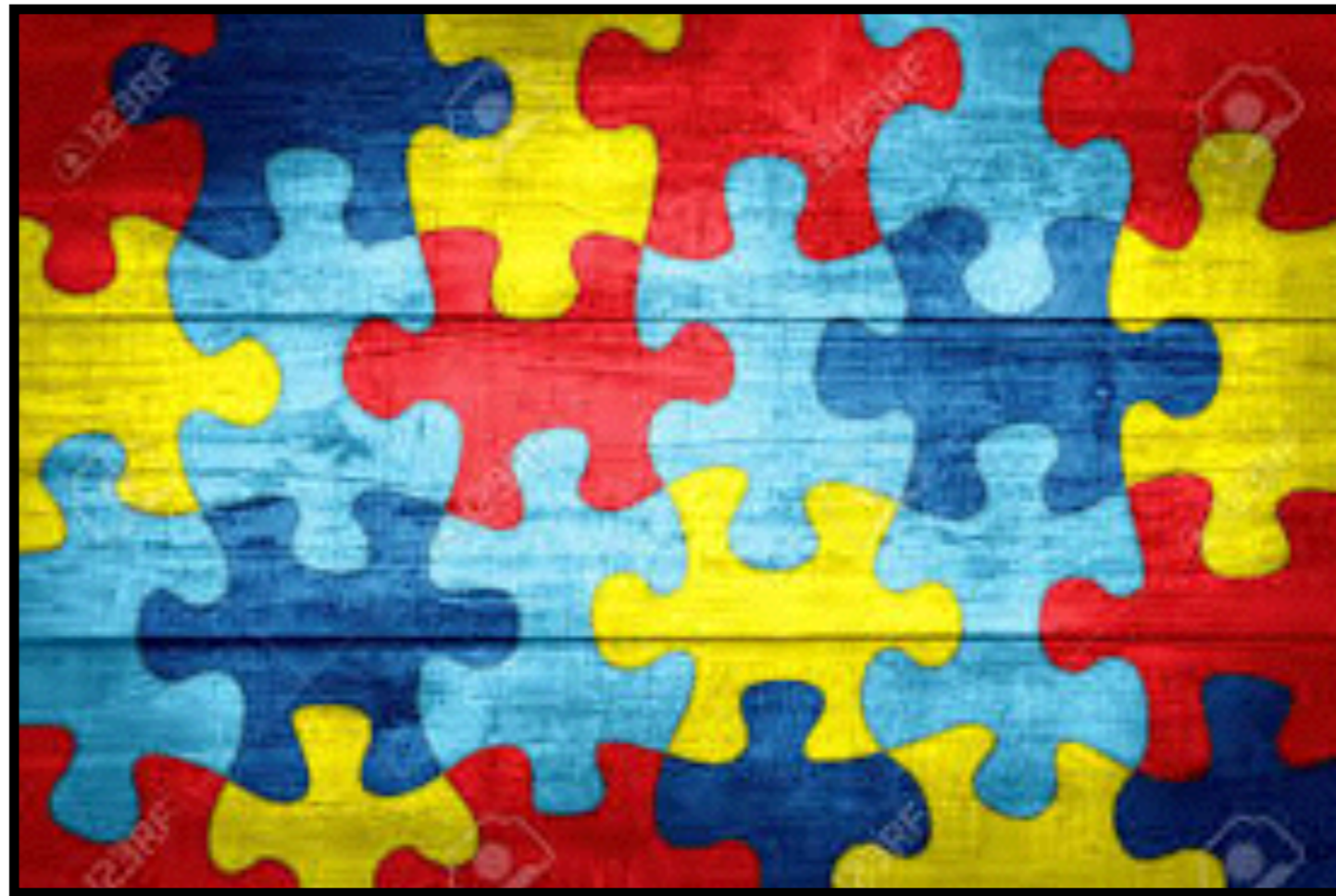


Biomedical and Nutritional Intervention Training Week 8



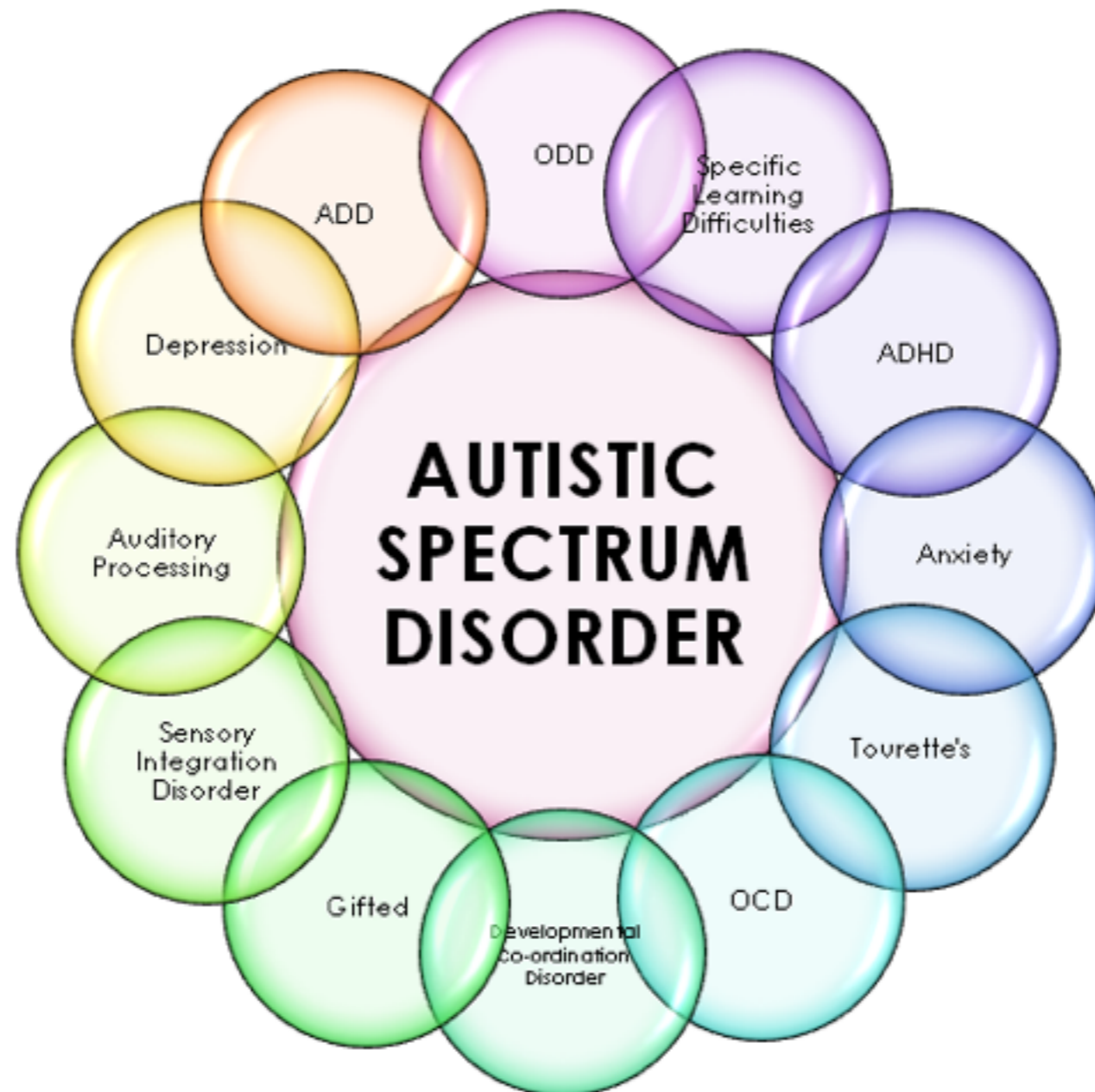
Nancy Guberti, MS, CN, Functional Medicine Specialist
<http://biomedicalnutritionalintervention.com/training/>

You are the Ripple Effect



General Notes

- Autism as a Syndrome: multiple disease entities
- Autism is a developmental syndrome
- Common deficit: theory of mind



Autism Blueprint Treatment

1. Biomedical & Nutritional Intake Session
obtaining as much data/information to
formulate pieces to the puzzle.

**2. Functional Medicine Testing: Organic Acid
and Glyphosate Testing at minimum.**

Depending on budget, heavy metal test,
environmental toxins, mycotoxins, food
intolerance testing.

**3. Implement Gluten-Casein-Soy-Corn-Free
Diet while waiting for test results.**

Autism Blueprint Treatment

- 4. Create Customized Supplement Regime depending on data from intake session, observation and functional medicine test results.**
- 5. Keep daily journal and progress notes to review at Monthly Progress Session. Tweak regime according to progress. Discuss lifestyle factors such as sleep, exercise, learning modulates, visiting museums, 'I Spy' games, get siblings involved with fun ways to learn together.**
- 6. Gain feedback from other therapy caregivers, teachers, and therapists.**

Autism Blueprint Treatment

7. Remove environmental toxins, scan each room in the home and replace any toxic produce with a healthier version. i.e. Laundry detergent with dye-free, perfume-free detergent. Further refine diet.

8. Focus on personal care products and replace with healthier product. Goto EWG.org and obtain the free database of tested products.

9. Support family caregivers with empowering information to care for ASD individual as well as themselves. Preserve relationships, marriage, family life. Get both parents involved whenever possible.

Autism Blueprint Treatment

