



Autism, Gut

Health, &

Detoxing





Culture Apothecary

Welcome to Culture Apothecary, a unique health and wellness podcast hosted by Alex Clark. Rooted in conservative values, we delve into the remedies for today's cultural challenges, offering insights on parenting, spiritual well-being, emotional health, and more. Our mission is to empower you to lead a healthier, counter-cultural life, one informed decision at a time.

Before diving into this chapter of the Autism curriculum, I highly recommend that you find this **Culture Apothecary** podcast and listen to the podcast entitled, “**Why You’re Still Fat Doing Everything ‘Right’ | Dr. Daniel Pompa**” either from the beginning to the 14:15 mark, or start at 9:19 and listen to 14:15. I found it by downloading the PodBean app from Google Play.

Research Shows that Gastrointestinal Issues are More Prevalent in People with ASD:

There has been so much research into Probiotics and how many diseases and conditions are sourced in the gut that one doctor told me that he can't keep up with all the new discoveries.

- Your digestive tract contains **MORE neurons** than your entire spinal cord! – earning your gut the moniker of being your body's "Second Brain"!
- ASD folks are anxious and highly sensitive to things in their environment, so, to the degree that anxiety is often **rooted in imbalanced gut flora**, then that's the degree to which they can be helped by treating that imbalance.
 - Many ASD folks have sensitivities and/or allergies to **Gluten** as well as to **Dairy products**.
- **Parasites** is the other factor that has gained a lot of attention lately. When people get parasites removed from their body, many are reporting overall improvement in both physical and emotional conditions, including cancer. This is due, in part, to the fact that when parasites are removed, they are no longer stealing nutrition from the person's food, nor are they releasing their own toxins and waste into the person's bloodstream.
 - For example, people who are sensitive to or allergic to **Gluten (Celiacs disease, or simply a sensitivity)**, when they eat Gluten, they feel:
 - "Out of sorts"
 - Cloudy/foggy-headed/headaches
 - Can't concentrate
 - Irritable/prone to exhibiting anger/grumpy
 - Lethargic/loss of motivation
 - An increase in sensitivity to stimuli, resulting in a higher level of perceived stress.

From a lecture entitled, *Dissecting the Brain-Gut Connection to Address Sensorimotor Concerns for Children with Autism*, by Dr. Varleisha Gibbs PhD, OTD, OTR/L, ASDCS

Well, you have almost like a second brain being this enteric nervous system that does something very similar. So the brain and the gut almost mirror each other. They mirror each other. When you have challenges with the gut, you'll have challenges in all these areas that we've been talking about and sensitivity to light, perhaps dislike in certain textures and touch. So then you start to see the sensory defensiveness, you start to see perhaps self stimulating or even injurious behaviors. Aggression, right? So if the fight flight system is overactive, then we are on constant high alert, everything becomes a potential threat. And if things are a potential threat, then we are going to potentially be aggressive if something challenges that, if we don't know what to expect, what comes next Or what will also happen is that we will have GI dysfunction, constipation, and diarrhea because when you're in fight flight, the body will decrease activity in places that it doesn't need. It starts to conserve its energy, if you will. So that's why you will see someone that will have a bowel accident or urination or they'll withhold going to the bathroom because the body in that sympathetic nervous system state is conserving its energy and focusing it elsewhere. Same thing goes for overall health. We may see increased illness and sickness such as respiratory infection due to the stress on the body from the increase of those stress neural transmitters.

The **enteric nervous system (ENS)** is a complex network of neurons embedded in the walls of the gastrointestinal tract, often referred to as the **"second brain."** It is one of the three divisions of the **autonomic nervous system**, alongside the **sympathetic** and **parasympathetic** systems, and it governs the function of the digestive system independently from the brain and spinal cord. The ENS contains over **100 million neurons** and plays a crucial role in regulating digestive processes. [↪ Wikipedia](#) +2

(The ENS branches off of the Vagus Nerve)

Overview of the Vagus Nerve

The vagus nerve, also known as **cranial nerve X**, is one of the twelve pairs of cranial nerves that emerge from the brain. It is a key component of the **parasympathetic nervous system**, which is responsible for the body's "rest and digest" functions. The vagus nerve extends from the **medulla oblongata** in the brainstem down through the neck and into the chest and abdomen, connecting to various organs including the heart, lungs, and digestive tract. [↪ clevelandclinic.org](#) +1

A person's **gut biome** has also been shown to be linked to the presence of AD/HD and Schizophrenia. In other words, the quality of the bacteria – or lack thereof! – in a person's gut can powerfully impact a person's **mental health**, both in terms of mood and cognition. In fact, research also shows a strong connection between **gut health and the quality of neurodevelopment in the brain!**

- Research article by Heijtz: *Normal gut biota modulates brain development and behavior.*

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Dysbiosis:

Dysbiosis refers to an **imbalance in the types of microscopic organisms** (bacteria) living in your body, particularly in the gut. This condition occurs when there are too many of some types of bacteria and not enough of others, which can disrupt normal bodily functions and may lead to health issues. It can be caused by various factors, including diet, stress, oral antibiotic use, antibiotic hand sanitizers, and illnesses. Dysbiosis is characterized by a reduction in microbial diversity, often resulting in an **increase in harmful bacteria**. These bacteria, both the good and the bad kinds, play a direct role in the functioning of the Central Nervous System (CNS): The microbiome of your gut **COMMUNICATES** back and forth with your CNS all the time. In fact, there exist in your gut **more neurons** than what's found in your entire spinal cord. The theory, then, is that it's this imbalance in microflora in the gut that MAY cause Autism.

Dr. Gibbs makes it clear that her presentation is NOT about trying to effect a “cure” for Autism by changing and treating the gut’s microbiome. So ... **why not?** – “Because neurodiversity is actually a beautiful thing,” she says. The goal is to not cure ASD, but to help society to embrace ASD individuals for who they are: **THIS IS STILL A VALID GOAL**. **At the same time ...** for parents who are dealing with moderate to severe presentations of ASD symptoms in their child, there has been a lot of **suffering** involved, and where there’s a lot of suffering involved, **cures or partial cures are certainly worth pursuing whenever possible**. **Later on, an entire section in this manual is devoted to looking at possible cures/partial cures.**

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See next 2 slides as well

Article: Infant gut microbiota associated with fine motor skills

(<https://europepmc.org/article/MED/34069166>):

Background: During early life, dynamic gut colonization and brain development co-occur with potential cross-talk mechanisms affecting behavior. **Methods:** We used 16S rRNA gene sequencing to examine the associations between gut microbiota and neurodevelopmental outcomes assessed by the Bayley Scales of Infant Development III in 71 full-term healthy infants at 18 months of age. We hypothesized that children would differ in gut microbial diversity, enterotypes obtained by Dirichlet multinomial mixture analysis and specific taxa based on their behavioral characteristics. **Results:** In children dichotomized by behavioral trait performance in above- and below-median groups, weighted Unifrac β -diversity exhibited significant differences in fine motor (FM) activity. Dirichlet multinomial mixture modelling identified **two enterotypes** strongly associated with FM outcomes. When controlling for maternal pre-gestational BMI and breastfeeding for up to 3 months, the examination of signature taxa in FM groups showed that *Turcibacter* and *Parabacteroides* were highly abundant in the below-median FM group, while *Collinsella*, *Coprococcus*, *Enterococcus*, *Fusobacterium*, *Holdemanella*, *Propionibacterium*, *Roseburia*, *Veillonella*, an unassigned genus within Veillonellaceae and, interestingly, probiotic *Bifidobacterium* and ***Lactobacillus* were more abundant in the above-median FM group.**

Conclusions: Our results suggest an association between enterotypes and specific genera with FM activity and **may represent an opportunity for probiotic interventions relevant to treatment for motor disorders:** Gross motor skills, fine motor skills, communication/verbal (because talking is a motor-based activity), and even visual processing.

Processing of Pain:

Hyporesponsive individuals may even engage in self-harm (e.g., biting, head-banging, etc.) without seeming to experience much pain. These behaviors are often rooted in the person's attempts to mitigate the special kind of "pain" they experience in relation to sensory overload. **Hyperresponsive** individuals experience cognitive and emotional shut-down in reaction to stimuli that are easily handled and processed by non-ASD individuals.

One possibility is to address these problems with processing pain by first addressing gut health imbalances.

Imagine how you feel, as a **non-ASD person**, when all these things are impacting you at the same time:

- Your stomach hurt a lot last night, keeping you from getting much sleep.
- You've only eaten sweets and carbs today, and now you've got heartburn and have a sugar high.
- You just got over having COVID or the Flu and your entire system just feels flat, lethargic, and devoid of any energy. You still have a sniffly nose and the skin around your nose is raw.
- You have a headache that is making you very sensitive to excessive light and sound.
- You just experienced conflict with a good friend or family member, things are unresolved, and you're really feeling both very hurt and very worried about the relationship. You feel completely unsettled.

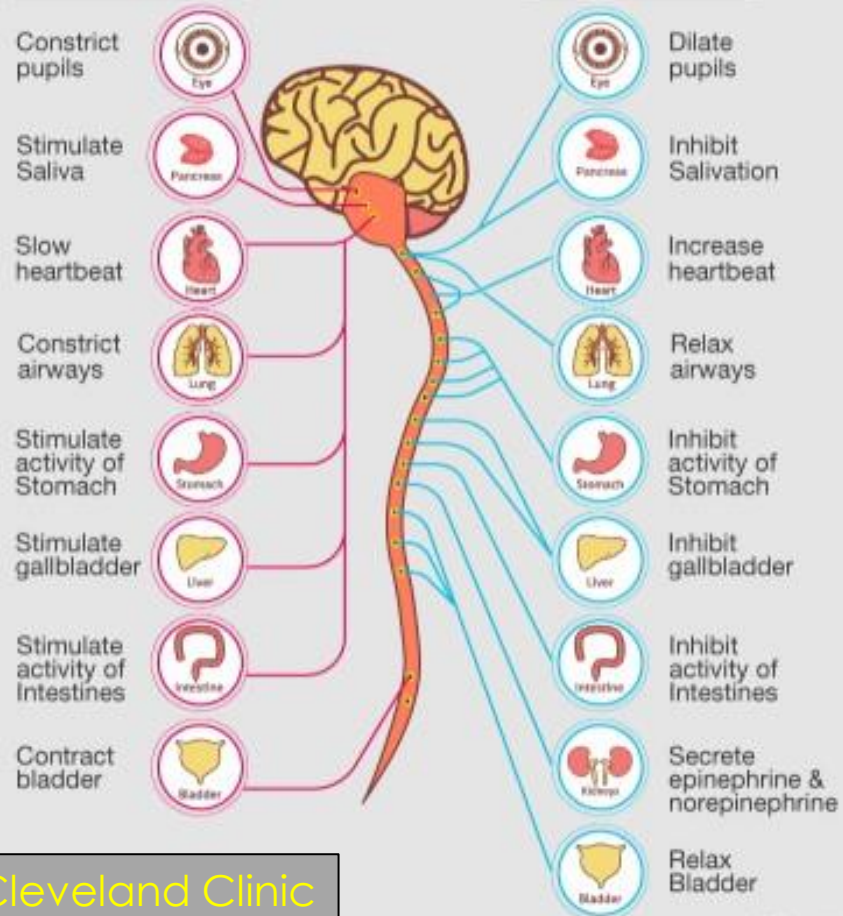
Now **add to this list** the things that an **ASD person** often experiences chronically:

- Painful sensory overload.
- Confusion about what to do next on a social/relational basis. Feeling like an outsider.
- Extreme frustration related to not having access to a preferred object and/or activity.

PARASYMPATHETIC NERVES

Vs

SYMPATHETIC NERVES



Cleveland Clinic

Sympathetic NS:

Responsible for fight/flight/freeze self-protective responses and arousal.

Parasympathetic NS:

Responsible for your body's ability to relax and return to baseline.

3 Types of nerves:

- Sensory
- Motor
- Sensorimotor

"Sensory in, motor out!"

With ASD people, the neurons in the gut may be sending incoherent messages to the brain due to a preponderance of bad bacteria ...

Your overall nervous system includes two main subsystems:

Central nervous system (CNS): This includes your brain (your retina and optic nerve in your eyes are considered part of your brain, structure-wise) and spinal cord.

