

# AUTISM AND DEVELOPMENTAL DELAY

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**A**lways

**U**nique

**T**otally

**I**nteresting

**S**ometimes

**M**ysterious

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# **FEATURES: ALWAYS, UNIQUE, TOTALLY, INTERESTING, SOMETIMES, MYSTERIOUS**

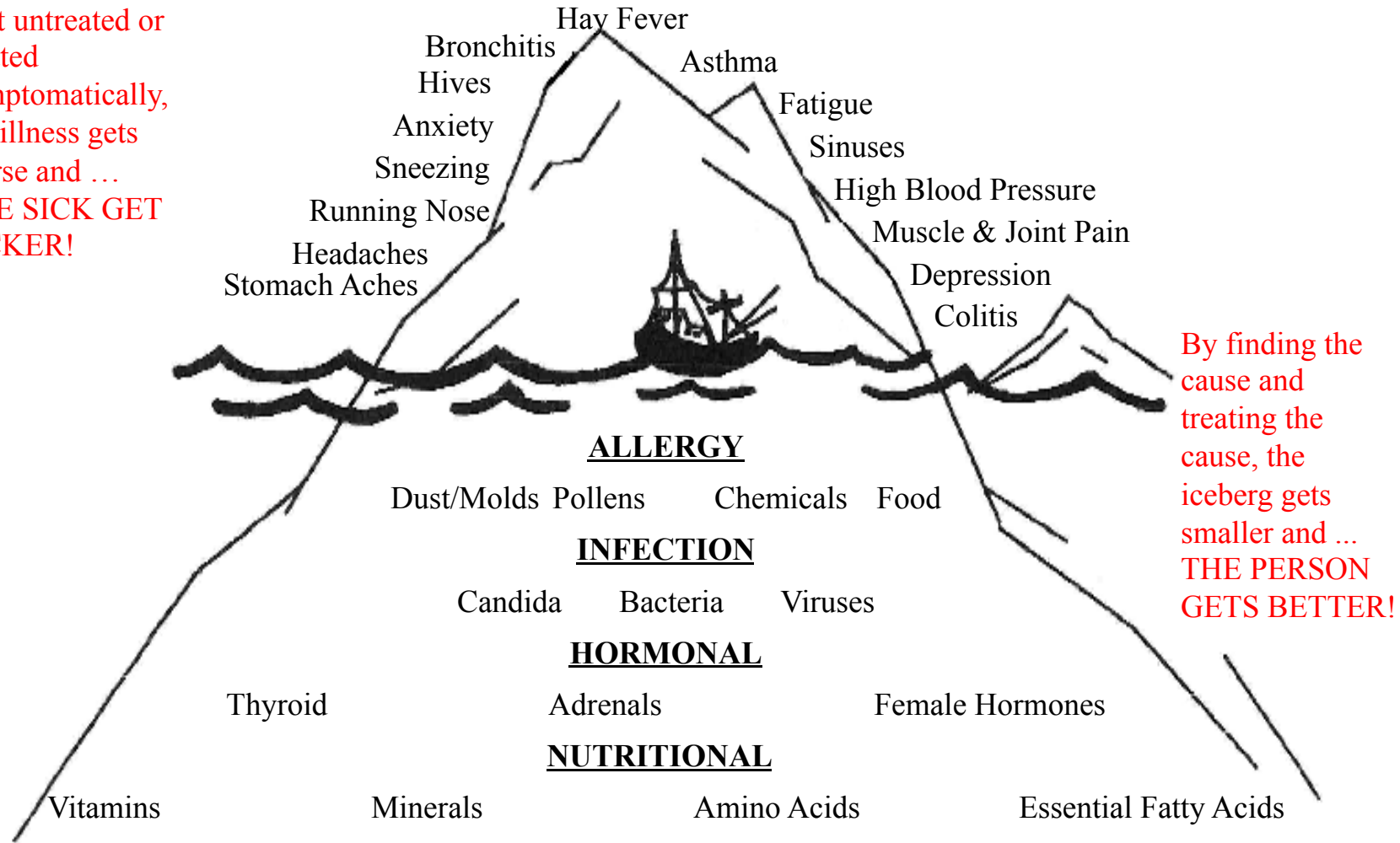
- **ADD**
- **ODD (OPPOSITIONAL DEFIANT DISORDER)**
- **SPECIFIC LEARNING DIFFICULTIES**
- **ADHD**
- **ANXIETY**
- **TOURETTE'S**
- **GIFTED**
- **OCD (OBSESSIVE COMPULSIVE DISORDER)**
- **DD (DEVELOPMENTAL DELAY)**
- **SENSORY INTEGRATION DISORDER**
- **AUDITORY PROCESSING DISORDER**
- **DEPRESSION**



# HOW TO TREAT AUTISM?

- **BY FINDING THE CAUSE**
- **HOW TO FIND THE CAUSE**
- **BASED ON HISTORY, PHYSICAL EXAM AND LABORATORY TESTING FIND THE CAUSES AND TREAT THEM**

Left untreated or treated symptomatically, the illness gets worse and ... **THE SICK GET SICKER!**



