



3 Steps to Naturally Heal Autism

Presented by
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Introduction

- My story: I have been in the holistic health field for 30 years, and I am a craniosacral therapist. I am also a mom of a child who was once diagnosed on the autism spectrum.
- My goal: To untangle the whirlwind of information and give you simple steps you can implement yourself using the same process I used to heal my own son from his symptoms of autism.
- This information is based on over 8 years of research, and tens of thousands of dollars I've already spent figuring it out, so you don't have to.



There are 3 steps that are crucial in recovering your child from the symptoms of autism:

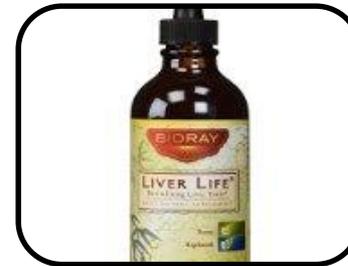
- **Step 1: Healing the Gut.**
- **Step 2: Heavy Metal Detoxification.**
- **Step 3: Brain Support and Repair.**

Step 1:Healing the Gut

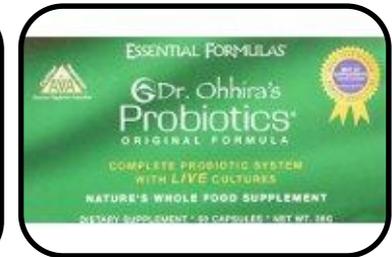
- Why heal the gut?
- Addressing candida and leaky gut
- The gut healing, brain healing, anti-inflammatory diet.
(free download at,
www.naturallyhealingautism.com)
- Gluten free/casein free (GF/CF) and exorphines or opiates.

Gut healing supplements:

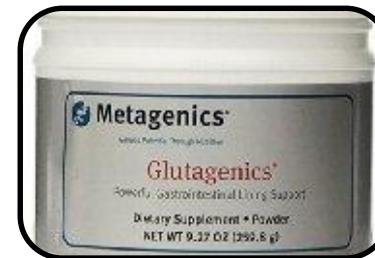
- Liver Life by Bioray
- Probiotics: Dr. Ohhira's by Essential Formulas or other quality multi-strain formula. HLC Neonate for infants. (Note: The die off reaction.)
- Glutagenics by Metagenics
- HLC Mindlinx



Liver Life



Probiotics



Glutagenics



Supplements we all need:

- *Omega 3 fatty acids (fish oil)
- Vitamin D3 sublingual spray
- Vitamin B12 as Methylcobalamin (sublingual form)
- Magnesium
- Multi vitamin and minerals in spray or liquid form but **ONLY** after a week or more on the diet. We don't want parasites to use them as food.

Important additions:

1. Natural Allergy Desensitization

a.) Anytime before or during the gut healing diet.

b.) how to find a practitioner:

Resource guide at **www.naturallyhealingautism.com**.

2. Candida cleansing supplements

a.) Only after the diet has been underway for 4-6 weeks.

b.) Why we still need them.

3. Stool analysis, a post diet/post candida cleansing option:

a.) Genova labs and Doctors Data.

Step 2: Heavy Metal Detoxification

- What is heavy metal toxicity?
- Hair analysis test: Analytical Research Lab screens 20 minerals and toxic metals:
www.arltma.com/HairAnalysis.htm
- What's wrong with pharmaceutical DMSA?
- **Econugenics Pectosol C:** My #1 natural, safe choice for heavy metal detoxification. Offers better focus, memory, sleep, energy and digestion.



Reducing heavy metals:

- Top 4: mercury, aluminum, cadmium and lead
- Get **proof** that vaccines have no mercury or aluminum before allowing them
- Do not use aluminum cookware or foils
- Eat organic fruits and vegetables
- Use a heavy metal water filtration system
- Use non-toxic health and beauty products
- Take modified citrus pectin, selenium, alpha lipoic acid, and zinc on a regular basis.

Step 3: Brain Support and Repair

BRAIN SUPPORT

- Find the needs and support your child's brain
- Take the brain-type questionnaire at, **www.naturallyhealingautism.com**
- Brain scans: SPECT Imaging (**use the discount code ECENTER724.**)
- Brain support diet knowledge: Protein helps us focus and think. Carbohydrates make it hard for us to focus and think.
- Aerobic Exercise: (biking, running, swimming) for 30-60 minutes per day.

Six Types of ADD and Their Brain Support Supplements:

1. **Hyperactive/impulsive:** L-tyrosine for focus and building dopamine.
2. **Lack of focus and motivation:** SAMe and L-tyrosine.
3. **Hyperfocus:** 5HTP, St. Johns Wort and L-tyrosine.
4. **Excessive temper/rage and memory:** GABA, Phosphotidyl serine, ginkgo, and vitamin E.
5. **Long-term or limbic depression:** SAMe, DL-phenylalanine, L-tyrosine.
6. **The extremely sensitive/anxious:** GABA, omega 3 fatty acids, and magnesium.

Natural supplementation can take up to 3 weeks to notice results. Take citrus 30 minutes away from supplements.

Brain repair:

1. Craniosacral Therapy
2. Neurofeedback
3. Homeopathy
4. Omega 3 fatty acids rebuild brain pathways, help transfer message connections, protect the brain, build mitochondria (cellular energy), and repair damage.

What can you do TODAY to start your child on the road to recovery?

1. Remove foods on the avoid list:

a.) What are they?

b.) Get your **free download** of foods you can have and foods that should be avoided at, **www.naturallyhealingautism.com**.

2. Begin these two gut healing supplements:

a.) Probiotics and Glutagenics

3. Take the brain type questionnaire at, **www.naturallyhealingautism.com**

Karen's Resources:

www.naturallyhealingautism.com

- **Video program: Naturally Healing Autism Step-By-Step.**
- **Book, Naturally Healing Autism: The Complete Step-By-Step Resource Handbook for Parents.**
- **Members area for support community.**
- **Resource Guide to Natural Practitioners (free download)**
- **Foods to avoid and foods you can have (free download)**
- **Amen brain SPECT imaging and supplement discount code: ECENTER724.**
- **Youtube: Karen Thomas “muscle testing”, or “craniosacral”**
- **Radio/podcast: www.autismone.org**
- **Follow me at www.facebook.com/naturallyhealingautism**