Peripheral nervous system (PNS): This includes every part of your nervous system that isn't your brain and spinal cord.

Your peripheral nervous system also has two subsystems:

- **Somatic nervous system (SNS):** This includes muscles you can control, plus all the nerves throughout your body that carry information from your senses. That sensory information includes sound, smell, taste and touch. Vision doesn't fall under this because the parts of your eyes that manage your sight are part of your brain.
- **Autonomic nervous system (ANS):** This is the part of your nervous system that connects your brain to most of your internal organs.

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Enteric Nervous System

Branches off of the Vagus nerve:

Over 30 different neurotransmitters utilized

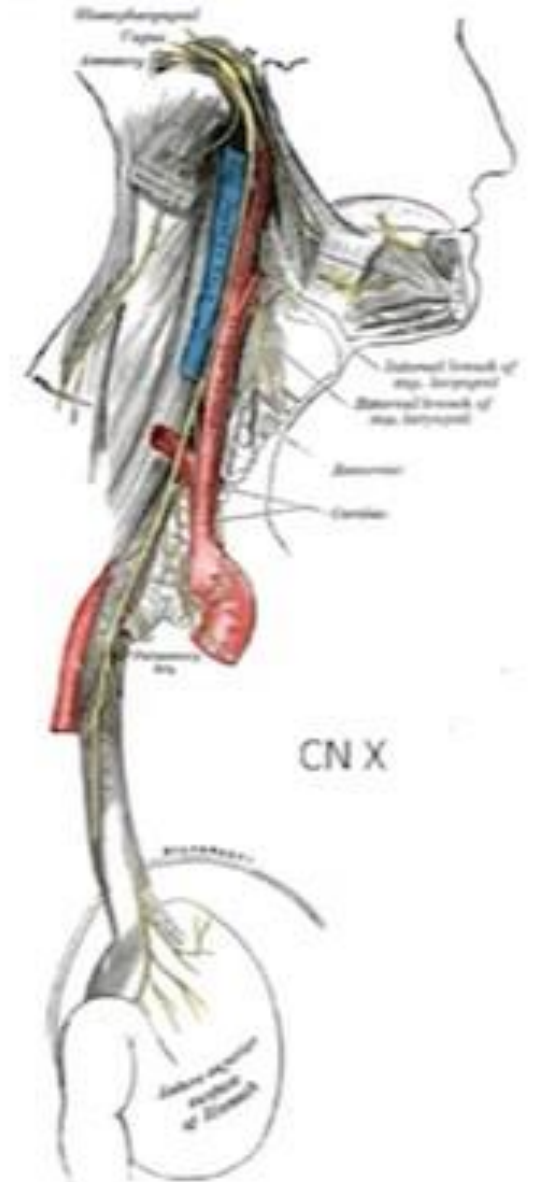
Resembles and Acts similar to the CNS

More than 90% of the body's serotonin is made within the gut

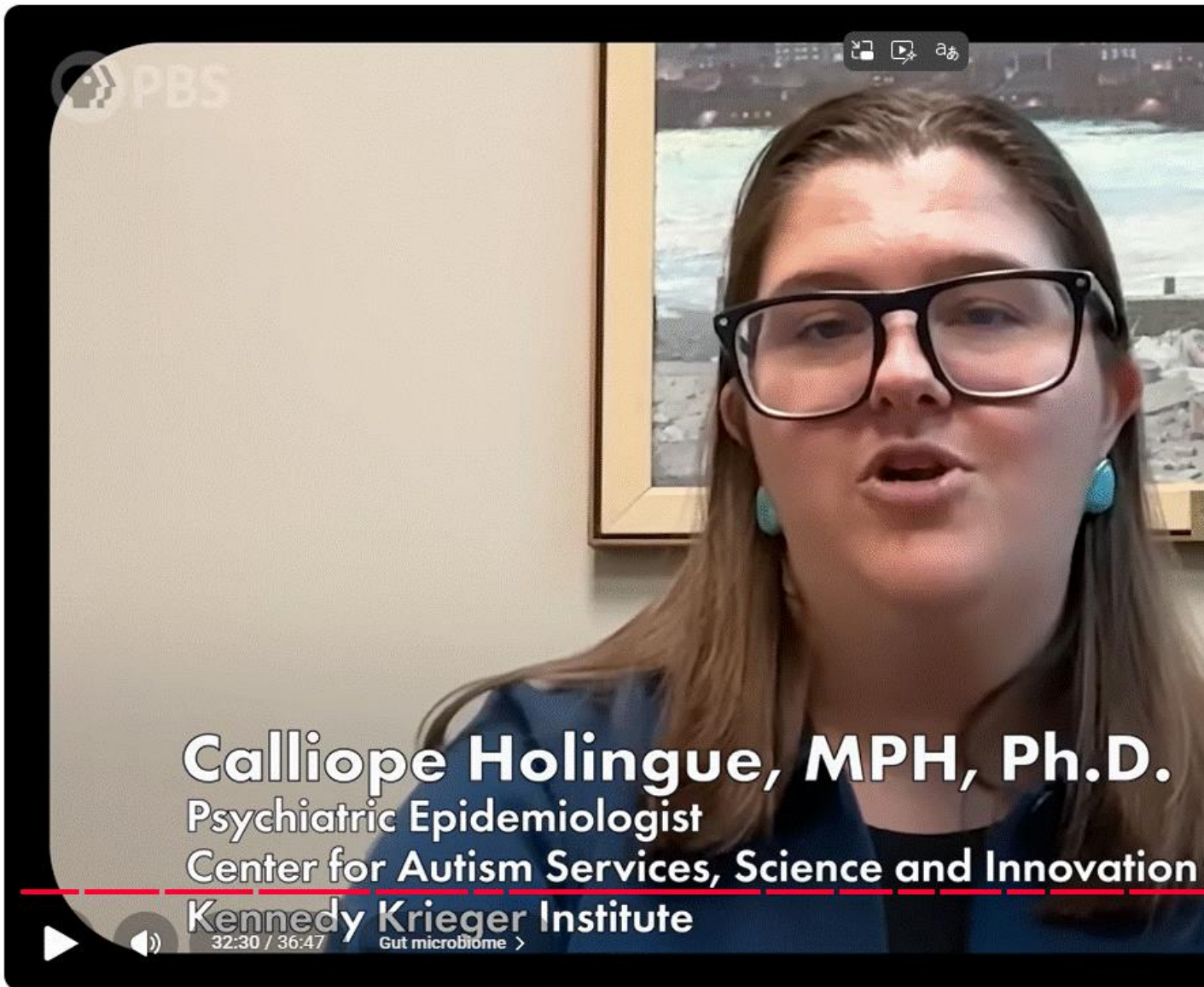
More than 50% of the body's dopamine

Can mediate behavior

Communicates bi-directionally with CNS



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Calliope Holingue, MPH, Ph.D.

Psychiatric Epidemiologist

Center for Autism Services, Science and Innovation

Kennedy Krieger Institute

32:30 / 36:47

Gut microbiome >

"The fact is that all of the bacteria that live in your digestive system - AKA, your gut microbiome - are talking to your brain. **The gut has its own nervous system, sometimes called 'the second brain,'** and it talks to the brain through nerves like the Vagus nerve, through hormones and through chemicals made by gut microbes. What we see is that the types of microbes that are in the guts of people with **depression, anxiety, and autism, look [noticeably] different from people without those conditions.** See, folks with Autism are much more likely to have **digestive issues** than neurotypical folks are. And while there's definitely something going on with our brains and our guts, we're still really unclear on how an altered gut microbiome, digestive differences, and symptoms of autism, might all be interacting and affecting each other. So there's still lots to explore there."

Why Everyone Suddenly Has Autism (It's Not What You Think)



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~~process sensory information.~~ Remember we talked about sensory and motor out? Well, you have almost like a second brain being this enteric nervous system **that does something very similar.** So the brain and the gut almost mirror each other. They mirror each other. When you have challenges with the gut, you'll have challenges in all these areas that we've been talking about and sensitivity to light, perhaps dislike in certain textures and touch. So then you start to see the sensory defensiveness, you start to see perhaps self stimulating or even injurious behaviors. Aggression, right? So if the fight flight system is overactive, then we are on constant high alert, everything becomes a potential threat. And if things are a potential threat, then we are going to potentially be aggressive if something challenges that, if we don't know what to expect, what comes next. Or what will also happen is that we will have GI dysfunction, constipation, and diarrhea because when you're in fight-flight, the body will decrease activity in places that it doesn't need. It starts to conserve its energy, if you will. So that's why you will see someone that will have a bowel accident or urination or they'll withhold going to the bathroom because the body, in that sympathetic nervous system state is conserving its energy and focusing it elsewhere. Same thing goes for overall health. We may see increased illness and sickness such as respiratory infection due to the stress on the body from the increase of those stress neural transmitters. ~~We also here are seeing the celiac plexus, which also has another name of the~~

From the previous slide: ... with ASD folks, the signals being sent **FROM** the gut (Autonomic signals that are outside of conscious control) **TO** the brain may be so variable, dysregulated, and incoherent that these signals increase the person's overall feeling of sensory sensitivity, irritation, and dysregulation, thereby affecting their mood in a negative manner. Then, after the brain receives these autonomic signals telling it that something isn't right, the brain's Fight/Flight/Freeze responses (of the Sympathetic Nervous System) get activated as well – i.e., the brain can only conclude that the entire system is in some kind of danger. Then, because the SNS has been activated, the next thing to be seen is **stress-driven and fear-based behaviors**. Remember, the Fight/Flight/Freeze system might also already be chronically “on” because of past trauma in that person's life, therefore, **problems in the gut only reinforce, maintain, and worsen** the already-existing Fight/Flight/Freeze reactions to perceived danger. Therefore, an ASD person might be **“over-reacting” to little things just as much because of their Autism as because of (1) their imbalanced/unhealthy gut flora and/or because of (2) their trauma history (if they have a trauma history).**

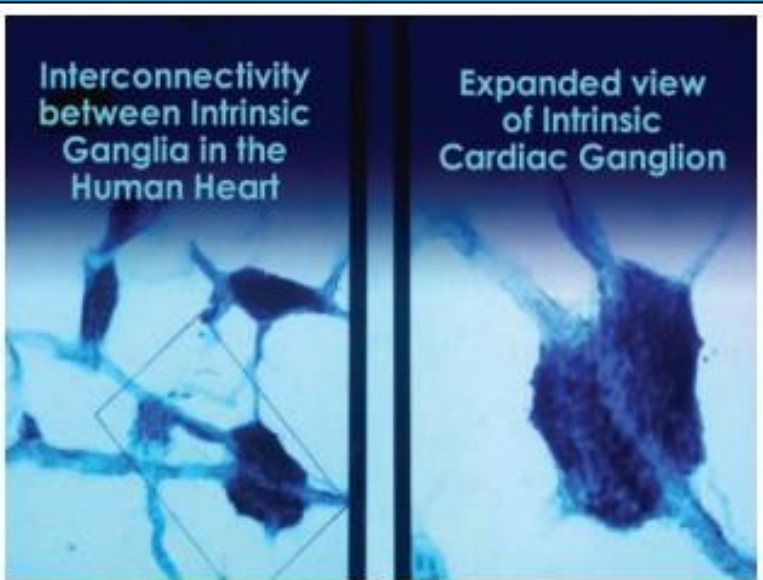

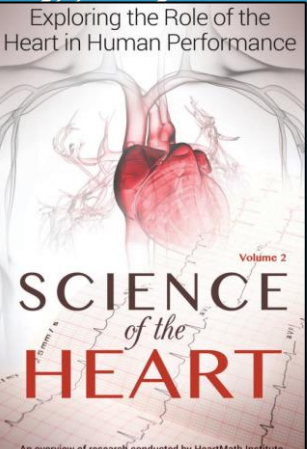


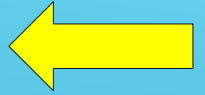
Figure 1.2. Microscopic image of interconnected intrinsic cardiac ganglia in the human heart. The thin, light-blue structures are multiple axons that connect the ganglia. Courtesy of Dr. J. Andrew Armour.

