



IMAGE AWARENESS WELLNESS INSTITUTE

AUTISM

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INTRODUCTION

There are complex medical criteria for the diagnosis of autism, but the condition is basically an abnormal response to everyday stimuli. Thus a child might not respond when the name is called or have an abnormally high pain threshold. Autistic children develop repetitive behavior such as moving arms or flapping of the arms. They often become obsessive-compulsive and anxious.

Autism is characterized by regression. The child may lose a particular skill such as the ability to speak or demonstrate loss of vocabulary. A second form of regression is the failure to develop skills peers demonstrate at the same age.

The cause of autism is hotly debated within the medical community. This paper will assume that there are multiple causes of autism which result in a toxic overload on the body of a child. Each of these causes can be considered an associated condition which can be addressed apart from the overall diagnosis of autism.

The toxicity associated with autism can result from too great of an exposure to toxins on the part of a child or weakness of a child's immune system resulting in an incapacity to deal with a toxic load which might not be a problem for a child with a better functioning immune system.

COMORBIDITY

Comorbidity is the presence of one or more additional disorders co-occurring with (that is, concurrent with) a primary disease or disorder. Addressing concurrent conditions in autism often results in dramatic improvement in the underlying condition.

Comorbid conditions which often accompany autism can include infections, food intolerance and allergies, exposure to toxins, and dysbiosis or presence of toxic organisms in the digestive tract.

Dr. Jerry Kartzinel, M.D., likens the immune system to a garbage can. There is no problem as long as garbage created fits in the can. On the other hand, when overload takes place garbage begins accumulating outside the can, drawing flies, rats, and mice.

Addressing comorbid conditions reduces the amount of garbage which needs to go into the can. Decreasing the load can thus often reduce symptomology associated with autism and similar disorders.



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McCarthy, Jenny and Kartzinel, Jerry, *Healing and Preventing Autism*, New York: Dutton, 2009, 20.

MERCURY

Olmsted and Blaxill in their book on autism traced the first eleven children diagnosed with autism by Leo Kanner in 1943. Almost all of the children they could identify had likely exposure to mercury used in either immunizations or in agriculture. They make the following comment in their book on the rise of autism:

“As we have throughout the book, we do not claim proof but offer patterns of evidence--patterns that place ethylmercury and vaccination in close proximity to the index cases of autism. They make it more difficult to dismiss the theory that autism is an environmental illness triggered by a toxic insult in vulnerable children, and they strengthen the argument that the Age of Autism began as another sad chapter in the long hidden history of mercury poisoning.”

Mercury is a potent neurotoxin. This is demonstrated powerfully by a video produced by the University of Calgary entitled “How Mercury Causes Brain Neuron Degeneration.”

Mercury was either reduced or eliminated from vaccines after the European Union was persuaded to remove it from all vaccines. The United States followed suit in 1999 removing



or reducing it in most vaccines except for the flu vaccine. Mercury is still used in dental fillings and is present in large ocean fish like tuna.

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Olmsted, Dan and Blaxill, Mark, *The Age of Autism*, New York: St. Martin's Press, 2010, 164.

University of Calgary Study: <https://www.youtube.com/watch?v=Z1RHWFJS06w>

<https://commons.wikimedia.org/wiki/File:MadlHatterByTenniel.svg>

ALUMINUM

Vaccines began as dramatic life-saving innovations. Unfortunately, today immunization is more about making money by increasing the number of immunizations than it is about preventing serious diseases in many instances.

Vaccines contain many substances including preservatives like mercury containing thimerisol and adjuvants to increase effectiveness like aluminum. Many researchers are concerned about the safety of these substances.

The issue of toxicity of aluminum when it is used as an adjuvant in vaccines was raised by Professor Christopher Shaw. Examination of mice injected with the aluminum adjuvant were found to suffer death of 35% of the neurons that control movement. Shaw later said, "No one in my lab wants to get vaccinated. This totally crept us out. We weren't out there to poke holes in vaccines. But all of a sudden, oh my God-we've got neuron death."

An evaluation of the aluminum adjuvant issue found that low doses of aluminum were more toxic than larger doses and concluded the following:

"This study provides powerful evidence that Al adjuvant causes brain injury and brain inflammation. The Al adjuvant greatly increased brain aluminum content, caused pathological behavioral changes, and caused microglial activation. These adverse effects occurred at dosages lower than dosages given to human infants according to the CDC vaccination schedule." [See link below.]

Aluminum and mercury are only two of a host of additives commonly found in vaccines. Moskowitz in a recent reappraisal of vaccines lists many others including formaldehyde, glutaraldehyde, 2-phenoxyethanol, antibiotics, and culture media.