By finding the cause and treating the cause, the iceberg gets smaller and ... **THE PERSON GETS BETTER!**

## **CAUSES OF CHRONIC ILLNESS**



# **MOST COMMON FINDINGS IN AUTISM**

- **ENVIRONMENTAL**

- **INHALANT ALLERGY**
- **FOOD ALLERGY**
- **CHEMICAL SENSITIVITY**
- **GUT MICROBIOTA/SIBO/SIFO**
- **TOXIC-LEAD & MERCURY**
- **ENDOCRINE**
  - **HYPOTHYROIDISM**
  - **INSULIN RESISTANCE**

- **NUTRITIONAL**

- **B6**
- **MAGNESIUM**
- **DMG/TMG**
- **FOLIC ACID**
- **VITAMIN C**
- **ZINC**
- **COPPER**
- **METHYL B12**
- **LOW CHOLESTEROL**



# **NUTRITIONAL CAUSES: VITAMIN B6, MAGNESIUM, DMG ,FOLIC ACID & VITAMIN C 1/5**

- **RIGHT DOSE: WE HAVE TO DETERMINE IT ON INDIVIDUAL BASIS**
- **VITAMIN B6 DOSE: 8MG/LB=500MG IN 60 LBS CHILD TO A MAXIMUM OF 1000MG  
START WITH ¼ DOSE AND BUILD IT UP OVER 10-14 DAYS**
- **IF GIVEN TOO QUICKLY-MAY CAUSE MILD SIDE EFFECTS LIKE  
HYPERACTIVITY, NAUSEA, DIARRHEA**
- **MUST BE GIVEN WITH MAGNESIUM (HELPS IN 50%)**

# VITAMIN B6, MAGNESIUM, DMG ,FOLIC ACID & VITAMINC IN AUTISM 2/5

- **MAGNESIUM DOSE: 3-4 MG/LB UP TO 1000MG FOR ADULTS**
- **MAGNESIUM MUST BE PROVIDED TO ALL KIDS. ALMOST EVERY TYPE OF FOOD PROCESSING DEPLETES MAGNESIUM, SO SUPPLEMENTAL MAGNESIUM IS ESSENTIAL TO AVOID A DEFICIENCY.**

# VITAMIN B6, MAGNESIUM, DMG ,FOLIC ACID & VITAMINC IN AUTISM 3/5

- **DMG DOSE: COMES AS 125MG/TAB OR CAP**
- **DETERMINING RIGHT DOSAGE REALLY DEPENDS ON TRIAL AND ERROR  
EXPERIMENTATION**
- **ONE-HALF TABLET TO THREE OR FOUR TABLETS A DAY**



# VITAMIN B6, MAGNESIUM, DMG ,FOLIC ACID & VITAMINC IN AUTISM 4/5

- FOLIC ACID DOSE: **250 MCG OF FOLIC ACID PER POUND** OF BODY WEIGHT PER DAY
- FOLINIC ACID IS ACTIVE FORM OF FOLIC ACID. BODY NEEDS TO CONVERT FOLIC ACID TO **THF** (TETRAHYDROFOLATE) AND THEN ADD METHYL GROUP TO MAKE IT ACTIVE FORM CALLED **5-MTHFL** (5-METHYL-TETRA-HYDROFOLATE OR FOLINIC ACID)

# VITAMIN B6, MAGNESIUM, DMG ,FOLIC ACID & VITAMINC IN AUTISM 4/5

- **VITAMIN C DOSE: IN 1991, LELLAND TOLBERT AND HIS ASSOCIATES REPORTED THAT GIVING 8,000 MG/ DAY OF VITAMIN C TO ADOLESCENT AND ADULT AUTISTIC PERSONS BROUGHT ABOUT SIGNIFICANT IMPROVEMENT**
- **LINUS PAULING, RECOMMEND THAT MOST PEOPLE TAKE *AT LEAST* THAT MUCH VITAMIN C EACH DAY FOR OPTIMAL HEALTH**
- **A SMALL PERCENTAGE OF PEOPLE GET DIARRHEA ON SUCH DOSES--FOR THE REST, ESPECIALLY THOSE WITH AUTISM, THERE IS MUCH TO GAIN.**

# SUMMARY OF INTERVENTIONS:

- TREAT INHALANT ALLERGY
- TREAT GUT MICROBIOTA/CIFO
- TREAT HYPOTHYROIDISM
- TREAT CHEMICAL SENSITIVITY
- TREAT IRON DEFICIENCY
- TREAT LOW CHOLESTEROL (**CHOLEST**)
- OFF GLUTEN, CASEIN, SOY, YEAST, CHOCOLATE, PRESERVATIVES
- GIVE TRIAL OF INJ. METHYL B12
- SORT OUT FOOD ALLERGY
- MAGNESIUM/ VITAMIN B6
- ASD-PLEX/ SUPER-NU-THERA
- DMG/TMG
- L-TAURINE
- ZINC/COPPER
- OMEGA3/ OMEGA 6
- TREAT HEAVY METAL OVERLOAD
- TREAT NEURAL INFLAMMATION -LDN