From www.heartmath.org: Did you know that, contained inside the heart walls, are little clusters of neurons called “ganglia,” clusters that act like **“little brains”** inside the heart!?! These “little brains” don't just **receive** signals from the brain, but have been found to **generate** their own signals! For more information, go to their website to download a free copy of this interesting and informative ebook:  

The reason this is important in understanding Autism is because the Institute of HeartMath has developed some **heart-centered “coherence”/relaxation techniques** that might be beneficial for ASD people, techniques that do not rely on talking. So! – balance the gut microbiome, **AND** learn HeartMath's **“Quick Coherence Technique”** and an ASD person can reduce their overall anxiety.

What causes the microbiome of bacteria in the gut to be/become unhealthy? – and what can you do to improve your gut's health?:

See detailed [handout](#) on gut health generated by the ChatGPT AI search engine.



• Something that didn't show up in this hand out, however, is this (from Dr. Gibbs):

- Studies show that “**dancing** can actually improve gut health and that it can increase the number of beneficial bacteria, increasing the bacteria that we need to remove waste, to take-in nutrients, and to connect [the gut] to the [body's overall] neurochemistry that helps with [a] variety of functions” throughout the body. **“So, MOVEMENT ITSELF ... can improve our gut health!”**
- Related but unrelated?: Our Border Collie/Australian Shepherd didn't get much exercise in our tiny yard while our boys were in high school. After a while, he became extremely constipated – it took him 20 minutes to squeeze out one tiny little turd – and the flesh around his anus became so necrotic that the vet could have shoved his middle finger all the way into that flesh if he'd wanted to. Then we moved to a yard with 1.3 acres and 2 neighbors' dogs on the other side of the fence. After our dog spent a few days running around and getting lots of exercise, his problem cleared-up 100%. I think what healed him was simply ... **increased blood flow**. In sports medicine, I believe it's true, too, that injured joints heal faster when the blood flow to that area is increased. **In other words, poor diet + low exercise spells disaster for our gut biome, our digestion and, by extension, our mental health.**

If your diet is bad, then, “If you don't use it, you lose it” ... meaning that your gut, once depleted of its population of healthy bacteria, will stop producing healthy bacteria. This, in turn, allows the bad bacteria population to grow and take over. But, if your microbiome improves, your **hypersensitivity lessens** as a result.

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movement actually impacts our brainwaves, which we call **neural oscillations or brain oscillations**. And so this is really kind of the electrochemistry that occurs in the brain as information is traveling to and from the peripheral and central nervous system that there are waves of energy that we can measure through different systems. And so what we've learned is that it's not just the output of that nervous system activity, but that we can actually impact cognitive functioning and overall function through impacting the brainwaves. And how do we do that, through movement. And remember I told you about that study that looked at dance and gut health and that how dance and movement can improve the gut health. So this is another reason why. So when you have movement occurring, it's impacting the synchrony of the brainwaves, which we need synchronicity to feel balance. That in turn is helping to balance out the microbiomes, that ecosystem. What happens when we have rhythmic activity, such as rhythmic breathing even, is that we're producing dopamine, we're producing endorphins. Okay? So remember, the more exposure we have to the production of neural transmitters, then the more we'll have in terms of the bacteria that are helping that production of the neural transmitters. And so remember I talked about increased stress can increase the neurotransmitters, such as ~~neuro~~^{or} epinephrine, [redacted] and decrease production of others. Well, to balance that out, we do things such as rhythmic movement, rhythmic breathing, yoga that will then increase the production of those good neurotransmitters that then will balance out that ecosystem. Even chewing, rhythmic chewing can help with that. [redacted]

[redacted] And so it's important for us to look at their motor patterns so that we can address them clinically, at least providing them with support, whether it's adaptive measures **or we're providing them with exercises** and different things to help to change those patterns so that we can see improvement in that area. [redacted]

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“Be sure to screen for motor [skills or] patterns [of movement] that might not be sufficient, such as those related to **Retained Primitive Reflexes**.”

“Consider [implementing] interventions that have nice, **rhythmic patterns** to them.”

The Reticular Activating System (RAS) in the brain is the “gatekeeper” when it comes to sensory input and processing in the brain, in conjunction with your brain’s emotions-center, the **Limbic System**. The **RAS** is like the **Security checkpoint** at the airport. If you don’t get through Security, you get detained – you get stuck – *in* Security and are unable to move on and do the purposeful things that you were intending to accomplish.

“If your gut is sending you into Fight/Flight, and you don’t [currently] have the neurochemistry [in your gut] to balance things out, and you’re anxious and in high stress, guess what? – you don’t get to catch the flight!”

(See separate, AI-generated handout on the relationship between the Limbic and the RAC systems)

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Is it possible that, when the gut is full of **bad bacteria** [and possibly **parasites** as well, resulting in low nutritional retention] that these conditions create a **chronic state of IRRITATION** that gets expressed behaviorally through “**AD/HD**” types of behaviors:

- Trouble concentrating and staying focused
- Impulsive need to get up and move around = trying to self-regulate
- Other attempts at self-soothing
- Bothering others as a way to distract oneself from discomfort
- Irritability/grumpiness
- Foggy-headed / Problems with learning and memory recall

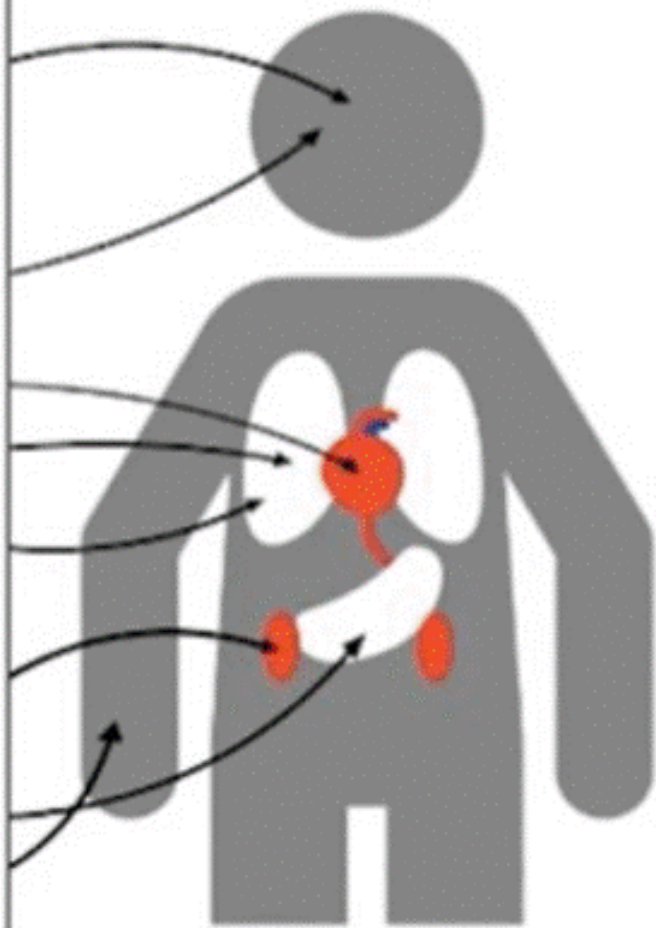
The comment in [brackets] is from Greg Handleton MA, LPCC-S, TRCC

"FIGHT OR FLIGHT"

ACUTE STRESS RESPONSE

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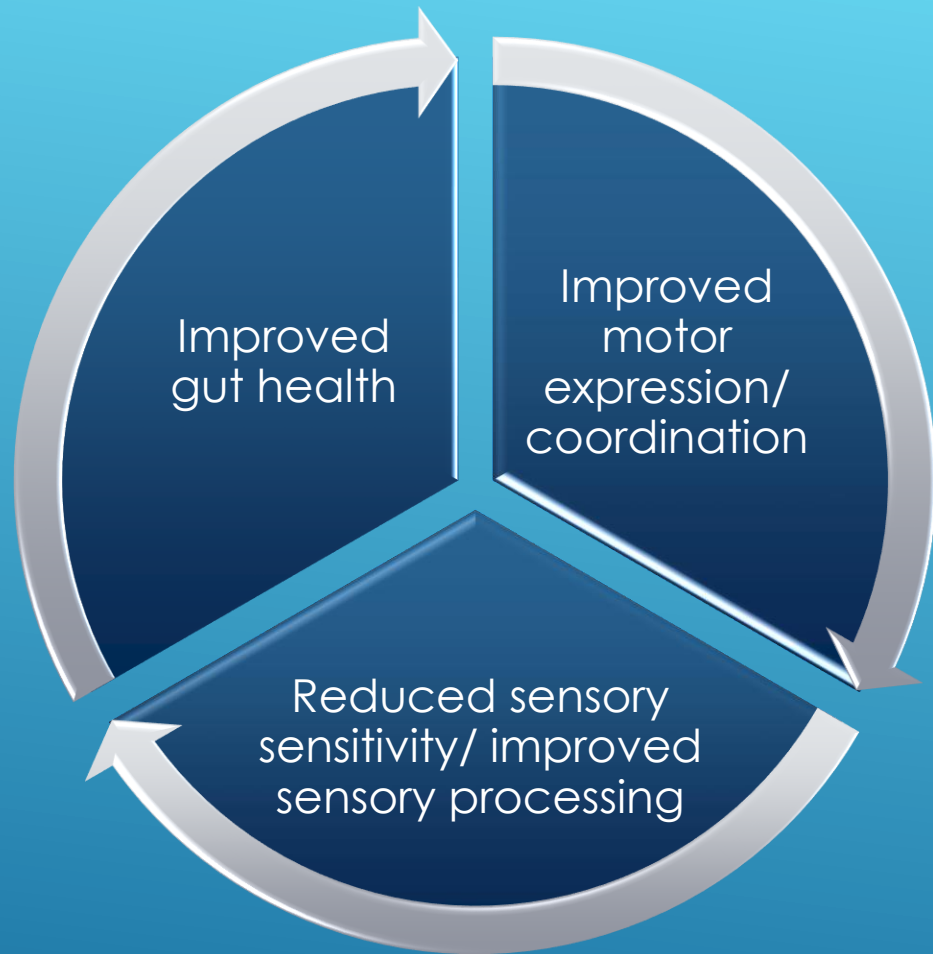
- Increased blood pressure
- Increased blood flow to brain
- Dilation of pupils
- Bronchial dilation
- Increased blood flow to extremities
- Slowing of digestion
- Increased production of neurotransmitters, stress hormones, and catecholamines



- Increased breathing
- Increased heart rate
- Heightened senses
- Hypervigilance
- Increased perspiration
- Decreased production of saliva
- Increased blood flow to skin
- Changes in body temperature
- Improved short-term memory
- Increased alertness

Chronic stress responses in the body, including inflammation, might explain why so many ASD people have **chronic GI problems**.

While the body is focused on increasing production of neurotransmitters in the brain and gut, as well as adrenaline and cortisol in addition to catecholamines during times of stress, this means that the body **is not able to also be nurturing** the increase of good bacteria in the gut at the same time.



“We have to find ways to introduce new [and healthy] foods. We have to find ways to increase motoric activity.”

“We know that the research shows us that the **neurotransmitters** in our body are significantly being produced – yes, **PRODUCED** – in the gut. In the gut! Some are being produced [there] at a higher percentage than in our central nervous system ... to think that the chemistry that we need to function, to interact, to cognitively function, to have a sense of well-being, [and] to have a sense of reward is coming from our gut!”

“If we have a lack of [bacterial] diversity [in our gut], then you will see **a lack of diverse behavior**. If we have a lack of [bacterial] diversity, we will also see these areas impacted, such as: Challenges with learning, with mood, and overall behavior as well as cortical function ... also changes in the visual-motor system, changes in gross motor, etc.”

See the **handout** entitled, “**Factors Causing Food Nutrient Depletion.**”

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Track and improve gut health children ages 3 to 18

From a friend:
"One other resource for gut health testing ... I used **Tiny Health**. It's online. You order online and they send you a kit and directions and when you finish, you mail it back. They send results and do a Zoom call to go over them and offer advice on how to proceed."

their interaction with the world that we're able to see. But again, we have wonderful interventions and activities that we can use to help to improve the lives of those who are dealing with autism being challenged in this area. And one of the major ways to do that is through the vagus nerve. I mentioned that it wanders from the cranium. It's the longest cranial nerve in the body, the longest one, and it continues to have, it has connection to the sympathetic nervous system as well as the parasympathetic nervous system. And so I want to show you a little bit of things that we've done in terms of tapping into the parasympathetic nervous system to address sensory motor activity as well as addressing regulation. So I'm going to stop my share

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Improve Gut Health to Reduce Anxiety & Emotional/Physical Dysregulation:

- Exercise/movement
- Detox from heavy metals & other toxins
 - Remove certain dental fillings??
- Remove intestinal parasites
- Remove compacted stool in the gut
- Healthy, varied diet; avoid processed foods; add nutrients & trace minerals
- Introduce probiotics
- Teach coping skills
- Vagus Nerve exercises
- Have fun!