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Shaw CA, Petrik MS. Aluminum hydroxide injections lead to motor deficits and motor neuron degeneration. *Journal of Inorganic Biochemistry*. 2009;103(11):1555. doi:10.1016/j.jinorgbio.2009.05.019.

Roberts, Janine, *The Vaccine Papers*, United Kingdom: Impact Media Publishing Ltd, 2010, 67. Shaw quote.

<http://vaccinepapers.org/category/aluminum/>

Moskowitz, Richard, *Vaccines A Reappraisal*, New York: Skyhorse Publishing, 2017, 171-176.

https://commons.wikimedia.org/wiki/File:A_patient_in_bed_with_smallpox,_attended_by_a_physician._Col_Wellcome_L0030552.jpg

GLUTEN AND DAIRY

Recent studies have shown that gluten can cause severe nerve damage. A study by Paul Whitely and associates found that avoidance of gluten for five months resulted in marked improvement in many autistic children. Reintroduction of gluten resulted in rapid deterioration in behavior. The potential for gluten to damage the brain is addressed in great detail in neurologist David Perlmutter's book *Grain Brain*.

Gluten in wheat, rye, and barley, and casein in dairy can act as opiates. They can affect behavior and become addictive. Jerry Kartzinel, M.D., found that about 80% of his patients improve when allergens are removed from the diet. While children can be

sensitive to many foods, Kartzinel usually begins with the gradual elimination of gluten and dairy from the diet due to the frequency with which he sees benefit.

Iacono and associates found milk allergy or multiple delayed hypersensitivity reactions were common when intestinal damage was observed as discussed in the next section.

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Whiteley, Paul, et al., A gluten-free diet as an intervention for autism and associated spectrum disorders: preliminary findings, *Autism SAGE Publications and the National Autistic Society*, 1999; Vol 3(1) 45-65.

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Perlmutter, David, *Grain Brain*, New York: Little, Brown and Company, 2013.

McCarthy, Jenny and Kartzinel, Jerry, *Healing and Preventing Autism*, New York: Dutton, 2009, 20.

Iacono, Giuseppe, et al., Colonic lymphoid nodular hyperplasia in children: relationship to food hypersensitivity, *Clinical Gastroenterology and Hepatology*, March 2007; 5(3):361-366.

INTESTINAL DAMAGE

Some researchers have suggested that viruses like measles introduced into the body by immunizations can proliferate in the digestive tract and nervous tissue of children with compromised immune systems.

Gastroenterologists often diagnose "ileo-lymphatic hyperplasia" in autistic children. This is a condition in which the lymph nodes are swollen at the end of the small intestine which often results from viral infection or delayed food sensitivity.

Dr. Arthur Krigsman has demonstrated with photos that many autistic children have ulcerative sores in the small intestines. Small wonder they cannot sleep, are in pain all the time, and even bang their head against the wall or floor.

REFERENCES:

Martin, C. M., et al., Detection of measles virus in children with ileo-colonic lymphoid nodular hyperplasia, enterocolitis and developmental disorder, *Molecular Psychiatry*, 2002;7, S47-S48.

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and histologic findings at ileocolonoscopy in children with autistic spectrum disorder and chronic gastrointestinal symptoms, *Autism Insights* 2010;2:1-11

Hsiao, Elaine Y. PhD., Gastrointestinal issues in autism spectrum disorder, *Harvard Review of Psychiatry*, 22(2), March/April 2014, 104-111.

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TH1 AND TH2

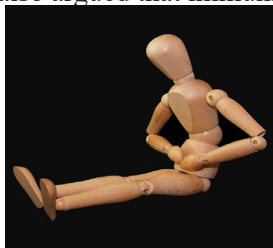
The immune system has two branches: Th1 and Th2. The “Th” refers to the fact that the immune cells come from the thymus gland in the chest. The Th2 branch of the immune system produces antibodies to disease. This branch of the immune system is targeted with vaccines.

The Th1 branch of the immune system consists of cell based immunity which targets viruses, bacteria, and fungi. Many opponents of excessive immunization by the use of vaccines fear that overstimulation of the Th2 branch of immunity can weaken the Th1 response increasing the risk of chronic infections or contributing to autoimmunity.

Eighty percent of the immune system is in the gut. Autistic children often demonstrate common gut manifestations of a damaged immune system including chronic diarrhea, chronic constipation, and abdominal pain.

Another manifestation of a damaged immune system is allergic responses to foods and chemicals. Common indicators of allergic manifestation seen in autistic children include red ears and cheeks, dark circles under the eyes, changes in handwriting, changes in pulse rate, and changes in behavior.

It is also argued that immunization



can trigger autoimmune disease by either altering tissues due to exposure of elements in the vaccine or overstimulation of the immune system. Autoimmune tendencies can be aggravated by deficiencies of vitamin D.