# CASE STUDY ASPERGER'S SYNDROME

- **P A: 14 -YEAR-OLD CAUCASIAN CHILD SEEN @ EHAC FOR THE FIRST TIME ON SEPTEMBER 10, 2016.**
- **DIAGNOSED WITH ASPERGER. SYMPTOMS STARTED AT AGE 3-4**
- **WEIGHT GAIN FOR FIVE YEARS WHEN HE WAS PUT ON ABILIFY**
- **WEIGHT ON INITIAL VISIT 290 LBS**
- **RUNNY NOSE AND STUFFY NOSE FOR THREE TO FOUR YEARS**

# CONDITIONS TREATED

- **INHALANT ALLERGY**
- **SIFO/CANDIDA ENTERITIS**
- **HYPOTHYROIDISM**
- **MAGNESIUM DEFICIENCY**
- **FOOD ALLERGY**
- **INSULIN RESISTANCE**

# 1. INHALANT ALLERGY TREATMENT DETAILS 1/7

- SUSPECTED OF INHALANT ALLERGY BECAUSE OF :RUNNY NOSE, STUFFY NOSE, WHEEZING, TIGHTNESS IN CHEST, HAY FEVERS SPRING THROUGH FALL,
- TESTING REVEALED ALLERGY TO DUST, MOLDS AND POLLENS.
- WAS ON CLARITIN AND ALBUTEROL INHALER
- DUST AND MOLD INJECTION STARTED OCTOBER , 2016.



# **SIFO OVERGROWTH TREATMENT DETAILS 2/7**

- **SYMPTOMS SUGGESTIVE OF SIFO: CONSTIPATION, GAS, BELCHING, BLOATING, COATED TONGUE, NAUSEA, INDIGESTION, HEADACHES, ANXIETY, TENSENESS, MENTAL FATIGUE, POOR COMPREHENSION, HYPERACTIVITY, DIFFICULTY SETTING AND REACHING GOALS, INSOMNIA, DROWSINESS AND HE IS TAKING A LOT OF ANTIBIOTICS.**
- **NYSTATIN TREATMENT STARTED JULY 2016.**

# MAGNESIUM DEFICIENCY 3/7

- **SYMPTOMS: MUSCLE ACHES, MUSCLE CRAMPS, JOINT PAINS, LOW BACK PAIN, CONSTIPATION, DEPRESSION, ANXIETY, IRRITABILITY, POOR CONCENTRATION, SLEEP DISTURBANCES**
- **MAGNESIUM LOAD TEST: MAGNESIUM RETENTION: 84%**
- **25-OH VITAMIN D:35.5**

# **HYPOTHYROIDISM 4/7**

- **SYMPTOMS: FATIGUE, SEVERE FATIGUE IN THE MORNING, TIREDNESS BY THE END OF THE DAY, SLEEPING EXCESSIVELY, SLEEPY DURING THE DAYTIME, WEIGHT GAIN AND LOW BASAL TEMPERATURES.**
- **LABS: SUGGESTIVE OF HYPOTHYROIDISM**
- **TREATMENT: NATURE-THOID WAS STARTED IN DECEMBER 2016.**



# FOOD ALLERGY 5/7

- **SYMPTOMS SUGGESTIVE OF FOOD ALLERGY: TOMATO- RASH, APPLE: THROAT ITCHING, PEACHES: THROAT ITCHING. APPLE AND PEACHES: RUNNY NOSE AND SNEEZING.**
- **CRAVED SUGAR, BREAD, CHOCOLATE, ICE CREAM, STARCHY FOODS**
- **AFTER MEALS HE WOULD FEEL FATIGUED AND TIRED, AND CARBS MADE HIM FEEL BETTER**

# FOOD ALLERGY 6/7

- **FEEDING TEST:**
- **2+ REACTION TO EGGS,**
- **2+ WHEAT,**
- **2+ SUGAR**
- **2+ YEAST AND**
- **3+ CORN,**
- **3+ SOYBEAN**
- **1+ TO MILK.**

# INSULIN RESISTANCE 7/7

- **SYMPTOMS: WEIGHT GAIN, HUNGRY A LOT, THIRSTY A LOT, CRAVING CARBS**
- **FAMILY HISTORY: HYPERTENSION, STROKE, HIGH CHOLESTEROL, OBESITY**
- **LABS: INSULIN 20.6, CRP-CARDIAC 13.03**
- **TREATMENT: LOW CARBOHYDRATE DIET**
- **IMPROVEMENT: WEIGHT LOSS OF 20 LBS**



# FEATURES OF INSULIN RESISTANCE

- **CORONARY ARTERY DISEASE**
- **HYPERTENSION**
- **ADULT ONSET DIABETES**
- **OBESITY**
- **STROKE**

# IMPROVEMENTS 1/4

- **DATE FIRST SEEN: SEPTEMBER , 2016.**
- **NOVEMBER 2016: DIGESTIVE SYMPTOMS A LOT BETTER: CONSTIPATION, DIARRHEA, GAS BELCHING, BLOATING**
- **NOVEMBER 2016: TREATMENT WITH MAGNESIUM 25% BETTER**

