- Soak in the hot clay bath for 15-20 minutes.
- Submerge as much of the body as possible during the bath.
- The more clay used in the bath, the more powerful the response.
- If the user is too weak for a full detox bath, the Bentonite clay can be used as a footbath to introduce the body slowly to a healthy detox regime.
- Clay may turn dark and gooey from absorbing toxic substances released into the water from your skin. After the bath, scoop clay out of the water, discard and rinse clay out of your tub.
- Add nothing to the clay bath: no herbs, oils, fragrances, etc. Herbal treatments, or other skin treatments can be done after the clay bath if desired. The only exception to this rule would be the addition of natural sea salt, which simply acts as a tonic, and increases the ion exchange capability of the clay in a clay bath.
- Use only filtered bath water for each clay bath. If regular tap water is used during the clay bath, the body may absorb mercury toxins found in the tap water.
- The bath is usually accompanied by a feeling of intense relaxation and even exhaustion so they are best taken in the evening before bed.



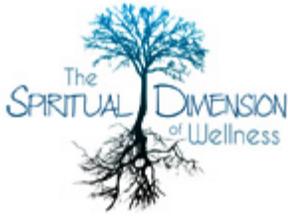
After Clay Bath Treatment

- Where individuals with autism have a high level of toxins the immediate after effect can be one of hyper activity.
- The next couple of days usually sees the body calm down and the bather finds themselves feeling better, stronger and with higher energy levels.
- The bentonite detox baths should be accompanied by a switch to a healthy diet, exercise and where possible the avoidance of repeated exposure to toxins.
- It's highly recommended to take supplements such as a multi mineral formula, vitamin B complex, zinc, magnesium, selenium, and vitamin B6 while taking these clay baths. Why? During the clay baths, many of one's minerals will also be removed along with mercury toxins, so resupply on a constant daily basis in order not to experience negative side effects.

How does clay make all this possible? If you have tried clay baths for treating autistic children, please post your success or observations for others to benefit from your experience!



Grandma Barton is mother to Joe Barton (founder of Barton Publishing), grandmother to 6 grandkids and 28 step-grandkids, and over 3000 Home Cures That Work members. She is a two-time breast cancer survivor with the help of Dr. Saunders and natural remedies. Grandma loves finding cures within the home to treat all sorts of ailments. With tips she's learned on the farm and along the way, Grandma Barton brings a time-tested and trusted voice when it comes to home remedies. She really is an inspiration to us all.



Spiritual Clarity for those Navigating the Fog of Autism

By Steven Hickey

In general, we all find disease frustrating and can easily empathize with those afflicted and affected. However, diseases that effect children stir up a whole different set of emotions ranging from anger to zeal – anger in terms of *how could this be happening* and zeal to conquer.

One out of every one hundred sixty-six (1 of 166) children in America is diagnosed with autism. Despite numerous advancements in understanding and treating autism, it remains shrouded in mystery and misunderstood even by the medical community – for the most part. There is much written on this subject; but unlike a generation ago, parents today have resources and support at their fingertips, thanks in part to the internet. What follows is my attempt to contribute to the conversation – and controversy.



Over the years, as I've interacted with parents of autistic children, several questions are raised about autism and how it relates to God, healing and hope. These questions bear repeating here and my prayer is that my response to the questions will benefit you. Before I begin, let me mention that it is okay to question God. Jesus said *ask, seek and knock*. It's even okay to bang on heaven's door. God wants to be known by you. The more you press into knowing him, the more the difficulties in the world make sense.

The 'Why Me?' Question – Why did God choose me to have an autistic child?

The Scriptures are clear on the fact that God never gives us more than we can handle. He gave you an autistic child because you can handle a tougher assignment than most. In choosing you for a tough assignment, he also promises to supply every grace you'll need. Ask him every day for the grace you'll need that day.

The *Healing* Question – Is healing autism out of God’s league?

Over the years I have noticed there are some infirmities people ask God to heal and other infirmities we only pray for strength to handle. Many churches have prayer chains where people share prayer requests, which is where I most notice a total lack of faith for God to handle the big things like cerebral palsy, deformities and autism, to name a few. God can even raise the dead and he does raise the dead. Nothing is impossible for him. Healing autism is easy for God.

The *Demon* Question – Could evil spirits be behind these seizures and fits that seem to overtake my child?

