

Functional Medicine Approach for Autism

Gaining insights into one's body

Imbalances in digestion and absorption of nutrients, immune dysfunction, adrenal stress and detoxification problems play a central role in causing the behavioral and mood changes associated with autism. There is a connection between the various signs and symptoms that autistic children have, such as picky eaters, anxiety, adrenal fatigue, sleep disturbances, smelly bowel movements, bloated bellies, frequent colds and ear infections, dermatitis, and their brain function. This new way of thinking is based on systems biology, and it is known as Functional Medicine.

Causes

- 1 Biochemical individuality – We are all biochemically unique. That means that if you take 100 kids with autism, each one has unique genetics and their causes or triggers for their autism will be different. Therefore, our treatments need to be tailored to their biochemical and genetic predispositions and their specific causes of autism. For example, some of the autistic children are genetically unable to produce sufficient glutathione, which is the body's main antioxidant and major detoxification pathway for getting rid of metals and pesticides. Another key biochemical function that may be impaired in autistic children is called methylation, which helps us to get rid of toxins and also to make specific brain chemicals such as neurotransmitters.
- 2 Toxins & Toxicants – The inability to detoxify and eliminate the byproducts of our metabolism or the toxicants that we are exposed to in the air we breathe, the foods that we eat, or the medicines that we take may affect these predisposed children more than the rest of us. High levels of aluminum, lead, antimony, and arsenic, have been measured in the blood and hair analysis of autistic children. These neurotoxins become even more damaging when the body is depleted of sulfur and glutathione, two major detoxifying ingredients necessary to get rid of these metals. It is not only the insults from the toxicants but also their combination with nutritional deficiencies piled on susceptible genetic predispositions that lead to the biochemical imbalances we see in these autistic children.
- 3 Nutritional Deficiencies – Laboratory testing has helped us identify several nutritional deficiencies, such as vitamins, minerals, beneficial fats, and

amino acids. Many test low in zinc, magnesium, manganese, vitamins A, B12, D, and omega-3 fatty acids. Missing these necessary nutrients prevents them from producing energy in our cellular generators, our mitochondria.

- 4 Food Allergies and Intolerances – Often, these children have measurable food allergies and intolerances, such as high level of antibodies to gluten, dairy, eggs, corn, yeast, soy, and many other foods. Consuming allergenic foods leads to an intestinal inflammatory response and increased intestinal permeability (“leaky gut”), which eventually becomes systemic thus affecting their nervous system.
- 5 Increased intestinal permeability (“leaky gut”) - The immune system in the gut of these children shows high levels of inflammatory markers.
- 6 Imbalanced bacteria in the gut – often we see yeast overgrowth in the intestine and insufficient healthy bacteria. Urine tests may reveal high levels of certain markers indicative of excessive fungal overgrowth in the small intestine.
- 7 Inflammation and Oxidative stress- high levels of oxidative stress or free radical activity are present in the autistic children indicating that their brains are under attack.

Treatment

Treating autism as a systemic functional disorder that affects the CNS and brain gives us many other treatment options. We need to start by identifying the metabolic imbalances described above by utilizing the appropriate functional medicine testing in the correct order.

Knowing the causes and the individual predispositions reduces the treatment to 3 simple steps:

- 1 Replace - put in the necessary nutrients that help their genes work better (vitamins, minerals, digestive aids, probiotics, detoxifying agents, etc.)
- 2 Remove - get rid of the bad (food allergens, inflammation, oxidative stress, infections, toxicants, etc.)
- 3 Rebalance the system (fix digestion and absorption, detoxification, neurotransmitter function, etc.)

Children treated using an integrative functional medicine approach can often have dramatic and remarkable recoveries. Like all of us, children with behavior problems, ADHD, or autism are unique. Therefore, it is important to identify their specific pathways to healing.

Become an Autism Expert Today

Expand Your Practice while Helping Children by Enrolling in Autism Expert Training

Here's what You Will Learn:

Biochemistry Overview

Clinical Intake process - utilize most comprehensive questions

Learn how to get started with labs - which ones & why

Understand how to interpret the most important tests

Look for symptoms & clues to recovery

Dwell into the role of chronic candida & treatments

Learn about heavy metals and gentle detoxification

Fully grasp the dietary intervention influence + beneficial food regime

Address Behaviors, Adrenal & Sleep Issues

Nutraceutical Protocols - what to start first

Top Environmental Influences

Create a Plan of Action for testing & intervention

Teach you how to offer your services worldwide

Be a part of like-minded community of practitioners

Sharing my knowledge of 21+ years clinical research in this training for you to become an Autism Expert.

We need You, the Autism Community needs you! You can positively impact the lives of many.

In 1975, 1 in 5,000 children were diagnosed with autism. The current rate is 1 in 68, and it shows no sign of slowing down. At today's rate, we need more practitioners to help families with the biomedical and nutritional intervention.

<http://biomedicalnutritionalintervention.com/training/>

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to get enrolled today!