

# Ben's Autism Cure (a 7 step methodology)

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## Slide 1: Video 1's Opening Slide

This is the 1st video of 4 on the 7 steps we took to cure our son Ben of autism.

This video will cover the Background and strategy (slides 1-5)

Video 2 will cover Preparation we took before the cure (slides 6-12)

Video 3 will cover "Doing" the cure (slides 13-18)

Video 4 will cover next steps toward the cure (slides 19-26)

## Slide 2: Agenda

I put this video together to help other parents in their battle with autism. It is a crash course on the strategy and tactics that worked for us with Ben. My hope is your learning curve will not be as steep. Autism is a poorly understood neuro-immunity disorder caused by both a breach of the gut (the body's outer wall) and a breach of the brain barrier (the body's inner keep wall.) By the time you see Autism, the disease is in a very late stage. Yet, despite all the press, a cure is possible.

Three years ago my son Ben was not making eye contact and had shown little development for over a year. We switch from a Western-only to an all-inclusive approach and as a result Ben completed and graduated from kindergarten. His final report card shows he is on par with his peers. He still has emotional and sensory issues, but all-in-all he's cured. A far cry from the "no hope" that our ex- pediatricians doled out – all 6 of them.

Owning your child's health is where the solution begins. Curing autism is a journey. No universal approach works for everyone. So a cure will always consist of trial & error. Take everyone's advice, including your doctor's and mine, with a grain of salt. No one is infallible and you're the most vested to find the cure. Though the prospect is painful, scary, and failure is very possible, you must stare the truth down. This means fight against all or nothing thinking and see both positive and negative exists in everything – exclude neither. Do not wander blind. Adversity is your best guide. Appreciate and use it. Don't ignore it.

The world economy and the Internet age means too much, not too little, information is available with a diversity of approaches. The flip side of diversity is everyone is an extremist with a monopoly on truth. So leverage the strength of indigenous guides to each approach but own everything especially cross effects that no one watches. I do not care who they are: do not listen to the "should work" but observe what actually works. Pedigree, accolades, and cultural bias mean nothing - only results count. Fight your bigotry, we all have it, and focus only on the empirical truth. The quotes above the temple of Delphi apply to this age: Know thyself and nothing in excess.

Because whether you like it or not, only you are with your child 24x7. Only you see the all behaviors, talk to all the experts, & as a result have "the" big picture regarding the health and welfare of your child. Only you have the legal right to determine the path whether you're aware of the decisions you make or not. So own this and deal with the cards that God and life have dealt you. Have faith that you were chosen for a reason to live and work through this with your child.

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May our story give you ideas and hope during the dark times.

### Slide 3: The Disclaimer

The tendency is to look past the disclaimer but I cannot stress enough the message behind this message. The war on autism must be planned strategically though it's executed tactically. The plan starts and ends with: analogies, beliefs, and approaches. The 6 most important beliefs in curing autism are hidden in the subtext:

- 1) **Own your child's health completely and make all the decisions deliberately.** Do not hand the job off to ANYONE regardless of their pedigree and accolades and cultural bias. This includes: Nobel prize winning doctors and 26 generation acupuncturists or me for that matter. Do what works, nothing else.
- 2) **Leverage "consultants" indigenous to each approach.** Part of owning your child's health is knowing what you do not know and seeking help instead of wandering blindly. The good news is help is readily available, even online for every angle of the fight against autism. The flip side of this strength of diversity, is antagonism among them with Western Medicine being the worst offender. So ask a lot of questions. And watch for cross approach conflict and issues since only you can oversee the squabbling view points.
- 3) **If it is not harmful, try it.** Try everything and ignore uninformed naysayers regardless of their pedigree and accolades. They want to identify the cure – to advance their career and heal the masses. You don't – you just want to cure your child. As long as you have the blessing of an indigenous consultant and have done your independent due diligence, go for it. Don't focus on "identifying", focus on getting a cure. These are NOT the same thing. Identification takes more time than your child has. Brain development is primarily in the first 5 years of life. An autism diagnosis usually doesn't come until kids are 3 or 4. So don't waste time. Every second counts.
- 4) **Withhold judgment.** Collect as many ideas as possible. A dumb idea will often trigger a brilliant one. Judgment stops the creative process cold for you and your social network. You have to be teachable and accept you might not know what you do not know – so let go of all your dogma, academia or religious. In my case I made a point not to have traditional medical insurance so as not to skew my judgments based on "deals" and freebees. Feeling all the financial pain made the choices more healing centric and less financial. Also do not buy into the dogma of others. Instead try all ideas and listen to the adversity and success of your child's body, mind and behaviors. With the highly charged emotions on all sides, bias is always there. Accept this fact, acknowledge bias, and remain aware at all times. Ironically it's awareness of shared ignorance that makes space for better and better cures for your child.
- 5) **Be Tough.** This is required on all levels. All of us suck and feel inadequate about something. That something is likely where you will be challenged. Question your beliefs and those pressed on you by others. Admit to yourself when you are wrong even if you are male. Ask for directions always. When your child has a fever or is in pain, stand up to your motherly guilt and do not immediately provide a pill that will kill the symptoms by suppressing their immune systems. Be conscious about what the heck your doing. Above all, accept the "sausage making" nature of the approach - accept failure quickly and move on. All adversity is a major ally in diagnosis. Be strong, stay out of drama, and listen to the adversity.

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- 6) **Police your fears.** By design we are afraid of sharks, fires, and fevers. But nearly all of us will die from eating junk food through one of the top four illnesses: heart disease, cancer, lung dysfunction, or kidney disease - literally that is 80% of us. Let that discrepancy between reality and fear sink in for a moment... Accept we are irrational. Move on. Similarly, non threatening things trigger autism such as: bad diet, medications, and vaccines. Policing your fears takes: focus, time, and energy, but it is critical because your instinctual fears are wrong in this modern world.

Now some of you are wondering how these last few points relate to this slide as I promised. They don't – but then that recognition is the point of this slide. For the sake of your child think for yourself. Do not listen to the “shoulds”, “conventions” or other titles and labels society puts on things. For example, Americans view medical insurance more as the lottery and focus on what they don't have to pay for. Slipping into this and other ruts will destroy any chance of curing your child. So stay focused on the truth regardless. This mindset is the basis of all successful strategies and tactics that will cure your child. Do what Americans do best: think outside the box at all times and innovate your own solution for your child.

### Slide 4: Do what works

This slide is the hardest. It challenges a deeply held cultural belief. As children, along with the 4 food groups, we learned to ONLY trust Western Medicine. Only Western Medicine was scientific, unbiased, and proven. Almost unconsciously we ignore personal experience and observed outcomes when they conflict with this belief - which is ironic and tells you something. Being academic and being empirical are two different things. Moreover Western medicine does not hold a monopoly on health. For evidence look at the last 40 years as chronic illness has exploded. Autism alone is 10,000% higher than it was in 1970. This is no statistical error nor mass hypochondria. Further, Western medicine is not safer. If you need evidence, take a look at the majority of TV adds. Today's adds for safe medications become tomorrow's adds for lawsuits. To paraphrase Einstein “Insanity is doing the same thing over and over again and expecting different results.” To cure autism you must chose another path. I know it sucks, but that goes back to being tough. Curing autism isn't for whimps.

The past provides a lens, to focus on the emerging method. The printing press' effect on the Catholic Church is the same as the Internet on Western Medicine. Both the printing press and Internet revolutionized communication and shattered barriers to knowledge. In the 1500s the printing press allowed laymen to read the bible in English and German for the first time. They could interpret their own way to God without a priest. And it worked. As expected, the church became rigid, defiant, and persecuted those who dare think for themselves.

