

Ben's Autism Cure

Part 1: Background and Strategy



AustinAutistic

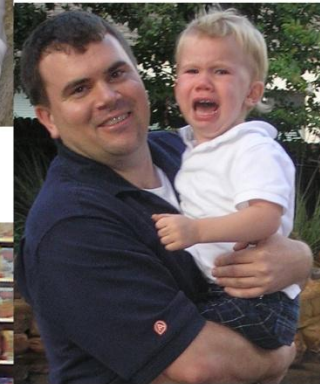
From no eye contact to Kindergarten in 3 years

Presented by: Daniel Needles



Agenda

- Video 1: Background and Strategy
 - Disclaimer: Do as they say, not as they do
 - Do what works: Die to your faith & prejudice
 - Crisis Intervention: First - Prepare the way
- Video 2: Preparation before the cure
 - Step 1: Diagnose Early
 - Step 2: Know thyself
 - Step 3: Understand Autism
 - Step 4: Find All Treatments
- Video 3: “Doing” the cure
 - Step 5: Try EVERYTHING (5)
- Video 4: Getting started on the cure
 - Step 6: Observe & Listen
 - Step 7: Change Life Style
 - What does “healed” look like? -- Starter List of sites
 - Alternative approaches -- Questions? Need help?





The Disclaimer

- **The information available from this presentation has been prepared and/or obtained for general information, education, reference, and entertainment purposes only and is not intended to provide medical advice. The creator of this presentation is not a licensed doctor and is not providing medical advice, or diagnosing or treating any condition you may have. The creator is not your doctor.**
- **You agree that you will not act upon anything contained in this presentation without first seeking professional medical advice.**
- **Call 911 or your doctor if you are having a medical emergency.**



Do what works

- **Western medicine is one tool in the tool belt and by its own admission has no effective approach, much less a cure for Autism.**

“Insanity: doing the same thing over and over again and expecting different results.” Albert Einstein

Western Medicine

v.s.

Autism's Needs

- **Part Centric**
 - **Invasive (Distrust the body)**
 - **Symptom Ignore/Abatement**
 - **All or nothing & brand centric**
 - **“Now” & post injury focus**
- **What works:**
 - **Have a hypothesis about autism & Inventory ALL treatment options**
 - **Trust and strengthen: the immune system, body, mind, and soul**
 - **Listen to, rather than completely avoid, adversity and symptoms**
 - **Control the environment over the long haul to alleviate stress to the immune system through: diet, less chemicals & meds, etc.**
- **Holistic approach**
 - **Trust and enable the body**
 - **Listen and adapt**
 - **Eclectic, inclusive, spectrum**
 - **Long term environment (diet, lifestyle, etc)**



Crisis Intervention

- **Crisis Tipping Point**
 - Precipitates paradigm shift
 - Crisis intervention comes first
 - Grow up quick, stay out of drama, and make the hard decisions
- **Common crisis touch points**
 - Marriage conflict & divorce
 - Financial collapse & loss of home
 - Autism diagnosis & shock and denial
 - Expectation verses reality
 - Spouse health collapse
 - Acting out of other siblings
 - Autistic symptoms
 - Sleep deprivation
 - Constant care requirements
 - Failure to thrive
 - Colic (screaming in pain for hours on end)
 - Beliefs verses faith
 - Emotional collapse
 - * Hyperactivity/violence
 - * Advanced autism
 - * Potty training for grade school

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Part 2: Preparations before the cure



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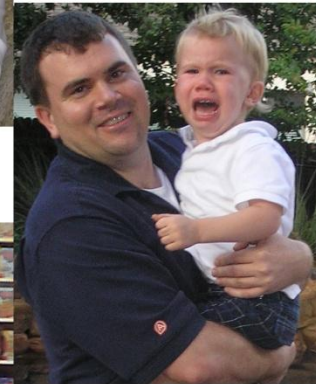
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Part 1: Diagnose Early

- **Overall/Labels**
 - High need baby, crystal children, sensory integration disorder, etc.
- **Gastro/intestinal issues**
 - Colic, severe pain, sleep issues, calming issues
 - Reflux, constipation, chronic gas, etc.
- **Behaviors**
 - Tippy-toes, flapping hands, lining up and stacking objects
 - Limited to no eye contact, attention, or recognition
 - Inability to point (uses other persons hand to point.)
- **Adaptability**
 - “New approaches” work for 1-3 days and then stop working
 - Development milestone often regress after a few days
 - Thinking and behaving in rigid ways
 - Unable to relate to others and the world around them
 - Communication difficulties verbally and non-verbally
- **Gaba** (gamma-aminobutyric acid) **is Effective** (“leaks” thru brain-barrier)



