

"Your child has autism"

Many parents who first hear the words "Your child has autism" are shocked and dismayed.

While we have all heard about autism, many of us have only vague ideas of what the diagnosis means and **what can be done to help** children and adults lead as normal a life as possible.

The truth is that autism, being a spectrum disorder, **affects different people in different ways** and no two autistic children are exactly alike. There are also many different theories about what causes autism and what can be done to treat it.

This makes things very confusing for parents who are struggling to come to terms with **what is best for their child**.

Diagnosis and symptoms of autism

Autism is a neurological disorder and one of five developmental disorders classified under the heading of **Pervasive Developmental Disorders (PDD)**.

Pervasive Developmental Disorders (PDD) is made up of 5 different disorders:

- Autism
- Asperger's Disorder
- Childhood Disintegrative Disorder (CDD)
- Rett's Disorder
- PDD - Not Otherwise Specified (PDD - NOS)

It is estimated that as many as **1.5 million Americans**, including children and adults, may have autism. There are currently **no medical tests** which can diagnose autism.

Diagnosis is usually based on careful observation as well as information provided by parents and other caregivers on the child's behavior, communication, social interaction and developmental levels.

There are also a number of **screening tests** or questionnaires which can be performed, including the CARS rating (Childhood Autism Rating Scale) and CHAT (Checklist for Autism in Toddlers). Diagnosis can be made by Pediatricians, Psychiatrists and Clinical Psychologists or by a multi-disciplinary team.

In order to make a formal diagnosis of Autism, the following symptoms must be present (DSM IV-TR)

Impairment in social interaction

1. Lack of eye contact, facial expression and social gestures
2. Failure to develop peer relationships
3. Does not seek out social interaction

4. Lack of social or emotional reciprocity

Impairment in communication skills

1. Language delay or absence
2. Inability to initiate and sustain conversation
3. Stereotyped or 'strange' use of language
4. Lack of make believe or social play

Restricted, stereotyped and repetitive behavior, interests and activities

1. Abnormally intense preoccupation with certain activities or areas of interest
2. Inflexible insistence on certain nonfunctional rituals or routines
3. Stereotyped and repetitive movements e.g. hand flapping, preoccupation with parts of objects

To make the diagnosis at least 6 of the above must be noted, as well as developmental delays in at least ONE of the following areas:

1. Delayed or abnormal social interaction
2. Delay or abnormal use of language in social interaction
3. Delay or absence in symbolic or imaginative play

The delays or impairment described above can vary from mild to severe. **Remember that many healthy children will display some of the above symptoms. This does not make them autistic!**

It is important that the full cluster of symptoms described above be present. Some of these symptoms may be present from early infancy, but usually become more obvious by **2 - 4 years of age**.

What causes Autism?

There is **no known single cause** of autism. It is known that autism is a neurological disorder and that there may be differences in the shape and the **structure of the brain** of autistic children as opposed to non-autistic children.

It is thought that, in certain cases, there might be a **genetic predisposition** to autism, which may run in families. Whether the predisposition to autism is genetic or not, there may be several '**triggers**' which can precipitate the disorder.

These could include problems in pregnancy and birth, viral infections, exposure to certain environmental chemicals or pollutants, digestive abnormalities or even allergies to certain foods (e.g. milk and dairy products).

There are also suggestions that autism may be caused by a reaction to **childhood vaccines**. Obviously

more research is needed in this area.

It is important for parents to note that autism is **not a mental illness** and is **not caused by bad parenting** or problems in the home. All too often parents are made to feel guilty and as if they have done something wrong, which is not the case.

Parents of autistic children need as much **support and help** as possible and should not be made to feel that they are the cause of their child's problem.

What are the natural treatment options?

While there are many different theories about the best course of treatment for autism, most professionals agree that **the earlier** treatment begins, **the better** the chances are that the child will be helped.

Educational and therapeutic approaches

These include **specialized education** as well as physiotherapy, occupational therapy, music therapy, sensory integration, behavior modification and speech therapy. Depending on the symptoms and the areas of developmental delay, these therapies can be extremely effective and can be combined into the overall treatment plan. The earlier they are begun the better the chances of improvement. It is important to realize that **none of these therapies are 'quick fixes'** and need perseverance over a long period of time.

