



Treating Autism Naturally: Causes, Current Treatment & Prevention

Presented by Dr. Amber Brooks

What Causes Autism?

Many have presumed that the cause of autism is only genetic, some feel it is triggered by vaccines, or simply a psychological disorder and many see it is an immune dysfunction. So who is correct?

Children with autism have

- Abnormal GI systems
- Abnormal immunological and/or toxicological systems due to a combination of genetic factors, undiagnosed food allergies, chronic infections, overuse of medications
- GI dysbiosis (imbalances in the gut)
- Vitamin/mineral deficiencies & poor diets to name a few.

Nutritional Aspects

Nutrition Research Reviews published an article in July 2014, which reported the continued connection between Autism and nutrition as it relates to the brain and gastrointestinal system. They specifically noted the differences in GI flora between those with autism and controls. They concluded nutrition-related factors play a causal role of autism and its symptoms.

There is not one event that causes a child to be diagnosed with autism, not every child with autism acts or looks the same, nor is every child medically treated the same.

Prevention

The treatments in caring for children with autism have exploded and now include evaluating genetics. For example, we know children with autism have poor detoxification systems leaving them prone to long-term damage. So, what if you could be aware of this ahead of time and prevent a diagnosis? This has changed the game because we now know what a child is genetically prone to allowing your doctor to be proactive instead of reactive. The key to prevention and care is early intervention!

According to University of California Davis, "nutritional genomics, or nutrigenomics, is the study of how foods affect our genes and how individual genetic differences can affect the way we respond to nutrients (and other naturally occurring compounds) in the foods we eat."

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Basics Continued....

2. Speak Nutrients- Omega 3 fish oil
 - Should be designed to support neurological health.
3. Multi-strain Probiotic
 - Healthy Kids Nutrients Probiotic Line has a variety of options
4. Enzymedica:
Digestive enzymes, Intolerance Complex- they also send samples
5. Super C powder- buffered vitamin C powder



Can get most of these at
www.healthykidsnutrients.com

Now What?

Educators:

- Let parents know what you see, through your eyes and experience. Give them more than a therapy referral, you may be saving their life in more ways than you know. Have a list of all types of providers for them to contact to find the best fit for their child.

Parents:

- First, right down the developmental, nutrition and medical goals you have in mind for your child and make sure to select a provider has direct experience achieving the results you are looking to better.
- Find a doctor immediately. Many of us are for kids from all over so don't let distance stop you from care.
- **Proper testing with your doctor is #1**
- **DON'T BE IRRESPONSIBLE WITH YOUR CHILD'S HEALTH... FIND A DOCTOR, GET HELP AND FOLLOW THEIR TREATMENT PLAN**

You can get more information in my book. You may order on our website at www.mychildwellness.com Also on kindle, ibooks, Amazon and B&N.

I am excited to also announce Healthy Kids Nutrients children's supplement line. Please visit www.healthykidsnutrients.com We offer free shipping for orders of \$150.00+



Recorded Webinars

- **Want to learn more about Autism and treatment? MTHFR?**
- "Transforming Tomorrow- How Behavior & Development Can Improve in Autism"
- "What the MTHFR? Shining a Light on Development, Cognition, Detoxification & Supporting Pathways"

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- Founder of Healthy Kids Nutrients
- www.mychildwellness.com
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Stay in Touch

Email office@mychildwellness.com to be kept up to date with upcoming webinars and education on pediatrics.

Launched new pediatric supplement line "Healthy Kids Nutrients" www.healthykidsnutrients.com

There are great ways to get more education including:

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