Though no one has been burned at the stake, the same rigidity and religious zeal and even persecution are perpetrated by western medicine. Only the doctor is allowed as a pathway to a cure. Paradoxically these same doctors that claim a monopoly on truth, admit they have no clue about autism, much less a cure. A scientific American article last year admitted Western Medicine availed no solution but, ridiculed parents as hopeless and desperate for following acupuncture and other alternative medicines. Yet a mummy dug out of the Swiss Alps had 5,000 years old tattoos on his ankles that corresponded to modern day acupuncture points for lower back pain and his bones attested to the diagnosis. Not a single treatment in Western Medicine dates back 500 years much less 5,000. Only doctors in the present and priests in the 1500s could in the same breath admit ignorance while declaring a monopoly on truth. Unfortunately like a virus, this unabashed “we are superior” arrogance blocks introspection and creates a very corrupt system today as it did in the 16<sup>th</sup> century Catholic church. Imagine if Washington lobbyists could not only fire politicians but incarcerate them if they dare speak

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their opinions. Replace lobbyist with pro-pharmacy regulation boards and politicians with doctors and you have the current state of Western Medicine. Further government regulation legitimized the system's biases. The point isn't that the regulations and people involved are bad. Rather that they are more human than they would admit and that just like you and I they are not greater than the system they set up. Unfortunately the systemic arrogance prevents the introspection that would heal the system. I apologize for the tirade but it is important. It took me a year as an academic to realize that following Western Medicine was 1) a belief and 2) was hurting my child. If you want to cure your child, you must not be a bigot. The West is not always better than everyone and everything. It is a tool in a tool belt – a scalpel to be exact. Western medicine uses symptom abatement until a problem cannot be ignored and then uses drastic, invasive procedures. This approach is perfect for heart attacks and broken bones when the body fails itself. However, in the case of autism Western Medicine fails because it cannot replace the entire immune system. By their own admission their path is a dead-end. So don't follow it. Instead, employ an alternative 4-fold strategy:

- 1) See autism as a late stage, holistic neuro-immunity disorder affecting the body, mind, and emotions which started with the collapse of the gut (the outer wall as it were), an overwhelmed body, and culminates with collapse of the brain barrier (the inner keep) and brain swelling resulting in autistic symptoms.)
- 2) Trust and strengthen the body's ability to heal and protect itself
- 3) Do not suppress symptoms, but embrace and listen to adversity
- 4) Control the environment over the long term to alleviate stress to the immune system

### **Slide 5: Crisis Intervention**

Usually the diagnosis of autism doesn't come in an orderly, smooth process. Crisis forces parents into awareness. Thus, the life disruption needs to be managed before any long term strategy or even tactics are pursued. The goal is to manage crisis enough to shift from purely reactive to a measured proactive approach. Hard decisions need to be made. As parents we need to grow up quick, stay out of drama, and stare the truth down long enough to manage the situation rather than let it manage us. This includes anything from delaying a divorce a few years to quitting work though it will lead to foreclosure. You are not alone. These are the hard choices we have all made.

The crisis is no different than any initiation. College exams, boot camp, marriage, etc. In story telling this event manifests as the "threshold guardian" who guards the status quo and tests the tenacity and initiative of the hero who dares to engage their fate. This crisis, whatever it may be, is a test whether you're serious about curing your child. So jump in with both feet and burn the bridge behind you to leave no retreat, knowing the universe and God supports you.

Unfortunately, Western beliefs do not provide much context to this positive perception due to its polarization of Good and Evil in God and the Devil. But it is there. The popular Christian Footprints poster shows footprints in the sand representing a life from birth to death. In good times God and man's footprints appear side by side while in the bad times only one set remains. The poster asks God why he left when times were hard. God

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answers I never left, that is when I carried you. The missing piece is that the same God that draws near in the dark days is same the one who brought hard times. This is the God that tested Job and led Christ into the wilderness. The universal truth is that the only path to maturity is through suffering and adversity. As babies we all start with God's view on the world, thinking we control and know everything with perfect intent. It is the hardships that matures us, failure that teaches us to respect the limits of ourselves and others, and suffering that enables us to empathize and connect. In short suffering makes us human, something God cannot understand except through a bridge, which in Christianity is the fully human and fully God messiah Jesus Christ.

Our family was no different. Our crisis was the failure of my wife's health with no family nearby. We chose to take on both Ben's autism and my wife's systemic health issues by sacrificing my career along with other dreams, taking on 3 contracts at once, accept going into debt, and hiring an army of landscapers, maids, and nannies to be the other dozen hands I needed to manage the household. Also a silent partner was my middle son who has been neglected and at the same time filling in for mom with the household chores. Further, this is a marathon not a sprint. To date this approach has lasted 3 years with tremendous effect. I suspect another year or 2 will be required, but it is up to reality, not us, to decide that. So the focus is on the journey, not the outcome. The thing I didn't anticipate was the adaptability of all those involved and the family as a unit. Like anything in life nothing is all bad or all good. The adversity has laid bare who we are and bonded the family in ways we could not anticipate. The stress and suffering has been equally as great but then such is the human condition that this path is the only true path to complete renewal and rebirth.

The hardest part is to fully acknowledge the situation and at the same time not slip into victim mode. Of course it is impossible to do this 100% of the time and thus the second hardest part is to have the tenacity and strength to acknowledge when you slip, immediately forgive yourself, and get your head back into the game. Like any adversity, the challenge of the situation can give you the strength and perspective to do what appears impossible. Basically the same rules that apply to long term dieting.

There are 12 common crisis that if present need to be managed:

- Marriage conflict – Around 80% of the parents of autistics end up in divorce. If at all possible cut each other slack and realize everyone will be suffering. Try to get to a place where you trust the other party is as into the fight as you are. In some cases this is not true and only one parent is committed to curing the illness. This can be a difficult situation to manage and to know what is best to do for the child. Whatever the situation consciously manage the situation and then work from that foundation.
- Financial collapse – Treatment is expensive and often not covered by insurance. Foreclosure is common. Coming to terms with this reality as well as managing the situation is required.
- Autism diagnosis shock and denial – Acceptance of reality is extremely difficult and is truly the first step in staying in the game but out of the drama. This truly is the first test as the process cannot start without acknowledgement of the disease.

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- Expectation verses reality – Whatever dreams you had, they are postponed for several years in the minimum. Everyone in the family must come to terms with this in order to successfully fight autism. Remember in most stories the hero does not decide the challenge they will face for the duration of the story – life is the same.
- Crisis of faith – Extreme hardship, especially when it comes to a child, can throw your whole belief system into crisis. For some, this needs to be dealt with in order to function. Assess if this is the case for you or the family and deal with it.
- Balancing other crisis – In our case Kyle, our teenager, had untreated ADHD which turned to ODD – or Oppositional Defiance Disorder. I'll spare the details but it wasn't fun. For a while it was a juggling act between treating Ben, Ally my wife, and Kyle or mitigating my emotional collapse. But we managed to get through. In another case, a wife's husband had a brain tumor. They put their child's treatment on hold for 2 years until the husband was stable again. Understand that there are no perfect answers and outcomes are often unknown. Just do the best you can.
- Spouse health collapse – This also was not fun. After three years of no sleep (since Ben woke up every hour at night) my wife's health completely collapsed. Three years later she is still in the process of recovering. In this case our choices obviously were not ideal, but consequences are often impossible to anticipate. Regardless it is better to make a bad conscious choice than a bad unconscious choice. One you can learn from and improve. The other you cannot.
- Emotional collapse – It is hard to describe the stress placed on the family except to say that you learn how you will collapse as an individual, not whether you will. You will collapse. Where my wife's body failed her, in my case my emotions failed me. At times after 4-5 hours of screaming, I had to put Ben down and walk out of the room for 5-10 minutes to recover. Other times I came close to choosing divorce. Over time you learn the signs and how to manage yourself. Realize whatever the collapse is, it is yours, not whoever you are blaming for the anguish. Choosing the right problem to fight can make life much easier. and being conscious of this process limits the damage and allow you and the family to recover more quickly. It is a great way to learn what you are made of.
- Autistic symptoms – The source of all these stressors are the autistic symptoms.
  - Sleep deprivation – Managing the immediate sleep deprivation is critical to getting a handle on the situation. A solution must be found because without sleep your body automatically flips into fight or flight which makes it impossible to engage the intellect and solve the problem or even to distance yourself from the charged emotions that autistics evoke. This is so critical I've delve into the weeds a bit:

1. Look at your child's sleep patterns. Do they sleep longer going to bed later, or earlier at night? Are they a happier child sleeping in, or waking early? If you can find their sleep pattern, try to cater to it, make time adjustments from there. With the number of stressors on the child, choosing what battle your child will fight by eliminating obstacles is critical. The adage: "if everything is important, nothing is," applies here. Of course everything is in context. In our case, Texas has a preschool program that started at 7am. Given no access to family and limited

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funds for babysitting, and an incapacitated wife, getting a few hours break to do work and keep my sanity over the long haul took precedence.

