



## Healing without Hurting

*Addressing and treating the underlying pathologies of **ADHD** and **autism** can lead to marked improvements – without the side-effects...*



This is Evan in May 2011, age 5 before biomedical treatments began – there was clearly something wrong.

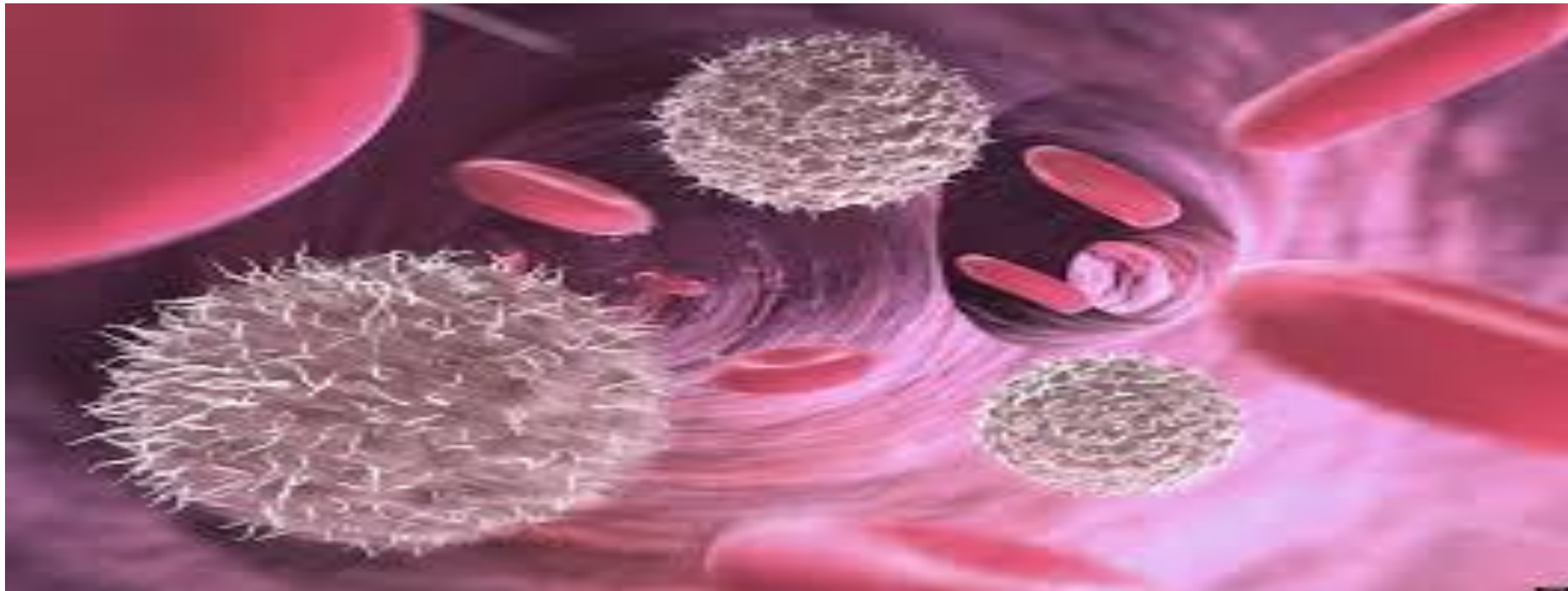
My pediatrician & therapists kept telling me that that there was nothing I could really do to treat his Apraxia, ADHD/autism spectrum disorder except continue with therapy and give him medication.

I am here to tell you that they were sadly uninformed.

