



Autism In Orange County: Autism Resource Kit

www.orangecountynyddconnection.com

Biomedical and Alternative Treatments, Therapies and Approaches

The information contained in this document is based on personal experiences and verified through a variety of resources including publications and internet websites which are referenced throughout the document. While intended to portray an array of potential treatments, therapies and approaches, it is not comprehensive, nor is it intended as medical advice for specific individuals. There is no known cure for the symptoms of Autism however, the treatments, therapies and approaches included may help to minimize symptoms and improve health, behavior and overall the quality of life for both the individuals with Autism and their families. Before considering a change in your child's diet or other intervention, always consult with a physician.

Nutritional Interventions

Feingold Diet (FG)

This diet consists of eliminating all artificial ingredients such as artificial dyes and flavors, along with artificial preservatives and salicylate-containing fruits, vegetables and aspirin-containing medications. All of which are believed to provoke behavior, learning and health problems in some individuals. The foods that are not feingold acceptable are never reintroduced but you can eventually reintroduce the salicylates, as many sensitive individuals can tolerate some salicylates after a period of time on the diet. Through the Feingold Association, you can access online member support groups, recipe boards, receive food updates through the mail which lists acceptable and unacceptable foods along with an annually updated 'Food List' book to bring to the supermarket. The book consists of commonly used products from manufacturers that submitted their ingredients to be approved and have been found to be acceptable by the Feingold Association. A black diamond is used as the symbol to identify products that have been approved by the Feingold Association (1-800-321-3287 or www.Feingold.org). There are many free online groups as well including www.health.groups.yahoo.com/group/Feingold-Program4us.

Gluten and Casein Free (GF/CF) Diet

Gluten is a protein that is found in wheat, rye, barley, oats, spelt and many foods, including products which list "natural flavorings" as an ingredient. Gluten intolerance, sometimes known as "Leaky Gut Syndrome" indicates that proteins are improperly digested because they are absorbed through the intestinal walls where they are released into the bloodstream, which can then be mistaken by the brain as neurotoxin (affecting

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behavior, moods, senses, etc.) It is suggested to wean onto this diet which eliminates all gluten and casein. Gluten is found in many products that one wouldn't suspect. For examples, one would assume that soy sauce is made from soy, but "wheat" will be listed on the ingredients label.

Casein is the protein in animal milk (cow, goat, sheep, etc.) Some common foods that contain casein are milk, cheese, ice cream, butter and various baked goods. A "Casein Intolerance" is not the same as a "Lactose Intolerance". Lactose is a sugar in milk, casein is the protein. Many practitioners, parents and caregivers of individuals on the Autism spectrum state that eliminating casein along with gluten has produced positive results in either: behavior or bowel issues and sometimes both areas. To find out if an allergy is present, a simple urine test kit for gluten and casein peptides is available.

There is an enormous amount of information and research about this diet and the benefits available in books and online. There are also websites dedicated to Celiac disease that may be helpful with eliminating gluten however, many people with this disease choose not to eliminate milk. Recipes can be modified using milk alternatives that are available in gluten free versions such as rice milk, soy milk, almond milk, etc. Those on a dairy free diet may wish to consider Calcium supplements. There are many subscription and free supports for people following this diet including the following example:

The GF/CF Diet Support Group Website: www.gfcfdiet.com.

<http://health.groups.yahoo.com/group/gfcfkids> (free)

GF/CF Food Resources

Many common cold cut products are now being advertised as gluten free. There are now sections designated in local supermarkets exclusively for gluten free products where you can find some that are both gluten and casein free. These foods are also available through mail order via telephone or internet and at many local health food stores. Black Bear, Boar's Head and Thumann's are some of the popular brands that now carry gluten-free and Feingold approved meats and cheeses.