2. If they are waking in the middle of the night, try and figure out why often through trial and error. A night light checks for fear of the dark, while lotions, homeopathic allergy abatement can combat low cortisol levels at night which results in allergies and rashes and other immunity responses to flare up.

3. Make sure your child gets plenty of exercise during the day which naturally leads to calming at night.

4. Supplements. Melatonin, an herbal supplement, is very effective for many. With Ben we used alternative less aggressive therapies instead: Calcium lactate or calcium citrate (not calcium carbonate) with Magnesium + Vitamin D for absorption, Vitamin B12, the homeopathic remedy Quiet Time, the Energetics products, white noise, and a bath with Dead Sea Salts/Epsom salts/baking soda. Also things got a lot better once we got his: headaches, gut issues, and allergies under control. These are worse at night due to the natural dip in body's cortisol levels. All this is described later in this presentation.

5. Establish a bedtime routine and warn them multiple times in advance before you start the routine. The ritual prepares the child to be okay with going to bed as unexpected transitions cause major stress for Autistics and incorporating body movement has a huge positive effect.

6. Weighted blankets can often assist sensory integration issues. Pressure can ease nerve issues that make it hard for your child to settle down and sleep.

7. Do, and help them do what is expected. This may take 2 weeks of sitting in the room and making sure the child stays in bed, but eventually tenacity wins out.

8. Give yourself a break. Patience is hard. It's all a process. Mistakes are not just normal, but expected and need to be tolerated if progress is to be made.

- Hyperactivity/Violence – Even when you are not sleep deprived it can be difficult to keep up for hours with an on the go baby or toddler. Finding help to engage the toddler is generally the best method. Also the amount of pain these kids endure along with brain fog from Candida (aka yeast) can fuel their bad mood and violence. Figuring out what the issue is and teaching self coping skills are usually the best methods, though difficult with non verbal babies and toddlers
- Constant care requirements – Whether from pain, or not being present, autistics have a way of demanding 1 ½ full time parents and nanny's attention.
- Advanced Autism: Autism consists of late stage symptoms of a neuro-immunity disease. It can progress further into cancer and other more dire and life threatening conditions. Sometimes autism isn't enough to trigger the paradigm shift required to treat the disease. The approach to

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these later stages is very similar to the treatment of autism as it requires outside the box thinking in most cases for long term healing.

- Failure to thrive – whether conscious or not sometimes parents want what is best for their child, more than the child does. Often health issues are the cause, but beneath those if the child fails to fight, this reality limits what parents can do. Finding ways to motivate in those situations is the best approach.
- Potty training - This crisis is common. Your child is ready to enter kindergarten or worse 1st grade and he isn't potty trained. The core issue often is either sensory integration issues or developmental issues brought on by the child "checking out" of reality due to pain and discomfort and as such being developmentally delayed. Either way if this is your trigger point, oddly you can consider yourself lucky as the trigger point wasn't cancer, homelessness, or worse.
- Colic (screaming in pain for hours on end) – When the child screams in pain for hours on end day, evening, and night, it is hard to manage the situation much less function. Jumping into the program actually is the best solution here. Usually the problem is digestion and brain inflammation caused by a compromised gut and brain barrier.



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## Slide 6: Video 2's Opening Slide

This is the 2nd video of 4 on the 7 steps we took to cure our son Ben of autism.

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## Slide 7: Agenda

I put this video together to help other parents in their battle with autism. It is a crash course on the strategy and tactics that worked for us with Ben. My hope is your learning curve will not be as steep. Autism is a poorly understood, late stage, neuro-immunity disorder caused by both a breach of the gut (the body's outer wall) and a breach of the brain barrier (the body's inner keep wall.) Despite all the press, a cure is possible.

Three years ago my son Ben was not making eye contact and had shown little development for over a year. We switch from a Western-only to an all-inclusive approach and as a result Ben completed and graduated from kindergarten. His final report card shows he is on par with his peers. He still has emotional and sensory issues, but all-in-all he's cured. A far cry from the "no hope" that our ex- pediatricians doled out – all 6 of them.

Owning your child's health is where the solution begins. Curing autism is a journey. No universal approach works for everyone. So a cure will always consist of trial & error. Take everyone's advice, including your doctor's and mine, with a grain of salt. No one is infallible and you're the most vested to find the cure. Though the prospect is painful, scary, and failure is very possible, you must stare the truth down. This means fight against all or nothing thinking and see both positive and negative exists in everything – exclude neither. Do not wander blind. Adversity is your best guide. Appreciate and use it. Don't ignore it. Do not listen to the "should work" but observe what actually works. Whether you like it or not, only you are with your child 24x7. Only you see the all behaviors, talk to all the experts, & as a result have "the" big picture regarding the health and welfare of your child. Only you have the legal right to determine the path whether you're aware of the decisions you make or not. So own this and deal with the cards that God and life have dealt you. Have faith that you were chosen for a reason to live and work through this with your child.

May our story give you ideas and hope during the dark times.

## Slide 8: Step 1: Diagnose Early

A person's brain develops significantly in the first 5 years of life. After that point, reversing autism can be much more difficult. As a result early diagnosis is critical. In Ben's case there were a number of signs.

The first thing we noticed with Ben was he demanded all our attention and was NOT an easy baby. He had medical issues, was fussy (to put it mildly), and did not sleep well or even allow us to structure our day.

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Issues with digestion were a big sign we missed. It started with colic around 3 months. Colic is a blanket diagnosis that the doctor applied when he was clueless to why Ben was screaming for hours on end. Later, sleep issues, chronic reflux, and constipation revealed digestion was the problem.

As Ben's autism progressed, he showed signs of sensory integration disorder. This disorder results when the senses work fine but the brain fails to process and/or integrate them correctly. In Ben's case the signs were many. Everything from light and sound sensitivity to always throwing or hitting hard. More obscure signs included any movement backward, whether changing his diaper or backing out the car, would result in screaming. For Ben's sensory issues initially: being rocked and sung to, or nursed, or going outdoors would gradually calm him. Later pushing heavy objects, moving hands through sand, or simply letting him scream for twenty minutes would calm him. This is much like how an angry outburst or exercise calms us as adults but multiply Ben's emotions by a factor of 10.

Finally, as Ben matured other signs could manifest. Ben often walked on tippy-toes, flapped his hands, and played by lining up or stacking toys instead of appropriate play. He would rarely make eye contact and wouldn't engage verbally or non-verbally with us. What was especially frustrating was as Ben learned to: crawl, walk and later talk each time he'd forget a few days later. It took months for Ben to relearn each skill. The final sign was an inability to point. He would grab our hand and throw it in the direction that he was interested in.

Ironically none of our 6 pediatricians ever diagnosed him with autism. One did send him to occupational therapy to deal with sensory integration issues. While we were there we couldn't help but notice all the autism posters. My wife grabbed Jenny McCarthy's book which described Ben's issues and behaviors to a T. So it was through this "pop culture" book we diagnosed Ben at age 2 1/2, not through any of the doctors we were seeing. Ironically a one of the pediatricians ridiculed the book, which I found ironic given it correctly, unlike her, diagnosed Ben.