**“An Immune System that is not functioning properly can be responsible for most of the symptoms associated with ADHD & autism.”**

**- Dr. Doris Rapp, MD**

Environmental Medicine, Pediatrics and Allergy Expert





**“ADHD or autism are not psychiatric disorders that warrant large doses of medication. They are metabolic, immunologic and digestive disorders that require a biomedical protocol.”**

**- The American Holistic Medical Association; American Naturopathic Medical Association**



*Our children deserve a **healing-oriented** approach investigating all avenues. Good medicine should be based on good science, be inquiry-driven, and be open to new paradigms. We need a medical system that incorporates **natural** and **effective interventions** whenever possible.*

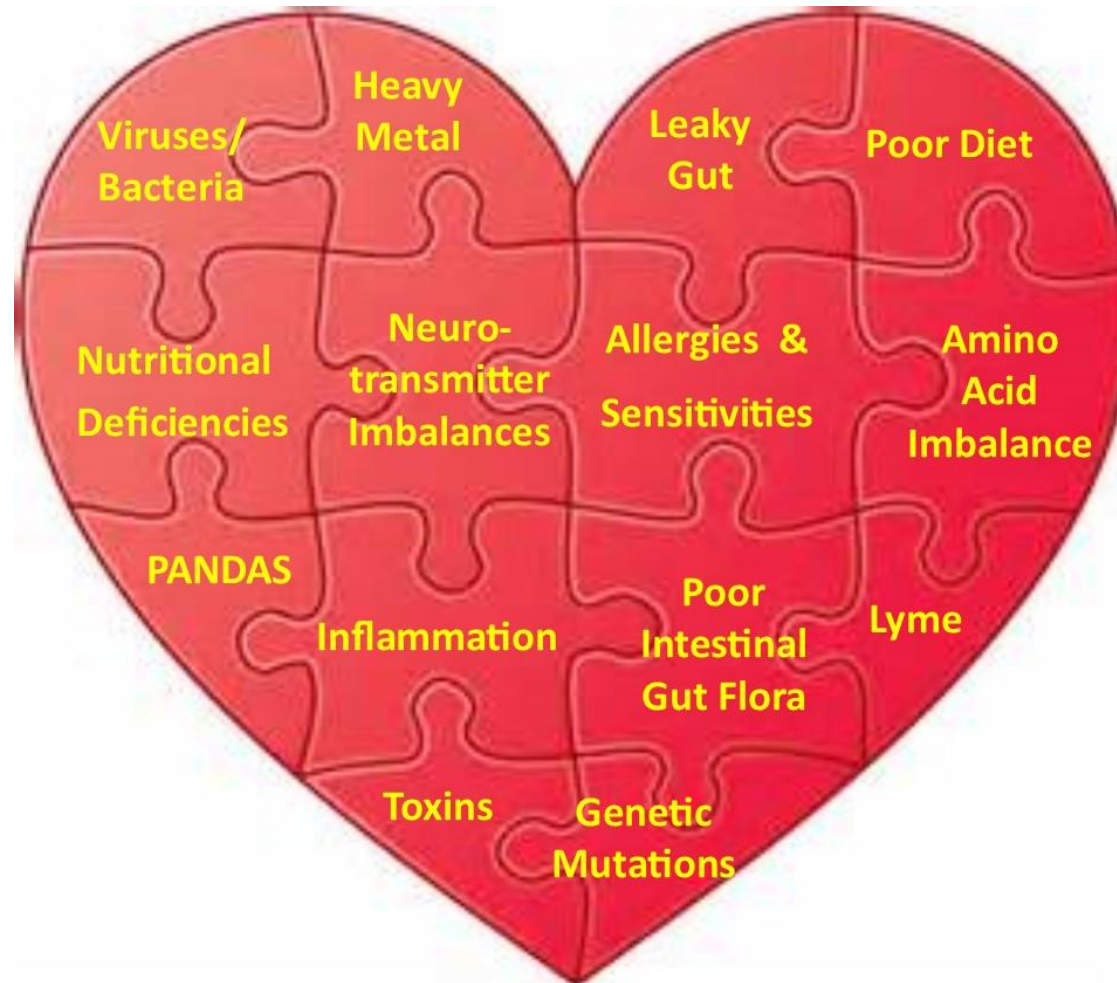
***“For every drug that benefits a patient, there is a natural substance that can achieve the same effect.”***

