

ARCH Medical Center

Surviving Biomedical Therapies without Breaking the Bank

Read! Read! Read!!!

Read! Read! Read!!!

Books

Read! Read! Read!!!

Books

Read! Read! Read!!!

Websites

Read! Read! Read!!!

Electronic Newsletters

Autism Research Institute
www.autism.com
 Schafer Autism Report
www.sarnet.org

Listen!

Conference Tapes

Watch & Listen!

"Defeat Autism Now" Conference Webcasts
www.danwebcast.com
 Autism TV
www.up-to-date.com/autism.tv/index.html
 Autism One Radio
<http://autismone.org/radio/>

Video & Audio Webcasts

Support Structure

➤ **Relatives**

Support Structure

- Relatives
- Friends

Support Structure

- Relatives
- Friends
- Therapists

Support Structure

- Relatives
- Friends
- Therapists



Support Structure

Biomedical Support Groups

- Live
- Online




What Can You Do
While Waiting to See a Biomedical Practitioner?

What Can You Do
While Waiting to See a Biomedical Practitioner?

Gather copies of all of your child's medical records

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Gather copies of all of your child's medical records




What Can You Do
While Waiting to See a Biomedical Practitioner?

Write a short chronologic history of your child

What Can You Do
While Waiting to See a Biomedical Practitioner?

Write a short chronologic history of your child




What Can You Do
While Waiting to See a Biomedical Practitioner?

Write a short
Treatment
history
of your child

What Can You Do
While Waiting to See a Biomedical Practitioner?

Write a short
Treatment
history
of your child



What Can You Do
While Waiting to See a Biomedical Practitioner?

Videotape
your child



What Can You Do
While Waiting to See a Biomedical Practitioner?


File a Vaers Report
If you think vaccines
harmed your child

<http://vaers.hhs.gov/>



What Can You Do
While Waiting to See a Biomedical Practitioner?

DIET



Why start a diet?

Why start a Diet?

Food can be
your child's
best friend




Why start a Diet?

Or their
worst enemy



Why start a diet?

Digestion
and
absorption



Why start a diet?

Food allergies



Why start a diet?


Food Neurology

Why start a diet?

Food Neurology
Neurotransmitter mimicry by food

Why start a diet?

Food Neurology
Neurotransmitter mimicry by food



Which diet?

Which diet?

Clean up your Family's diet

Which diet?



Clean up your Family's diet

Clean diet

As organic as possible



Clean diet

As organic as possible



Clean diet

As organic as possible



Clean diet

Learn to read **all** Food labels

Clean diet

Learn to read **all** Food labels



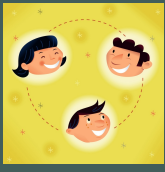
Clean diet

Avoid foods whose Ingredients list

- > Words with more than 3 syllables
- > Words you can't Pronounce
- > More than 6 ingredients
- > Acronyms

ขอแสดงความนับถือ

specific diet



Before starting Any specific diet Enlist the Cooperation of Everyone who Feeds your child

Gluten free/Casein free

This is your Child's brain On Gluten & casein




Gluten free/Casein free

Common pitfalls



Gluten free/Casein free

Do your homework



Gluten free/Casein free

Remove casein first



Gluten free/Casein free



Remove them completely

Gluten free/Casein free

Remove them For at least 3 months



Gluten free/Casein free



If you decide To stop after 3 months

Do it big!

Gluten free/Casein free

Dietary infractions




Gluten free/Casein free




Be prepared For withdrawal

Gluten free/Casein free



“but my child’s A Picky eater”

Beginning supplements



You can start many supplements on your own


Beginning supplements



Stick with quality supplements

www.npainfo.org

Priorities



Sleep

Priorities

Melatonin
1-6 mg at bedtime
Available as a
sustained-release
preparation for those
who swallow pills

Sleep

Priorities

5-Hydroxy
Tryptophan
50-200 mgs
either at dinner or
Bedtime
Supports serotonin
production

Sleep

Priorities

L-Tryptophan
500-1500 mgs
either at dinner or
Bedtime
Supports serotonin
production

Sleep

Priorities

Herbals
Ashwagandha
Valerian Root
Do not use without
guidance unless you do
thorough research
first

Sleep

Priorities




Constipation



Priorities

Food
Addictions




Priorities

Food
Addictions



Priorities

Yeast




Priorities

Yeast




Priorities




Pain

Priorities




Pain

Finding a biomedical practitioner




Therapies

biomedical vs educational




Working with your child's Primary medical doctor (pmd)

If your child's Doctor thinks You're crazy




Working with your child's Primary medical doctor (pmd)