# IMPROVEMENTS 2/4

- **JANUARY, 2017: 50% BETTER. HIS BEHAVIORAL SYMPTOMS IMPROVED 50%.**
- **JANUARY 2017: IMPROVEMENT IN HIS ENERGY LEVEL AND HE WAS ABLE TO GET OFF HIS THREE MEDICINES VYVANSE, BUSPAR, AND LAMOTRIGINE.**
- **SINCE BEING OFF THOSE MEDICATIONS HE DID NOT HAVE DRUGGED FEELING AS BEFORE AND HAVE A LOT OF MORE ENERGY.**



# IMPROVEMENTS 3/4

- **MARCH, 2017 HE REPORTED HIS ENERGY BEING A LOT OF BETTER AND OVERALL IMPROVEMENT 50% WITH SIGNIFICANT IMPROVEMENT IN HIS BEHAVIORAL SYMPTOMS.**
- **SLEEPING BETTER**

# IMPROVEMENTS 4/4

- **IN APRIL, 2017 HE REPORTED IMPROVEMENTS IN HIS RESPIRATORY SYMPTOMS**

# WHERE TO START INITIAL INTERVENTIONS?

- **TREAT SIFO: NYSTATIN/DIFLUCAN**
- **INITIAL DIETARY INTERVENTIONS**
- **INITIAL NUTRITIONAL INTERVENTIONS**
  - **FOCUSED MULTIVIT/MIN: ASD- PLEX/ SNT**
  - **MAGNESIUM**
  - **VITAMIN B6**
  - **VITAMIN D**
- **METHYL B12**
- **DMG/TMG**
- **ZINC/COPPER**
- **MELATONIN**



# INITIAL DIETARY INTERVENTIONS

## 1/4

- **READ THE BOOK "AUTISM: EFFECTIVE BIOMEDICAL TREATMENTS**
- **CLEAN UP THE DIET.**
- **OFF JUNK FOODS**
- **OFF ADDITIVES, COLORING DYES, PRESERVATIVES.**
- **OFF SUGAR (47% BETTER) AND ARTIFICIAL SWEETENERS**
- **OFF CHOCOLATE (49% BETTER)**

# AUTISM: EFFECTIVE BIOMEDICAL INTERVENTIONS BY SIDNEY BAKER MD



# INITIAL DIETARY INTERVENTIONS 2/4

- **CONSUME DIET RICH IN PROTEIN, FRESH VEGGIES, FRESH FRUITS, BEANS, NON-GLUTEN WHOLE GRAINS, NON-GLUTEN WHOLE GRAINS INCLUDE RICE, BUCKWHEAT, CORN, MILLET, QUINOA, AMARANTH.**
- **OFF MILK & MILK PRODUCTS FOR 3 WEEKS. TRY THIS 1ST BEFORE TRYING GLUTEN FREE DIET. AVOID ALL FORMS OF MILK INCLUDING GOAT MILK, BUTTER, WHEY, CHEESE, YOGURT, LACTOSE, CASEIN (49% BETTER).**



# INITIAL DIETARY INTERVENTIONS 3/4

- **OFF GLUTEN. 2 WEEKS AFTER BEING ON DIGESTIVE ENZYMES: START A TRIAL OF GLUTEN-FREE DIET FOR 45-60 DAYS .**
- **GLUTEN CONTAINING GRAINS INCLUDE WHEAT, RYE, BARLEY, OAT, SEMOLINA, SPELT, TRITICALE, KAMUT (47% BETTER)**
- **FROM COMBINATION OF GLUTEN & CASEIN-FREE (63% BETTER)**



# INITIAL DIETARY INTERVENTIONS 4/4

- **OFF SOYBEAN MILK AND SOYBEAN PRODUCTS INCLUDING TOFU. IT PRODUCES PEPTIDES SIMILAR TO CASEIN AND GLUTEN**
- **OFF YEAST (52% BETTER).**

# IMPROVEMENTS WITH UPSTREAM CARE 1/3

| <b>UPSTREAM INTERVENTIONS</b> | <b>GOT BETTER</b> |
|-------------------------------|-------------------|
| <b>DETOX (CHELATION)</b>      | <b>73% (#01)</b>  |
| <b>GLUTEN/CASEIN FREE</b>     | <b>63% (#02)</b>  |
| <b>FOOD ALLERGY TREATMENT</b> | <b>59% (#03)</b>  |
| <b>MELATONIN</b>              | <b>58% (#04)</b>  |
| <b>DIGESTIVE ENZYMES</b>      | <b>52% (#05)</b>  |

# IMPROVEMENTS WITH UPSTREAM CARE 2/3

|                                |                  |
|--------------------------------|------------------|
| <b>CANDIDA DIET</b>            | <b>52% (#05)</b> |
| <b>FATTY ACIDS</b>             | <b>50% (#06)</b> |
| <b>ELIMINATE CHOCOLATE</b>     | <b>49% (#07)</b> |
| <b>ELIMINATE MILK PRODUCTS</b> | <b>49% (#07)</b> |
| <b>VITAMIN B6/MAGNESIUM</b>    | <b>47% (#08)</b> |