**Carl C. Pfeiffer, MD, PhD**



# Addressing the Pieces of the ADHD/Autism Puzzle

## *The Causes of a Poorly Functioning Immune System*



# The Brain-Gut Connection

**“ALL DISEASE BEGINS IN THE GUT.”**

Hippocrates (460-370 BC), the father of modern medicine

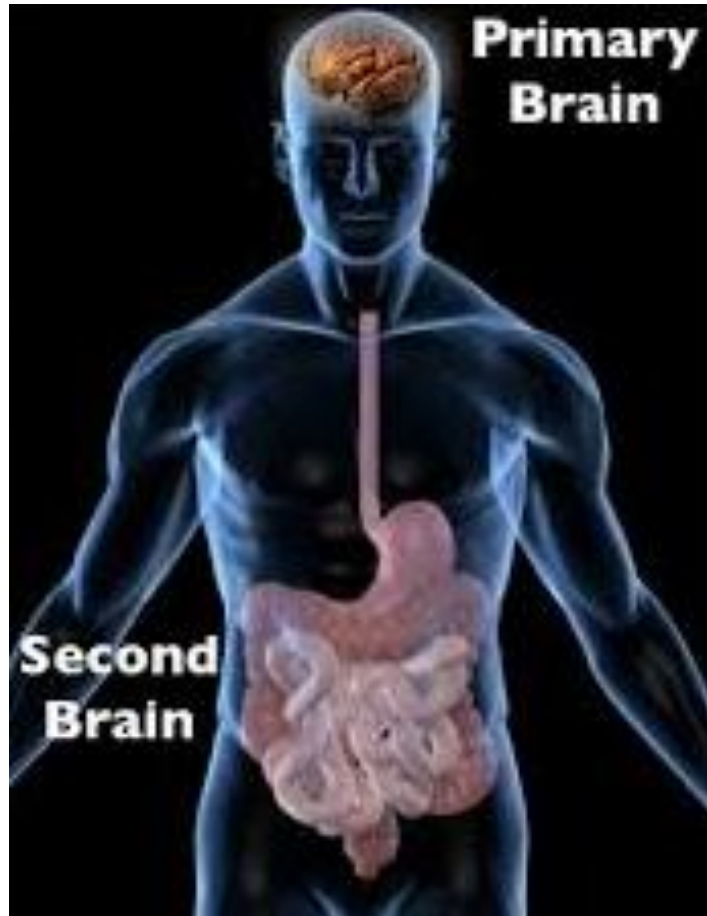


**“THE PRIMARY SEAT OF INSANITY GENERALLY IS IN THE REGION OF THE STOMACH & INTESTINES.”**

Phillipe Pinel (early 1800's), French Psychiatrist



# Our Emotions are Largely Governed by the State of Our Intestinal System



- The “second brain” (enteric nervous system) has more neurons than either the brain or spinal cord.
- Ninety percent of the fibers of the vagus nerve in the neck carries information from the gut to the brain, and not the other way around.
- Ninety-five percent of the body’s serotonin is found in the bowels.

- Michael Gershon, MD, chairman of the Department of Anatomy & Cell Biology at New York–Presbyterian Hospital/Columbia University Medical Center



# Leaky Gut Syndrome

Healing ADHD & Asperger's without Hurting—[www.healingwithouthurting.com](http://www.healingwithouthurting.com)

## WHAT CAUSES A DISRUPTION OF THE GUT LINING?

Food intolerance, alcohol, overuse of medications, antibiotics, GMOs, toxicity, bacteria, candida , & fatty acid deficiencies.

## SEVERE INFLUENCES ON THE BLOOD-BRAIN BARRIER AND NEURO AUTOIMMUNITY

If left untreated, it can cause an autoimmune disorder, and may affect memory, mood, speech and behavior.

## MULTIPLE FOOD SENSITIVITIES

Due to gut permeability, the immune sees common food as an invader and begins attacking it. As the body over reacts— IgG antibodies are produced.