Part 2: Know Thyself

- **Be honest and prepare for a marathon, not a sprint**
 - Resist good verses evil views; appreciate adversity
 - Do not personalize the problems
 - Do not demonize yourself for the past
 - Resist being a victim and all-or-nothing world views
- **Inventory your assets**
 - Experience: ADHD is on the same spectrum as Autism
 - Financial, family, community, motivation, etc
 - Physical, Mental, and Emotional
- **Mitigate your weaknesses**
 - Bias and tendency to judge prematurely
 - Health, mental state, and emotional toll
 - Sleep deprivation, depression



Part 3: Understand Autism

- Autism is an neuro-immune disorder (leaky gut & leaky brain.)
- The overwhelmed immune system cannot keep “bad things” out:
 - Pathogens (virus, fungus, bacteria, parasites, microbes, etc)
 - Toxins (preservatives, pesticides, artificial dyes, hormones, etc)
 - Heavy metals (mercury, aluminum, nickel (stainless steel), arsenic)
 - Electro magnetic radiation (Microwaves & Cell phones vs acupuncture & Qi Gong) – a bad thing can be good in this case.
 - Autism (one of the “bad things”)
 - Likely a retro-virus, similar to AIDS or results of mercury and other toxicity
 - The virus/toxin causes brain swelling and the symptoms of autism.
 - Vaccines trigger the immune response and can lead to expression of the Autism virus or hamper the body’s ability to expel toxins.
- The detox organs (liver, kidneys, lungs, skin) backup the immune system until systemic cascading failure occurs (often unexpected)
- Treatment within the first 5 yrs is critical for normal development.
- The body adjusts to cures as well as ills... so variety is important



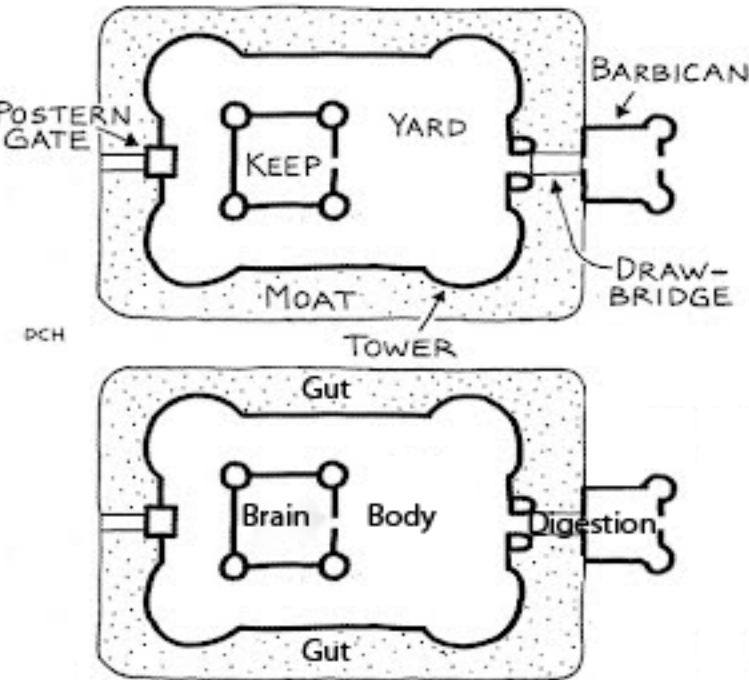
Part 3: Understand Autism

- **Disease progression BEFORE autistic symptoms**

- 1: Gut breached (Castle wall)
- 2: Opportunistic critters invade: yeast, mold, parasites
- 3: Allergies develop to seal and expel
- 4: Liver, kidney's, lungs, skin overtaxed
- 5: Brain barrier breached (Keep wall)
- 6: Brain affected and Autism symptoms manifest

- **Autism – a “compromised” complex system**

- Uncanny intuition vs cannot transition
- Creative vs cannot adapt to the structure of others
- Organization vs inappropriate play (must have completion, stacking and lining up objects)
- Sensitive to environment, unspoken emotions vs easily overwhelmed





Part 4: Find All Treatments

1. Aid and heal the gut
2. Reboot the rest of the immune system
3. Help the body eject bad things (heavy metals, pathogens, chemicals, allergies, EM radiation) & provide “drainage”
4. Reduce “bad things” (water & food, cleaners, and hygiene)
5. Limit immune system suppression (symptom management)
6. Aid and heal the brain and brain barrier
7. Aid and heal any tapped detox organs (liver, lungs, kidneys, skin)
8. Reprogram the brain (get out of synaptic ruts)
 1. Emotional and mental therapy (speech, play, etc)
 2. Address sensory integration disorder & desensitize
 3. Correct brain “timing and rhythm”

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Part 3: "Doing" the cure



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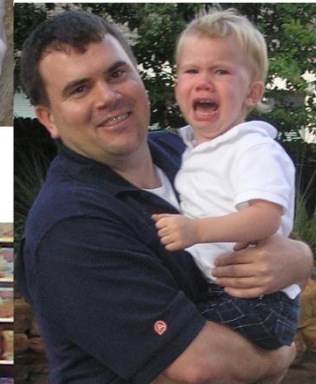
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Part 5: Try EVERYTHING!

