

# Natural Help 4...

# Autism



## What is Autism?

**Autism is a life-long developmental disorder that affects an individual's ability to interact with the world around them.**

While we have all heard about autism, most of us have only vague ideas of what the diagnosis means. Individuals with autism have difficulties making friends and participating in everyday social interactions. They often have restricted interests and behavioral patterns, and find comfort in routine and repetition.

Since it is a spectrum disorder, **autism affects children in different ways**, and no two autistic children are exactly alike. This makes things very confusing for parents who are battling to come to terms with what is best for their child, as **signs of autism** vary greatly. It may be helpful to devise an **autism symptoms checklist** to aid in diagnosing the disorder.

A common struggle for parents is the desperate efforts to try and “reach” their child, as **they seem to exist in their own private world within their minds.**

## How Common is Autism?

Autism was once thought to be a rare disorder affecting as few as 1 in 5,000 people. Recent findings, however, suggest a much higher prevalence rate, estimating that at least 1 out of every 500 children in the U.S. has autism.

This large discrepancy may be due to an increase in awareness about the disorder and more accurate diagnostic criteria. Others believe that autism is a developmental disorder that is on the increase. Most autistic children develop symptoms before 3 years of age, and the disorder tends to affect four times as many boys as girls.

Unfortunately, there is no cure for autism, although treatment options are available to help your child lead as normal a life as possible.

## Diagnosing Autism

There are currently **no medical tests which can diagnose autism**. Signs of autism vary from individual to individual. 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

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performed, including the CARS rating (Childhood [Autism](#) Rating Scale) and CHAT (Checklist for [Autism](#) in Toddlers).

Diagnosis can be made by pediatricians, psychiatrists, clinical psychologists, or by a multi-disciplinary team, usually utilizing an [autism symptoms](#) checklist.

## Recognizing the Symptoms of Autism

Children with [autism](#) usually display impairments in social, behavioral, and communication skills. Keeping an [autism symptoms](#) checklist can help when seeking help from a healthcare professional. Symptoms can include:

### Social Difficulties:

- Lack of eye contact, facial expressions, and social gestures
- Failure to develop peer relationships
- Does not seek out social interaction
- Appears not to hear you at times and lacks responsiveness
- Resists cuddling, holding, and physical touch
- Appears unaware of others' emotions
- Retreats into his or her "own world" and prefers to play alone

### Communication Difficulties:

- Delayed language development or absence of speech
- Inability to start or sustain conversation
- Stereotyped or 'strange' use of language
- "Disney speak" – repeats phrases from frequently watched cartoons or movies
- Language regression - loses previously acquired ability to say certain words or sentences
- Avoids eye contact when speaking
- Repetition of words or phrases, with little understanding of how to make sense of these words or use them in own speech
- Difficulty expressing own needs and often uses gestures rather than words

### Behavioral Difficulties:

- Restricted and repetitive behavior
- Abnormally intense preoccupation with certain activities or areas of interest
- Obsessive or inappropriate attachment to certain objects
- Inflexible insistence on certain non-functional rituals or routines
- Insists on sameness, and becomes distressed when routines or rituals are changed
- Stereotyped and repetitive movements called "stimming", e.g. hand flapping or rocking
- Preoccupation with parts of objects, such as a fascination with the spinning wheel of a toy car
- May be particularly sensitive to loud sounds, bright lights, or physical touch and textures

## What Causes Autism?



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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

There is **no known single cause of [autism](#)**.

It is known that [autism](#) is a neurological disorder, and that there are **differences in the shape and the structure of the brain of [autistic children](#)** as opposed to non-[autistic children](#) – although this is not always the case.

While it is not known whether [autism](#) has a genetic link, the exact genes involved are unclear. Families with one [autistic](#) child have 3% - 5% chance of having a second [autistic](#) child (this differs to the 0.5% risk of the general population).

Certain **‘triggers’ have been implicated as possible precipitators of the disorder**. These could include problems in pregnancy and birth, viral infections, exposure to certain environmental chemicals or pollutants, or even allergies to certain foods (i.e. gluten or dairy products).

There are also suggestions that [autism](#) may be caused by a reaction to childhood vaccines, especially those containing high amounts of mercury. 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.

## Help for Autism

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.

While there is a place for prescription medication in certain cases of [autism](#), careful consideration and caution should be taken due to possible side effects.

