

## Holistic Approach to Autism with Sensitivities

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## Three Major Systems Affected

- **Nervous system**
  - Hypoperfusion (lack of circulation) in brain spect
  - Neuroinflammation (depletion of nutrients and oxygen)
  - Neurotoxins and Blood-Brain Barrier disruption
- **Digestive system**
  - Food indigestion/intolerance
  - Candida/bacteria/parasite (tissue damage and toxins)
  - Leaky Gut (toxin recycling and nutrient mal-absorption)
- **Immune system**
  - Allergies, sensitivities and autoimmune responses
  - Frequent infections

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## Factors Involved in Autism

- **Neuroinflammatory** autoimmune responses
- **Blood-Brain Barrier disturbance** by neuroinflammation
- **Increased oxidative stress**, suppressed methionine synthetase and decrease glutathione level
- **Neurotoxin** (heavy metal) possibly triggers autoimmunity
- **Vaccination** (thimerosal, live virus or possibly immune stress)
- **Gastrointestinal dysfunction** (dysbiosis and Gut-Blood Barrier disturbance or Leaky Gut)
- **Allergy, sensitivity and food intolerance**
- **Infections** (chronic Lyme disease, co-infection and PANDAS)
- **Genetic predisposition** (gene mutation related to liver detoxification, nervous system and immune system)
- **Prenatal exposure of toxins** and infections as well as maternal autoantibody attack to the fetal brain proteins
- **Mitochondria dysfunction** (possible autoimmune attack)

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## The Missing Link in Treating Autism

- **Dysfunction of the immune system**
  - Inflammatory responses (autoimmune response)
  - Allergies and sensitivities
  - Chronic infections
    - Chronic Lyme disease
    - PANDAS (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal infections)
    - PANS (Pediatric Acute-onset Neuropsychiatric Syndrome)

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## Challenges in Treating Immune Dysfunction for Autism

- Lack of an overall understanding of the pathogenesis of the disease and the controlling mechanism for the immune responses
- Difficult to address possible root issues (toxins, chronic infections and inflammatory immune response) due to the presence of sensitivities and allergies
- Difficult to address sensitivity issues with common **supplementation** approach
- Lack of reliable techniques to detect sensitivities and allergies. Current immunological allergy test do not completely reflect clinical symptoms

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## WHAT IS WRONG WITH OUR IMMUNE SYSTEM ?

### Answer:

Immune system is controlled by nervous and endocrine system. Dysfunctional neuroimmune control is the major cause for the inflammatory response.

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### Neuroimmune Response - Axon Reflex

**Stimuli:**  
Infection  
Toxin  
Allergen  
Mechanical factors (heat/cold/UV)  
Inflammation

**Activation of mast cell:** Sub P and CGRP

**Sensitized neurons:** Sympathetic activation and peripheral neuron sensitization

**Effects:** Vasodilatation, Plasma extravasation

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**Local reaction through axon reflex:**  
Skin: Hives or eczema  
Digestive system: Bloating, abdominal pain, constipation or diarrhea

**Systemic reaction neurogenic switching:**  
Respiratory system: Asthma or sinus blockage  
Circulatory system: Migraine headache  
Brain: Seizure or brain inflammation

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### Master control of the immune response is the autonomic nervous system (ANS) and endocrine adrenal system (HPA)

**HPA axis:** Hypothalamus, Pituitary gland, Brain stem, Spinal cord, Adrenal gland, Glucocorticoids

**ANS:** Sympathetic nerve (excitatory modulation (+)), Parasympathetic nerve (suppression (-))

**Immune system:** Immune cells, lymph nodes, bone marrow, spleen and thymus

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### Stresses

Long working hours, irregular sleeping, emotions, toxins, chronic pain, allergies and other chronic diseases

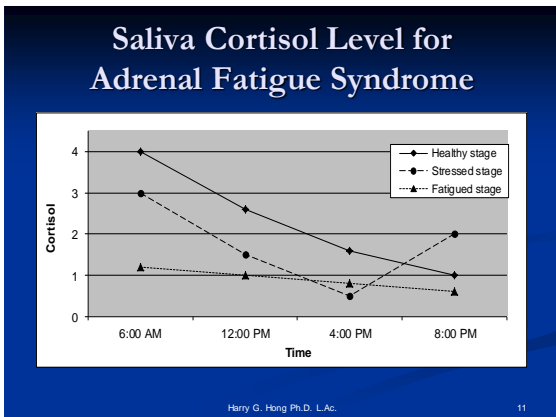
**Fight and Flight:** Increase heart rate, Raise blood pressure, Dilate coronary arteries