Honestly, the answer *ismaybe*. But, please don’t be offended by the suggestion. I’m not suggesting people with autism are demonic or possessed, only that they are possibly harassed and oppressed. Demons love to torture people. More often than not, in any physical ailment, I have found that demons piggy back on a natural problem and make it worse. They will exacerbate even an ill-spoken word to create greater division between people. Certainly they hover over those who are mentally and physically vulnerable.



To heal a deaf and mute boy in Mark 9:14-29, Jesus first cast out a “*deaf and mute spirit*.” There are spirits of infirmity that seem to specialize and just as there are demons assigned to cause division, there are demons assigned to cause tumors and cancer, as well as anxiety and confusion. The Greek words for deaf and mute are words that also include those who are dull in understanding and those who have learning disabilities and speech disorders. It is very possible, even likely, that Jesus cast demons off children who today would be diagnosed as autistic.

A father named “Tim” who hosts a “Healing for Autism” discussion page on Facebook writes: “I believe a demon contributed to the torment my son Jacob experienced when he developed autism. On at least one occasion, he displayed super human strength when we were trying to enter the worship service at our local church (where he was very familiar with everyone and typically enjoyed playing with the kids). When he grabbed the doors to the worship area, despite his low muscle tone from DS, it took 3 adults to loosen his grip from the wood. He weighed about 35 lbs at the time. I should have easily been able to remove his tiny fingers. Also, many times in battling autism, when he exhibited controlling tantrums, he would respond to prayer in Jesus Name, and the symptoms would abate.”

Prayer in Jesus’ name is the remedy for relief from the entire gamut of demonic oppression, and of course this includes autism. The name of Jesus brings healing. Use it.

The God’s Will Question – Is it really God’s Will that my son suffer and be distant from the love we want him to know?

No. God allows suffering but he doesn’t enjoy it, or want it. The Bible says God wants none to perish but all to have eternal life. He grieves that some reject his offer of salvation (through his Son Jesus) as he wants and wills abundant and eternal life for everyone. God wants and wills that everyone experience salvation (Greek: sozo). However, salvation is bigger than just having your sins forgiven and getting a ticket to heaven. Sozo is the Greek word for salvation, healing, and deliverance. God wills all three for you and your autistic child. God is able to use suffering for his purposes, turn bad into good, and restore what has been taken from us. Salvation and healing are things we are to seek and keep seeking until God delivers.

The Connection Question – My son is in a world unto himself; where does that leave me?

The 1988 movie Rainman starring Dustin Hoffman was wonderful not only in that it brought national attention to autism, but in that it demonstrated how gifted the autistic really are, i.e. stunning mental capacity and memory. Frankly, as it relates to connection, it is probably the case that the autistic are more on God’s wave length than the rest of us. It is true what the Bible says about God being especially close to the broken and humble.



Admittedly, this is just a layman's observation regarding how the love we show our autistic children seems and feels as if it is not received. However, love is the universal language. I hope you will take heart in me saying no one is beyond love's reach, even if they lack the capacity to reciprocate.

Those who do deliverance ministry report they discern that rejection as a point of access for the deaf and mute spirits that afflict people with autism. If that is the case, it is all the more reason to fight this with love.



Steve Hickey, is the founding pastor of a life-giving church with over 700 members, a church planter, a trainer of leaders with John Maxwell's organization, a police chaplain, and is very active in politics as a national voice for the unborn. He's written several books, including his latest, *Momentum: God's Ever Increasing Kingdom* www.MomentumHandbook.com. Steve and his wife would like to pray for your specific needs and have a prayer team at the church waiting to hear from you. For more information or to submit a prayer request visit: www.ChurchAtTheGate.com/prayer.php

**Big
Pharma
Corporate
Arm**

Can We Reverse This Autism Pandemic? Leading Scientists Say Yes.

By Martin Jacobse

Did you know that 1 out of every 150 babies born in the U.S. has autism?

Autism currently affects about 1,500,000 people in the U.S., and the numbers are increasing, according to the Autism Society of America.

Some people are calling the autism pandemic “a national emergency,” as autism rates skyrocket worldwide.



Are we all just going to sit and watch the autism pandemic get worse day by day?

The truth is many leading scientists agree much more can be done to help people with autism. Just blindly accepting autism as fate doesn't help anyone.

If you have a loved one with Autism and you want to give them the best quality of life possible, as soon as possible, then this may be the most important autism report you'll ever read.