This was the first sign that we really needed to own Ben's health and not blindly trust any doctor.

### **Slide 9: Step 2: Know Thyself**

Western Medicine's failure is indicative of the downside of western culture. Our part centric, now focused, and pleasure seeking worldview leads to an ineffective approach against autism. As such, the war with autism starts with an honest look at your assets and weaknesses, while keeping a positive attitude, realizing the final solutions are not even visible yet. In the case of Autism genetics loads the gun but it is the environment that pulls the trigger. Without this level of transparency you'll simply repeat the behaviors that caused autism to express itself in your child. As of late there has been a rash of optimistic movements from "Who Ate my Cheese" to "The Secret." Like everything, positive thinking has great benefits. However, in the case of autism honesty is just as important. We as a people like to immerse and indulge ourselves, suppressing the consequences until it can no longer be ignored. When the problem must be dealt with, we try to cut it out as quickly as possible to return to our past behavior. In short, we have a hard time acknowledging much less appreciating adversity and pain. It is critical to not personalize the problems or demonize yourself. These throw you into the victim role, separate you from the pain, and enforce an environment that will perpetuate your child's autism. You have to be very tough. The goal is an "honest assessment" while knowing you WILL cure your child.

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### Slide 10: Step 3: Understand Autism

The 3<sup>rd</sup> part is to define the illness: what is Autism? Like many illnesses of the 21<sup>st</sup> century from cancer to fibromyalgia - it is yet another immune disorder. The body fails first, which compromises the mind and then the emotions. Often the failure cascades quickly since the body functions as a team and goes down as a team. Because of this, a holistic view of the body and Autism's role works best. Also because of this the body masks the disease until it is in a very late stage. By the time autism symptoms appear, the gut is completely compromised and as a result the body is overrun with pathogens and toxins. The brain barrier has collapsed completely allowing either toxins such as mercury or a yet unidentified retro virus to invade and inflame the brain, resulting in many of the classic autistic symptoms. By the time autism appears it is a very late stage of the disease. The body's outer wall and well as its inner wall around the brain have both been overrun.

Imagine the body as a nation and the immune system as government. The government is constantly guarding against a variety of threats: terrorism, tainted food, financial embezzlement – the list is endless. The key is to filter, to catch the problem before it enters the country. This is the role of the gut in the body. Once a “bad thing” enters the country it takes considerable effort to find and eject the problem. This is the role of the immune system. Finally, whatever damage has been done needs to be expunged; this is the role of the detoxification organs. The body works as a very proficient team which is good and bad. The body can be under serious attack without any outward symptoms. A leaky gut may overwhelm the immune system but the detox organs can cover so all you see is eczema on your child's skin as it helps detox with the lungs, liver and kidneys. In our case the first breach was mercury in my wife's fillings that found its way into Ben through her milk. (Lab results confirmed this.) This resulted in Ben screaming for hours day and night. The doctor called it colic and prescribed Prevacid for reflux.) Prevacid shuts down part of the stomach and created the second breach. In typical western medicine style no one ever thought to ask if the Stomach cannot do its job right and you shut it down, what will happen when this extra work hits the gut? In our case leaky gut occurred which resulted in an influx of “bad things” One of these bad things was likely the virus that causes autism or it might have been mercury. In either event the final breach was Ben's third Pertussis vaccine shot. By activating the immune system and causing T-cell proliferation, the AIDs-like virus spread or the body was further distracted and no longer effectively removing toxins. Whatever the cause, 48 hours later Ben was gone. He made no more eye contact, much less spoke. Despite this abrupt change the doctor, because of his faith, refused to believe the vaccine was involved in any way. I too denied any possible link between the immunity altering vaccine and the immunity disorder of autism.

A year later as I still clung to my Western Medicine bigotry, Ben had a wide variety of issues. Along with Mercury, Ben had arsenic in his blood that we traced to Boars head natural chicken – they feed arsenic to the chickens to make them thirsty so they eat more. He had a fungus infestation (that is yeast) in his gut caused by the mercury and our anti-bacterial soaps and medicines, which is like clear cutting a forest and being surprised when brush takes over followed by raging forest fires. Further, he continued to eat wheat, which a August 2009 Scientific American article pointed out, mirrors the leaky gut scenario described above if you have Celiac disease. Other pathogens included: cancer, pesticides as well as the presence of: Lyme's disease, Staph, and Streptococcus. Ben's acidic blood was a good general indicator that his entire body's ecology was crashing. The body was unable to protect, much less heal itself.

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### Slide 11: Step 3: Understand Autism (continued)

Every life form is a complex system not at equilibrium. As a result, the study of other complex systems such as weakening hurricane or the overrunning of a fort can effectively describe a person afflicted with autism. Like other complex systems, the classic autistic symptoms don't appear until the brain is affected.

First, the gut is breached via toxins, heavy metals, allergies, or pathogens. Then a hoard of bad things invades the castle through the leaky gut. The body responds by inflaming to seal breaches and throws mucus, evokes sneezes, etc to push pathogens and toxins out. However, this is not enough and the detox organs and active immune systems quickly become overwhelmed. Finally the brain barrier is breached, leading to leaky brain. The brain swells or is damaged, and the classic autism symptoms appear.

Through the same analogies we can see that the negatives and positive attributes of autism are flip sides of the same coin. Ben's autism is a symptom of his weakened overall system. However, this weakness makes Ben more sensitive and adaptive to his environment. The reward of hardship is experience and maturity.

#### 1. Uncanny intuition verses cannot transition

Ben would casually relay sparks of deep insight from time to time either deep rooted truths or uncanny predictions of the future. However this deeper sense also makes simple transitions such as leaving a park or going to the store as traumatic. This is because such transitions disrupt the same derived emotional connection between the present and future that provides the vehicle for long term intuitive insights.

#### 2. Explosive creativity verses cannot conform to structures society and others impose

Ben approaches most things and projects with gusto and creativity and finds beauty in simple things. However, this same ability to engage and think outside the box makes the imposition of daily structure often difficult and stressful as it is hard to metaphorically draw within the lines or stay seated through more rote tasks.

#### 3. Organization verses inappropriate play (must have completion, stacking and lining up objects)

Unlike our other kiddos, Ben would keep relatively organized and could be prompted to clean up. However these traits would take over and Ben would spend his time stacking or lining toys instead of playing with them.

#### 4. Sensitive to environment & unspoken emotions verses easily overwhelmed

Ben had deep connections and could pick up even the most subtle emotions of situations. However, strong and sometime even normal emotions would overwhelm him.

### Slide 12: Step 4: Find ALL Treatments

With a “working hypothesis” of Autism, step 4 is to inventory all vectors to treat the disease without bias or bigotry. The body works and fails as a team. It also can have cascading recovery as a team. Alleviating the pressures on the entire: body, mind, and emotions is the goal.