# IMPROVEMENTS WITH UPSTREAM CARE 3/3

|                        |                  |
|------------------------|------------------|
| <b>ELIMINATE SUGAR</b> | <b>47% (#08)</b> |
| <b>ELIMINATE WHEAT</b> | <b>47% (#08)</b> |
| <b>ROTATION DIET</b>   | <b>47% (#08)</b> |
| <b>COD LIVER OIL</b>   | <b>46% (#09)</b> |
| <b>ZINC</b>            | <b>45% (#10)</b> |
| <b>DMG</b>             | <b>42% (#11)</b> |



# **SORT OUT FOOD ALLERGY**

- **TREAT FOOD ALLERGY (59% BETTER).**
- **DO ELIMINATION DIET FOR 14 DAYS AND WATCH FOR IMPROVEMENT. THEN REINTRODUCE THE ELIMINATED FOODS TO SEE IF SYMPTOMS RETURN OR GET WORSE. (PLEASE NOTE: FOR TESTING TO BE ACCURATE ELIMINATION HAS TO BE 100%**
- **AVOID IDCT POSITIVE FOODS FOR TWO WEEKS AND THEN RE-INTRODUCE TO SEE WHICH FOODS CAUSE SYMPTOMS.**
- **AVOID ELISA + VE FOODS(IGG1 IGG4) FOR 2 WEEKS AND SEE THE IMPROVEMENT IF ANY AND THEN REINTRODUCE ELIMINATED FOODS TO SEE IF SYMPTOMS RETURN OR GET AGGRAVATED**

# DETAILS OF EXCLUSIONARY DIETS 1/2

- **TRIAL OF CASEIN-FREE (EXCLUDE DAIRY FOODS & ANYTHING CONTAINING CASEIN - MAY BE THE 1ST STEP FOR 3 WEEKS. (49% BETTER)**
- **START A TRIAL OF GLUTEN-FREE DIET FOR 45-60 DAYS (OFF WHEAT, OATS, RYE, BARLEY, SPELT AND ANYTHING CONTAINING GLUTEN.**
- **ANTI-YEAST DIET**

# EXCLUSIONARY DIETS 2/2

- **ANTI-HYPOGLYCEMIA(KETOGENIC) DIET WHICH BASICALLY CONSISTS OF MEATS, ABOVE GROUND VEGETABLE, HERBS AND SPICES (NOT CONDIMENTS). LIMIT INTAKE OF NON-GLUTEN GRAINS AND STARCHY VEGETABLES LIKE POTATO, SWEET POTATO, ETC. FRUITS WITH RELATIVELY LOW SUGAR ARE ALLOWED LIKE APPLE, ORANGE, GRAPEFRUIT, STRAWBERRIES AND OTHER BERRIES**
- **TRIAL OF SPECIFIC CARBOHYDRATE DIET (SCD) (LOW CARB)**
- **DO TRIAL OF LOW OXALATE DIET FOR ONE MONTH. SEE LOW OXALATE DIET FORM# PF-88.08. IF IT DOES NOT HELP, STOP IT**



# **ENVIRONMENTAL CAUSES- INHALANT ALLERGY SYMPTOMS**

- **INHALANT ALLERGY IS MANIFESTED BY RUNNY NOSE, STUFFY NOSE, WHEEZING, FREQUENT RESPIRATORY INFECTIONS, RECURRENT STREP THROAT, RECURRENT EAR INFECTIONS, HIVE ECZEMA**
- **TYPICALLY CAUSED BY INHALANT ALLERGY LIKE DUST, MOLDS, POLLENS, ANIMAL DANDER**
- **TEST BY SERIAL DILUTION ALLERGY TESTING –AN ADVANCED METHOD OF SKIN ALLERGY TESTING**
- **TREAT BY IMMUNOTHERAPY**



# TREAT GUT MICROBIOME SIBO AND SIFO

- **USE OF ANTIBIOTICS AND INAPPROPRIATE DIET HIGH IN SUGARS CAUSES IMBALANCE IN GUT FLORA LEADING TO SIBO AND SIFO THAT AFFECT NERVOUS SYSTEM AND DIGESTIVE TRACT**
- **CIFO IS THE FIRST PROBLEM TO BE TREATED**
- **CIFO IS TREATED WITH ANTIFUNGAL MEDICINES (NYSTATIN, FLUCONAZOLE)**

# INITIAL WORKUP

- **CBC**
- **FERRITIN**
- **CMP**
- **LIPID PANEL**
- **TOTAL T4**
- **TSH**
- **25-HYDROXY VIT D**
- **ZINC/COPPER**
- **FREE T4**
- **FREE T3**
- **IGG TOTAL**
- **IGG1**
- **IGG2**
- **IGG3**
- **IGG4**

# **KY CASE STUDY 2 AUTISM 1/3**

- **2.5 YRS OLD C MALE SEEN FOR THE FIRST TIME ON 8-8-15**
- **CC: MOSTLY LIVING IN HIS OWN WORLD AND HARDLY RESPONDING TO NAME, POOR ATTENTION SPAN, FLAPPING OF HANDS, RUNNY NOSE AND ITCHING OF SKIN SINCE THE AGE 18 MONTHS.**