The signs of autism usually appear within the first three years of life. Currently, estimates claim the annual cost of caring for autistic people in the U.S. is about \$13 billion per year and the lifetime care of an individual autistic person averages \$2 million.

So, if we're spending all this money on autism, then where is the cure?

Spending billions of dollars “*treating symptoms*” changes nothing. The only way to make a lasting difference is to eliminate the underlying cause of autism.

“Autism is one of the most complex challenges before us today.”

Before real cutting-edge advancements can become mainstream, the prejudices and blocks to

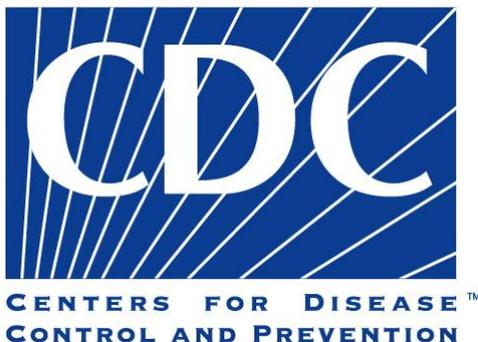
proper care need to be eliminated.

To move toward a real solution, we must first we need to accept the reality that Western medicine has blatantly failed to help the autistic. It only adds insult to injury when doctors refuse to accept the reality of their inability to help anyone with drugs and surgery.

The real challenge is really about learning to listen better to what people with autism can teach us about the best ways to help them with healing alternatives. Until we agree on the cure, it benefits no one to condemn an autistic person to ignorance, social prejudice and stereotypes.

After decades of trial and error, new ways of helping autistic people are redefining what it means to be autistic as well as non-autistic. Today, we're taking giant steps toward agreeing that autism is both preventable and curable . . . perhaps in the final lesson we will also discover what it means to be more human.

Autism In Perspective



Autism used to be quite rare, occurring in just 1 child out of 2000.

However, since the early 1990's, the rate of autism has spread exponentially around the world with statistics as high as 1 out of 110, with boys being diagnosed 400% more than girls.

The Centers for Disease Control defines 5 main types of Autistic Spectrum Disorder (ASD).

The five types of ASD are:

- Classical autism
- Asperger's syndrome
- Pervasive Developmental Disorder –Not Otherwise Specified (PDD-NOS)
- Rett syndrome
- Childhood Disintegrative Disorder

Let's look at the history of this relatively young condition.

- 1911: Eugen Bleuler, a Swiss psychiatrist, used the term autistic to describe a group of symptoms related to schizophrenia.
- 1940's: Dr. Leo Kanner from Johns Hopkins University first coined autism as "*Kanners syndrome*," and referred to it as an infantile psychosis.
- Meanwhile, Hans Asperger, a scientist in Germany, identified a similar condition that's

now called Asperger's syndrome.

- 1960's: Bernard Rimland, a psychologist who was the father of an autistic child, redefined autism as a "*brain disorder*."

For an entire decade, they used shock treatment, LSD and painful behavioral change techniques, as if torturing these people would cure them.

- During the 1980s and 1990s, the role of "*pain and punishment therapy*" evolved into using more intelligent learning environments to influence autistic students.

Currently, autism is considered a "*neurological disorder*" affecting the areas of the brain, which control social interaction, spatial cognition and language.

Did you know genetics account for less than 10 percent of cases and drug therapy is totally useless?

Addressing The Root Cause Of Autism

The nutritional approach has shown the most promise for addressing the root cause of autism. Changing to a better diet and supplementing with magnesium and vitamin B6 are helpful in helping improve mental focus and physical functionality.

Magnesium serves to increase the absorption of vitamin B6 and other nutrients, helping to improve cellular health.

The healthier your cells, the better they communicate between each other. This makes more sense than doping, shocking and torturing the patient — *I'm sure you agree.*

The challenge with using any nutritional approach is if the cells are filled with toxins, there's no room for nutrients to enter. To make the most of using a nutritional approach, *you first need to eliminate the toxic build-up within the cells.*

One well-known cause of neuron damage is mercury toxicity, along with other heavy metals.

Did you know mercury is the strongest inflammatory agent on earth short of uranium?

There is NO safe level of mercury!

When going through detoxification, seek a qualified health professional to help you.



The Biggest Underlying Cause Of Autism

Because of an increase of required vaccines, the accumulative build-up of mercury preservatives in children during their first 3 years is a legitimate concern.