## SYSTEMIC INFLAMMATION

Inflammation is at the root of most degenerative diseases. Therefore, healing a leaky gut helps to reduce inflammation and heal the immune system.

## NUTRITIONAL DEFICIENCIES

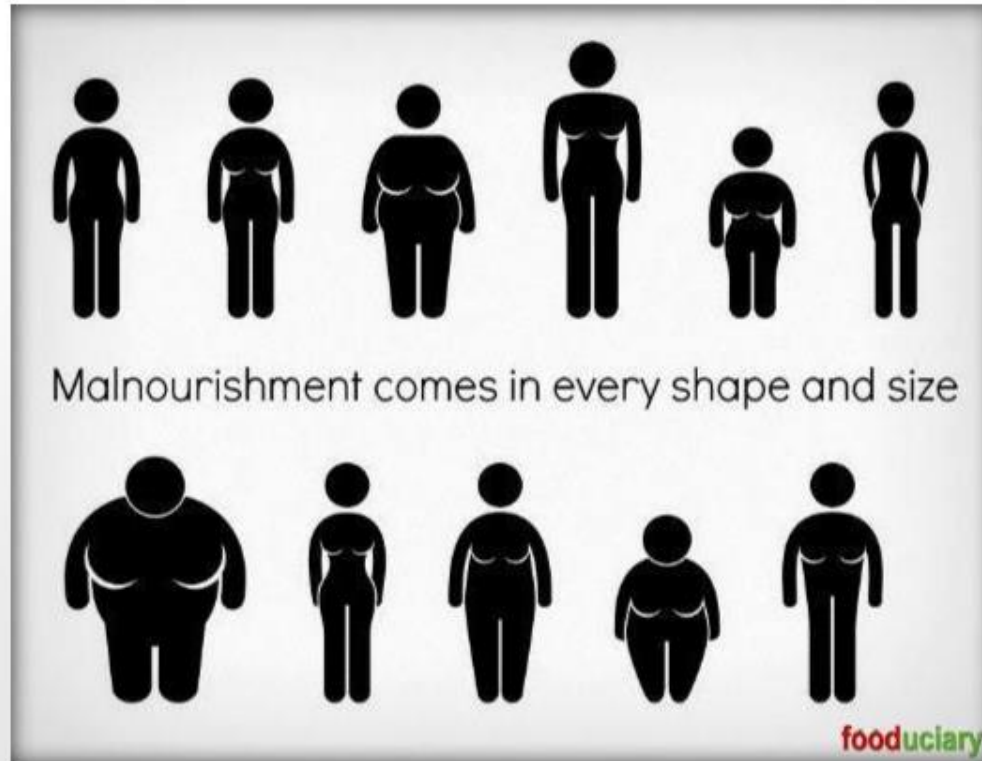
Nutrient absorption is disrupted as nutrients leak due into the blood stream. These deficiencies leave the body vulnerable to disease and neurological dysfunction.

## TOXICITY MOUNTS

A highly permeable gut wall allows passage of all sorts of antigenic proteins, toxins, and pathogens into the circulation and the liver works overtime to excrete these toxins.



# Top 10 Symptoms of Nutritional Deficiencies & Food Sensitivities often overlooked by Mainstream Docs



1. Brain Fog / Attention Issues
2. Depression / Anxiety
3. Sensory Processing Issues
4. Fatigue
5. Food Obsession
6. Sugar Cravings
7. GI Issues (gas & bloating)
8. Skin Rashes
9. Anemia (low iron)
10. Diminished Sex Drive

Stress  
Caffeine  
Alcohol  
B.P. Medication

Poor Diet & Malabsorption  
Sugar & Refined Carbs  
(bread, cereal, cake)

# Magnesium Deficiency

Low Serotonin Levels



Weakness & Fatigue  
Irritability  
SPD—Sensory Issues  
Anxiety & Depression  
Diabetes  
Bowel Irregularity  
High B.P.  
Osteoporosis  
Muscle/Joint Pain