# KY CASE STUDY 2

2/3

- 1. OTHER SYMPTOMS: RECURRENT EAR INFECTIONS X5-6.**
- 2. SYMPTOM SUGGESTIVE OF SIFO: UNFORMED STOOLS, DIAPER RASHES ASSOCIATED WITH ANTIBIOTICS, COATED TONGUE, POOR COMPREHENSION, LEARNING DIFFICULTIES AND HAD TAKEN A LOT OF ANTIBIOTICS.**
- 3. SUSPECTED FOOD ALLERGY: AVOIDING GLUTEN AND CASEIN. PARENTS NOTICED SOME IMPROVEMENT IN HAND FLAPPING AND TEMPER TANTRUMS.**



# **KY CASE STUDY 2**

**3/3**

**4. SYMPTOM SUGGESTIVE OF DIGESTIVE ENZYME DEFICIENCY: SINCE BIRTH ALWAYS HAD LOOSE STOOL AND NEVER FORMED STOOL**

**5. SYMPTOMS SUGGESTIVE OF HYPOTHYROIDISM: DEVELOPMENTAL DELAY AND HIGH CHOLESTEROL AND HIGH LDL.**

# KY TREATMENT 1/3

1. FOR SIFO ANTIFUNGAL DIFLUCAN.
2. HYPOTHYROIDISM: TSH WAS HIGH TREATED WITH ARMOUR THYROID
3. IRON DEFICIENCY: FERRITIN WAS 35 AND HE WAS PRESCRIBED **FER-IN-SOL**  
**15MG 1ML DAILY**

# **KY NUTRITIONAL SUPPLEMENTATION: 2/3**

- **FOCUS MULTIVITAMIN MINERAL ASD-PLEX (HAD ADEQUATE AMOUNT OF VITAMIN C, VITAMIN E, P5P, CALCIUM, MAGNESIUM AND ZINC.**
- **INJECTION OF METHYL B12 25MG/ML 0.1ML X2 PER WEEK.**
- **TMG 175MG WITH FOLIC ACID AND B12 ONE TO THREE CAPSULES PER DAY.**

# **KY DIETARY INTERVENTIONS 3/3**

- **OFF JUNK FOODS, SUGAR, CHOCOLATE, GLUTEN, CASEIN AND SOYBEAN.**
- **FOOD ALLERGIES: FEEDING TEST REVEALED 3+ REACTION TO SUGAR, SOYBEAN, WHEAT AND COLORING DYES.**
- **PROBIOTICS: HLC INTENSIVE 24 BILLION CFU ONE CAPSULE DAILY.**



# KY OUTCOME

1/3

- **DATE FIRST SEEN 08/08/15**
- **OCTOBER 10, 2015 MOTHER REPORTED HE IS TAKING SINGLE WORDS, SOMETIMES TWO WORDS SENTENCES AND STARTED IMITATING, BETTER COMPREHENSION. MOTHER RATED HIS IMPROVEMENT AS 25% BETTER.**
- **NOVEMBER 07, 2015 MOTHER REPORTED IMPROVEMENT IN SPEECH AND REPORTED THAT HE IS SHOWING IMPROVEMENT IN SPEECH AND RESPONDING TO QUESTIONS AND MORE SOCIAL AT DAYCARE**

# KY OUTCOME

2/3

- **NOVEMBER 07, 2015 MOTHER REPORTED IMPROVEMENT IN SPEECH AND REPORTED THAT HE IS SHOWING IMPROVEMENT IN SPEECH AND RESPONDING TO QUESTIONS AND MORE SOCIAL AT DAYCARE**
- **DECEMBER 12, 2015 MOTHER REPORTED THAT HE WAS PUTTING FOUR TO FIVE WORDS TOGETHER IN ANSWERS THE QUESTIONS, SPEECH IMPROVING, AND MORE ENERGETIC.**

# KY OUTCOME

3/3

- **JANUARY 16, 2016 MOTHER REPORTED HE CAN SPEAK IN SIMPLE SENTENCES AND GETTING BETTER IN ANSWERING QUESTIONS AND SOCIAL SENSE IS MUCH BETTER. MOTHER REPORTED IMPROVEMENT IS 50%.**
- **MARCH 08, 2016 MOTHER REPORTED THAT HIS SPEECH HAS GOTTEN MUCH BETTER AND RATING THE IMPROVEMENT AS 75%.**

**THE WORK IS STILL IN PROGRESS.**

# **TRIGGERS FOR AUTISM AND SENSORY PROCESSING DISORDER**

**TOO FAST**

**TOO UNFAMILIAR**

**TOO LOUD**

**TOO UNEXPECTED**

**TOO HIGH**

**TOO CLOSE**

**TOO NEW**

**TOO VAGUE**

**TOO OVERWHELMING**

**TOO HECTIC**

**TOO BRIGHT**

**TOO LOOSE/TOO TIGHT**



# Triggers for Kids With Autism & SPD



For more information please contact:

POTS (Pediatric Occupational Therapy Services, L.L.C)

1415 Queen Anne Road. Teaneck, NJ 07666 Phone: 201-837-9993 Fax: 201-837-9465 E-mail: [office@potsot.com](mailto:office@potsot.com) Web-site: [www.potsot.com](http://www.potsot.com)