8 CROSSING THE MIDLINE EXERCISES FOR KIDS

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How Can Parents Help?

While the relationship between the nervous system, the immune system, and autism is complex, there are ways to support your child's overall health:

Focus on calming activities

Help your child engage in activities that activate the parasympathetic system, like deep breathing, gentle exercise, or spending time in nature. These can help calm the nervous system and reduce stress.

Reduce Stress

Try to remove sources of stress for your child. Because our kids are so emotionally connected to their parents, simply changing your own body language to be more open and engaging can reduce stress.

Find your child's joy

Discover the healthy, calming activities your child enjoys and expand on those. People who do what they love are rarely stressed. Gardening and growing food, going on walks, swinging in the park, doing puzzles, creating art, and listening to music are all good examples of calming activities.

Reduce screen time

Screen time should be limited for numerous reasons. First, tablet time is excitatory to the brain. Secondly, screen time negatively affects the body's natural cortisol cycle by triggering your child's fight or flight mode. Lastly, screen time causes hyperarousal of the brain, which suppresses the brain's frontal lobe, the area responsible for impulse control and mood regulation. Consider replacing the screen with something else like an MP3 player or YOTO player.

Prioritize sleep

Sleep is crucial for both the nervous and immune systems to function well. Establishing a calming bedtime routine can improve sleep quality, which in turn supports your child's ability to manage stress and stay healthy. See the TACA article titled "Sleep Issues in ASD" to learn how to address poor sleep.

Consider nutrition

A healthy diet rich in fruits, vegetables, and foods that reduce inflammation (like omega-3 fatty acids) can support both the nervous system and the immune system. Some children with Autism may have allergies or food sensitivities, so it's worth exploring if certain foods trigger behavioral changes that may be associated with inflammation. Use this free downloadable Food Journal to track your child's food reactions.

Work with a healthcare provider

If your child frequently gets sick or experiences immune-related issues, talking to a healthcare provider familiar with autism can help. They may recommend supplements, medications, therapies, or interventions that could balance both the nervous and immune systems.

Discuss supplements that help regulate cortisol with your doctor

Phosphatidylserine, ashwagandha, omega-3 fatty acids, magnesium, L-Theanine, vitamin C, chamomile, and Rhodiola rosea are a few examples of supplements to consider.



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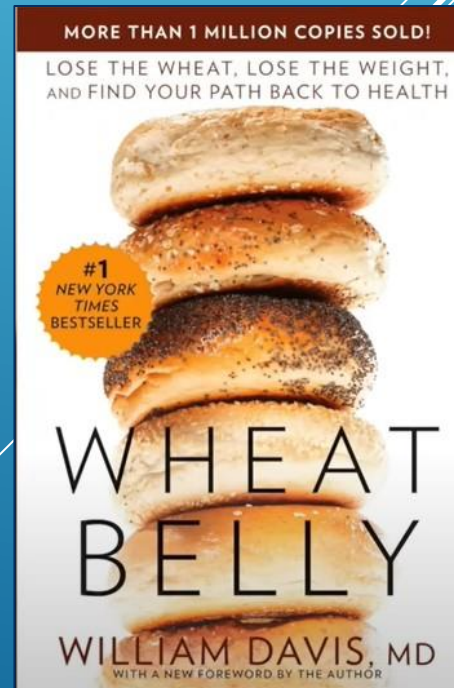
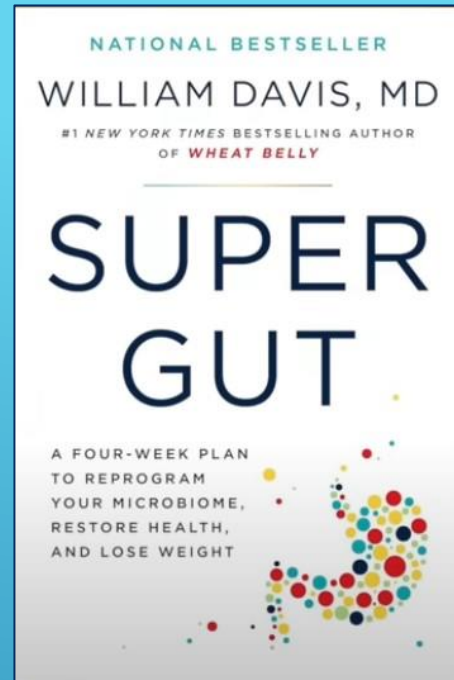
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Germs, Muscle, and Pac-Man

New Strategies for Turning the Clock Back 10 or 20 Years

William Davis, MD
Author, *Wheat Belly* and *Undoctored*



William Davis - Germs, Muscle, and Pac-Man: Exciting New Concepts in...

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"We're All About Bloodroot"

Triple Strength Bloodroot Capsules

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Cats' Claw **Bloodroot** Papaya Leaf Graviola

A Dietary Supplement

200
Capsules



Zenith Herbal
"We are all about Bloodroot"

Antioxidant and anti-inflammatory properties

How does bloodroot aid in promoting gut health?

Bloodroot's ability to aid in gut health is attributed to its antioxidant and anti-inflammatory properties. These properties can help to **reduce inflammation** in the gut, which is crucial for maintaining digestive health.

Additionally, bloodroot's **antioxidant content** can support the body's detoxification processes, which are essential for maintaining a healthy digestive system. However, it is important to note that bloodroot should be used with caution, as it can be toxic if consumed in high amounts. Always consult with a healthcare provider before using bloodroot or any herbal remedy for health purposes. [↩ Dr. Axe](#) [+5](#)



Best Ingredients

The Standard Mix

- **Bloodroot** contains **sanguinarine**, a potent alkaloid studied for its potential to support cellular health by promoting apoptosis and inhibiting abnormal cell growth.
- **Cat's Claw Bark** is rich in **alkaloids and antioxidants**, known for supporting **immune function**, reducing inflammation, and **promoting cellular health**.
- **Papaya Leaf** is packed with **enzymes like papain** and powerful antioxidants, known for supporting digestion, boosting immune function, and **promoting healthy cell regeneration**.

Exclusive for the Graviola-Mix

- **Graviola** is effective in **fighting infections** caused by bacteria and viruses, and has **anti-cancer** properties.

External Links

- National Center for Complementary and Integrative Health (NCCIH) on Herbal Supplements: Provides a reputable source on herbal supplements, adding credibility and context to bloodroot's use in alternative health.
 - URL: <https://www.nccih.nih.gov/health/herbsataglance>
- Facebook Bloodroot Discussion Group: Links to the community mentioned in the post, encouraging readers to join for peer support and tips.
 - URL: <https://www.zenithherbal.com/about-us/discussion-groups/>

They also have a Bloodroot-based "black salve" topical salve that can be used to heal growths and cancer on the skin.

Parents LOVE **Bio-Clear** because it...

Gently Flushes Away Toxins for Better Communication, Growth & Health

Try Now With a **90 Day Risk-Free Guarantee**

Bio-Clear boosts your child's health, mood, communication skills and immune function. Safe, affordable, and backed by scientific research.

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As Reported By Our Happy Customers and Raving Fans...



Supports Communication Skills



Promotes Better Sleep Quality



Helps Calm Hyperactivity



Enhances Social Interactions



Aids Attention Span



Eases Aggression

Today, we get messages every day from people of all ages saying this probiotic formula helped with their Constipation, Acne, ADD/ADHD, Eczema, Ulcerative Colitis, Irritable Bowel Syndrome, Arthritis, sleep issues, and so much more.

Boosts Mood

Supports Immune Response

(See next slide, too)

My son was diagnosed with autism shortly before his third birthday. I didn't know what to do or where to turn. And at the time, I had also been extremely sick. So I was researching EVERYTHING I could about nontraditional, natural methods to take care of us both.

That's when I started finding study after study after study on the importance of gut health. I discovered that by healing my gut, I could improve my recurring mono, adrenal fatigue, ulcers, etc...



Potent Detoxification:

Bio-Clear is designed to enhance the body's natural detoxification process. Why is this crucial for children with ASD? Studies suggest that individuals with ASD may have a reduced ability to detoxify and eliminate harmful substances from their bodies.

Bio-Clear's unique formulation promotes the production of sulforaphane. Sulforaphane supports the body's detoxification process and reduces the "toxic load" – the amount of toxic substances in the body.

Immune Support:

A healthy immune system is vital for everyone, but it's particularly essential for children with ASD.

Bio-Clear provides immune support. It boosts the body's natural defenses against infections and illnesses. This could mean fewer sick days and more time for your child to enjoy favorite activities.

Anti-Inflammatory Support:

Persistent inflammation can affect brain function and behavior, which can be especially concerning for children with ASD.

Bio-Clear helps manage the body's inflammatory response. This leads to fewer episodes of irritability or restlessness. It also helps with concentration and learning in school because a healthier brain can focus more efficiently on tasks at hand.

Chemoprotective Properties:

The chemoprotective effects of Bio-Clear can be beneficial for children with ASD. These effects support cellular health and resilience, which is vital for maintaining overall health and specifically brain health.

Your child might show improvements in cognitive abilities such as memory, attention, and problem-solving. Also, behavior could become more predictable and manageable. For instance, a child who used to struggle with temper tantrums might be able to express feelings more appropriately.

This leads to a more harmonious family life and fewer disruptions to routines, enhancing the quality of life for everyone in the family.

Promotes Healthy Aging:

While aging might not be an immediate concern for children, the promotion of healthy cellular aging is. Bio-Clear supports the body's natural defenses against oxidative stress, a process that can damage cells over time.

For a child with ASD who experiences higher levels of oxidative stress, Bio-Clear might help them maintain a steady pace of development, enabling them to keep up with their peers and participate more fully in childhood activities.

This can greatly enhance their social experiences and self-esteem.

Supports Autism Spectrum Disorders:

Bio-Clear has direct benefits for children with ASD.

The ingredients in Bio-Clear have shown to improve social interaction, verbal communication, and behavior – core areas of challenge for children with ASD.

This means that Bio-Clear could support your child in achieving more comfortable social engagements, clearer communication, and more manageable behavior, enhancing their quality of life and easing daily routines for both of you.

By assisting the body's natural processes and directly supporting core areas of ASD, Bio-Clear goes beyond the standard expectations of a detox supplement.

Why Bio-Clear Works Even When Other Detox Supplements Fail...

Your child might be struggling with sensitivity to certain foods or substances, displaying symptoms such as skin rashes, headaches, or even changes in mood and behavior. This might be because kids with ASD often face difficulties in detoxifying their bodies.

Sulforaphane, a compound in veggies like broccoli, has been found to be a potent detoxifier and antioxidant booster. Sulforaphane could be the secret to unlocking better health and well-being for your child.

However, getting enough sulforaphane from daily meals is not straightforward. Because cooking broccoli reduces sulforaphane's potency.

Enter Bio-Clear. This supplement is enriched with BroccoRaphanin®, a patented broccoli seed extract. It's like super broccoli in a pill. It gives your child a big dose of glucoraphanin that turns into sulforaphane. It's like adding a turbo boost to your child's detoxification engine.

Research backs this up - BroccoRaphanin® has been shown to possess over three times the potency of regular broccoli seed. This makes Bio-Clear an especially valuable ally for kids with ASD who could use some extra support in detoxifying their bodies.

To add another layer of potency, Bio-Clear incorporates a unique blend of myrosinase enzymes, derived from white mustard seed, Brussels sprouts, collard greens, and wasabi root. These enzymes help convert glucoraphanin to sulforaphane.

Imagine it like turning the key in the ignition of a car - the engine (glucoraphanin) needs the key (myrosinase enzymes) to start working (convert to sulforaphane).



As strange as this may sound, the variety of expressions and presentations of ASD symptoms that we see across the board is directly related to ... the variety of different types and quantities of bacteria in the bowels of each and every ASD person!