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McCarthy, Jenny and Kartzinel, Jerry, *Healing and Preventing Autism*, New York: Dutton, 2009, 101-104.

Moskowitz, Richard, *Vaccines A Reappraisal*, New York: Skyhorse Publishing, 2017, 71-81..

DYSBIOSIS

The term dysbiosis refers to a disturbance of the bacteria living in the digestive tract. The work of Derrick McFabe suggests that bacteria which produce propionic acid may be involved with autism. When this substance is injected into laboratory animals they exhibit behaviors characteristic of autism in children including fixation on objects, inability to socialize, and even walking backwards.

Autistic children will often develop strong attachments to a limited number of foods high in sugars and carbohydrates. These foods promote the growth of bacteria and fungi which produce toxic substances in the digestive tract. Chronic constipation can aggravate the problem by promoting the absorption and circulation of these toxic substances throughout the body and brain.

The treatment of overgrowth of harmful bacteria and fungi should include removal of the foods which feed the pathogens, substances which discourage the harmful organisms, and supplementation with beneficial organisms with the ability to crowd out pathogens.

Promotion of normal elimination can provide immense benefit in promoting the elimination of both toxins and harmful organisms. Alleviation of chronic constipation can often be achieved by increasing fiber intake, as well as supplementing with vitamin C and magnesium.

Many children are treated with repeated doses of antibiotics for recurrent ear infections and other issues. This predisposes them to fungal infections. This is compounded by diets high in sugars and soft drinks laden with carbon dioxide.

Yeast infections can be indicated by laughing during the night and day, itching in the genital and anal area, and a yeasty smell to the stool. Constipation and diarrhea are common. These children often suffer with brain fog and can behave as if they are drunk or stoned. An organic acid test will usually show elevated levels of arabinose and tartaric acid.

Acidophilus and garlic can be effective in suppressing yeast infections. Carbonated beverages and sugars should be avoided.

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MacFabe, Derrick F., et al., Effects of the enteric bacterial metabolic product propionic acid on object-directed behavior, social behavior, cognition, and neuroinflammation in adolescent rats: Relevance to autism spectrum disorder, *Behavioural Brain Research* 217 (2010) 47-54.

McCarthy, Jenny and Kartzinel, Jerry, *Healing and Preventing Autism*, New York: Dutton, 2009, 151-171..

DETOX

Assuming that autism and related disorders are associated with defects in the ability of the body to deal with toxins it makes sense to eat foods and utilize supplements which improve the ability to cope with toxins.

Probiotics (beneficial bacteria) can greatly reduce the quantities of harmful substances produce in the digestive tract by harmful microbes. In order to derive benefit from a probiotic it must contain beneficial organisms, they must be alive, and they must be able to survive transit through the highly acid stomach contents and the digestive enzymes in the small intestine. This is no small task.

The NeoLife Acidophilus Complex, for example, uses a gel guard technology which provides a targeted



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delivery of the best human strains of beneficial bacteria to the optimal location in the gut.

Deficiency of digestive enzymes results in inability to break down foods leading to intolerance and allergic response. This results in inflammation in the digestive tract and the release of cytokines (immune chemicals which can induce pain, discomfort, and behavioral changes). Enzyme supplements to address this problem are often helpful for autistic children.

Reduced digestive competence can cause children to avoid difficult to digest protein foods in favor of sugars and carbohydrates. Easily digestible protein supplements can be particularly helpful in some of these situations.

The diets of autistic children are often loaded with trans fats and inflammatory omega-6 fats. Supplementation with quality omega-3 fatty acids from fish and phospholipids can improve brain structure and function and also reduce inflammation in the body.

McCarthy, Jenny and Kartzinel, Jerry, *Healing and Preventing Autism*, New York: Dutton, 2009, 62-67.

METHYLATION

Detoxification in the body is achieved through two enzyme systems: glutathione and metallothionein. Both of these systems are dependent upon sulfur containing proteins like cysteine, zinc, and selenium. Proper methylation is also important for the production of glutathione, the body's most abundant antioxidant and detoxifier. Methylation requires the B vitamins including B6, B12, and folate. A substance called TMG (trimethylglycine) has also been used with autistic children to promote methylation. These children often manifest poor methylation and increased oxidative damage which results from this.

Vitamin C and lipoic acid optimize the functioning of glutathione and also promote detoxification in the body. They also reduce free radical damage. Other antioxidants including CoQ10, vitamin E, and carotenoids can provide additional benefit by protecting tissue fats in the brain and nerves from oxidative damage.

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James, S. Jill, et al., Metabolic biomarkers of increased oxidative stress and impaired methylation capacity in children with autism, *The American Journal of Clinical Nutrition*, Volume 80, Issue 6, 1 December 2004, Pages 1611–1617, <https://doi.org/10.1093/ajcn/80.6.1611>

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