1. Aid and heal the gut. Get the filter working to cut off the flow of “bad things.” This includes:

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1. Herbs, fruit, enzymes, and other natural methods to regulate nutrient absorption and waste elimination
2. Use lab tests to measure the gut, fight off yeast, and restoring the flora of the gut with probiotics (such as Good Belly), kefir, ThreeLac. In the case of systemic yeast these likely are not enough on their own as the yeast can adapt. Often heavy doses such as 8 ounces twice a day of Good Belly which eventually is loaded fruit juice can overwhelm the yeast. In addition the use of Iodine and magnets where yeast tends to congregate in the body will change the body terrain/ecosystem such that the yeast cannot adapt. Also yeast die off can put heavy strain on the liver and result in strong swings of emotion, rashes, and brain fog due to herxheimer reactions. Drainage is required to minimize such damage and symptoms. And as always listen to the body's reactions and get direction from a native expert and other parents that have already lived through the process while all the time never letting go of owning your child's health. Also herbs such as Molybdenum Picolinate can combat brain fog.
3. Heal damage to the gut and lining with IGG, Vitamin A, and other supplements.
2. Reboot the immune system. Rotating foods can unlock the immune system and prevent severe inflammation. Un-stress and retrain the over active immune system using chiropractic, homeopathic methods, Qi Gong, acupuncture, etc.
3. Assist the Body's Elimination. The body can be assisted in many ways such as glutathione to eject mercury, prunes to assist the gut, and cayenne pepper to cleanse the blood. Whenever you detox it is important to provide drainage so the toxins are not reabsorbed and minimize eczema or herxheimer reactions. Lots of water, apples (for pectin), charcoal, clay, vitamins A and C, as well as homeopathic rehydration drops are effective. Further, if the body is seriously compromised, detoxing can be a very bad thing as the liver is already over stressed processing the waste produced by all the pathogens. Sometimes healing the body first is necessary to get the body to a point where it can start clearing out the pathogens and toxins.
4. Reduce stressors. This is the most critical and actually the rarest part done effectively. If you are feeding your child McDonalds every day, forget about curing autism. A compromised filter basically guarantees the toxins will go straight into the body and brain. The solution starts with organic food, clean water, and pure air. Eliminate injections with preservatives such as formaldehyde, mercury, and aluminum - yes all these are still in vaccines and flu shots. Limit immune system suppression medications such as fever and cold remedies. Homeopathic alternatives are available and are not suppressive. Remove allergens and other irritants from the environment. Reduce anti bacterial products (as fungus will take bacteria's place) Finally minimized exposure to electronic emissions such as: microwaves, computers, and T.Vs.
5. Assist and heal the brain. Gut issues and brain inflammation cause most of the autistic symptoms. Specialist can direct you to alternative therapies to reduce brain inflammation such as: gaba, neuroflam, and other neuro supplements.
6. Often the lungs, kidneys, liver, and skin are all effected and need assistance. This can be tricky. For example, outright healing the skin via cortisone actually pushes the impurities back into the body and

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can manifest in more deadly ways such as cancer. Further, the pathogens often work together. For example imagine a typical autism scenario:

1. Mercury from mother's metal fillings concentrate in the mother's milk and poison the baby.
2. Mercury weakens the baby's body, allowing viruses to come in.
3. Viruses enable bacteria and fungus (yeast) to get a foot hold and spread through the organs and cause brain chemical and hormone imbalances as well as gut issues.
4. The yeast encapsulate the mercury spreading further, but softening the effects of mercury poisoning.

In this case, killing off the yeast aggressively with iodine will not only result in flu like symptoms and worse autism due to die off and liver load, but also results in signs of mercury poisoning and likely worse gut issues as bacteria spread into the areas opened up by the yeast. So the symptoms will be much worse though the path is correct.

7. Emotional and mental therapy actually take more time than anything else. This can vary widely from addressing sensory integration disorder through occupational therapy or encouraging interactivity via Yo Gabba Gabba – a very annoying and healing interactive show that uses music as a vehicle. The brain processes music differently than normal language. Often Alzheimer patients perfectly recall songs despite being despondent otherwise. In Ben's case prolonged interaction came first to the show and second to us. Another pathway is desensitization. Basically doing what you are not supposed to do with teenagers and video games. I would repetitively take him places, warn him a few minutes before leaving, and then carry him out often kicking, screaming and spitting. Understand Austistic are emotionally stronger than you. When you do this you have to distance yourself emotionally from them or they will wear you out in less an a few minutes. As such, don't be surprised if the concerned store owners stop you at the door as you carry your screaming child while being emotionally detached. Also since this is an emotional work out do not over do it, though this is unlikely given the child is stronger than you emotionally.

There are other vectors and many more nuances to each of these. But the point is to own this step. Do your own inventory and make this a living document. As your child heals, old pathways will shut down and new venues arise. It can be challenging to keep up, but that is a good problem.

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### Slide 13: Video 3's Opening Slide

This is the 3rd video of 4 on the 7 steps we took to cure our son Ben of autism.

This video will cover the Background and strategy (slides 1-5)

Video 2 will cover Preparation we took before the cure (slides 6-12)

This video 3 will cover "Doing" the cure (slides 13-18)

Video 4 will cover next steps toward the cure (slides 19-26)

### Slide 14: Agenda

I put this video together to help other parents in their battle with autism. It is a crash course on the strategy and tactics that worked for us with Ben. My hope is your learning curve will not be as steep. Autism is a poorly understood, late stage, neuro-immunity disorder caused by both a breach of the gut (the body's outer wall) and a breach of the brain barrier (the body's inner keep wall.) Despite all the press, a cure is possible.

Three years ago my son Ben was not making eye contact and had shown little development for over a year. We switch from a Western-only to an all-inclusive approach and as a result Ben completed and graduated from kindergarten. His final report card shows he is on par with his peers. He still has emotional and sensory issues, but all-in-all he's cured. A far cry from the "no hope" that our ex- pediatricians doled out – all 6 of them.

Owning your child's health is where the solution begins. Curing autism is a journey. No universal approach works for everyone. So a cure will always consist of trial & error. Take everyone's advice, including your doctor's and mine, with a grain of salt. No one is infallible and you're the most vested to find the cure. Though the prospect is painful, scary, and failure is very possible, you must stare the truth down. This means fight against all or nothing thinking and see both positive and negative exists in everything – exclude neither. Do not wander blind. Adversity is your best guide. Appreciate and use it. Don't ignore it. Do not listen to the "should work" but observe what actually works. Whether you like it or not, only you are with your child 24x7. Only you see the all behaviors, talk to all the experts, & as a result have "the" big picture regarding the health and welfare of your child. Only you have the legal right to determine the path whether you're aware of the decisions you make or not. So own this and deal with the cards that God and life have dealt you. Have faith that you were chosen for a reason to live and work through this with your child.

May our story give you ideas and hope during the dark times.

### Slide 15: Step 5: Try EVERYTHING!

Part 5 is Try Everything. This goes against what we've been taught by Western Medicine. They recognize only their religion and as a result cannot identify the right problem to solve, much less the right tool to use. In particular, finding a cure is not the same thing as knowing the cure. Hypothesis testing is the wrong tool to cure autism in an individual. Hypothesis testing emphasizes identifying a cure at the expense of missing cures we do not understand yet. That is being academic is not the same as being empirical since academics like all religions, believe their world view first, and reality a distant second.

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This is best illustrated with an example. Imagine 10 possible cures. Only 1 of these is proven, but 3 others work, and 3 assist holistically. Of the remaining 4, 3 do nothing and 1 is mildly harmful. Science is built for the long term goal of building knowledge. A single mistake will multiply its impact over time as theories are stacked upon one another. So for the scientist identification is critical. On down side unidentified cures are ignored. In this example science would accept only 1 cure of the 10. Conversely parents are focused on finding a cure. By accepting all 10 possible solutions they maximize their chances and get 6 cures with 1 mild side effect. Science ridicules this as stupid because they are all about “the identity” of a cure, not about actually using the cure. This is Western Medicine's religion and what separates it from truly being empirical. Academia defends its religion by exaggerating the need for identity – what you don't know will kill you. But our health is sliding and lawsuits are on the rise. Empirical data shows Western Medicine doesn't have a monopoly on safety. Yet they focus only on safety and failures when the religion isn't theirs and they have no influence. Science is good at many things but humility and introspection aren't among them. As a result, they confuse knowing with doing. And they honestly believe hypothesis testing is the only tool in their tool belt. When they need a saw, they use the hammer anyway.