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Specific Carbohydrate Diet (SCD)

The goal of the Specific Carbohydrate Diet is to restore the health of the GI (gastro-Intestinal) tract by only allowing foods that are easy to digest and are readily absorbed. The SCD eliminates all complex carbohydrates including refined sugar and is outlined in "Breaking the Vicious Cycle" by Elaine Gottschall. This diet does not work like the Feingold or the GF/CF diet does, in that SCD approved foods do not just replace non SCD foods. An introductory/process of elimination is implemented to be sure that the individual can tolerate each food. What works for one individual, may not work for another, even in the same family. Eventually foods previously introduced but not tolerated may be reintroduced as many sensitive individuals can tolerate certain foods after being on the diet for a period of time. For those with yeast issues, the SCD may not be recommended until the yeast problem is addressed, prior to attempting the SCD diet. For more information visit: www.pecanbread.com or www.digestivewellness.com

Revolving Diet

The Revolving Diet, sometimes referred to as a Rotation Diet, consists of using foods once without repeating anything the same during a set period of time. The time period may vary from every four to as long as seven days. It is believed that the revolving diet may help eliminate intolerances to foods that were otherwise tolerated until another diet was implemented. For example, after a GF/CF diet has been instituted, some individuals consume huge amounts of corn and soy. This can result in corn or soy intolerance. Changing to the revolving diet (not repeating the same food for a week) may help to identify the food causing the reaction. Additionally, it may help the body to adjust to foods slowly. References to this type of diet can be found in many Autism treatment books, online websites and email groups. An example of a four day Rotation Diet can be found at: www.Immunolabs.com. An example of a seven-day Rotation Diet which claims to be specifically for Autism can be found at: <http://www.specialfoods.com/rotationdietexample.html>.

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Low Oxalate Diet (LOD)

Oxalates are found in many fruits and vegetables. This diet consists of weaning down from high oxalate containing foods, to medium oxalate containing foods, to a diet of low oxalate foods or as directed. Some foods that contain medium levels of oxalates can be tolerated after a period of time using the low oxalate diet diligently. The decision to use this diet is usually based on test results of a High Oxalic level, primarily through an Organic Acid test (OAT), which a doctor can order from a laboratory. There may seem to be no rhyme or reason as to why for example, you may be able to eat a red pepper but not a green one, an apple but not berries, a cucumber must be peeled and the quantities of everything will need to be limited. If a type of food is on a Low Oxalate Diet list, it doesn't mean it can be consumed in unlimited amounts. Many individuals with Autism like to stick to specific foods and alternative foods will need to be given throughout the day. The SCD diet incorporates many high oxalate foods and would need to be modified to coincide with a Low Oxalate Diet. This diet should be monitored by a professional to assure that the individual is receiving the appropriate amount of calories, vitamins and minerals. Many people who suffer with kidney stones must monitor their daily oxalate intake as well. A few resources identified include:

The Oxalosis and Hyperoxaluria Foundation www.ohf.org

<http://www.stillpointhealth.com/LowOxalateDiet-HelpandSuggestion.html>.

Body Ecology Diet (BED)

The theory behind the BED approach is based on the belief that the digestive system is linked to the immune, endocrine, circulatory and central nervous systems. It is believed that individuals with autism suffer from many ailments due to an inability to 'detox' their bodies accordingly. The diet is specifically designed to help cultivate, nourish, cleanse and repair this inner ecosystem (hence the name Body Ecology). The basic principles are comprised of three dietary transitions which are as follows: addition of cultured foods to the diet, changing the quality of fats and oils consumed and drastically reducing intake of carbohydrates and sugars. The Body Ecology Diet addresses many issues commonly found in individuals with Autism including immune-system issues such as viral and fungal problems, nutritional deficiencies, digestive disorders and various autoimmune diseases. More information can be found at:

<http://bodyecology.com/autism/bedrobroch0609st.pdf>

<http://au.groups.yahoo.com/group/autismdietaustralia/>

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Yeast-Free Diet/Anti-Yeast Diet.