From a lecture entitled, *Dissecting the Brain-Gut Connection to Address Sensorimotor Concerns for Autistic Children*, by Varleisha Gibbs PhD, OTC, OTR/L, ASDCS

Note: Many who are "curing" Autism through heavy-metal detoxing and parasite cleanses are learning that – because parasites are highly resistant to being found and killed – you have to first do some things to make them vulnerable.

With its special blend, **Bio-Clear** packs 4 times the punch compared to similar supplements on the market – a crucial edge for kids with ASD in need of robust detoxification and antioxidant protection. (bilberry)

Beyond the potent detoxification support, Bio-Clear also includes **bilberry** fruit extract, known for being a super antioxidant. This could be particularly helpful for children with ASD who often face stress, immune problems, and gastrointestinal issues. Imagine your child having fewer stomach aches or being less susceptible to common colds and infections.

Bilberries are like nature's health warriors, carrying 4 times the antioxidants found in blueberries, further enhancing Bio-Clear's overall antioxidant strength.

In a nutshell, Bio-Clear's one-of-a-kind formula combines sulforaphane from an optimized source, amplified by a potent myrosinase blend and bilberry extract.

This triple-action formula offers detoxification, antioxidant support, and overall health promotion for kids with ASD, setting Bio-Clear apart from your average detox supplements.

This could translate to your child feeling more energetic, focusing better at school, and overall being able to enjoy a happier, healthier childhood.

Transform your gut microbiome

Try the evolution of probiotics for whole-body health. Founded by PhD doctors and scientists, Pendulum is science-backed with proven clinical results.

<https://pendulumlife.com/products/>



Akkermansia Metabolic Daily Glucose Control

Boost metabolism & GLP-1*	✓	✓	✓
Improve digestion	✓	✓	✓
Sustain daily energy	—	✓	✓
Supports immune health	—	✓	✓
Lower A1C & blood glucose spikes**	—	—	✓

*Based on preclinical studies. Products not intended for weight loss.

**For the nutritional management of type 2 diabetes.



Akkermansia

★★★★★ [523 Reviews](#)

Replenish your gut barrier with live *Akkermansia*, a probiotic strain essential for gut health.

Subscribe & save **One-time purchase**

- 1-month supply** Save 37% ~~\$67~~ \$42
 Billed monthly.
- 3-month supply** Save 41% ~~\$204~~ \$119
 \$119 billed every 90 days.

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Add to cart - \$119

Pay with HSA/FSA Save an average of 30% [Learn More](#)

Details

A healthy gut requires a strong, healthy gut barrier. Foundational strain, *Akkermansia muciniphila* plays a critical role in reversing the negative impact that factors like diet, lifestyle, and stress can have on your gut lining. We pioneered its use in probiotic supplements, and a single dose of our Akkermansia formula contains 100 million AFU of this potent live strain.

- Fortifies the gut lining*
- Reduces gut permeability*
- Supports overall gut health

*Based on preclinical studies.

<https://benedlife.com>

“While I see a lot of claims about probiotics, I was greatly pleased to see a **significant body of scientific literature** supporting the hypothesis that *L. plantarum* PS128 impacts neurochemistry in the brain, specifically **serotonin and dopamine levels**, in a preclinical model.”



JACK GILBERT

Director of the Microbiome and Metagenomics Center, UCSD
Bened Life Consultant

Probiotics for *Your Brain*

Your Brain Listens to Your Gut—*Start the Conversation*

Shop Now



Neuralli[®] MP

NEUROLOGICAL CONDITIONS

Dietary management
Mind, mood, and movement
60B CFU of PS128[™]

PROBIOTIC MEDICAL FOOD



Neuralli[®] Mood

TAKE CONTROL OF STRESS*

Reduces psychological stress*
Supports healthy sleep*[§]
[§]Single-arm study of PS128[™]

PROBIOTIC + POSTBIOTIC DUO



Triple Therapy Formula

Probiotic	Dose	Minimum Duration
Lacto/Bifido Blend	1-50 billion CFU <i>Higher is OK</i>	2-3 months
Saccharomyces boulardii cerevisiae	10-15 billion CFU 4-8 billion CFU	2-3 months
Soil-based probiotics	2-6 billion CFU	2-3 months



4 Powerful Vagus Nerve Tools to Rewire Your Nervous System

Dr. Michael Ruscio, DC, DNM
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Speaking of Nutrition:



for kids!



Organic plant-based powders

PERFECT FOR ON THE GO!

THIRD-PARTY TESTED

<https://shopbeam.com/products/>

Organic Inulin (from Chicory) (Cichorium intybus) (root)	750 mg	†	†
Organic Vegetable Blend	750 mg	†	†
Organic Greens Blend (Organic Alfalfa Leaf Juice Powder (Medicago sativa), Organic Barley Grass Whole Leaf Powder (Hordeum vulgare), Organic Oat Grass Whole Leaf Powder (Avena sativa), Organic Wheat Grass Whole Leaf Powder (Triticum aestivum), Organic Chlorella Powder (Chlorella vulgaris), Organic Spirulina Powder (Arthrospira platensis), Organic Sea Kelp (Ascophyllum nodosum), Organic Broccoli Powder (Brassica oleracea italica), Organic Cabbage Powder (Brassica oleracea var.), Organic Kale Leaf Powder (Brassica oleracea var.), Organic Parsley Leaf Powder (Petroselinum crispum), Organic Dandelion Leaf Powder (Taraxacum officinale), Organic Broccoli Sprout Powder (Brassica oleracea var. italica), Organic Dulse Whole Powder (Palmaria palmata)), Organic Broccoli (Brassica oleracea italica) (bud and stem), Organic Spirulina (Arthrospira platensis) (whole plant)			
Organic Fruit Blend	200 mg	†	†
Organic Apple Fiber Powder (Malus domestica) (whole fruit), Organic Blueberry Powder (Vaccinium corymbosum) (fruit), Organic Pomegranate Powder (Punica granatum) (juice), Organic Beet Root Powder (Beta vulgaris) (root)			
Probiotic Blend (750 Million CFU)	3.3 mg	†	†
Lactobacillus Acidophilus, Lactobacillus Rhamnosus, Bifidobacterium Lactis			
Vitamin K2 (as Menatetrenone) (MK-4)	5 mcg	†	†

*Percent Daily Values are based on a 1,000 calorie diet.
 **Percent Daily Values are based on a 2,000 calorie diet.
 †Daily Value not established.

<https://tryrosabella.com>

★★★★★ 4.8 stars from 3000+ reviews | 500,000+ Happy Customers

**YOU'RE NOT TIRED, INFLAMED,
OR FOGGY — YOU'RE
UNDERNOURISHED. ROSABELLA
RESTORES WHAT YOUR BODY'S
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With **92+ nutrients**, **46 antioxidants**, and **27 essential vitamins**, Rosabella Moringa is nature's most powerful multivitamin — and your **shortcut to better energy, digestion, and joint relief in 30 days**.

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Saphire Saffron Capsules

Clinically-proven mood support—powered by nature, designed for women who do it all.

Get Yours Today →



3. Saffron Puts Out The Fire - Medication Just Hides It



While supplements "boost dopamine," saffron eliminates the inflammation itself.

Its compounds are anti-inflammatory agents that reduce brain damage, protect

<https://trysaphire.com>

This product reportedly helps to reduce actual inflammation of/in the brain itself, with reduced inflammation serving to also reduce both AD/HD and Autism symptoms.



Adjustable Frequency Generator for Healing | Schumann Resonance Pulse Generator 7.83Hz Nature Sine Wave Resonator Sound Frequency Devices for Sleep Therapy(0.01Hz-200000Hz)

Brand: OTXUGK

4.7 ★★★★★ (29) | Search this page

Amazon's Choice

500+ bought in past month

-5% \$40⁷⁹

Typical price: \$42.99 | Price history

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Manufacturer	OTXUGK
Mounting Type	Freestanding
Brand	OTXUGK
Number of Channels	1

\$40⁷⁹

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FREE delivery Tomorrow, April

Beware! Many of these can be found on Amazon and come from China.

Solfeggio Frequencies



174Hz Eases pain & stress

285Hz Enhances healing & regeneration

396Hz Releases fear & guilt

417Hz Facilitates change & letting go

528Hz Encourages healing & transformation

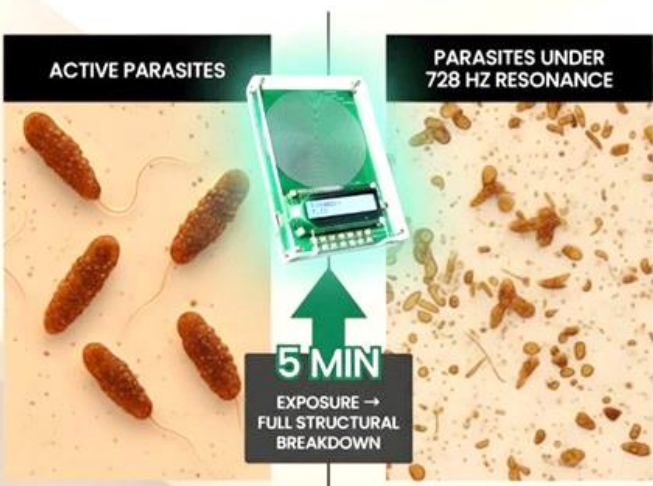
639Hz Supports connection & harmony

741Hz Inspires solutions & expression

852Hz Fosters intuition & awareness

See How 728hz Affects Parasites. It Instantly Paralyzes Them.

Then after 5 minutes, they are destroyed.

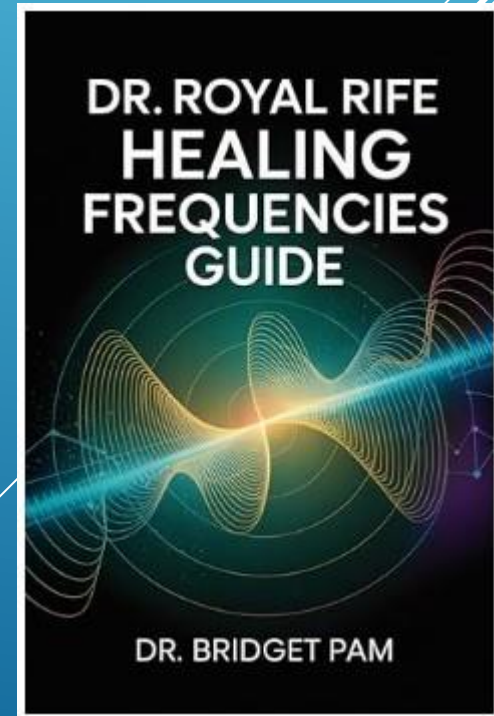


Pills kill what's already hatched. They don't touch what's waiting. Real frequency therapy reaches what pills physically cannot. That's the part no one tells you.

Besides the Schumann Resonance machine, there are also similar frequency generators on the market called "Rife Machines," named after Dr. Royal Rife from the 1930s. Two brands are BCX and Spooky2.

When parasites die-off, you'll need to be prepared to use a “binder,” which helps remove all toxins from your system instead of leaving all of that work up to your liver alone:

- Zeolite
- Activated charcoal
- Ionizing foot bath



When it Comes to Food Preferences, Remember:

It only **causes harm** any time an adult argues with a child about their food preferences. The fact is, it is often us adults' fault when children become super-finicky and only want sweets. How? – because we introduced them to sugary foods (including baby food, which is often very high in sugar) and unhealthy carbohydrates/processed foods at very early ages. Even giving young toddlers Cheerios because they're so easy to eat is probably **training them to crave sugary carbs**. **Again, the time/energy spent fighting with kids about them refusing to eat a particular food is like putting water into a bucket with a hole in the bottom**. It's also equally important to **never shame or degrade a child for refusing to eat a particular food item**. Again, it doesn't do any good, and it will only damage their self-image, damage your relationship, and shift your relationship with them into a Win-Lose dynamic ... a dynamic that causes them to see you as the enemy. When I was a kid, I got candy only at my birthday, at Halloween, at Easter, and around Christmas time, but now? – kids' diets are inundated with candy and sweets, including soda pop, on a constant basis. No wonder they don't want healthier foods! One thing you can do is to **add a vitamin and nutrient powder** to their orange juice or other favorite drink. And remember, something like kale or spinach as well as healthy herbs like cinnamon and turmeric can be added in small quantities to **fruit smoothies** and they'll never even taste them. Even organic honey has nutritional value and health benefits. Just be sure to **write down ingredient quantities** so that you can "get it right" the next time you make their favorite smoothie. **Show them** that you've written it all down so that they know you're being consistent.