Hormone Replacement Therapy  
Estrogens RX

SSRI's  
(Paxil & Prozac)

Anti  
inflammatory  
RX

Iron, Folate & C  
Deficiencies



Deficiency of:  
Folate, B5 & B12



# Potassium Deficiency

*Can Lead to:*

**Sensory Processing Issues**

**Confusion**

**Fatigue**

**Muscle weakness**

**Motor dysfunction**

**Depression/Anxiety**

**and even Psychosis**





# Vitamin B2 Deficiency



Photo: psychcentral.com

**Mental Confusion**  
**Slow Mental Processing**  
**Insomnia**  
**Mood Swings**  
**Iron & B6 Deficiencies**  
**Digestion Issues**

# Zinc Deficiency



**Sleep Issues**

**Hyperactivity**

**Impulsivity**

**Anti-social behavior**

**Emotional instability**

**Neurotransmitter imbalances**

**“Interestingly, stimulant medications actually deplete zinc in the body.”**

Hyla Cass, M.D. (2010)

# Nature's PROZAC

## Niacin



***Effectively used to treat:***

- ***Depression***
- ***Anxiety***
- ***Schizophrenia***
- ***Insomnia***

***Orthomolecular Psychiatry (1973)***

***David Hawkins, M.D. & Linus Pauling, PhD outline the niacin protocol for mental health.***

# Vitamin B6 Deficiency



Photo: [epidemicanswers.org](http://epidemicanswers.org)

**Depression  
Irritability  
Seizures  
Cognitive Issues  
Mental Confusion  
Chronic Inflammation  
Fatigue  
Eczema/dermatitis  
Anemia  
Still births**

**“Interestingly, stimulant medications actually deplete B vitamins in the body.”**

**Hyla Cass, M.D. (2010)**



# *Vitamin B12 Deficiency*



- Mood Swings
- Depression
- Muscle Weakness
- GI Issues
- Fatigue
- Memory Loss

*B12 is paramount for brain health and the maintenance of the central nervous system*

# Top 10 Foods for Treating and Preventing ADHD



“Let food be thy medicine and medicine be thy food.”

- Hippocrates

# Sample List of Supplement Companies I Use



- Kirkman Labs
- Klaire Labs
- Twin Lab
- Nature's Plus
- Juice Plus
- Designs for Health
- Source Naturals
- Pure Encapsulations
- Body Bio
- Barlean's
- Spectrum Essentials
- Metabolic Maintenance
- Jarrow Formulas
- Boiron  
(homeopathic medicine)
- Nortic Naturals

How many of our kids are eating foods found on TV  
Commercials and also taking Ritalin or Adderall?







**They are made from  
everything from bugs  
to neurotoxic  
chemicals derived from  
petroleum, crude oil  
and coal tar.**

## -At a Glance-

# Processed Food Ingredients to Avoid

- Food Dyes
    - ✓ Blue 1, Blue 2, Citrus Red, Green 3, Red 3, Red 40, Yellow 5, and Yellow 6
  - Artificial flavoring
  - Sugar and High Fructose Corn Syrup
  - Aspartame and other artificial sweeteners
  - Azodicarbonamide
  - Brominated Vegetable Oil
  - Potassium bromate
  - TBHQ
  - BHA & BHT
- MSG
    - ✓ Yeast Extract
    - ✓ Hydrolyzed Vegetable Protein
    - ✓ Plant Protein Extract
    - ✓ Potassium Glutamate
    - ✓ Calcium Caseinate
  - Refined Salt
  - Artificial sweeteners
  - Diacetyl (found in artificial butter)
  - Nitrates/Nitrites
  - Olestra/Olean
  - Sodium Sulfate
  - Sulfur Dioxide

# Did you know?



## Organic produce...

- ◆ Has a higher levels of antioxidants
- ◆ Contains at least 2x the minerals
- ◆ No Growth Hormones
- ◆ Has not been Genetically Modified
- ◆ Does not contain ADHD causing neurotoxic pesticides!

