

Guide to How to Get Started with The 3 Necessary Stages to Recover Your Child from the Symptoms of Autism

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The 3 steps that are crucial in balancing the brain.

I. Step one: Healing the gut (and candida balancing)

- Liver support
- Quality multi-strain probiotics to help crowd out the bad bacteria and build up the good
- Gut healing supplements
- Addressing candida and leaky gut properly

Note: The die off reaction. Also, known as Herxheimer reaction. These are the symptoms that arise when the bad bacteria are dying off and releasing toxins as they do so. They can be flu-like, headaches, increased behavioral issues such as anger.

The gut healing diet

Foods you can have: (in a nutshell)

Organic everything! Soup, bone broth (best with animal fats) which is very healing to the gut, organic meat, poultry, fish, eggs (if tolerated) and other protein sources, including most nuts (except peanuts). Healthy fats to feed the brain such as olive oil, coconut oil, and avocado. Non-starchy veggies. See if COOKED vegetables can be tolerated. In the first week fiber may cause distress. Small amounts of fermented foods. Almond milk, coconut milk, goat cheese (if tolerated).

Foods to avoid: (in a nutshell)

No processed foods, grains, especially gluten, dairy, corn, soy, sugar, fruit (at first), bad oils such as corn, safflower and other vegetable oils...and of course, no MSG, aspartame or food coloring's.

- Grains and sugars feed the bad bacteria in the gut, and spark inflammation.
- Gluten (wheat protein) and casein (dairy protein) create opiates, inflammation, allergens, toxic to the brain. Also in shampoos, play-doh, etc.

Specific natural supplements are needed to reduce inflammation, support the detoxification and brain building process further, but only at the right intervals when the body is ready.

II. Step two: Heavy metal detoxification:

Mercury, lead, aluminum and cadmium cause extreme danger to the brain. The symptoms can range from poor memory and trouble focusing, to severe autism. They are found in the air we breathe, the food we eat, the water we drink, household cleaning products, vaccinations, and more.

Remember that mercury inhibits the body's natural ability to remove excess candida.

Why not to use the pharmaceutical drug, DMSA, to detoxify heavy metals:

- DMSA removes the good minerals like calcium and magnesium from the body as it is excreting the toxins.
- DMSA allows for reabsorption of heavy metals back into the system.
- Hair analysis testing can be done on newborns, Analytical Research Lab.
- Natural heavy metal detoxification: [Zeolites from Touchstone](#) for safe, effective and gentle detoxification of heavy metals. Use code "healthy10" for a 10% discount on your first order.

What can we do to protect ourselves from heavy metal toxicity?

Eat organic, local and whole foods because they naturally help our bodies detoxify. Take liver support every day. Reduce or remove unnecessary vaccinations. Take a good multi-vitamin/multi-mineral supplement containing some of the key ingredients to help the body detoxify heavy metals such as vitamins B, C, D, and E, selenium, zinc, magnesium, alpha lipoic acid. Take antioxidants.

Step Three: Brain Support and Repair

Six common types of behavioral disorders:

1. Hyperactive or inattentive (ADHD)
2. Lack of focus and motivation (or ADD)
3. Hyper-focused
4. Excessive temper and memory imbalance
5. Long-term or limbic depression
6. The extremely sensitive

Diet notations: Protein helps us focus and think. Carbohydrates make it hard for us to focus and think. Aerobic Exercise (biking, running, swimming): 30-60 minutes per day is extremely helpful.

Brain repair: Natural support for brain waves, cranial bone balancing and inflammation.

A few are: Craniosacral therapy, Neurofeedback, hyperbaric chambers