There are also **[natural treatments for autism](#)**, including herbal and homeopathic remedies which can help maintain harmony, health, and systemic balance in the brain and nervous system, without side effects or sedation.

The **best results are usually achieved by using a multidisciplinary approach** and combining different therapies. It may take some time and experimentation to find the right combination of therapies for the individual.

## Approaches to Autism Treatment

The following is merely an overview of some of the treatment approaches. As the signs of [autism](#) vary, in addition to different causes and manifestations in people, **treatment will differ from person to person** and often needs to be tailor-made for the individual.

### Educational and Therapeutic Approaches

This includes 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

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can be extremely effective and 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 require 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 as a result of nutritional deficiencies or malabsorption of nutrients from the diet.

This subject is a very complex one and outside the scope of this discussion. However, it is strongly suggested that parents consult a physician, homeopath, or nutritional expert who specializes in using supplements in the treatment of [autism](#), and that this approach be integrated into the intervention program.

There are also suggestions that [autistic](#) symptoms can be caused as a result of malabsorption and intolerances to certain foods, especially dairy products, sugar, and gluten contained in wheat and grain products.

Some parents have reported remarkable changes after the elimination of these foods from the diets of their [autistic children](#). It is recommended that a nutritionist be consulted to assist with insuring a balanced diet to compensate for the removal of foodstuffs containing dairy and gluten.

### **Medications**

There are many different medications that are prescribed to treat the symptoms of [autism](#). While no drugs exist that can cure [autism](#), certain drugs may be prescribed to treat the symptoms.

Whether or not to use prescription drugs is a personal choice that needs to be made on the basis of an informed decision as to the **benefits and disadvantages involved**. It is always important to balance symptomatic relief of symptoms with possible side effects and health disadvantages.

If prescription drugs are used, it is essential that these are prescribed and **regularly monitored by an experienced professional** to prevent dosage problems as well as adverse drug interactions.

It is also important to realize that there are **effective [natural treatments for](#)**



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**autism using herbal and homeopathic remedies instead of prescription drugs.** As with any medication, it is always best to consult your doctor before changing or discontinuing any prescribed medicines.

## **Herbal and Homeopathic Remedies**

**Natural treatments for autism** may be just as effective, and can be **viable alternatives to synthetic drugs**, with far fewer risks and side effects.

It is important to only use remedies from a reliable source, as the quality of herbs used as well as methods of preparation may affect the strength and effectiveness of the remedy.

A holistic approach uses nature's intrinsic ingredients to **better address the underlying issues – and not just treat the symptoms of autism.** Depending on the issues that need to be addressed (which will be different between children), certain herbal and homeopathic ingredients such as Melissa officinalis, Passiflora, St. John's Wort, and Chamomila may be recommended as part of a holistic treatment plan.

Biochemic tissue salt combinations to support brain and mood functioning may also be very beneficial. If your child is already taking prescription medication, remember to consult your health professional before making changes or combining herbal remedies.

## **Other Disorders Related to Autism**

**Autism** is one of five developmental disorders classified under the heading of pervasive developmental disorders (PDD). The other four are **Asperger's Syndrome**, childhood disintegrative disorder (CDD), Rett's Disorder and PDD - not otherwise specified (PDD - NOS). Children with **autism** are also more likely to have or develop other disorders such as:

- Fragile X syndrome, which causes mental retardation
- Tuberous sclerosis, in which tumors grow in the brain
- **Tourette's Syndrome**
- **ADD** and **ADHD**
- Epilepsy

## **Tips for Concerned Parents**

- **Learn about autism.**

The more you know about your child's problems and differences, the more you can do to help them. There is a wealth of information available, including books, web sites, articles, and professionals offering information and support. While not all of this information will be useful or correct, you may just find a gem of wonderful advice or a treatment option that really works for your child.

- **Help others to understand your child.**

Parents know their children best, and are aware of what sets them off and what comforts them. Inform educators and professionals of these things so that their time spent with your child is more productive.

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2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email **Ask Our Experts** service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional **One Year Money Back Guarantee**.

- **Change your expectations.**

This is possibly one of the biggest challenges to face. Your child probably won't become the surgeon that you hoped he would, and won't always be on par with other children as far as developmental milestones and appropriate behaviors go. Start with smaller, obtainable goals, and focus on helping your child reach his or her unique potential.