10. Create Online & In-Person Support group (Social Skills) and connect families with others for socializing. Help them with organizing pertinent progress data, test results, forms, insurance, school communication binders.

11. Retest to check progress of replenishing missing nutrients and getting markers balanced. Run Organic Acid test and glyphosate test on annual basis. Change regime accordingly.

12. Join Total Wellness Empowerment Membership to keep being empowered with the latest research, gain access to the database and live monthly presentation. Review cases during the monthly 15 to 30 minute Zoom session to gain another set of eyes on your ASD individual. <http://totalwellnessempowerment.com/membership/>

Biomedical & Nutritional Intervention Checklist

Currently Doing It – what effects?	Tried It In Past – what effect?	Considering for Future – any questions?	<u>Treatments</u>
			Healthy Diets
			Food Sensitivities
			GFCF Diet
			Vitamin/Mineral Supplements (or Juicing)
			High-Dose Vitamin B6 & Magnesium
			Essential Fatty Acids
			Gut Treatments Antifungals Probiotics Digestive Enzymes
			Amino Acids
			Carnitine
			Melatonin
			Thyroid Testing/Supplementation
			Sulfation
			Methylation/Glutathione/Oxidative Stress
			Immune System Regulation
			Hyperbaric Oxygen Therapy

Complementary Therapies

Alternative Medical Systems	Ayurveda, Chinese, Homeopathy, Naturopathy
Mind-Body Interventions	cognitive-behavioral approaches, meditation, dance, music, art therapy, prayer, mental healing
Biological Based Therapies	dietary supplements, herbs, nutraceutical customized upon conditions and test results.
Manipulative And Body-Based Methods	chiropractic, osteopathic, manipulation, massage
Energy Therapies	Qi gong, Reiki, therapeutic touch, bio-electromagnetic-based therapies (pulsed fields, magnetic fields, or alternating current or direct current fields)



You are the Ripple Effect



for the betterment of the ASD individual and their loved ones