Decreasing Sugar Intake:

It's the bad bacteria in the gut that craves the sugars! So, when you're sitting on the couch at 8:45 PM and have a sudden craving for sugar-dense ice cream, just know that it's literally the **bad bacteria** in your gut that are creating that craving and holding you hostage to it as you sit there thinking that **you** are the one wanting the ice cream! Research has found that, due to general purpose antibiotics, almost everyone's guts no longer contain the good bacteria that had been around since the beginning of the human race, namely: **Lactobacillus Reuteri**. The **probiotic yogurt** we looked at will restore this good bacteria, and with it, a whole host of **beneficial** side-effects for health!

Fortunately, simply focusing on eating whole, unprocessed foods automatically decreases the amount of sugar in your diet.

<https://www.healthline.com/nutrition/too-much-sugar#how-to-reduce>

Here are some tips on how to reduce your intake of added sugars:

- Swap sodas, energy drinks, juices, and sweetened teas for water or unsweetened seltzer.
- Drink your coffee black or use a natural alternative for a healthier option.
- Sweeten plain yogurt with fresh or frozen berries instead of buying flavored, sugar-loaded yogurt.
- Consume whole fruits instead of sugar-sweetened fruit smoothies.
- Replace candy with a homemade trail mix of fruit, nuts, and a few dark chocolate chips.
- Use olive oil and vinegar in place of sweet salad dressings like honey mustard.
- Choose marinades, nut butter, ketchup, and marinara sauce with zero added sugars.
- Look for cereals, granola, and granola bars with under 4 grams of sugar per serving.
- Swap your morning cereal for a bowl of rolled oats topped with nut butter and fresh berries, or an omelet made with fresh greens.
- Instead of jelly, slice fresh bananas onto your peanut butter sandwich.
- Use natural nut butter in place of sweet spreads like Nutella.
- Avoid alcoholic beverages that are sweetened with soda, juice, honey, sugar, or agave.
- Shop the perimeter of the grocery store, focusing on fresh, whole ingredients.



If you're new to preserving and fermenting at home, your mind will be blown at how easy it is! Today, I, and a bevy of curious food bloggers, had the opportunity to make our own *kimchi* (or *kimchee*) and *curtido* (or *cortido*), kimchi's El Salvadoran counterpart, from master preserver Ernest Miller at Melissa's Produce. The main ingredients in *curtido* are also cabbage and carrots, but with red onion instead of green, oregano and cumin vs. red chiles and ginger and the vegetables are julienned vs. coarsely chopped - although, as always, it's your kitchen, so tailor the vegetables and spices to your taste.

[JUMP TO RECIPE](#)

Kimchi is literally the national dish of Korea - there is even a museum in Seoul where 187 distinct varieties of *kimchi* are recognized. *Kimchi* refers to the wide range of pickled Korean foods which is consumed at nearly every meal - the average Korean eats about $\frac{1}{4}$ pound of *kimchi* a day, and most of it is still made at home the old-fashioned way.

How are fermented foods good for your gut biome?

Fermented foods are beneficial for your gut biome because they introduce live beneficial bacteria, known as probiotics, which can temporarily enrich the gut microbiome. These probiotics contribute to a balanced microbial community within the intestines, which is associated with improved digestive function and overall health. Fermentation also breaks down complex compounds in food, making nutrients more bioavailable for absorption by the body. Additionally, fermentation can synthesize new nutrients, such as certain B vitamins, and produce beneficial byproducts known as postbiotics, which include short-chain fatty acids (SCFAs) that support gut barrier function and modulate immune responses. Consuming a variety of fermented foods can introduce a wider range of microbial strains and their metabolites, contributing to a more diverse and resilient gut microbiome.

[Verywell Health](#)

<https://shescookin.com/homemade-kimchi-learning-about-fermented-foods/>



shescookin



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For many sensory-challenged kids, texture is at least as important as taste. When trying to introduce new foods, if they don't hate the taste, be sure to try to figure out if the food's texture can be improved if texture is still a barrier. For example, my non-ASD grandson doesn't like squishy foods, so, he didn't like undercooked tater tots until I put them in an air fryer and made them super-crispy on the outside.

See the handout for this class that looks like this:

Food: Sensory Issues Identification – BE SPECIFIC! – DON'T JUDGE! – ASK PERMISSION! (to try new things) – BE PATIENT!

Specific Sensory Documentation	Taste	Smell	In-Mouth Feel	Temperature	Sound	Other
Mashed Potatoes	Good (but not red potatoes)	Good	Hates it when there are little chunks of potato remaining	<u>Actually</u> likes them cold, b/c coldness feels soothing	No annoying sounds associated with this food	They <u>have</u> to have the right amount of salt; no melted butter
Broccoli	Awful	Awful	Hates it how the little florets tickle his palette	Doesn't matter, he won't eat it at any temp.	"When I eat broccoli, I can hear it wanting to kill me!"	Trauma memories of being forced to eat broccoli
Chicken Nuggets (real meat)	Ok - good	Good	Real chicken feels rubbery	Prefers nuggets at room temp.	"I can hear my teeth bouncing off the rubbery chicken!"	Will only eat Wendy's nuggets at the right temp.
Peanut Butter	Good, but only if super sweet	Good	Can't be the chunky kind	Prefers room temp., never warm or hot	N/A	Will eat it on celery sticks – likes the crunch
Cucumber Slices	Ok, but if bitter, will lead to a meltdown	Ok	Likes the crunch, but not the mushy center w/seeds	Likes them cold	N/A	Won't eat them without being able to dip in salt

From Karen Thomas with "Naturally Recovering Autism":

"It all starts with diet, but diet alone is not everything. [Dietary interventions] set the foundation that stabilizes the system for detoxification [interventions]. The gut controls the brain and the immune system." See the next several slides for information that Karen provided via a free webinar in May of 2026. Her website is <https://naturallyrecoverin autism.com>.

THE GUT CONTROLS THE BRAIN AND THE IMMUNE SYSTEM

FOODS YOU CAN HAVE:

- organic poultry
- grass-fed and grass-finished beef or lamb
- line-caught wild fish
- nuts (except peanuts)
- organic non-starchy vegetables such as broccoli and leafy greens
- good oils like coconut oil, and organic extra virgin olive oil

FOODS TO AVOID:

- gluten (wheat and wheat derivatives)
- casein (dairy)
- corn
- sugar
- soy
- processed carbohydrates
- monosodium glutamate
- food coloring
- bad oils such as vegetable, safflower, and canola.

STAGE 1

Healing the Gut & Setting the Foundation

<https://naturallyrecoveringautism.com>

The die-off reaction, also known as the Herxheimer reaction, is the symptoms that arise when the bad bacteria die off and release toxins as they do so. Binders are necessary to assist detoxification.

You can **purchase activated charcoal from a health food store as a toxin binder in case die-off symptoms arise** or your child is already exhibiting them. Note: If your child is allergic to coconuts, get one that is not a derivative of coconut, [like this one](#). Take away from food, and only take about 4 days in a row, then take a break for a few days or more.

BELOW ARE SOME TIPS TO HELP YOU TRANSITION YOUR PICKY EATER INTO A HEALTHIER DIET AND GET MORE NUTRITION INTO THEM

CALM SENSORY OVERLOAD:

Sensory issues affect the mouth and how food feels. CBD Oil before mealtime assists with calming and digestion. Also good to use anytime, day or night, to help with calming. Reduce histamine foods, as they trigger anxiety and make your child feel uncomfortable when they eat them so they don't want food. They also diminish appetite.

THE REWARD SYSTEM:

A bite of something you want your child to eat for a bite of something they want to eat.

TRANSITIONING PICKY EATERS

Getting More Nutrition Into Your Child's Diet

<https://naturallyrecoveringautism.com>

ORGANIC BONE BROTH:

Even just a tablespoon or two can help to coat and begin mending the gut lining prior to eating and it has a protein and collagen content too. Test for sensitivity by starting with a very small amount. Some people have histamine sensitivities to this. You can make your own (do not simmer for more than 4 hours or it builds histamines). You can also purchase organic grass fed bone broth powder online or in a health food store.

TRANSITIONING PICKY EATERS

Getting More Nutrition Into Your Child's Diet

SUGGESTIONS IF YOU NEED HELP WITH INSTANT
NUTRITION DUE TO LOW FOOD OR LOW NUTRITIONAL INTAKE

COLLAGEN POWDERS & BARS:

Deliciously flavored collagen powders and bars are **available at Perfect Keto**. Use code **KAREN20** for **20% off** all Perfect Keto individual products (one-time use code.)

PUREES:

Pureed on-the-go nutritious foods from **Serenity**.

<https://naturallyrecoveringautism.com>

ORGANIC SUPER GREENS:

Organic super green juice powder 44 organic superfoods has great taste and creates an easy way to get nutrition in without added sugars or anything artificial. You can add it to smoothies or mix into any food or beverage. Start with just 1/8 of a scoop to begin as fiber is harder to digest when the gut is weak. **Use code 'healthy5' for a discount on your first order with their company (the same company we get our Pure Body Extra zeolites for heavy metal removal).**

ORGANIC GREEN LEAF STEVIA AND MONKFRUIT ARE ACCEPTABLE:

Organic green leaf stevia: an allowed natural sweetener.

TRANSITIONING PICKY EATERS

Getting More Nutrition Into Your Child's Diet

<https://naturallyrecoveringautism.com>

SMOOTHIE AND FOOD PROCESSOR IDEAS HOW TO HIDE HEALTHY FOODS TO GET NUTRITION IN

Adding just a tablespoon or two of **collagen protein**, **bone broth**, or some **supergreens** or **hemp powder** can help get some nutrition in too. **Almond butter** is also a nice addition for protein and good fats. Once the inflammation reduces and the gut begins to heal the picky eating gets much better. It does take some time to transition so just try and be patient. **This is a process, and we cannot hurry it up.** Slow is good. Remember, there can be die off symptoms from diet changes, so **activated charcoal** can help if you notice behaviors arise. Include very small amounts (just a tablespoon or two will do) of anything with nutrition such as the powdered suggestions here. Only give small amounts of high fiber vegetables right now, as their gut is weak and digesting fiber can cause discomfort.

If you add a protein food source to any of the good fats, (coconut oil, extra virgin olive oil, almond butter,) together they absorb more slowly in the digestive tract (better for nutritional absorption) and they keep us full longer.

Anything can be added to a smoothie or a food processor to "hide" ingredients in. If your child will eat something that has a little fruit in it then give some in the beginning with other healthier foods. We just need to get some nutrition in, and fruit can be a way to help do that in a smoothie. Just keep it to a minimum as best you can.

STAGE 2

Heavy Metal Detoxification

MERCURY, ALUMINUM, LEAD, AND CADMIUM
CAUSE EXTREME DANGER TO THE BRAIN.

<https://naturallyrecoveringautism.com>

The symptoms can range from poor memory and trouble focusing, problems with social engagement, speech, aggressive behavior, GI problems, and much more. - depression
OCD behaviors

Heavy metals are found in the air we breathe, the food we eat, the water we drink, household cleaning products, vaccinations, and more.

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 good minerals like calcium and magnesium from the body as it is excreting toxins.
- DMSA allows for the reabsorption of heavy metals back into the system.

Utilize, intracellular, Natural heavy metal detoxification:

- Use Pure Body Extra Strength Zeolites from Touchstone for safe, effective, and gentle detoxification of heavy metals. (Use code **healthy5** for a **5% discount** on your first order.)

the spray
faster
like
H₂O!

Begin Healing Now

Reverse Chronic Disease in Three Steps

The Simplest Path to Healing
You've Ever Seen



Fill this out, then watch this intro video:



Enter your email. Get instant access.

First name...



Email...



Retype the code...