Did you know today the list of required vaccines has increased from 8 in 1980 to 22 vaccines?

Plus, many of these shots use “multiple injections!”

Children are being over loaded with mercury containing vaccines within a very short period of time.

Dr. Edward Yazbak, former medical assessor to the UK Committee on Safety of Medicines did a survey (Pulse Magazine, July 7, 2001), which reported that 76% of mothers who had been vaccinated just before, during or after pregnancy, had one or more children with Autism Spectrum Disorders (ASD).

Some single vaccines using multi-dose vials containing Thimerosal, injecting as much as 62.5 micrograms of mercury into the child, which happens to be more than 100 times greater than what the US EPA considers safe for the average 6-month old.

FACT: More than eleven years ago, in 1999 the American Academy of Pediatrics and the US Public Health Service issued a joint statement demanding the elimination of Thimerosal from all vaccines.

Their action clearly documents that repeated, low-dose mercury exposure does cause neurological abnormalities₂.

The mercury preservative Thimerosal has been scientifically linked to neuron death, by Leman Yel and colleagues. They found that toxic Thimerosal follows a pathway through the “*energy factories*” of the cells, called the mitochondria. As a result, neuron cell death (apoptosis) is induced₄.

These findings are consistent with another study done by M.L. Humphrey et. al., who found the more Thimerosal and the longer cells were exposed determined the amount of cells killed.

They too found evidence of mitochondrial damage.

Did you know Thimerosal has been used as a preservative in vaccines since the 1930s, but was assumed to be safe and has never been tested by the Food & Drug Administration (FDA)?

“The symptoms of mercury poisoning and autism are remarkably similar.”

www.HomeCuresThatWork.com

Vaccines aren't the only source of neuron killing heavy metal poisoning.

Mercury from fish can be transferred from pregnant women to their developing fetus and contaminate breast milk⁵.

While an infant only receives a few micrograms of mercury from vaccines, a single dose could represent as much as 353,000,000,000,000,000 mercury particles⁶. Neal A. Halsey MD writes in the Journal of the American Medical Association that the fetal brain is much more susceptible to mercury compounds than the adult brain.

More than 1 out of 5 U.S. women of childbearing age may have mercury levels that exceed the Environmental Protection Agency's recommended threshold⁷.

Perhaps the first thing we need to do to prevent autism is eliminate all vaccines until after the third year. That would allow children's immune systems to mature un-interrupted by vaccines and their toxic ingredients. It would also stop the autism pandemic worldwide.

Meanwhile, we can start detoxifying autistic children and start giving them healthier diets supplemented with "Ionic" minerals, such as magnesium, and make sure they all get plenty of vitamin B6, too.

Here's one nutritional approach that doctors "in-the-know" are using to help detox many neurological disorders, similar to Autism Spectrum Disorders (ASD):

Because of advancements being made in nutritional science, heavy metals like mercury, lead and aluminum are being safely and effectively removed with oral and IV vitamin C, phosphatidylcholine, lipoic acid and EDTA_s (detox protocol).

Here's the reason why some children are damaged more rapidly by heavy metals in vaccines than others:

According to William Walsh, PhD, of the Pfeiffer Treatment Center in Illinois, autistic children have a defect in a vital protein called metallothionein, a protein compound that binds to heavy metals in your cells like mercury, cadmium, lead, copper, iron and zinc.

"In fact, 99% of autistic people have this metallothionein protein defect, which makes it hard to impossible for them to eliminate mercury on their own."

In Walsh's study, 499 out of 503 autistic people were unable to make their own metallothionein.

New Science Reveals New Hope

So far, I've pointed out the damaging effects of heavy metal poisoning on pregnant mothers and young children, and revealed a natural way to detoxify heavy metals using a doctor approved food support protocols.

In closing . . .

For now, autism is something we need to accept, until we can fully appreciate how we can help those who are autistic better adjust to a world full of human diversity, or cure it all together.

There is a blessing hidden in the condition in that about 10% of autistic. They are called autistic savants. Some of them have extraordinary artistic skills, some have impeccable memories and others seem to have replaced their social skills with amazing mechanical and engineering abilities.

In many ways, autistic people remind me of the struggle deaf and blind people go through. It's important for us not to assume they are any less intelligent, or feel love and empathy any less than the rest of the world.