- **Monitor sensory in-put.**

Most children with [autism](#) either become overwhelmed by too much sensory stimulation, or get frustrated because they crave it. Learn to read your child's needs and accommodate their environment accordingly. For instance, if your child is screaming and blocking his or her ears, create a quiet environment.

- **Channel unusual behavior into appropriate behaviors.**

If your child has stims (self-stimulating behavior) adapt these behaviors to be more socially acceptable, such as climbing a jungle gym rather than the household furniture.

- **Concentrate on what children can do rather on what they can't do.**

Encourage and praise their strengths, and do not make them feel ashamed of their weaknesses.

- **Enjoy quality time together.**

In very structured treatment plans, you may begin to feel more like the teacher or therapist of an [autistic](#) child, instead of a parent. Even when you are involved in play therapy or "floor time", remember to enjoy your child's company and have fun. While continuing treatment at home is important, don't lose sight of the fact that your primary role is loving parent.

- **Try to worry less about what other people think.**

Others may see your child's behavior as odd, unruly, or a result of bad parenting. Keep in mind that you are doing the best you can, and so is your child. "Normal" behavior is always relative.



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## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by

conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being. "This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used

for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

In the treatment of depression, the following herbal and homeopathic remedies are often used as part of the treatment plan.

## **Related Natural Remedies:**

**MindSoothe**: Promotes balanced mood and feelings, as well as healthy levels of serotonin and other neurotransmitters.

MindSoothe is a 100% safe, non-addictive, natural herbal remedy that has been especially formulated by a Clinical Psychologist for adults and teens, and comes in a compact capsule form, making it easy to take.

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**PureCalm**: Aids nervous system in stress resistance for balanced moods and feelings of well being.

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PureCalm can especially benefit those individuals needing support overcoming worry, managing stress and promoting inner calm related to certain situations. Natural stress relief products such as PureCalm can be used consistently, without side effects or compromising health.

[Learn more about PureCalm](#)

**Focus Formula**: Helps maintain optimal mental focus, concentration, attention

span and memory function.

Focus Formula is a 100% safe, non-addictive, natural, herbal remedy. Formulated by a Clinical Psychologist for both children and adults, Focus Formula has been used for many years to **safely maintain health and systemic balance** in the brain and nervous system.

Focus Formula contains a selection of herbs known for their supportive function in **maintaining brain, nervous system and circulatory health, and well-being.**

The formula remains true to the full spectrum method of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy.

This method of manufacturing also significantly reduces the likelihood of side effects and ensures that all active ingredients are in perfect balance - exactly as nature intended.

Focus Formula can make all the difference, without the risk of sedation, compromising health or serious side effects. In combination with a healthy lifestyle and diet, Focus Formula supports the healthy functioning of the brain and nervous system, helping to **maintain motivation, concentration and memory, and optimum performance.**

[Learn more about Focus Formula](#)

**Tula Tantrum Tamer:** Helps reduce tantrums, soothe fiery tempers and reduce frustration in young children.

**Tula Tantrum Tamer** is an all-natural, **non-addictive remedy**, containing 100% homeopathic ingredients especially selected by our Clinical Psychologist.

**Tula Tantrum Tamer** works to **calm angry and oppositional children** and help them to more easily use their developing reasoning skills. This remedy is especially effective in children from 3 - 10 years old.

In combination with a healthy lifestyle and diet, Tula Tantrum Tamer helps children to **maintain balanced mood, calm demeanor and reasonable attitude** by providing a sound platform to support emotional peace and stability. As a result, Tula Tantrum Tamer can make all the difference, without compromising health.

Tula Tantrum Tamer will **help keep your child centered**, while at the same time helping to level-out mood, remain consistent and on-track, without the risk of heavy sedation and other side effects. After all, we want our kids to be well-adjusted and NOT emotionless zombies!

The remedy is registered with the FDA according to the requirements governing homeopathic OTC medication. All the proven ingredients in Tula Tantrum Tamer are listed with the HPUS (Homeopathic Pharmacopoeia of the United States) and the remedy is manufactured in a registered facility under pharmaceutical conditions.

**Presented in child-safe doses, Tula Tantrum Tamer contains no artificial colors or preservatives. This remedy is presented in delicious small sucking tablet form, making it easy to ingest and completely hassle free!**

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