ADHD, Autism and Hope

ADHD has many types. Autism has many causes. Learning how to identify which type of ADHD you or your child has can make a massive positive impact on your life. By learning how to identify which type of ADHD you have, you are more likely to resolve it naturally. Medication is useful short term for some individuals but long term it can lead to significant and serious side effects. Get hope for recovery by tuning in!

Dr. Jared Skowron

www.naturopathicanswer.com

www.spectrumawakening.com

www.DirtyGenesSummit.com
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Autism - Hope for Recovery

- Autism rates are 1:36. Affecting 1 in 3 kids
- There is hope for recovery!
- Autistic children are overmedicated. They are not medication deficient. Medications are not curing anything. Meds are needed at times but they definitely are overused.
- There are many other choices you can use beyond medications.
- Kids with autism know they are struggling within. They are simply stuck and cannot express themselves. Imagine how frustrating it is to be trapped within your own body?
- Toxicity levels appear to drive risk and severity of autism. Many things contribute to toxicity which is why autism causes are multifaceted.
- Regression of kids occurs commonly after vaccines. Tylenol is toxic stuff. The combination of hyperimmune function, additives in vaccines and tylenol is a recipe for increasing autism susceptibility.
- STOP using Tylenol.
- Let fever do its thing as long as the temperature doesn’t get too high. It’s fighting an infection. Bacteria die from fevers so let it ride as long as it’s a safe temperature.
- Genetics is definitely predisposing children to autism
Genes and Autism

• Variety of genetic tests. Should look into Fragile X even though it is not common. Chromosomal Microarray (CMA) - looks for deletions which cause delays and developmental issues. SNPs Tests like 23andMe can identify many things which affect brain biochemistry. Whole Exome Sequencing (WES) - looks at every gene within the exome.

• Autism is a subjective diagnosis. It doesn’t explain the physiology at all. Each kid is different.

• Genetic testing helps identify WHY behind functioning of the specific child vs a condition.

• Genes have jobs to do. If there are SNPs, additions/deletions or they are ‘dirty’, they don’t do their jobs very well and symptoms occur. The more genes which are dirty, the less jobs they perform and the more severe the symptoms.

• Genetic testing is important but it’s part of a much bigger picture. Lifestyle, diet, environment, mindset. It requires a lot of work.

• The “SNP + Single Action” does not work.

• Disease labels don’t define the problem. They limit it. Must find the dysfunction.
ADHD

- ADHD has many facets to it. Many focus actually on their fears.
- Medications for ADHD can have serious side effects.
- Dopamine quinone is very reactive and destroys the brain. Must make sure the brain is not inflamed.
- “Do schools kill creativity?” - TED talk by Ken Robinson - watch it!
- There are three subsets of ADHD. 1) Anxiety / Fear 2) Need stimulants 3) Need Relaxing
- GABA and reducing fear is very powerful to reduce ADHD in some
- MTHF, tyrosine and natural stimulants can be powerful for ADHD ‘need stimulant’ types
- Adrenal adaptogens, magnesium are useful for ADHD ‘needing calming’ types
- When you have low levels of a stimulant in your brain because your body is not making enough, it seeks stimulation from elsewhere. This leads to flapping, moving around, fidgeting. This is a sign of low dopamine possibly.
- When you give a natural stimulant, it calms them down
Neurotransmitters

• Fear consumes us. It's hard to pin down what it is biochemically.

• Translational epigenetics can really increase our present day issues.

• Methylfolate can really transform one’s brain biochemicals fast. Be careful with dosing it. Read about the ‘Pulse Method’ in the book, Dirty Genes to make sure you are aware of how to better regulate your supplements.

• Neurotransmitter testing is useful. Morning urine test. Quest Labs does it. Great Plains Laboratory does it.

• Protein and carbohydrates are needed for brain neurotransmitters. Protein provides dopamine, norepinephrine and epinephrine. Carbs provide serotonin and then melatonin.

• COMT and MAOA genes really affect neurotransmitters. Learn more about COMT and MAOA with ‘Dirty Genes’ book.

• Low protein can lead to depression. High protein may lead to insomnia and anxiety - depends on genes. Take the quizzes in the Dirty Genes book to find out how to alter your diet.

• Creatine deficiency may be contributing to speech delay. Relates to the GAMT gene. Giving creatine may help improve speech delay. Methylation is needed in high amounts to make creatine.
100 Natural Remedies For Your Child

In *100 Natural Remedies for Your Child*, pediatric naturopath Dr. Jared Skowron shows parents how to prevent and treat their children's illnesses, from common ailments such as upset stomach, headaches, and minor infections to more serious problems like food allergies, diabetes, and asthma. While there is a time and place for conventional medicine, natural solutions, especially diet can be effective strategies for treating many of our children's ailments.

Get your copy today [here](http://www.DirtyGenesSummit.com)

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5-Star Editorial Reviews

“Dirty Genes powerfully challenges the notion that genes are the final arbiters of health and disease. Dr. Ben Lynch skillfully reveals how leveraging specific lifestyle choices can help re-write our health destiny.”

David Perlmutter MD, #1 New York Times bestselling author of Grain Brain and The Grain Brain Whole Life Plan

“A must-have companion for anyone struggling to sort out the confusing world of genetic science for the consumer. Have you thought that your genes were your destiny? Dirty Genes will give you the ability to actually reprogram your genes to have a long and healthy life.” Alan Christianson, NMD, New York Times bestselling author of The Adrenal Reset Diet

“Myth busting the assumption that genes lead to disease, Dr. Ben Lynch provides a do-it-yourself guide to personalizing your health through the lens of susceptibilities, none of which signify your destiny. Dirty Genes teaches the power that we have to heal, against all odds.” Kelly Brogan, MD, New York Times bestselling author of A Mind of Your Own

“Dr. Ben Lynch nails it with Dirty Genes. It is a pleasure reading as his indomitable ‘rower’ personality truly comes through, warm, funny, friendly, simplifying without oversimplifying, and highly organized. If you care about the future of medicine and the central importance of the gene/environment interaction, read this book.” Sara Gottfried, MD, New York Times bestselling author of Younger, The Hormone Reset Diet, and The Hormone Cure

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