It's vital we abolish stereotypical behavior and prejudice. After all, they are the ones we claim lack the ability to adjust socially, besides who wants to adjust to a broken world?

As we identify and eliminate these toxic environmental factors, which are damaging sensitive proteins and nerve connections, we can begin to experience these subtle interconnections again, as our ancestors once did.

The key to curing autism is linked to how our food, environment and even our thoughts affect us at every level. Scientists are learning how to help genes better express themselves through proper protein synthesis.

The new science of *epigenetics*^{9,10} is showing us how we can better control and nurture these proteins using the simplest nutritional approaches, as well as integrated and even bio-energetic medicine.



The word “autism” was created about a hundred years ago, but the root of the word is the Greek word “autos,” meaning “self.” Autism describes a person who is removed or separated from social interaction, hence an isolated self. The truth is no one is isolated or disconnected;

we all simply connect in different ways.

Until we arrive at a cure let's learn how to help autistic people connect by learning how to better connect with them.

Sources:

1. **British Medical Journal 322: 460-63, 2001**
2. **Pediatrics 107: 1147-54, 2001**
3. **Life Science 67: 1667-82, 2000**
4. **“Thimerosal induces neuronal cell apoptosis by causing cytochrome c and apoptosis-inducing factor release from mitochondria,”** L. Yel, L. E. Brown, K. Su, S. Gollapudi, and S. Gupta, *International Journal of Molecular Medicine*, Vol. 16, No. 6, December 2005, 971-7. Address: L. Yel, Department of Medicine, University of California, Irvine, CA 92697, lyel@uci.edu.
5. **Journal American Medical Assn 282: November 10, 1999**
6. **ARC Research, April 3, 2000**
7. **“An investigation of factors related to levels of mercury in human hair,”** Technical Report #05-150, Steven C. Patch, Richard P. Maas, and Kimberly R. Sergent, Environmental Quality Institute, University of North Carolina-Asheville. Address: Steven C Patch, Environmental Quality Institute, University of North Carolina-Asheville, One University Heights, Asheville, NC 28804.
8. <http://www.bioimmune.com/products.htm>
9. http://hmg.oxfordjournals.org/content/15/suppl_2/R138.abstract
10. <http://www.sciencedaily.com/releases/2009/04/090401145312.htm>



Martin Jacobse, a hearing and speech specialist of 30 years, was first inspired by the natural home remedies used by his Cherokee Grandmother. He has since expanded his interests into naturopathic, alternative and energy medicine. Excited to share his findings and close the gap between the medical profession and natural home remedies, Jacobse found a passion as an independent medical researcher and ghost writer, dedicating his life to getting the word out as a consumer health advocate for Barton Publishing. Jacobse spends his free time enjoying the quiet of a small horse ranch near the Tonto National Forest in Arizona.

Jenny McCarthy Life's Mission: Autism Awareness

One of the most well-known celebrity autism advocates is Jenny McCarthy. Her personal story of her son Evan's descent into autism (at 2 1/2 years of age) and ultimate recovery has served thousands of moms and dads around the country. Even with a bombastic personality and outspoken character, she is dead serious about educating parents to take charge of their kids' health. She even serves on the Board of Director's of *Generation Rescue*, an international movement for researching causes and treatments for autism, which she founded.

Jenny McCarthy has authored a New York Best-Selling book, "[Louder than Words: A Mother's Journey in Healing Autism](#)," detailing what she has gone through with her son's diagnosis, and what has worked for her and her son.



One thing that has done wonders for McCarthy's son was a serious change in diet. She started a gluten free/casein free diet, strict dairy free diet, as well as a no sugar diet with her son and saw almost immediate changes for the better. She also put her son on medication to eliminate the candida in his body and that has also had positive changes.

Jenny also has 2 other best-selling books on autism:

- [Mother Warriors: A Nation of Parents Healing Autism Against All Odds](#)
- [Healing and Preventing Autism: A Complete Guide](#)

For Jenny McCarthy, autism is a condition that must not only be combated with treatment but also with education. Jenny stresses that parents not feel guilty about their child's diagnosis, and she also advises them to trust their instincts. Her story of "diagnosis, hope, faith, and recovery-- a journey many thousands of parents now face."

Many celebrity parents of children with autism spectrum disorders are doing a great deal for the autism community through their books, fundraising, foundations and good works.