**Rest and Digest:** Sexual arousal, Salivation, lacrimation, Urination, digestion, Immune functions

**Sympathetic Dominance and Low Vagus Nerve Tone**

Hypervigilance, nervousness, anxiety, panic attack, restlessness, sweaty palm and sole, poor sleep, increased blood pressure, and faster heart rate, poor digestion (bloating and constipation), weak immune system (more infections), dry mouth and eyes, and low sexual activity

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### Th1/Th2 shift in Favor of Th2

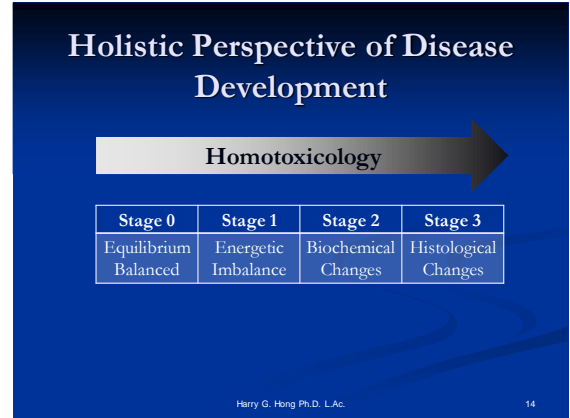
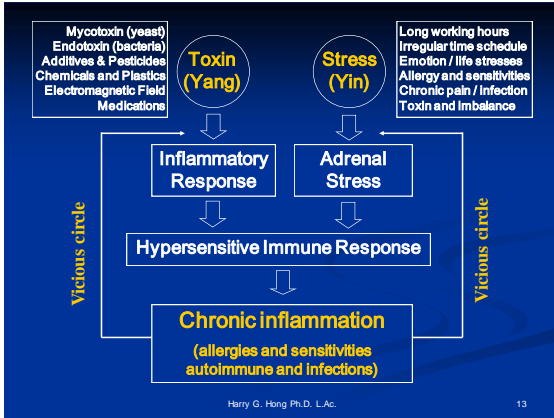
**Stresses:** Long working hours, Irregular sleeping, Emotion / life stresses, Allergies / sensitivities, Chronic pain / infection, Toxins and diseases

**Sympathetic Dominance Adrenal Fatigue Syndrome**

**Victims cycle:** More antibodies, More allergies (Th2: B cell, Mast cell, Eosinophil)

**Victims cycle:** Weak defense, More infections (Th1: Cytotoxic T cell, Macrophage, NK cell)

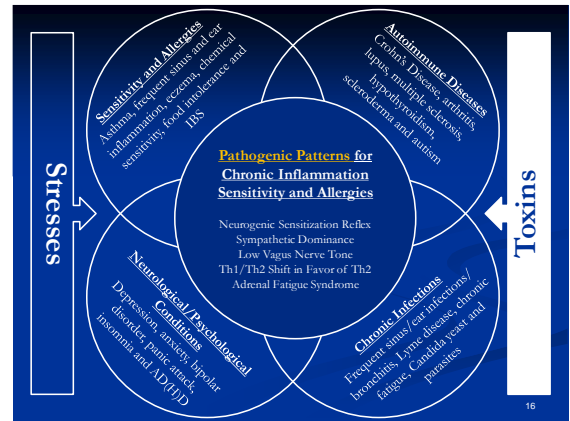
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### Holistic model for development of inflammatory disease

Stages	0	1	2	3
Neuroimmune response	Local neurogenic Response (axon reflex)	Regional response and neurogenic sensitization reflex	Systemic ANS/HPA response Allergy (antibody production)	Autoimmune disease
Neuro-endocrine response	Healthy ANS/HPA system	Sympathetic activation Stressed ANS and HPA function	Sympathetic dominance	Fatigued ANS and HPA function
Pathological change	Homeostasis	Energetic imbalance	Biochemical change	Histological change
Chinese medicine (Yin/Yang balance)	Balanced Yin and Yang	Blockage and inflammatory stage (Yin deficiency)		Deficiency and degeneration stage (Deficiency of Yang or both Yin and Yang)

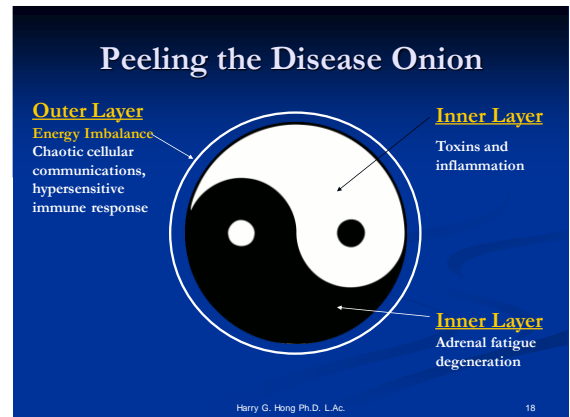
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The strategy