### **Slide 16: Step 5: Try EVERYTHING!!**

Like everything, bias has its benefits. Bias forms artificial barriers, boundaries within which unique worlds thrive. These bubbles of knowledge enable mankind to create a plethora of traditions, each of which contains thousands of approaches and their own set of gurus. Given the breadth and depth of knowledge, it is critical to seek out the perspective and insights of these gurus within their own disciplines. With the exception of western medicine, most of these folks are actively oppressed and as a result are very open with their knowledge as it is their only way to compete with Western medicine. The hard bit is some of these approaches conflict with one another. For example some aroma therapies will neutralize homeopathic medicine.

So as with everything else, own your child's health. Do your own research and understand the risks. This can be a difficult dance – trusting the experts, but not handing everything off. But it is better to consciously decide, than unconsciously. Because either way you are gambling with your child's health. Don't take this fact for granted.

Along the left hand side is a set of more traditional approaches. Some of these such as Chinese and Indian medicine have only been recognized in the West for a decade or so. This includes Chiropractors. A chiropractor, not a doctor, cured the cause of Ben's gut issues. A Doctor prescribed Prevacid and a barium test which failed to diagnose the cause of Ben's colic and exasperated his autism. The chiropractor, drawing on midwife traditions, determined Ben's stomach was twisting, likely caused by his 1 day premature birth. The fetus' stomach often twists to prevent digestion as eating leads to excreting and thus a fatal environment for the fetus. The chiropractor pressed on Ben's stomach and like a light switch: his stomach untwisted, Ben stopped screaming, and fell asleep. When I told the pediatrician, she said it was a mistake and lacked scientific backing. She wanted to prescribe another drug and operate if necessary. That is what finally broke my spell – the doctor would rather drug or cut my kid open than accept light massage as an answer because light massage didn't fit into her beliefs. It is important to note that this discovery was literally 1 of 1,000 minor and major finds that moved Ben from unreachable to normal. That is why resisting judgment is key throughout treatment.

Along the right hand side are the more speculative cures we attempted. Many of these proved very effective, though I cannot say how. Again, my focus is empirical, not faith based so it doesn't matter to me that I didn't



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understand these approach nor that society rejected them. Just as I ignored the ridicule from the doctor that thought cutting my kid open was better than light massage, I also ignored the naysayers despite their good intentions, including the doubting Thomas in my own head.

### **Slide 17: Step 5: Try EVERYTHING!!!**

We attacked Ben's autism in his body, brain, and emotions. We found as many different practices as possible and used them in combination. On slide 11 and 12 are listed 20 techniques. As you can see, these are about as eclectic as you can get. Many specialist in these different fields refuse to recognize one another, much less work as a team. So be the bridge. The point is not to judge. If I was told believing in dragons might cure my son, I would try it. It is not my place to judge cures, for judgment crushes creativity and options. This is where science could take a page from religion on approach. If you want to cure an individual, you cannot hold any arrogance in your heart. You cannot know what you don't know. This creates the space necessary in your heart and mind for the cures to come to you. Otherwise you listen, but do not hear; see, but do not understand. There is a lot of information in this and the next side and not sufficient time in this presentation to review them in detail but I will touch on the basics

1. Diet is the key and most difficult. Many of these kids gravitate toward an unhealthy diet. Further, it takes weeks, not days to see changes. Most give up too early on a gluten-free diet. But if you can brave the first week and change your lifestyle to match, the child will adjust. Diet is the most effective treatment option as nothing in the environment effects you more than what you put into the body. These kids have almost NO barrier protecting their brain and body from food. If you shovel in McDonalds do not expect any improvement.
2. The gut is both the start of the immune system and the first breach on the pathway to autism. Along with diet this is a critical focus. The gut must be repaired to prevent the constant flow of invaders into the body.
3. Homeopathic medicine is based on the theory of likes. If an herb mimics the symptoms of an illness, giving that herb to someone who is experiencing the illness, curbs symptoms and promotes long term healing. It is training the body what it needs to do to heal.
4. Herbal supplements and vitamins come from a dozen traditions and were very effective. Due to the mix of traditions, any herbal cocktail has to be researched, tried slowly, and watched carefully. Make sure to consult with guides indigenous to the protocol. That is, don't ask an MD about Chinese herbs or a 28 generation acupuncturist about Nystain.
5. Promoting brain health directly addresses the source of traditional autistic symptoms. Again, a wide variety of practices come into play from Bach flower supplements to Chinese herbal medicine via Acupuncturist, Chiropractors, and herbalists.
6. Detoxification is a tricky step. Some studies show that removing heavy metals and toxins aggressively through chelation (pronounced key-lation) can atrophy the body's ability to do the same. In our case we did use glutathione and supplements to encourage the body's creation of glutathione which assists in the removal of mercury and other heavy metals along with foot detox baths. Additionally we used silymaron, livercare and other supplements to cleanse various organs. Alternative western medicine

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based autism specialists, old time country doctors, as well as chiropractors familiar with muscle testing all contributed to the end result. So cross protocol research was an absolute must.

7. Occupational therapy was effective at curing Ben's sensory integration disorder. By eliminating much of Ben's discomfort, Ben became more present and other treatments availed themselves. (NOTE: Occupational therapy only worked AFTER we reduced Ben's brain inflammation.)
8. Muscle pain from viruses and other pathogens as well as sensory integration disorder can be treated by adding salts, baking soda, and other additives to baths. The magnesium in some salts gets absorbed through the skin to assist elimination and calcium absorption. Calcium absorption is important since dairy is often eliminated as a way to reduce allergen sources.
9. Medical tests are another great strength of Western medicine. We used these to track progress and discover trouble areas which included: mercury and arsenic poisoning as well as low calcium absorption and pervasive yeast issues. There were several false positives. By using Eastern based strength testing we were able to validate the results and gain clearer insight into what Ben's body needed.
10. Speech therapy. As things progressively got better, speech therapy became critical. Higher cognitive functions such as speak generally take years, not months, to recover. So persistence and faith are critical.
11. Texas Pre-school intervention. Texas provided intervention for Ben from age 2 1/2 until he was 3. Then the Leander school district enrolled him into pre-school from age 3 until he was 5 and entering Kindergarten. Programs vary from state to state and year to year. If we remained in California, we would not have had such a progressive plan.

### Slide 18: Step 5: Try EVERYTHING!!!!

12. Astrology ... again I am an academic and cringe at even the word. However, being empirical this was the ONLY long range measure that came close to predicting Ben's course. It correctly assessed when Ben was 3 months old that he would remain "ungrounded" until age 5 at which time he would shift and become present at age 5 1/2 and continue to get more stable for the following 2 years. To date this is exactly what happened. No other approach got even remotely close. Conversely doctors doubted he'd improve and his preschool teacher was stunned when he made it into kindergarten.
13. Aroma therapy impacted many areas especially with emotions and the body. Some of these are quite traditional like eucalyptus for sinus and asthma and lavender for calming moods.
14. Rock therapy we only tried out but didn't focus on it. This was a time issue rather than any sort of judgment.
15. Old time medicine remedies were extremely effective dealing with flues, strep, microbes, and aggressive staph. Ben contracted staph MRSA and regressed in his autism after two rounds of antibiotics in which the staph kept returning. We ditched the western medicine route and successfully used: colloidal silver, oregano extract, and White Pond Lily. Within two days, the sores closed and started healing. Ben has been staph-free for over a year. In more severe cases know there are

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additional stronger home remedies such as: turmeric, garlic, sea salt, baking soda, iodine, acai berries, etc. Google , social networking with native experts combined with a buyer beware attitude is often enough in itself.