It's time for a new doctor




Working with your child's Primary medical doctor (pmd)

It's time for a new doctor



Protecting your affected child's health

Acetaminophen
A.k.a. tylenol



Protecting your affected child's health

vaccines



Protecting your affected child's health

Mercury amalgam
Dental fillings



Protecting your affected child's health

Dental sealants



Protecting your affected child's health

fluoride



Protecting your affected child's health

Autistic behaviors
Are not simply
"Autistic behaviors"



Protecting your affected child's health

Autistic behaviors
Are not simply
"Autistic behaviors"



Protecting your affected child's health

Autistic behaviors
Are not simply
"Autistic behaviors"



Protecting your affected child's health



Question authority!

Protecting your affected child's health

Admit when the problem you dealing with is bigger than you

- Gastrointestinal
- Immunologic
- Neuroinflammatory
- Seizures
- Toxicity
- Thyroid
- Adrenal
- Mitochondrial


Protecting your Family's health

The siblings Of your asd child Are at risk!



Protecting your Family's health

Consider modified Vaccine schedules




Protecting your Family's health

~~Sane Vaccine policy~~

Protecting your Family's health

Sane Vaccine policy

Not vaccinating until the immune system is mature enough to handle it



Protecting your Family's health

Sane Vaccine policy


Not vaccinating for diseases with no significant morbidity or mortality

Varicella

Protecting your Family's health

Sane Vaccine policy

Not vaccinating for diseases with no significant morbidity or mortality



Protecting your Family's health

Sane Vaccine policy

Not vaccinating for diseases for which the child is not at risk

Hepatitis B

Protecting your Family's health

Sane Vaccine policy

Not vaccinating for diseases for which the child is not at risk until much later

Diphtheria

Tetanus

Polio

Protecting your Family's health

Sane Vaccine policy

Not giving boosters until you've checked response to the preceding vaccines



Protecting your Family's health

Sane Vaccine policy

DTaP

MMR

Not giving Combination vaccines

Protecting your Family's health

Sane Vaccine Policy

Not giving multiple vaccines on the same day




Protecting your Family's health

Avoid antibiotics Unless truly necessary



Protecting your Family's health

Reduce or eliminate Toxins from all Possible sources



Financial health

Have a plan

treatments education family



Financial health

Make a budget



Financial health

be Prepared To go to war With your insurance company

www.tacanow.org and follow links to family resources



Financial health


Create a Wish list

treatments



Financial health

Consider a fundraiser



Emotional Health

Get rid of the Guilt!



Emotional Health

Pick your battles



Emotional Health

Strive to Make Your partner "a partner" In your child's recovery




Emotional Health

There could Be many Reasons why Your partner Is uninvolved In your child's recovery




Emotional Health

Guilt!




Emotional Health

fear!




Emotional Health

denial!



Emotional Health


Neglect And jealousy!



Emotional Health

Make time for Your partner

Schedule dates




Emotional Health

Keep the lines
Of
Communication
open



Emotional Health




Be willing to
Repeat yourself
As often as
necessary

Emotional Health

Men are
Frequently
Visual learners

Emotional Health

Men are
Frequently
Visual learners




Emotional Health



Send them to
The next
conference

Emotional Health

You're much
more
Effective
As a
team




Emotional Health

Make one-on-one
Time for your
Spectrum child's
siblings



Emotional Health

You can't take
Care of your
Child
If you don't
Take care of
Yourself!



Emotional Health

You can't take
Care of your
Child
If you don't
Take care of
Yourself!



spiritual Health

Establish or Develop or Maintain Your relationship With your religion

spiritual Health

Establish or Develop or Maintain Your relationship With your Spiritual force

spiritual Health

With prayer

spiritual Health

With Devotion Or reading

spiritual Health

With meditation

spiritual Health

With worship

spiritual Health

With community

spiritual Health

Your spiritual connection Will determine Both Your and their Acceptance of who They are and who They will become.

spiritual Health

This will be the most important Gift you give to your child!

Recovery is possible!

The road To recovery




Recovery is possible!

Beware Of the Flavor of the week




Recovery is possible!

"Magical" Recoveries Are rare




Recovery is possible!

This race Is **not** a sprint



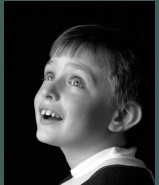
Recovery is possible!

It's a Marathon!




Perspective is everything

Have you been Given a Disability?



Perspective is everything

Or a Gift?



ARCH Medical Center
Autism Recovery and Comprehensive Health

Surviving Biomedical Therapies without Breaking the Bank