## CLINICAL APPROACH TO AUTISM WITH SENSITIVITIES

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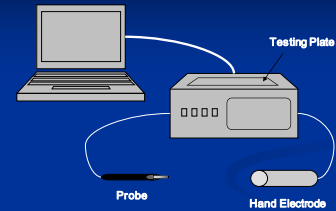
## Characteristics of Chaotic Stage

- Chaotic cellular signal communications
  - High toxicity
  - High allergy and sensitivity
  - High inflammatory autoimmune response
  - Low cellular energy/metabolism/regeneration
  - Imbalance of cytokines, NT and hormones due to immune response and polarity switch
- Limited response to any treatment protocols
- Adverse or allergic response to therapies

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## Detection of Energetic Imbalance



Energetic testing for meridian balance, neuroimmune responses and sensitivities using **Electrodermal Screening (EDS)**

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## Therapies to Energetic Imbalance

Balance meridians and recharge cellular energy w/ complex homeopathy



Reduce sensitivities with Immune System Reprogramming (ISR)



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## Individualized Body-Mind Therapy

1. **Chaotic Stage (1st layer, 3-6 months)**
    - Address allergies, sensitivities and inflammation
    - Recharge cellular energy, correct chaotic communication
  2. **Detoxification Stage (2nd layer)**
    - Intestinal Candida, parasite, bacterial toxins
    - Liver and kidney support, toxin-specific detoxification
    - Chronic infections (chronic Lyme disease and Epstein Barr)
    - Emotional problems and structural issues
  3. **Regeneration Stage (3rd layer)**
    - Help to recover adrenal system and support metabolism
    - Gut-Blood-Brain-Barrier and brain tissue regeneration
- **Multiple modalities to reach synergistic effect**
- Homeopathy, Chinese medicine, immune system reprogramming, energy testing, flower essences and nutritional supplementation

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## Larry's Case (1)

- Larry, born in March 2000, diagnosed with PDD
- History:
  - Diarrhea for half a year after MMR vaccination around 18 month, indigestion, bloating and irregular bowel movement, better after CF/GF diet and digestive enzymes
  - Server allergies with skin eczema and mild asthma, treated with allergy shot and NAET, but couldn't solve the root issue; also has family history of allergies
  - No talking until age of 4; at age of 5, talking only words without conversation, doesn't follow instructions, OCD and hyperactive, emotional, anxious and easily irritated, no social, limited learning ability, disturbed sleeping
- Larry started my treatment from age of 5 (ATEC 112)

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## Larry's Case (2)

- During treatment, symptoms gradually under control:
  - **Allergies:** sensitivities reduced, digestion improved, sleeping better, no skin breakout and asthma, physical growth faster
  - **Emotion and behavior:** fewer breaking downs, less OCD behavior, listen to instructions better, less anxious and irritable, better relationship with friends, siblings and parents
  - **Neurological development:** focus better, learning ability improved, finish school work faster, communications and social ability improved, ability dealing with stress better, gradually moved from autism class to mainstream classroom in school
- Now Larry is 12 year old at 6<sup>th</sup> grade (ATEC 28)
  - Studying in mainstream classroom full-time with good grades; very few allergy symptoms, better communication skills with some friends, no behavior issue reported from the school. Still works with me every 1-2 months for balancing and detoxifying

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## Final Words

1. Dysfunctional neuro- and endocrine-control of the immune system plays a major role in the pathogenesis of autism and sensitivities
2. Sensitivity is a neurogenic inflammatory response; while allergies involve antibody production
3. Center piece of the puzzle for autism and sensitivities is the pathophysiological pattern of neurogenic sensitization reflex, sympathetic dominance, low Vagus nerve tone, Th1/Th2 shift in favor of Th2 and adrenal fatigue syndrome
4. The toxin and stress are the root issues for the condition. Detox and helping adrenal stress are crucial in the treatment plan
5. Timing is also important. Resolving the first layer of chaotic stage is necessary before detoxification and adrenal support can be successful
6. Integrative approach with synergetic effect from multiple modalities works better than nutritional supplementation alone
7. IBMT is a non-invasive, children friendly and all-natural program. It complements to biomedical therapy as well

## Contact and Office Locations

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