16. Distilled or alkaline water is often used for purification, drainage, and correcting blood PH. Its effects were not easy to assess.
17. Given Autism is an immune disorder, avoiding over the counter medications and herbals that suppress symptoms is only logical. Many symptoms are caused by the body's immune response, not the pathogen. The last thing you want to do is to suppress the already taxed immune system when the body is under attack.
18. Antibiotics wipe out both good and bad bacteria and allow fungus and other pathogens to get a foot hold in the void created. Further, bacteria adapts by bonding together into films. This both eliminates the benefits of the good bacteria and make the bad bacteria more difficult to destroy. Finally, viruses, bacteria, molds, and microbes work together. As one creates a beachhead, the others can often tag along.
19. Electrical-Magnetic Radiation and Ions can be very effective. This is because the same neuro-immunity issues that compromises these kids' ability to eliminate makes them very susceptible to EM radiation and Ions. Random and intense EM fields and ions that you find in: microwaves, computers, and cell phone-use should be limited or eliminated. However, "controlled" fields found in: Acupuncture, Energetics, Reiki, strength testing, magnets for body terrain adjustments, Qi-Gong, Xydo, and biofeedback therapies can be used in moderation with tremendous effect.
20. Seasonally the body adjusts. Winter is the time to heal and renew. Spring is the time to expel and rid toxins. Understand and work with the body's natural rhythms.

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### Slide 19: Video 4's Opening Slide

This is the second video of four on the 7 steps we took to cure our son Ben of autism.

Video 1 covered the Background and strategy (slides 1-5)

Video 2 covered Preparation we took before the cure (slides 6-12)

Video 3 covered "Doing" the cure (slides 13-18)

This video will cover next steps toward the cure (slides 19-26)

### Slide 20: Agenda

I put this video together to help other parents in their battle with autism. It is a crash course on the strategy and tactics that worked for us with Ben. My hope is your learning curve will not be as steep. Autism is a poorly understood, late stage, neuro-immunity disorder caused by both a breach of the gut (the body's outer wall) and a breach of the brain barrier (the body's inner keep wall.) Despite all the press, a cure is possible.

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Owning your child's health is where the solution begins. Curing autism is a journey. No universal approach works for everyone. So a cure will always consist of trial & error. Take everyone's advice, including your doctor's and mine, with a grain of salt. No one is infallible and you're the most vested to find the cure. Though the prospect is painful, scary, and failure is very possible, you must stare the truth down. This means fight against all or nothing thinking and see both positive and negative exists in everything – exclude neither. Do not wander blind. Adversity is your best guide. Appreciate and use it. Don't ignore it. Do not listen to the "should work" but observe what actually works. Whether you like it or not, only you are with your child 24x7. Only you see the all behaviors, talk to all the experts, & as a result have "the" big picture regarding the health and welfare of your child. Only you have the legal right to determine the path whether you're aware of the decisions you make or not. So own this and deal with the cards that God and life have dealt you. Have faith that you were chosen for a reason to live and work through this with your child.

May our story give you ideas and hope during the dark times.

### Slide 21: Step 6: Observe & Listen

The laundry list of terms didn't happen overnight. In fact it took years of research and random encounters. This brings us to part 6: Observe and listen. This is an action. When the printing press opened the way for people to directly interpret the scriptures, it wasn't automatic. It required their active participation. The Internet is similar. The previous slides provide a treasure trove of Google terms for groups as well as individual treatments.

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It helps to find groups that can illuminate the terminology and approach. Often you find different terms for the same things across these different religions. Of course if you try to point this out you'll get venomous reproaches, especially among MDs – so I tended to do this only after I get the information I need.

As you speculate and create your own path for curing your child, mistakes will happen. I have four examples.

- 1) Originally we had Ben on natural coral calcium and alkaline spring water. But he was complaining of kidney pain and blood appeared in his urine. After consulting with an online nutritionist in a yahoo group, we discovered both of these calcium sources were calcium carbonate – essentially rocks that were hard to digest and could lead to kidney stones. We consulted with one of our chiropractors who had a patient with the same issue and confirmed our findings. We switched Ben to calcium citrate and after two weeks the pain disappeared and blood disappeared from his urine.
- 2) In another instance arsenic showed up in Ben's lab test. Googling revealed that chickens are fed arsenic to make them thirsty and eat more. A few calls later we determined "natural" Boar's head chickens was the source of arsenic. "Natural", unlike "organic" is not regulated. Just as with people, company actions and philosophy work better than marketing and sales when determining intent. We switched Ben to the Central Market brand & the arsenic disappeared from his next lab test.
- 3) Another more common instance was Ben's rashes. We were using a number of herbal supplements to clear out his kidneys, liver, and lungs. As a result rashes developed on his skin in order to detox these organs. Initially we tried a number of lotions and finally found California Baby, Bach Rescue Cream, and BioCatalin. These all had success but Ben didn't make progress in his detoxing and he complained (from pins and needles sensations in his skin.) Eventually we discovered though these lotions handled his skin they also plugged his pores and slowed the detox process. We switched to bandaging his limbs and though both difficult and expensive within a couple months the rashes cleared and his organs detoxed and strengthened.
- 4) The final example, is a common problem and two fold: 1) Letting your guard down, 2) Over reacting. Chiropractic care is a very effective alternative to many western medicine techniques. But it too has been westernized. Often chronic areas are a result of underlying problems. Ben was having chronic head aches and slippages in his neck. Coming to Chiropractic care from Western medicine, we didn't think to recognize this for what it was - an indicator of a deeper problem. A year later another alternative medicine doctor correctly diagnosed the issue as related to his gallbladder and prescribed some herbs to help. Within a few weeks the problem went away. The second issue we dealt with was overreacting and dropping the use of Chiropractic care. But this rush to judgment fails to recognize the baby within the bath water. Chiropractic care is very effective at symptom control and correcting some structural issues which can enable sleep among other things and relieve pressure on the family to allow allocation of resources to core issues you are fighting. More importantly Chiropractic has a much more open philosophy and as such enable a host of alternative medicines. Dropping Chiropractic care would slam that door shut and prevent us from knowing what we do not know yet.

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### Slide 22: Part 6: Change Life Style

Curing Autism in your child is a life altering event. Like most adversity, it will transform you if you allow it to. Just as you should know yourself going into the fight, know how it can transform you and make your family stronger and healthier.

Leverage pain to build good habits

- Train yourself to be environmentally aware

- Become an adult and police your inner child

  - Fight to be Honest and think Positive

  - Appreciate adversity and listen to its message

  - Do not personalize the problems

  - Do not demonize yourself for mistakes

  - Understand "true" threats (i.e. sharks verses cheese burgers given heart disease and cancer; i.e. long term health threats vs. immediate gratification)

  - Work exercise into your day

Leverage the benefits of autism

- Use the time investment to build a deep relationship with your child

- Leverage the adversity and become a better person

- Leverage the experience to build your stamina, expand your mind, and open your heart to have compassion for others

Choose a supportive place to live

Location is important to the three most important cure tactics: diet, practitioners, and schools. We settled in Austin

DIET: Austin is where Whole Foods was founded. As a result you also have Natural Grocer, Sprouts, Central Market, and even HEB with large organic sections, herbal supplements, etc.

PRACTITIONERS: Austin also has an unbelievable alternative medicine base. Many are known or rather scorn by Western medicine and pharmaceutical companies. Further, Peoples Pharmacy, Whole Foods, Natural Grocer, etc all have huge alternative meds sections to support various programs.

SCHOOLS: The tax base is a BIG indicator of how well the schools are here in Texas due to the laws in place. The Westlake, Round Rock and Leander School districts are hard to beat and I attribute as the 3rd major factor in 90% curing our son. Heck, they FORCED Ben to enroll in preschool, paid for by the state and they had a separate room for Sensory Integration Disorder. Unlike many of the horror stories we have heard on the web, the school's focus was on getting Ben better and providing the services he needed. Also the ability to opt out of vaccines, even with Perry in charge, is very doable here.

