



AUTISM SPECTRUM

What is it?

Rather than one specific disorder, Autism spectrum refers to a group of disorders that are characterized by deficits in social interaction, verbal and nonverbal communication, and the display of repetitive behaviors and/or a restricted range of interests. The spectrum includes the diagnoses of Autism, Asperger's, and Rett disorder. Often, parents are the first to notice that their child is not developing along the course of children of similar age. Many children with disorders along this spectrum develop normally at first, but then begin to regress around the age of 18 months to 2 years old.

Key ideas:

- Wide spectrum of severity, from fully functional to severe social withdrawal
- Onset by age 3
- Comprises a triad of impairments in socialization, communication, and imaginative play
- May be hypersensitive to sound and other stimuli
- Difficulty with verbal and nonverbal communication
- May have stereotyped and repetitive mannerisms
- May be accompanied with high level skill in such areas as music, mathematics, or art
- Other health issues are more common, such as epilepsy, depression, and anxiety
- Tend not to get sick with common colds and flus

How do we treat it?

We have treated hundreds of children and adolescents with autism, and while each child is unique, there are some themes that run throughout, including poor adrenal and immune function. The adrenal glands are responsible for the fight-or-flight response, and often in patients with autism, we find that this is impaired in some way. In addition, patients with autism tend to not get sick. Their body is unable to mount an appropriate immune response and eliminate a pathogen efficiently. It is our belief that the poor adrenal response combined with inefficient elimination sets the stage for development of autism spectrum disorders. In addition, dietary and other lifestyle choices can either contribute to or alleviate autism spectrum symptoms. During treatment with us, we will work with you to find the proper diet and lifestyle routine so that the nervous system can function optimally. We will use remedies to increase the health of every system of the body, including the adrenal glands. In addition, we will assist the body in mounting an immune response and eliminating toxins, which will in turn allow the nervous system and brain to function optimally. Over time, the body will begin to function properly on every level, and the symptoms of the disorder will lessen.