But, how do you feel about speculations that certain celebrities, such as Bill Gates (who reportedly shows several personality traits typical of those with Asperger's syndrome) or Andy Warhol (because of his distinctive art and sometimes odd behavior and relationships), or even Albert Einstein (because he was considered a loner and obsessively repeated sentences), "could be autistic?"

How about statements that famous figures in history – Mozart and the like - "were probably autistic?"

It's always nice to have a celebrity in your corner. As more adults – and children - are diagnosed with forms of autism, probably more big name celebs will join the ranks of the truly diagnosed.

But, what's your feeling about the claims of celebrities within the autism community? Is it a good way to raise the profile of high functioning autism? Or is it exploitative? Share your thoughts!

Avoid Childhood Obesity: 10 Steps To A Healthier Child



A whopping 22 million children under the age of 5 are obese. Professor Terry Wilken of the Peninsula Medical School tells us that by age 5, “the die is cast.” One million children are now showing signs of high blood pressure and heart disease, presenting a new era of extraordinary challenge of high body fat to our nation’s pediatricians.

According to Dr. Tim Lobstein of the International Obesity Task Force, the scope of these numbers and their implication for mankind is unprecedented.

From smiling clowns at drive-up windows to a beckoning Chihuahua, and a kid whose bologna has a first name; the competition is fierce for market share of your child’s stomach. Drive-up counters have replaced the dinner bell and fast food is no longer fast enough. Not surprisingly,

diagnosis of Type 2 Diabetes has surged 90 percent, in the last decade alone.

Sugar races into your child’s bloodstream, signaling their pancreas to produce insulin. Trans fatty acids accelerate their risk for heart disease. Preservatives, artificial additives, man-made sugars, white carbohydrates and processed foods add fuel to this internal fire—the building blocks for cellular aberration, degeneration and stored body fat.

If we care about obesity prevention... we need to translate that belief to our children. It starts by recapturing the family dinner and wholesome cooking. Prioritize purchasing locally grown foods and the value of what “live food” can do for the body, mind and spirit. It’s time for us to become nourishers as well as nurturers.

10 Steps To A Healthier Child

1) **Healthy snacks:** Seeds are far more nutritionally dense than other foods, particularly those from pumpkin and squash. Add them to a mix with the healthiest nuts like almonds, pistachios, macadamia and pine. They break down slowly and feed you gradually, helping your child avoid hunger and low blood sugar; while bathing their cells with “healthy” fat.

2) **Fruits and vegetables:** Seven fruits or vegetables a day “is” doable. Invest in a great blender, like the Vita Mix 5200, and throw in all things good. You’ll be amazed at how a banana can mask the taste of the most onerous veggie (even fish oil). Consider mixing in some organic” freeze dried” berry powder. Make healthy smoothies or serve fresh vegetable juice.

3) **White Carbohydrates:** Eliminate bleached and artificially fortified miracle bread. If you must, opt for sourdough and top it off with healthy Extra Virgin Olive Oil or real organic butter. It’s naturally high acidity, coupled with a topping of healthy fat, slows its entry in the bloodstream, giving your child’s pancreas a break. For pasta dishes, make the switch from white noodles to 100 percent whole wheat.

4) **Organic locally-grown vegetables:** Grow your own or purchase them from a local farmers market. Another alternative is Community Supported Agriculture. Go to www.localharvest.org/csa/. Sign up and pick up a beautiful basket of fresh locally grown vegetable produce for a small fee at a local community college. Take control of what your child eats in school as well. Farm to School (www.farmtoschool.org) delivers healthy foods from local farms, to schools nationwide.



5) **Less is best:** Serve less food by using smaller plates or share an entrée when dining out. We’ve grown accustomed to eating outlandish portions because they’re there. Serve moderate amounts of animal protein too. As a rule of thumb, never eat a serving of protein larger than a deck of playing cards. Kids need even less.

6) **Make healthier choices:** Healthy fats in reasonable amounts help balance blood sugar and reduce internal inflammation. Use Extra Virgin Coconut Oil for higher-heat cooking. Use Extra Virgin Olive Oil for low to medium heat cooking. Dredge that chicken in coconut flour, not bleached flour. Eat the healthiest sources of protein, by choosing grass-fed beef, free-range pastured poultry, and fish from unpolluted **waters**.