### Slide 23: Starter List of Sites

This slide presents a collection of links to get you started on your own "Google" research. As you will find they range from scientific to metaphysics and all are biased to their own view of reality. That is the benefit of diversity is competition and antagonism among the world views. Think of MSNBC verses FOX and republican verses democrat where things are polarized between yin and yang, male and female. It is easy to get sucked down the rat hole of a particular perspective. However, taking the moderate position and leveraging all of

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them will serve your child better. It can take a bit to get used to but you will find though the bias blinds each group to other perspectives it also spurs them forward to fully flush out their perspective and provide the maximum number of options for curing your child - as long as they don't get sucked into tearing each other down as is seen in politics today and western medicine verses the world as a whole.

### Slide 24: What does "healed" look like?

There is a lot to this slide - too much to cover in this presentation and much of it is applicable to our particular situation. However, it is important to let folks know what "90% healed" looks like. Recently, my wife posted on Facebook an average morning routine with Ben. This represents an average day - some days are much better, some days are much worse. However, it is a perspective and that "90% healed" is no walk in the park. Further, remember this is a marathon, not a sprint. Every day is like this. Also keep in mind that this is 90% healed. Before this, Ben made no eye contact and was explosive in his emotions, etc. Anyway, I'll dispense with further caveats and ramblings - this is what she wrote:

"Mornings with our Benja, age (almost) 6 years - I am writing this for autism awareness month - a look into the life of an autistic child, who has been on the healing path now for 3 years.

- I am up at 5am or so. I make Ben's lunch from scratch, organic. Then I make his snack bag since he must eat within every 2hrs. due to blood sugar issues. I have to pack his foods in homemade "green" bags and glass containers - no plastics because he cannot detox the toxins/chemicals well. Then, I get his homeopathic items ready. Ben takes Phenolic rings for deeper food sensitivity issues & we are doing a support for his liver right now, so I get that ready too. We are usually working on 2 issues with homeopathy, sometimes 3, and have to give him these 2-3x per day away from food, so timing is important. Next I make his breakfast, again from scratch - egg, dairy, gluten, grain free. I then add all his supplements - about 12 or so. We have a daily checklist on the fridge so I fill it out for that date and make notes on the previous night and morning, and then check off all the needed supplements/dosages for the morning. I also make distilled water and add energy drops - this is his morning water for school, in a glass bottle of course.

Next I have to get him up and moving, as his school starts @ 7:45am. I give him his first homeopathy - tastes gross but he is used to it and such a great sport, half asleep or not. If he is awake he will stay in bed and I cannot get him out for quite some time. If I try to get him out, he will melt. He has to be ready to get out, just as with so many things - that's autism. (Whereas many of us can just jump out of bed, he has many basic issues to contend with, so he gets out when he's ready, physically/mentally.) If he is still sleepy, I gently pick him up, holding him firmly next to me, remove his diaper (still in a diaper at night due to kidney issues) and put him on the toilet while I keep hugging him as he wakes. I get him dressed IF he can handle it - That's a 50-50 chance as he may wake up well or wake up overwhelmed. In the first 5 min I can see what kind of morning we'll have - rough or decent. Dressing Ben may go on for 30 minutes while we try and get other tasks done.

On to my next task - try and get him to eat after enough time elapses for the homeopathy to do it's thing. Lately there is a chance that Ben will eat his pureed fruit quickly and easily, however I usually need to sit right next to him, vigilantly reminding him every few seconds to eat his food. He walks away, gets distracted, or is over-sensitive and not feeling well. Unfortunately if I don't get the food and supplements in him soon, we'll take a chance of having some major meltdowns. These items help him function and get through most of the day more successfully. It could take 3 min or 20 min just to get puree into him. This puree holds the neutral tasting supplements.

## Ben's Autism Cure (a 7 step methodology)

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This morning process is so much better now. Two years ago it used to take us about 2 hours just to get food into Ben as he screamed most of the time - he was on sensory overload every morning. Today, much has improved!

Next is his meat dish. I have to give him meat because he gets agitated otherwise. He's a meat-eater and if he goes without for very long, he has problems. The neuro supplements are so nasty tasting that I put them in organic ketchup to cover up the taste. This is how he eats. I try to get most of it in him. I go through it all over again - being vigilant with him, waiting for him to say exactly what he needs to say, or do exactly what he needs to do, before he takes one bite. If I ever am over-taxed and get impatient and raise my voice, as most parents of autism know, he will melt and we are back to square one. So patiently I work with Ben and the whole time I am trying not to look at the clock, stressing. I put my energy into Ben and trust that it all will be fine. It usually is.

Eventually we get through it and he has enough of what he needs in him, to function well at school. Next is brushing his teeth.

Ben will get distracted about 5 times on his way to the bathroom. Once I get him there, he wants to do everything himself and I wait patiently. I open the closet door that has his visual cues on brushing teeth and he does exactly what the visuals show him - exactly. Then we have to talk about rinsing and spitting - every morning I have to remind him not to spit the water all over. We get through this; I try to comb his hair and he screams if there are the slightest tangles. I do my best and maybe half doesn't get combed - oh well.

I then tell Ben an average of 4-6x's to get his shoes on. I have to repeat directives to Ben because he is either zoning or sensory, or both. I get his backpack packed up and in the car. Sometimes he is too maxed out to put on his shoes and so I have to do it. Then we try to get to the garage and get him to the car without too many distractions. He gets in his seat but can melt if I start the car before his seatbelt is fully secured. So I wait again, as he slowly but successfully attaches all the buckles and secures them soundly. Now I must attach my seatbelt and then I can start the car. (Order is very important to many kids with autism. Because their bodies are so stressed, order with things on the outside calm them and give them predictability and security.) We then put in whatever CD he wants and we drive to school. I have brought his other homeopathy drops and can give them to him by the time we are at school. At this point I feel relief that we just got through our morning and it's a great feeling to drop Ben off to kindergarten, knowing that all I have done will support his body and mind to get through 7 hours of school. This is life with Benja, every morning. " -- Allison Needles

Again, mind you this is just the morning routine of week day and he is clearly on the path to complete recovery. But for this path you do pay a price. In our opinion it is well worth it and has transformed both of us as parents and people. I would not have it any other way.

### Slide 25: Alternative Approaches

This slide series has presented a single approach to curing autism, which has worked for us in the case of Ben. But there are other approaches that have been equally successful for others. I'll briefly describe three alternative strategies:

- Cautious holistic
  - This slide series has described this approach basically:
    - Attack the problem comprehensively: body, mind, and emotions using ONLY approaches that trust and strengthen the body
    - Control the environment to reduce outside pressures



## Ben's Autism Cure (a 7 step methodology)

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- Heal the gut and brain barrier
- Assist the body's expulsion of bad things through the gut, liver, lungs, kidneys and skin.
- Reprogram the brain: 1) kill the synaptic ruts of Autism and 2) create normal pathways
- Aggressive holistic
  - Trust body less, listen less
  - More emphasis on detox and chelation
  - Quick turn around and short timeframes
- Selective holistic
  - Premise – “if everything is important, nothing is.”
  - Focus on long term, core issue whether:
    - Heal and strengthen (body PH, hormone levels, cortisol levels, etc)
    - Fix the gut and heal brain barrier
    - Eradicate homeopathic miasmas
    - Eradicate systemic issue(s) (virus, fungus, parasites, heavy metals, etc.)
- Eclectic holistic
  - Change strategy approaches as cure progresses
  - Stage 1: Aggressive holistic
    - Start aggressive to relieve the environment pressures inside the body
  - Stage 2: Selective holistic
    - Once major symptoms and pressures abated, focus on building the body's primary defenses – the gut – to prevent further deterioration. And change the body terrain to make it not habitable for yeast, bacteria, microbes and other pestilence.
    - Or if body is too compromised, heal and strengthen body and later purge/detox.
  - Stage 3: Cautious holistic
    - Once body's “border” is no longer compromised, throttle back to long term healing

### Slide 26: Questions? Need Help?

May these slide provide some ideas and hope. I wish you the best in your journey. In conjunction with this presentation I am setting up a web site to provide additional details and insights as I come across them on our continued journey , including places Ben and I visit in and around Austin.