Dietary intervention

There are indications that certain vitamins and mineral supplements may **improve functioning** in autistic people. While there is some disagreement regarding this amongst medical professionals, many parents have reported marked improvements after a program of nutritional supplements. There are also a number of clinical studies which strongly support the use of **vitamin and mineral supplementation** in the treatment of autism and have demonstrated significant improvement.

As nutrition is such a vital ingredient in **brain development**, it stands to reason that supplementation may have a positive benefit, although this would vary from individual to individual. Some experts have gone as far as to suggest that certain cases of autism could be a result of **nutritional deficiencies** or mal absorption of nutrients from the diet. The subject is a very complex one and outside the scope of this discussion.

There are also suggestions that autistic symptoms can be caused as a result of mal absorption and intolerances to certain foodstuffs, especially **dairy products and gluten** contained in wheat and grain products. Some parents have reported remarkable changes after the **elimination** of these foodstuffs from the diets of their autistic children.

Natural alternatives

Herbal and homeopathic remedies can be **viable alternatives** to the synthetic drugs and may be **just**

as effective, with far fewer risks and side effects.

Depending on the symptoms that need treatment, *Native Remedies* recommends the following remedies to assist in an **overall treatment plan**.

Herbal remedy for depression, mood swings, repetitive behaviors, irritability, and aggression

These may all be symptoms of **serotonin imbalance** and may show improvement with the use of our 100% herbal **MindSoothe Jr formula** (*available in capsules for adults and drops for children*).

The ingredients of MindSoothe Jr. have been clinically proven to assist in balancing serotonin levels and act as **SSRI's** (Selective Serotonin Re-uptake Inhibitors) in much the same way as the synthetic SSRI's do.

Herbal remedy for anxiety (calm and soothe)

Tranquilizing drugs may be very effective in calming autistic children and adults, who can easily become highly distressed and volatile over seemingly small changes in their environment. However, many tranquilizing drugs are also **addictive** and individuals may **build up tolerance**, resulting in the need for increasingly higher doses.

PureCalm is an herbal formula which has been specially formulated to **calm and soothe** children and adults without the risk of side effects and potential addiction.

Available in **easy to administer** drop form, the dosage may be adjusted to suit children or adults. PureCalm may be taken on its own when needed for **quick symptomatic relief**, and is also **safe to use** with most prescription and herbal medicines.

Herbal remedies for ADHD, hyperactivity and concentration

Like the benzodiazepines and tranquilizing drugs, the **psycho-stimulants** come with documented **side effects** and potential for dependency.

Yet many parents find it very difficult to deal with Autistic children who also have symptoms of **ADHD, hyperactivity and concentration** problems.

For the treatment of hyperactivity, restlessness and lack of concentration, *Native Remedies* has developed two highly effective remedies:

Focus ADHD Formula is a 100% herbal remedy which has been specially formulated to treat the symptoms of ADHD in children and adults alike. Focus ADHD comes in a tincture and is easily administered as drops in some juice or water.

Native Remedies also offers **BrightSpark**, a safe and effective homeopathic formula.

BrightSpark can be effectively used on its own or it can be **combined with Focus ADHD Formula**

for severe or stubborn cases or for children with defiance and anger problems.

Herbal remedy for tantrums

Many Autism children have **violent tantrums**, sometimes seemingly without cause. Tantrums may often be a result of the child's **frustration** at being unable to communicate or understand, and may also be a response to changes in routine or environment.

Tantrum Tamer is a specially formulated homeopathic remedy that uses proven **homeopathic** ingredients which can greatly reduce or eliminate distressing and hard to handle tantrums.

Tantrum Tamer dissolves easily in the mouth and is **pleasant tasting** making it readily accepted by children.

How have these products helped others?

"I just wanted to let you know how you have changed lives. My two boys are autistic. They were diagnosed early and put on medication. At one point, they were on 6 medications each. One day out of frustration, I searched the web for natural remedies for autism and found you. I weaned them off the prescription drugs and started them on **Focus** and **PureCalm** in the morning and **MindSoothe Jr.** at night. Within two months they were brighter, calmer, and more themselves than they have ever been. That was over 6 months ago and they are doing so well, the schools are moving them into more regular classes. We are so grateful for your remedies. It has changed their lives. Oh, by the way, they have both lost a total of 70 pounds since coming off the medicine and taking your products! Thank you so much!"- **Tammy S. MO**

MindSoothe Jr.