- **The scientific “hypothesis testing” is the wrong tool to cure your child’s autism.**
- **Imagine 10 possible cures:**
 - 1 is proven
 - 3 work
 - 3 assist
 - 3 do nothing
 - 1 is mildly harmful
- **Science selects the one “known” cure to minimize the butterfly effect and protect the body of knowledge.**
- **Parents select all cures to exclude nothing and maximize the prospects for their child**



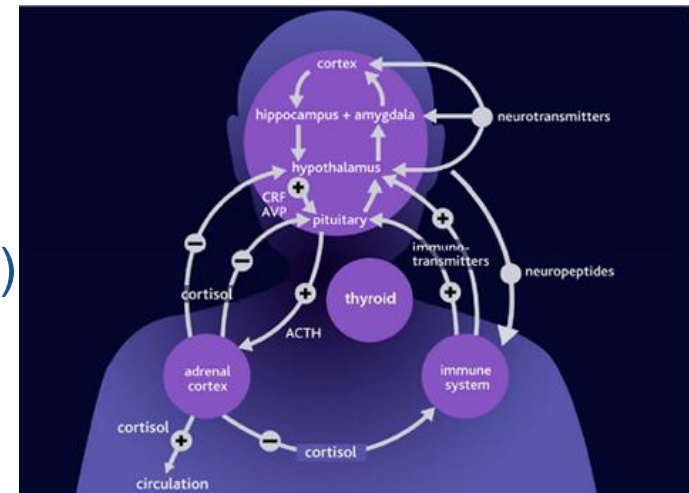
Part 5: Try EVERYTHING!!

1. Doctors/Pediatricians
 1. DAN
 2. OM
 3. Country doctors/Mid wives
 4. LABs
2. Cranial Sacral
3. Chiropractors
4. Dentists
5. Acupuncturist/Chinese Medicine
6. NAET/Ayurvedic (Indian) Medicine
7. Homeopathic Medicine
8. Pharmacy (Peoplesrx)
9. Occupational therapy
10. Speech therapy
11. Specialist (i.e. Michael Payne, etc.)
12. Remote healers
13. Intuitive and Faith healers
14. Psychics (a variety)
15. Astrology
16. Aroma therapy
17. Rock therapy
18. Qi Gong (Zyto, SCIO, etc)
19. Old time medicine (colloidal silver, calcium for sleep, etc)
20. Energy work
21. Reiki
22. State programs and early Education intervention



Part 5: Try EVERYTHING!!!

1. Diet (organic, gluten/casin/grain free, allergen and pesticide free)
2. Gut strengthening (probiotics (capsules/Good Belly/etc),Kefir,3lac, prunes/bowel cleansers, IGG, enzymes)
3. Homeopathic (holistic and itemized.)
4. Herbal supplements (Inositol, vitamins (A, D, C, and B), etc)
5. Brain health (gabba, neuroflam, neurotrophin, B vits, Bach flower sup.)
6. Detoxification (chelating, glutathione, herbal (silymaron, etc), etc.)
7. Occupational therapy
(for sensory integration disorder)
8. Bath salts (dead sea, Epsom, etc)
9. Medical tests (blood, urine, stool, and hair.)
10. Speech therapy
11. Texas (State) programs





Part 5: Try EVERYTHING!!!!

12. Astrology (long term/general)
13. Aroma therapy (lavender, eucalyptus, frankincense, energy)
14. Rock therapy
15. Old time medicine (colloidal silver, calcium for sleep, herbal medicines)
16. Water (alkaline, then distilled.)
17. Avoid immune suppressive medicines (most over the counter)
18. Avoid antibiotics (cleaners, soap & meds) and use anti fungal
19. EM Radiation Field and Ion Mgmt
 - Limit random or strong fields: television, cell phone, computers & microwave use
 - Add controlled fields: Acupuncture, Energetics, Reiki, strength testing, Xydo and Qi-Gong.
20. Seasonal Body Rhythm Awareness

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Part 4: Long term changes after the cure