**“Life-long food sensitivities left untreated have led to most, if not all, autoimmune diseases and a multitude of other diseases including ADHD and autism.”**

(Annette Nay, PhD, 2009)







**Food Sensitivities alone can disrupt healthy blood sugar levels, cause brain fog, and cause many Psychiatric symptoms including some that mimic ADHD.**

# Signs that you are gluten intolerant

*Thyroid Issues*

*Anxiety*

*Autism*

*Fatigue*

*Depression*

*ADD/ADHD*

*Digestive Issues*

*Rage/Anger*

*Arthritis / Joint Pain*

*Inflammation*

*Brain Fog*

*Autoimmune Disorders*

*Celiac*

*Vitamin Deficiency*

“The wheat of today is not the wheat of 50 years ago”

# So, What's the Problem with Dairy?

Casein (protein in dairy) releases a chemical that mimics morphine in the body and can have a direct effect on the brain when ingested.



- ***Leaky Gut***
- ***Brain Fog***
- ***Asthma***
- ***Ear Infections***
- ***Headaches***
- ***GI Issues***
- ***Depression/Anxiety***
- ***Rage***
- ***Hyperactivity***
- ***ODD***

***“High levels of opiates are often found in the bloodstreams of children with autism.”***

***Neal D. Barnard, MD – Breaking the Food Seduction (2003)***



# BIOMEDICAL TREATMENTS:

## Address Underlying Conditions

Clean Up-  
Diet,  
Environment

Gastro-Intestinal  
Issues



Nutrition support



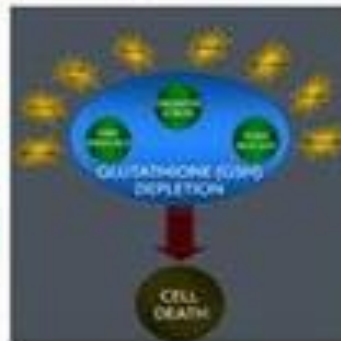
Fungus/Virus



Immune system



Oxidative stress



Detoxification



Neuro inflammation





[HealingwithoutHurting.com](http://HealingwithoutHurting.com)



Healing ADHD & Asperger's without Hurting



JENNIFER GIUSTRA-KOZEK, LPC, NCC

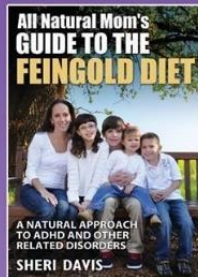
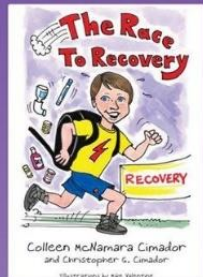
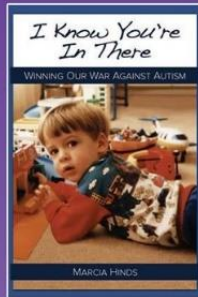
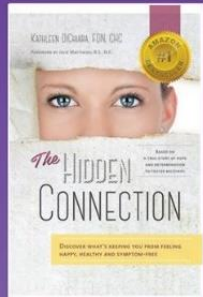
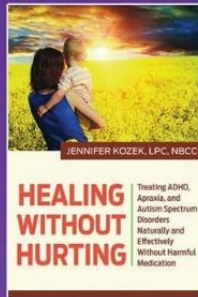
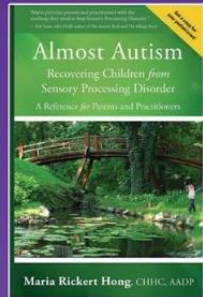
# HEALING WITHOUT HURTING

Treating ADHD,  
Apraxia, and  
Autism Spectrum  
Disorders  
Naturally and  
Effectively  
Without Harmful  
Medication





AutismOne  
Mothers Determined  
**ASK ME!**



**Come visit me and the other  
Determined Moms  
In the Relaxation  
and Recovery Lounge**