# **PROVIDE CHEMICALLY CLEAN ENVIRONMENT**

- **IT IS HARD TO TAKE CHEMICAL SENSITIVITY HISTORY IN THESE CHILDREN**
- **PROVIDE A CLEAN HOME ENVIRONMENT BY ELIMINATION GAS STOVE AND GAS DRYER**
- **USE GREEN CLEANING PRODUCTS**
- **REMEMBER, DO NOT BREATH WHAT YOU CANNOT EAT**

# AUTISM CASE STUDY #3

1/5

- **5-YEAR-OLD CAUCASIAN FEMALE, WHO WAS SEEN FOR THE FIRST TIME ON MAY 18, 2015 WITH THE CHIEF COMPLAINT OF DEVELOPMENT DELAY STARTED AT AGE 2 AND SYMPTOMS OF CONSIST OF GETTING EMOTIONAL EASILY, ANXIETY, SOCIAL SEPARATION, FRUSTRATED EASILY, POOR SPEECH, ANGER, AWKWARD BEHAVIOR, DEFINED AND HARD TO FALL ASLEEP**



# AUTISM CASE 3

2/5

- **, INTERVENTIONS INVOLVED, DIFLUCAN AND CANDIDA DIET, OFF SUGAR AND YEAST STARTING ON MAY 30, 2015.**
- **CBC & FERRITIN: IRON DEFICIENCY ANEMIA, HEMOGLOBIN 9.9 AND FERRITIN 5.**
- **NUTRITIONAL INTERVENTION: ASD-PLEX ONE SCOOP, MELATONIN 1MG AT NIGHT ONE TO TWO HOURS BEFORE BEDTIME FOR INSOMNIA.**



# **CASE 3 INTERVENTIONS CONTINUED 3/5**

- **INJECTION METHYL B12**
- **OFF JUNK FOODS AND AS IT HAS COLORING DYES PRESERVATIVES, OFF SUGAR, CHOCOLATE, OFF MILK, MILK PRODUCTS, AND OFF GLUTEN**
- **RECOMMEND DIET RICH IN PROTEIN, FRESH VEGETABLE, FRESH FOODS, BEANS, NON-GLUTEN WHOLE GRAINS LIKE RICE, WHEAT, CORN, MILLET, QUINOA, AMARANTH, AND**
- **OFF SOYBEAN, MILK AND SOYBEAN PRODUCTS.**

# **CASE 3 INTERVENTIONS CONTINUED 4/5**

- **ELIMINATION DIET DONE FOLLOWED BY CHALLENGED TEST, SHOWED 3+ REACTION TO SUGAR CAUSING HYPERACTIVITY AND 3+ WHEAT CAUSING SPACINESS**

# **CASE 3 RESPONSE TO TREATMENT 5/5**

- **2 ½ MONTHS LATER: MOTHER REPORTED THAT SHE IS MORE PLAYFUL, ANXIETY IS BETTER, EATING HABITS ARE BETTER, PHYSICAL APPEARANCE HAS IMPROVED**
- **DARK CIRCLE UNDER THE EYES HAVE GOTTEN BETTER AND FLEXIBILITY IN MOOD IS BETTER AND EYE CONTACT IS BETTER**
- **SHE GETS EXCITED WHEN SHE EXPRESS HER FEELINGS AND WANTS TO PLAY WITH OTHERS.**

# **CASE #3 RESPONSE TO TREATMENT**

- **2 ½ MONTHS LATER: DR. SULTAN'S ASSESSMENT: SHE WAS QUITE SOCIAL AND QUITE COMMUNICATING AND INTERACTION AND WAS RESPONDING APPROPRIATE TO QUESTIONS.**
- **6 MONTHS LATER: MOTHER DISCONTINUED DIFLUCAN AND CHILD REGRESSED**
- **9 MONTHS LATER: MOTHER REPORTED 75% IMPROVEMENT. SHE STATED THAT HER SPEECH, ANXIETY, SOCIAL INTERACTION AND ECZEMA HAD IMPROVED A LOT.**



# OMEGA-6 EFAS (GLA, LA, DHGLA, AA & ESPECIALLY LOW IS GLA IN AUTISM)

- OMEGA-6 EFAS (GLA, LA, DHGLA, AA & ESPECIALLY LOW IS GLA IN AUTISM) AS IN OIL OF EVENING PRIMROSE, BORAGE OIL, BLACK CURRENT OIL) (**DOSE: GLA 80-100-240MG/DAY** DEPENDING UPON AGE, SIZE, AND OTHER TREATMENTS (GLA CONTENT IN BORAGE OIL 525MG/½ TSF; BLACK CURRENT OIL 350MG/ ½ TSF)

# TAKE HOME POINTS IN ASD

- **ASD IS NOT A SINGLE DISORDER BUT A BUNCH OF DISORDERS**
- **IT SHOULD BE THOUGHT OF AS A NEURO-IMMUNE DISORDER PRESENTING AS A UNIQUE MULTI-ORGAN DISORDER IN EACH INDIVIDUAL**
- **THOUGH UNIQUE BUT MOST CASES SHARE SIMILAR COMMON CAUSES**
- **TREATMENT MUST BE INDIVIDUALIZED**
- **DEMONSTRABLE CAUSES MUST BE SOUGHT IN ORDER TO BRING BEST RELIEF**
- **UPSTREAM MEDICAL CARE PROVIDES BEST CHANCE FOR RECOVERY IN ASD**