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Part 6: Observe & Listen

- **Discover new jargon and Google around.**
 - **Scientific: Autism**
 - **New age: Crystal Children**
 - **Pop culture: High need**
 - **Sensory Integration Disorder: Specific Venue**
- **Do not reinvent the wheel, leverage others' suffering**
- **Seek out forums, tweets, MeetUp, and others**
- **Find experts in their disciplines**
- **Do not let go of ownership (Buyer beware attitude)**
 - **Watch for side effects**
 - **Cross protocol issues**
- **In short, accept, adapt, and move on in quick iteration**



Part 7: Change Life Style

- **Curing autism is about the journey, not the destination – it’s a marathon, not a sprint**
- **Leverage pain to build good habits**
 - **Train yourself to be environmentally aware**
 - **“Grow up” and police your inner child**
 - **Fight to be Honest and think Positive**
 - **Appreciate adversity and listen to its message**
 - **Do not personalize the problems nor demonize yourself for mistakes**
 - **Educate yourself about “true” threats;**
 - **Work exercise into your day**
- **Leverage the benefits of autism**
 - **Use the time to build a deep relationship with your child**
 - **Leverage the adversity and become a better person**
 - **Leverage the experience to build your stamina, expand your mind, and open your heart to have compassion for others**
- **Choose a supportive place to live for: diet, practitioners, and schools**



Starter List of Sites

<http://www.lowoxalate.info> <http://www.hpakids.org/> <http://www.gfcfdiet.com>
http://www.developmentalspectrums.com/index.php?option=com_content&task=view&id=124&Itemid=100 **<http://www.myautismteam.com>**
<http://vaccinationdangers.wordpress.com/> <http://www.integratedlistening.com/what-is-ils/>
<http://www.tacanow.org/family-resources/specific-carbohydrate-diet-scd/>
<http://Mercola.com> <http://Homefirst.com> <http://www.autismconsultingservice.com/>
<http://drtenpenny.com/default.aspx> <http://www.vaccinationcouncil.org/>
<http://www.drkendalstewart.com/what-we-treat/autism/>
<http://www.peoplesrx.com/> **<http://homeoint.ru/pdfs/haley.pdf>**
[http://www.whale.to/b/blaylock.html#Mercury and Aluminum](http://www.whale.to/b/blaylock.html#Mercury_and_Aluminum)
<http://www.askdrsears.com/topics/vaccines/vaccine-faqs>
<http://getbetterhealth.com/dr-sears-cashes-in-on-vaccine-fears/2009.08.04>
<http://jesususedclay.blogspot.com/2011/03/very-hungry-tapeworm.html>
<http://www.stoneearthnewsletters.com/autism-behaviors-may-be-eased-by-gluten-free-casein-free-diet-penn-state-college-of-medicine/autism/>
<http://www.examiner.com/nutrition-in-sacramento/dr-deth-explains-why-your-health-depends-on-methylation-and-glutathione> <http://www.interactivemetronome.com/>
http://www.developmentalspectrums.com/index.php?option=com_content&task=view&id=124&Itemid=100



What does “healed” look like?

- Routines
 - Morning
 - School (Day)
 - Evening & Night
- Lists, lists, and more lists
 - Daily List of supplements
 - Weekly List of Appointments & Research for new cures
 - Monthly “strength testing” re-checks & Financial planning
 - Yearly approach audit
- Gottchas
 - Self health
 - Family health
 - Marriage relations
 - Other kid relations
 - Career
 - Honey dos / Chores



Alternative Approaches

- **Cautious holistic**
 - This slide series has described this approach
- **Aggressive holistic**
 - Trust body less, listen less to the patient, more to group
 - More emphasis on detox and chelation
 - Quick turn around and short timeframes
- **Selective holistic**
 - Premise – “if everything is important, nothing is.”
 - Focus on long term cure by diagnosing and going after primary issue.
 - In descending order: heal body, fix gut, homeopathic miasms, detox, etc.
- **Eclectic holistic**
 - Change strategy approaches as cure progresses
 - Stage 1: Aggressive holistic
 - Start aggressive to relieve the environment pressures inside the body
 - Stage 2: Selective holistic
 - Once major symptoms and pressures abated, focus on building the body’s primary defenses – the gut – to prevent further deterioration
 - Stage 3: Cautious holistic
 - Once body’s “border” is no longer compromised, throttle back to long term healing



Questions? Need Help?

- Groups:
 - Yahoo: ARIsupport, Vaccinations, NationalAutismAssociationCentralTexas, etc
 - Facebook: With autism we all unite, Autism Handle with Care, A simple Brain Injury Support Group, etc
 - Other: <http://www.myautismteam.com>
- My WebSite:
 - <http://www.austinautistic.com>
- My Email:
 - dneedles@AustinAutistic.com
- Presentation Copies:
 - Slides: <http://bit.ly/y5Mld2>
 - Verbiage: <http://bit.ly/A58cOF>