Get Access

UNBURDEN

- Food and Beverage
- Thoughts/People
- Fillings/Implants
- Medications/Vaxx
- Addictions
- Location/Vocation
- Beauty Routine
- Hygiene Products
- Kitchen/Plastics
- Household Cleansers
- Unnatural Clothing
- EMF, Blue Light and Home/Work Lighting

PURIFY

- Chlorine Dioxide
- DMSO
- Structured Nano-Silver
- Parasite Cleansing
- Fasting
- Herbs for Bacteria, Mold, Candida
- Binders & Chelators
- Enemas/Colonics
- Liver Flush
- Castor oil
- Balneotherapy (Baths)
- Algae/grasses/juicing

NOURISH

- Wet Water
- Nutrient-Dense Food
- Cultured/Fermented
- Sunshine/Nature
- Sleep
- Hope
- Purpose
- Community
- Foundational Supps*
 - Bee Pollen
 - Organs, Cod liver oil
 - Sea Salt
 - Bone Broth
 - Powdered Plants

OPTIMIZE

- LifeWave--phototherapy
- Personal Trainers
- Red Light Therapy
- Bio-electrical
 - PEMF, Rife
 - FSM and Avazzia
 - Grounding shoes, sheets
- Magnets/Harmonizers
- Body workers*
- Healing gases
- Sound Healing
- Hydro therapy
- Saunas

Regarding living in our toxin-filled world: "You can't dry off while you're still in the shower!"

Meet Carrie

WHAT WE DID

1. Changed how she ate.
2. Put her through a personalized cleanse.
3. Taught her how to fast.

IN THREE MONTHS...

Lost 36 lbs. Surgery canceled. Eczema gone. Energy soaring.



Carrie did this during the holidays!

Ever Feel Like You Can't Get Ahead?

Many people make the mistake of, when trying to "get healthy," **jumping** straight from the "managing **Symptoms**" lane to the **Nourish** lane by simply improving their diet. The problem is, accumulated toxins still get in their way, resulting in poor or no results.



The 2 neglected steps

Most American's Are Here
... playing the "Symptom Whack-a-Mole" game, led by their M.D.

Here's the big secret:
DON'T SKIP LANES.

This is the direction that most Americans are going in due to ongoing **toxin and parasite overload**, leading to declining health, more medications, more specialist visits, cognitive decline, & loss of mobility.

Healing Simplified: Unburden, Purify, and Nourish

THE FIRST STEP
Ruthlessly eliminate the *influx* of toxins.

THE SECOND STEP
Purify your body of the toxins you've accumulated.

THE THIRD STEP
Nourish the body deeply and holistically.

These 3 steps are valid for both adults and children.

Book a FREE Coaching Call

THIOLS

“MERCURY CAPTURERS”

- Thiol – A class of **SULFUR-BASED** proteins that bind with heavy metals and help eliminate them from the system. (We'll look in a later section of this curriculum at the connection between heavy metals & ASD, but for now, just know that you want Thiols in your child's blood).
- Thiols include - **Glutathione**, cysteine, metallothioneine. Glutathione is also a powerful antioxidant.
 - Glutathione is like the brain's “**battery**,” & in ASD kids, this “battery” is up to **80% depleted**.
- Synonym for thiol - “mercaptan” from the Latin mercurium captans : “**capturing mercury**.”
- Chelation – Also sulfur-based; DMPS = *Di-Mercapto-Succinic Acid* (see next slide)

(Thimerosal is a preservative used in vaccines)

Thimerosal Neurotoxicity is Associated with Glutathione Depletion: Protection with Glutathione Precursors

NeuroToxicology 26 (2005) 1-8

S.J. James^{1,*}, William Slikker III², Stepan Melnyk¹, Elizabeth New²,
Marta Pogribna², Stefanie Jernigan¹

- ASD kids have low or depleted levels of “thiols,” including glutathione – a powerful antioxidant.
- Low thiols levels are thought to be based on genes - and possible mercury exposure (See: R. Deth).
- Methionine “metabolites” (methionine, cysteine, glutathione) in 20 children with autism compared vs. controls revealed severely abnormal profiles.
- Targeted nutritional intervention with Folinic acid, and Betaine resulted in significant improvement in methylation capacity in children with autism.
- Addition of methyl B-12 to “cocktail” brought all autistic children within normal levels of methionine, cysteine and glutathione.



The Human Condition
21.3K subscribers

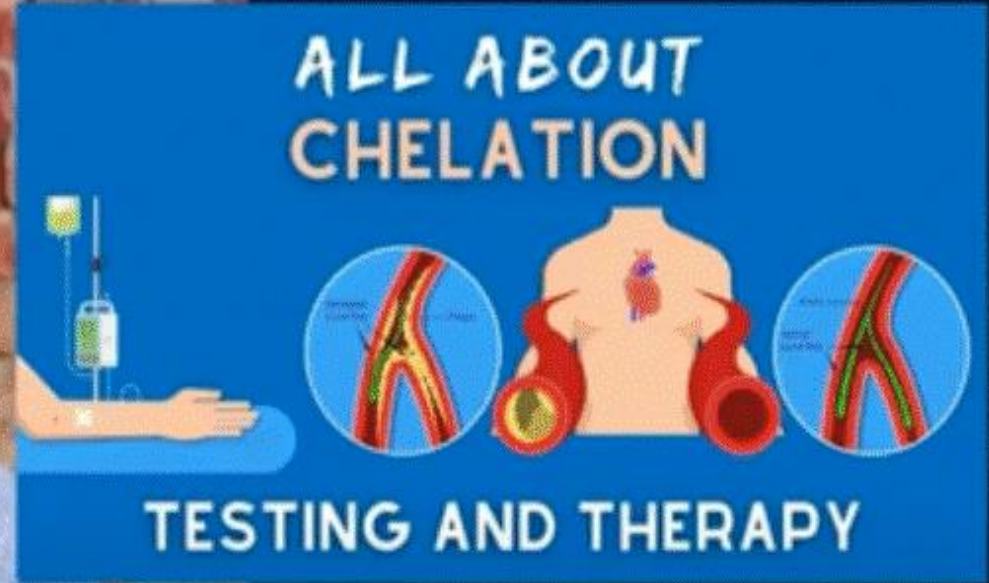
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Benefits

Watch later

Share

Info



Chelation therapy involves the administration of chelating agents, which are substances that bind to heavy metals in the bloodstream. This process helps to detoxify the body by facilitating the excretion of these metals through urine. Common heavy metals targeted by chelation therapy include **lead, mercury, arsenic, and cadmium.** [↪ Healthline](#) +1

MORE VIDEOS



0:28 / 25:50 • Introduction



YouTube



Chelation Therapy: How it works. Risks and Benefits

YouTube | The Human Condition | 7.3K views | ⌚ Mar 24, 2024



COCONUT OIL



The World's
Most Powerful
Superfood

Dr. Bruce Fife

Thinking about **Glutathione** from 2 slides ago:

“In the 1970s it was discovered that **MCTs** (Medium Chain Triglycerides – i.e., the type of fat that comprises most of the fats found in coconut oil) from coconut oil were **naturally ketogenic**, that is, they could be converted into ketones regardless of how much carbohydrates one eats. Researchers used coconut oil to produce a product known as **MCT Oil**, which consists of 100% MCTs ... If you consume enough MCTs in an ordinary [non-Ketogenic] diet, you could raise blood ketones to mild therapeutic levels with results approaching that of the Ketogenic Diet. **Ketones** are considered a super-fuel for the body [as they] increase blood flow to the brain by 39%, increasing circulation and oxygen delivery [to the brain]. Ketones are easily absorbed into cells without the need of Insulin ... [and] they enhance immune function and stimulate the production of white blood cells. They have a strong **anti-inflammatory** action and signal genes to **increase production of protective antioxidants**, such as **Glutathione**. Ketones, being made of fat, provide for ... the growth of new brain cells. They protect the brain from the sticky amyloid plaque deposits that develop in Alzheimer's patients. They interfere with cancer cells' ability to absorb glucose ... and improve insulin sensitivity and help moderate blood sugar. The list goes on and on!”

This author also wrote, **Stop Autism Now!** (see Resources section).

"It's even more important for kids exposed to toxic metals to **get ALL grains** – plus anything that has synthetic folic acid added to it - **out of the diet**. Getting this right represents a full **50%** of your child's overall success."

(**Note:** Leucovorin ADDS folic acid to the system).

Dr. Sonya Doherty with Treat Autism

This is, perhaps, one of the top five most important videos you can watch about the specifics of brain chemistry that have to do with Autism:

<https://www.bing.com/videos/rierview/relatedvideo?q=treat+autism+doherty&mid=95765A0D7E3CF0664F0D95765A0D7E3CF0664F0D&FORM=VIRE>

Two related products (see slides within this curriculum for more information about these products):

- **Neupril**
- **Leucovorin**
- **+ Methyl-B12**

<https://treatautism.ca/treat-autism-doctors/dr-carissa-doherty-n-d-biomedical-toxicology-lyme-environmental-medicine/>

Methylation is a biochemical process where a methyl group ($-CH_3$), consisting of one carbon atom and three hydrogen atoms, is added to another molecule. This process plays a crucial role in regulating various vital functions in the body, including detoxification, neurotransmitter balance, hormone processing, DNA repair, and immune function. Methylation can also modify DNA and influence gene expression, which is essential for cellular function and development. wellgen.uk +2

Glutathione is your master antioxidant. It is also responsible for detoxing toxins.

Low Glutathione =
Low Detox & Limited Development

Cerebral Folate Deficiency (CFD)

D,I -leucovorin (folinic acid)

CFD in Autistic Patients

Cerebral Folate Deficiency (CFD) in autistic patients is primarily treated with **d,I -leucovorin (folinic acid)**. This treatment aims to restore the levels of 5-methyltetrahydrofolate (5-MTHF) in the cerebrospinal fluid (CSF), which is crucial for the proper functioning of the central nervous system.

The treatment process involves measuring 5-MTHF levels in the CSF, which can be done through a lumbar puncture. If the levels are below the normal range, it indicates CFD. The recommended dose of leucovorin typically ranges from 0.5 mg/kg to 2.0 mg/kg per day.

It is important to note that while leucovorin is the standard treatment for CFD, dietary changes and supplementation with high-dose methylfolate may also be considered. However, folic acid is not recommended as it can block folate receptors in some children, potentially worsening the condition.

The treatment for CFD in autistic patients has shown positive effects on various symptoms, including communication, attention, and motor function. Clinical trials have demonstrated that high-dose folinic acid supplementation can improve these outcomes in children with ASD who test positive for folate receptor autoantibodies (FRAAs). ↻ MEDMAPS +2

What does this have to do with MTHFR?

Not much. There is **no direct link** between CFD in autism and MTHFR.

MTHFR is a single nucleotide polymorphism (SNP) that is found in 40-60% of the population. It can make it harder for the body to use folate. However, the treatment for MTHFR is typically a low dose of **5MTHF** (methylfolate), **methyl B12**, and **B6**. (These are typically the first things prescribed by a functional medicine doctor for autism.)

By contrast, Cerebral Folate Deficiency (CFD) can result in a severe folate deficiency in the brain, and it is caused by autoimmunity, mitochondrial dysfunction, or specific genetic abnormalities. It requires a much higher dose of folinic acid to flood the brain with folate.

Leucovorin for Autism



<https://tacanow.org/family-resources/leucovorin-for-autism/>

How do I know if my child needs Leucovorin?

The only way to know for certain is to do a lumbar puncture (spinal tap) because that can tell you the level of folate (5MTHF) in the brain. Because this is an invasive test, many doctors will prescribe an empirical trial of leucovorin to see if your child is a responder.

Other than that, the only other possible testing is a blood test called a FRAT (Folate Receptor Autoantibody Test). This looks for blocking or binding autoantibodies in the blood. If the test reveals autoantibodies, this may indicate that the brain is not getting the folate it needs.

The FRAT is a test kit that you have to order and have mailed to you. Once you get it, you fill out the requisition form and bring it to your doctor to sign off on. Then get the blood drawn and sent to the lab. The results are sent to your doctor. To learn how to read these test results, please read the book called "The Folate Fix by Dr Frye."

What is Leucovorin?

Leucovorin is best known for treating cancer patients to protect them against chemotherapy and methotrexate toxicity. However, in autism, **Leucovorin is used to treat low folate levels in the brain.** This is called **Cerebral Folate Deficiency (CFD)**, and it happens when there is **low folate (vitamin B9) in the brain but normal folate levels in the blood.**

You may have seen media coverage on this topic on CBS Evening News, Fox News, and in The New York Post. Interestingly, **TACA (The Autism Community in Action)** has been talking about Leucovorin treating autism for over ten years!