7) **Sugar:** Reduce it. While no sugar is **healthy**, studies show that Xylitol significantly reduces the bacteria and plaque on teeth when used moderately. Even better, use Stevia, an all natural herbal sweetener with none of sugar’s downside. Fill that “sippy cup” with water, not fruit juice; fructose cravings and tooth decay begin at a young age, from sugary foods.

8) **Family Time:** A study by Harvard researchers Taveris et al. (Obesity Research, 2005) of more than 14,000 children ages 9-14, concluded that the benefits of eating dinner as a family appear to include improved diet quality, reduced high-risk adolescent behaviors such

as tobacco, alcohol and marijuana use, and improved performance in school.

9) **Water:** Drink ample amounts of natural spring water without fluoride; approximately half your child's body weight, expressed in ounces daily. Example: an 80-pound child should drink 40 ounces of water throughout the day.

10) **Walk:** Studies show countless benefits from brisk walking for as little as 15 minutes a day, from reduced body fat to increased bone density.



Innovations™.

Roger Asmus entered a fitness competition and won the Mr. Teenage Colorado in 1991. He was later named Mr. Mile High in 1996 and achieved his dream when he was proudly awarded the title of Mr. Natural Colorado in 1998. Roger has been highly sought after as a model and authority in the fitness world, appearing in national news and magazines sources. Roger is currently one of the top personal trainers in the country and is president of Core Health



Product Review: Protect120

Scientific Breakthrough

Glutathione, our body's most powerful antioxidant, has just been supercharged to dramatically increase its ability to penetrate our cells starting with your skin.



Every once in awhile a major new product comes on the scene that is so advanced that it takes a quantum leap over similar products in its category. Such is the case with Protect120.

But first an explanation. Glutathione, or GSH as it is often called, is our body's most important antioxidant. It is produced in abundance when we are young and helps:

- Dramatically boost the immune system.
- Reduce inflammation.
- Support release of toxic chemicals from our body.

Our body, starting with our skin, needs antioxidants to combat oxidative stress or the by-products produced by the energy from our cells. Think of it in terms of a car.

A car uses gasoline or energy to create power. The power then creates exhaust emissions. Our cars have a catalytic converter to filter the exhaust and remove toxic chemicals. A similar analogy can be made with GSH and our body's need to reduce the oxidative stress produced by the cells in our body.

Since the GSH in our bodies helps to reduce the oxidative stress, it also boosts the immune system and may help prevent certain diseases. In over 20,000 studies, GSH deficiency has been proven to be a factor in dozens of conditions in which the body is low in GSH. When present GSH has been proven to support normal response to inflammation, chronic fatigue, autoimmune reactions, Parkinson's, cancer, diabetes, Alzheimer's, heart issues, autism, multiple sclerosis, skin disorders, digestive problems, lung, arthritis and other concerns.

But, there is a problem. As we age, we produce less GSH. Our bodies become more susceptible to disease, and our skin ages – just when we need GSH the most.

THE MAJOR BREAKTHROUGH

GSH cannot be taken as a supplement. Take a GSH pill and it gets destroyed in the stomach. Inject it into your blood and it will get destroyed within a few minutes by the enzymes in your blood.

Some companies have resorted to creating supplements that help in the production, by the body, of GSH but there is limited success with this method.

SCP, however, has created a molecule in a cream base that can be easily absorbed by the skin and reach its cells where it's antioxidant properties are most needed. The results can often be felt quickly. Not only does Protect120 supplement and nourish the skin cells, it also stimulates the cells to produce more GSH naturally. You will love the look and feel of your skin.

Protect120 is intended for cosmetic benefits to the skin only and is not intended to deliver glutathione through the skin to other body tissue. Please be advised that such transdermal delivery may occur, but that is not the intent with which this product is sold.

THE SECRET IS IN THE MOLECULE

The key to making Protect120 easily absorbed by the cells is that it is 1) fat soluble and 2) small enough to pass through the walls of the cell.

Up until now, most GSH supplements were destroyed in the stomach or in the bloodstream and were water soluble. Our scientists determined that the best method to reach and penetrate the skin cells in our body was if our molecule was fat soluble.

The next challenge was to make the molecule small enough so it could be absorbed by the cells.

This challenge took them almost ten years of research before they achieved their goal.

Protect120 has been tested for safety and GSH is perfectly safe for practically any application. Patents have been applied for and are pending. Finally, we are in the process of testing our products against many of the most popular GSH products being sold on the market to determine how much better and more effective our product is over every other product.