"My son was diagnosed with Autism when he was three years old and we have struggled with him a lot because he rocks himself and is very restless all the time and also gets frustrated and he hurts himself. I was recommended that he go on an antidepressant to help the stimming which really worried me as he is so young and also he is very sensitive to medicines. After I found **Mindsoothe Jr.** and all the information on your website, I thought I would rather try a natural product and I am very glad I did. My son is much calmer and the stimming has improved a lot - to only when he is upset or stressed. Then we let him suck on the **OK KiddieCalmer** and he is much better. He is also happier and can play with us now which he never did before. This is after only 6 weeks and I know that we will see more improvement from now on because he is much easier to reach. Thank you very much - I can really recommend your products and I have put my name down for repeat orders" - **Sharon, CA**

I have an 18 year old, mid-range functioning, autistic son that was in such anxiety over the transition to the bus and school that we were considering putting him in a group home. I was desperate in trying **Mindsoothe**, but thought anything is worth a try. We have been giving him a child's dose as soon as he gets up, in his juice and our mornings have never been so smooth. Thank you so much for keeping our family together and giving him the peace of mind to make these transitions easier. His school notes have NEVER had words like fun, cooperative, and finish his work before. THANK YOU - **Karen, GA**

Focus ADHD Formula

My daughter was diagnosed w/PDD.NOS and the doctors put her on prescription medicine which helps ADHD children. She had some side effects so we took her off of it. I found your website and ordered **FOCUS**. She is only 5 and I give only in the morning before school w/some juice. After a few weeks on **FOCUS** she has been getting much better reports sent home from school and has even been able to discontinue her OT. I feel that **FOCUS** along with a small adjustment in her diet has helped more than the prescription meds. the doctor originally had her on - **Lisa S., NY**

"I am writing about the big improvement in my daughter, Janey who is autistic. She can't be taught in a mainstream school because she can't keep up in a big class but she is in a special needs school. The teacher said that unless she had Ritalin she would never be able to learn anything, which I was very upset about due to all the negative stuff you read. My daughter is such a sweet child but she cannot concentrate on one thing and jumps around not even able to sit still on her seat. If she does sit still, she is flapping her hands or tapping her pencil and nothing goes in. After one week of **Focus** we could see that she was calmer and after 6 weeks she could sit still and do some drawing. Now she is more calm and responsive in class and I can notice that she is happier to go to school. I can tell you that the teacher can't believe it as she said that the natural stuff is not strong enough for my child, but she was wrong!!" - **Stacy, CT**

BrightSpark

"This remedy has brought about the most amazing change in my daughter who is autistic! We want to recommend it to other parents who have been told that their children will never change as we have been told by the doctors. She is so much calmer and will even sit on my lap for the first time in her life which makes my heart so happy!!! I know that you cannot cure autism but my daughter is a different child and we can see the changes every day. I think that it is because this is the first time that she is beginning to notice what is going on around her. I just wanted to say that if anyone has any doubts, rather try it for yourself and you will see the difference. Thanks for everything!" - **One Happy Mother, CA**

PureCalm

"My 11 year old becomes very upset and stresses over small things, for example if we have to move the furniture to clean underneath it then we have to do it when she is asleep! This is because of her autism which she can't control so we understand but it is very difficult to keep everything the same all the time, which obviously we can't - so sometimes she screams and cries and then you can't get her to stop. My friend was taking **PureCalm** Drops for herself and said why not try it, so we did. It helps very much when my poor child needs to calm down and we just drop it in her juice and she drinks it because she loves her juice! She doesn't get drowsy just calmer." - **Cathy L**

Tula Tantrum Tamer

"Thank you for all your advice and for lending an ear in my hour of need. I have received the **Tantrum Tamer** and is giving you the results as you requested. I am very happy with the way that it calms my son when he becomes so angry and starts to scream and kick. I am using it every day as you directed and he is definitely calmer and has fewer tantrums. When he does get upset I give him an extra dose and the tantrum seems to disappear. He likes to take the medication and seems to know that it will help him." - **Diana**

Serenite Jr.

"Dear Sirs, I am very happy to say that my youngster is finally falling asleep after using your

Serenite Jr. for children. She has autism and instead of hours of rocking and walking up and down, my wife and I can sit down and eat our dinner together for the first time since our child was born, which was almost four years ago. I have no hesitation in recommending this product to anyone who is facing the same problem." - **Henry**.