***When all is said and done,  
you are responsible for your  
sufferings. You are the  
Director of the show.***

**FINALLY THE END**

- **WITH EMPOWERMENT AND START OF  
A NEW BEGINNING**



# UPSTREAM MEDICAL CARE

## SCREENING FOR CAUSES OF YOUR CHRONIC AILMENTS

LIST YOUR 3 MOST BOTHERSOME SYMPTOMS HERE:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

# HISTORY 1/8

|                  |  |            |           |
|------------------|--|------------|-----------|
| <b>DIGESTIVE</b> | <b>Constipation ; Diarrhea or loose stool ; Gas;<br/>Belching ; Bloating, indigestion (Encircle)</b>   | <b>Yes</b> | <b>No</b> |
| <b>NEURO</b>     | <b>Headaches; Depression; Anxiety, irritability,<br/>reduced memory; Reduced concentration<br/>Difficulty thinking clearly; Mood swings;<br/>Hyperactivity; Restlessness; Insomnia(Encircle)</b> | <b>Yes</b> | <b>No</b> |

# HISTORY 2/8

|               |  |            |           |
|---------------|--|------------|-----------|
| <b>ENERGY</b> | <b>Tire easily/fatigue/low level of energy; Wake up tired; Tired by the end of the day; Weight gain or overweight (Encircle)</b> | <b>Yes</b> | <b>No</b> |
| <b>SKIN</b>   | <b>Feel excessively cold; Cold hands; Cold feet ; Dry skin; Acne; Rashes (Encircle)</b>  | <b>Yes</b> | <b>No</b> |

# HISTORY 3/8

|                             |   |            |           |
|-----------------------------|---|------------|-----------|
| <b>MUSCLES/<br/>JOINTS</b>  | <b>Muscle aches/muscle pain/muscle spasms;<br/>Muscle cramps/charley horses; Low back pain/<br/>spasm; Pain/tightness in upper back; Joint pains<br/>(Encircle)</b> | <b>Yes</b> | <b>No</b> |
| <b>CARDIO-<br/>VASCULAR</b> | <b>High blood pressure ; Rapid heartbeat; Irregular<br/>heartbeat; Palpitations (Encircle)</b>  | <b>Yes</b> | <b>No</b> |



# HISTORY 4/8

|              |  |            |           |
|--------------|--|------------|-----------|
| <b>NOSE</b>  | <b>Stuffy nose; Runny nose; Hay fever; Sneezing attacks; Postnasal drip; Sinus infections (Encircle)</b>                           | <b>Yes</b> | <b>No</b> |
| <b>LUNGS</b> | <b>Wheezing; Asthma; Difficulty in breathing; Chest tightness; Chest congestion; Shortness of breath; Chronic cough (Encircle)</b> | <b>Yes</b> | <b>No</b> |

# HISTORY 5/8

|                   |  |            |           |
|-------------------|--|------------|-----------|
| <b>WOMEN ONLY</b> | <b># Of yeast infections you had? _____; Vaginal discharge; Premenstrual symptoms, a few to several days before menstruation: Premenstrual headaches; Premenstrual depression; Premenstrual irritability; Premenstrual anxiety; Premenstrual bloating; Premenstrual fluid retention (Encircle)</b> | <b>Yes</b> | <b>No</b> |
|-------------------|--|------------|-----------|

# HISTORY 6/8

|              |   |            |           |
|--------------|---|------------|-----------|
| <b>FOODS</b> | <ul style="list-style-type: none"><li>• Do foods bother you or disagree with you, including alcohol?</li></ul>  | <b>Yes</b> | <b>No</b> |
|              | <ul style="list-style-type: none"><li>• List foods that bother you:</li></ul>   |            |           |
|              | <ul style="list-style-type: none"><li>• Do you crave or over-consume sugar, bread, chocolate, colas, or alcohol?</li></ul>                              | <b>Yes</b> | <b>No</b> |
|              | <ul style="list-style-type: none"><li>• Do you get sleepy, tired, have indigestion, or any other symptoms after meals or after certain foods?</li></ul> | <b>Yes</b> | <b>No</b> |

# HISTORY 7/8

- **FAMILY HISTORY: TELL US IF ANYONE ELSE IN YOUR FAMILY (MEANS BLOOD RELATIVES LIVING AT HOME OR NOT) HAS:**
- **HIGH BLOOD PRESSURE, HEART DISEASE (HEART ATTACK, CORONARY ARTERY DISEASE, CONGESTIVE HEART FAILURE, STENTS, BYPASS SURGERY)**
- **DIABETES, OBESITY( I.E. PEOPLE OVER 20 LBS ABOVE OPTIMUM WEIGHT),**
- **CEREBRAL ANEURISM (CAUSING BRAIN HEMORRHAGE)**



# HISTORY 8/8

- **LIST ALL YOUR MEDICINES INCLUDING OVER-THE-COUNTER MEDICINES:**

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