Leucovorin is a **prescription high-dose calcium folinic acid**. It is **vitamin B9** but this is NOT the same as folic acid. *Please note that folic acid is **detrimental** to those with Cerebral Folate Deficiency because it blocks folate receptors.* Leucovorin comes in 5mg, 10mg, 15mg, and 25mg tablets, which are much higher dose than over-the-counter supplements. Over-the-counter folinic acid is usually dosed in much smaller micrograms (mcg), and Leucovorin is dosed in higher dose milligrams (mg). The tablets can be crushed and added to food for consumption. A bit of applesauce works well. It can also be compounded into a liquid form, but this will not be covered by insurance. Note: **Neupril** is another brand producing a similar product.

Additionally, since Leucovorin is only available via prescription, its quality is regulated by the FDA. In some circumstances, if folate is extremely low in the brain, Leucovorin injections may be prescribed.

Leucovorin is a form of folic acid used primarily to reduce the side effects of certain medications, particularly methotrexate, and to treat specific types of anemia.

What is Leucovorin?

Leucovorin, also known as folinic acid, is a reduced form of folic acid (vitamin B9) that helps the body produce and maintain new cells. It is particularly important in situations where folic acid levels are low or when the body is exposed to folic acid antagonists, such as methotrexate, which can inhibit the effects of folic acid. [↪ Drugs.com](#) +1

President Trump, Secretary Kennedy Announce Bold Actions to Tackle Autism Epidemic

<https://www.hhs.gov/press-room/hhs-trump-kennedy-autism-initiatives-leucovorin-tylenol-research-2025.html>

First, the U.S. Food and Drug Administration (FDA) will act on a potential treatment for speech-related deficits associated with ASD. The FDA today is publishing a Federal Register notice outlining a label update for leucovorin for cerebral folate deficiency, which has been associated with autism. This action establishes the first FDA-recognized therapeutic for children with cerebral folate deficiency and autistic symptoms.

The change will authorize treatment for children with ASD, with continued use if children show language, social, or adaptive gains. Following the label update for ASD, state Medicaid programs will be able to cover leucovorin for the indication of ASD, in partnership with the Centers for Medicare & Medicaid Services (CMS). Finally, the National Institutes of Health (NIH) will launch confirmatory trials and new research into the impact of leucovorin including safety studies.

While promising, it is important to note that leucovorin is not a cure for ASD and may only lead to improvements in speech-related deficits for a subset of children with ASD. Furthermore, this treatment must be administered under close medical supervision and in conjunction with other non-pharmacological approaches for children with ASD (e.g., behavioral therapy).

In addition, having healthy bacteria in your mouth is just as important as having healthy bacteria in your gut. It's a known medical fact that bad bacteria and fungus in the mouth have – through cuts, bleeding gums, and cavities – made their way to the heart, organs, and brain ... where they cause all kinds of problems. Modern practices have destroyed the natural “Bioshield” of good bacteria and minerals that have protected the teeth for millennia, specifically (1) Fluoride additives, (2) excessive cleaning, and (3) antibiotics (pills, contained in food, and hand sanitizers). The **4 good bacteria are: (1) Lactobacillus Salivarius, (2) L. Paracasei, (3) B. Lactis B1-04, and (4) L. Reuteri.** When combined with **Tri-Calcium Phosphate**, these all-together restore the Bioshield, which heals your teeth while protecting them as well.



PurDentix - Healthy Gum & Teeth

PurDentix is a dietary supplement formulated to support oral health by blending probiotics and natural ingredients. Designed specifically to target common dental issues such as gum inflammation, bad breath, and sensitivity, this supplement provides a comprehensive solution for anyone looking to enhance their dental hygiene regimen.

The product is based on the emerging understanding of the oral microbiome's impact on overall health, leading to a growing interest in probiotic-based approaches to oral care.

Order Now for Just \$49/Bottle 🛒

Visit Official Site >

Note: There may be natural sources for the 4 good bacteria listed above ... ?



What is Microbiota Transplant Therapy (MTT)?

MTT is a patented therapy that restructures the gut microbiome by removing harmful bacteria and introducing beneficial microbial communities, purified from select healthy donors.



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[Pipeline](#)

[Microbiota Transplant Therapy \(MTT\)](#)

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HEAL THE GUT - HEAL THE BRAIN



Developing new treatments that restructure the gut microbiome and improve many symptoms of Autism and Pitt-Hopkins Syndrome

NO OVERKILL ELITE BIO-MATRIX



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Price history

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Item Form	Capsule
Manufacturer	MEGNETA
Item Package	1
Quantity	
Package	Bottle
Information	

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Ships from Amazon
Sold by Magneta US

World Council For Health



Spike Protein Detox Guide

https://pha-malta.org/wp-content/uploads/2023/10/SPIKE-PROTEIN-DETOX_ENGLISH_V3FH.pdf



World Council for Health – Current as of January 2023

This latest guide was reviewed by:

Dr Naseeba Kathrada, MD

Dr Pierre Kory M.D., M.P.A.

Dr Tess Lawrie, MD, PhD

Dr Peter A. McCullough, MD, MPH

Optimal Health Based on TCM (Traditional Chinese Medicine):

Kenny said that Power Foods are categorized according to the Five Elements:



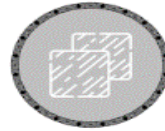
Wood



Fire



Earth



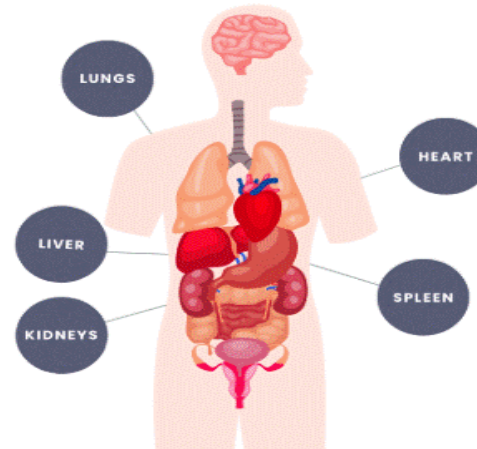
Metal



Water

Each element corresponds to specific organs, seasons, flavors, and colors. Then specific Power Foods are chosen based on their ability to nourish the Five Major Organs:

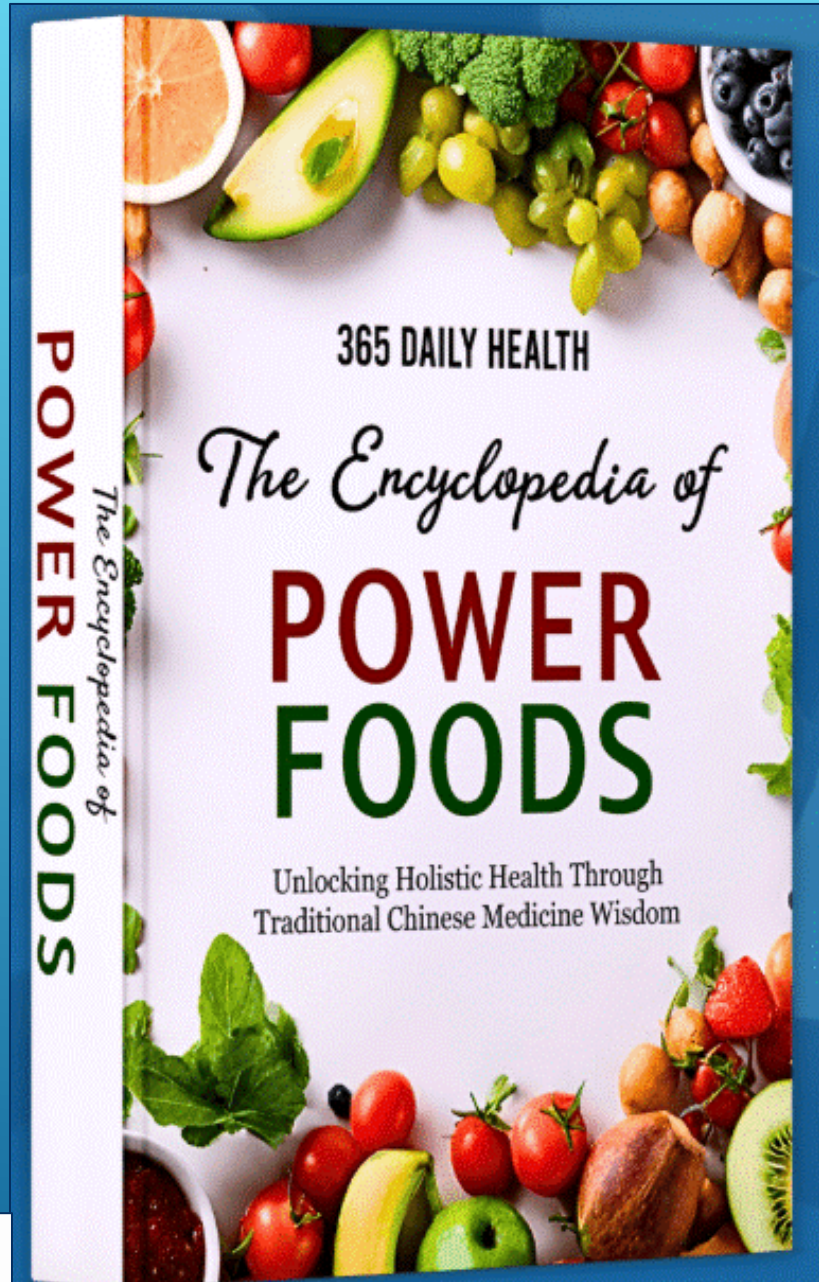
-  Liver
-  Heart
-  Spleen
-  Lungs
-  Kidneys



By eating exactly the right rainbow of colored foods, it's possible to correct imbalances and restore harmony.

365 Daily Health

<https://wsl.365dailyhealth.com/landing-sale-page1713272576177>





<https://humanconditionlab.com/treatment-resistant-mental-health/>

Why Traditional Pharmacology & Medication Don't Always Work

If you're in this boat, you're not alone. Traditional pharmacology was designed to be a stopgap; a crutch to tide someone over while examining the root causes. Most medications have not been studied for more than 8-weeks and have a set of results that are generalized to work for the greater population. Your unique body chemistry may be different from the sample size.

Additionally, most medications produce some form of organ toxicity when used chronically. When used alone, medication leaves the root cause in place, and issues tend to get worse over time while the surface symptom is masked from the medication(s).

Eventually, if the greater root cause isn't sussed out, breakthrough symptoms eventually emerge which usually leads to increasing the medication dose or even adding other medications to try and alleviate the symptoms. This is called polypharmacy. This mixing of medications is a real problem and should be avoided. A better solution is to look into both the root cause as well as explore the larger system that's affecting your mental health including your environment, food, other unrelated medications/supplements to get a holistic understanding of what's impacting your body and potentially impacting your mental health symptoms.

Get Educated & Learn How To Fix Yourself

Dr. Pierce is a chiropractic neurologist who uses brain wave scans and lab tests for optimal brain health in his practice. This website is something different. Here you will see how doctors think, and you will gain the skills to heal yourself with or without doctors. The best specialist is a good generalist, and navigating US healthcare is fraught with conflicts of interest and captured regulatory agencies that do not care about you.

Understanding your health or medical condition, whether it's something that's truly diagnosed or a mysterious ongoing symptom, ache, or pain, is critical to healing. You do this by finding the root cause of your stress and discomfort and healing yourself holistically. We can help with classes, courses, live events, coaching and other non-doctor services.



I grew up in a house where we ate junk-at first. "Tang" was in back then and everyone wanted to eat modern "astronaut food". Preservatives were going to save everyone from food-borne illness. Little did we know that processed food and additives were the real problem.

Cleanliness was in, and there seemed nothing cleaner than the packaged, processed foods coming from the gleaming and sterile processing plants of the day. I was duly vaccinated at the time. Breast Milk was considered third-world, banal and dirty, and bottled formula was the rage.

When I was 7, my parents had reached the end of orthodox doctoring of my problems. I had sleep, skin, food allergies, and trouble focusing. To help, they decided to try an elimination diet after reading the publications of Robert Rodale that my grandfather had provided. Rodale was trained in agriculture and soil science and following his advice, we eliminated several foods and I got better.

[Contact Me](#)



**HUMAN
CONDITION LAB**