AVAILABLE DIRECTLY FROM US

If you wish to experience the power of **Protect120**, order a tube.

Note the non-greasy, fragrance-free cream and how easily it spreads and is absorbed into your skin. Use it on problem areas or on any large area such as your arms and legs. Experience the anti-aging benefit to the look and feel of your skin. And if you have a chance, read on the Internet about the healing power of Glutathione or GSH and the numerous conditions it impacts when present in the body: reduce inflammation, boost immune system, rid toxic chemicals and help to heal autism. Each tube has 4 ounces of cream and should last a few months depending on usage.



Experience the benefits of one of the most important scientific breakthroughs biotechnology and join those who have discovered Protect120. Order your tube at no obligation today.

**Email teri@stem120.com or call 702-949-5995
for a tube of Protect120**

Product Reviews



Glutamine: Brain Food For Autistic Children



Antioxidants are known to help prevent diseases such as cancer and heart disease, but the presence of the antioxidant glutathione is gaining popularity in helping to fight autism.

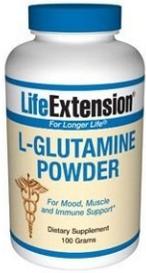
Glutathione, a protein and natural antioxidant defense against free radicals, acts on toxins such as pesticides, lead, dry cleaning solvents and others to transform these toxins into something the body can excrete more easily.

Unfortunately, glutathione is not absorbed into the system when taken orally. But by taking other supplements, such as Vitamin C or Glutamine, you can raise natural glutathione levels in the body.

Glutamine, in particular, does so many good things in the body that is being used to treat various conditions, such as preventing infections that often follow endurance exercise, reducing symptoms of overtraining syndrome, improving nutrition in critical illness, alleviating allergies, and treating digestive problems by fueling the cells of the intestines.

Particularly in autistic children, glutamine has had some success in improving health and language processing by acting as a “brain food.” Those with learning and developmental disabilities use this “smart drug” to help manage inflammation and readily cross the blood-brain barrier to stimulate alertness, improve intelligence, sooth erratic behavior, aid in memory recall and most importantly, helps with behavioral problems and autism in children. To determine if glutamine will work for someone with autism, a 30-day trail period is recommended. For young children, under the age of 9, try up to 1,000 mg. Older children can take up to 1,500 mg.

Glutamine occurs naturally in high protein foods such as raw meat, fish beans and dairy products. However, cooking destroys glutamine, so try these recommended Glutamine supplements in our [Amazon Store](#). See Glutamine Products Below:



Life Extension L-Glutamine Powder:

<http://astore.amazon.com/hctw-20/detail/B00028MW7Y>



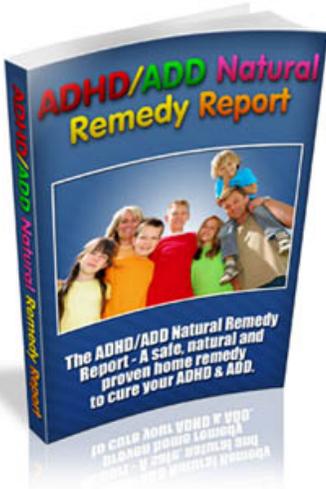
Integrative Therapeutics L-Glutamine:

<http://astore.amazon.com/hctw-20/detail/B004A8KBCU>



Designs for Health L-Glutamine Powder:

<http://astore.amazon.com/hctw-20/detail/B0039N3JBC>



Free Remedy Report: ADHD/ADD

Take it from medical reduction specialist, Dr. Scott Saunders, MD, you can escape the cycle of ADD/ADHD drugs and regain a sense of normalcy. Living with or coping with someone who has ADHD can be exhausting. But don't be forced into believing the lie that the only way to survive ADHD or ADD is through medication. Find the answer on how to thrive without drugs.

The ADHD/ADD Natural Remedy Report contained safe, natural and at-home remedies to cure your ADHD or ADD. Become informed about the short and long-term risks of using prescribed medications related to ADHD or ADD, including drug abuse. Discover the natural and alternative solutions used in treatments, such as diet changes, vitamin and nutritional supplements, behavior training, exercise and other miscellaneous therapies.

There are many options available that don't involve medication prescriptions. Stop you or your child's ADHD safely, naturally and without drugs.

Download the report here:

<http://www.homecuresthatwork.com/members/access/free-reports/ADDADHDNaturalRemedy.pdf>