Many doctors treat a yeast condition with anti-yeast prescription medications such as Nystatin, Diflucan and/or Sporanox. These drugs are not absorbed in the stomach but kill the yeast living in the intestinal tract. Some non-prescription treatments for yeast include capryllic acid, oregano concentrate and citrus seed extract. It may be essential to implement a yeast free diet because the anti-yeast drugs alone do not prevent the long term growth of yeast and the yeast will keep coming back. To treat yeast, yeast containing foods and foods that feed yeast, may need to be eliminated from the diet. The yeast free diet consists of removing fermented foods such as vinegar, ketchup, barley malt, chocolate, pickles, soy sauce and aged cheese. Some common foods that also need to be eliminated are sugar, yeast extract, all breads, cakes, cookies or pastries made with yeast, wine or cider vinegar, apple cider, smoked meats and fish, some fruits and jams, and vitamins derived from yeast. For those already on a GF/CF diet, looking to implement a yeast free diet, the following online group is one of several that may be helpful: <http://health.groups.yahoo.com/group/autism-diet>.

Probiotics

The Greek word, "Probiotics" means "for life". Medicinally, it is utilizing live-friendly bacteria to prevent or treat a clinical disorder. Probiotics are beneficial bacteria that are said to eliminate parasites, harmful bacteria and yeast overgrowth. This treatment is to balance the diverse range of microbes that naturally live in the intestinal tract. Many individuals with autism have high levels of bad bacteria that are believed to wreak havoc on their bodies directly affecting their behavior, concentration and mood. Probiotics are available in many forms. Some practitioners believe that acidophilus works well and others believe that it is counterproductive, as it may help one form of bacteria but at the same time it may actually contribute to yeast. Sometimes a more potent form of probiotic is suggested.

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Enzymes

Protease, Lipase and Amylase are enzymes that have distinct functions for breaking down the foods that we eat, allowing for maximum nutrients to be absorbed. Food digestion by these enzymes begins in the mouth, continues through the digestive system, where it is absorbed into the bloodstream and circulated throughout the body. When this process is malfunctioning, as is commonly seen in some individuals with Autism, it prevents their bodies from absorbing the proper nutrients affecting health and development. This can cause a broad range of ailments and conditions such as allergies, food intolerances, constipation, diarrhea, vitamin deficiency, and other symptoms seen in individuals with autism. Advocates claim that many individuals with Autism benefit from supplementing with these crucial enzymes. Websites and email lists to begin exploring this treatment are located at:

<http://www.enzymeuniversity.com> and

<http://health.groups.yahoo.com/group/EnzymesandAutism>

Suggested book: "Enzymes for Autism and other Neurological Conditions: A Practical Guide" by Karen L. DeFelice.

Supplementation

Most mainstream medical advice indicates that kids get all the nutrition they need from the foods they eat because foods consumed are fortified with all the essential vitamins and minerals that are required to maintain proper health and development. This may not be true of children with autism for a variety of reasons:

- many are self limiting to a small array of foods
- special dietary restrictions
- issues with absorbing and processing nutritional properties
- medications

Special Note: Chelators may deplete the body of toxic elements but also essential elements as well. Anyone considering this option should consult with a doctor.

Supplements can have many benefits but they can also cause severe problems if administered incorrectly or needlessly. Supplements under consideration should be

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discussed with a doctor/pharmacist for potential interaction and their effect with prescribed medication and/or special diet. Supplements should not be introduced without the supervision of a professional. For example, vitamin B6 alone may deplete the body of magnesium; this area must be addressed by a professional regardless of how beneficial or harmless a supplement may appear.

Remember, just because a supplement is sold in a health food store doesn't mean it is healthy for every-BODY. Vitamin/mineral supplements are largely unregulated, and some supplements do not contain what they claim, or use forms that are poorly absorbed. Some companies choose to participate in the Dietary Supplement Verification Program (DSVP) of the United States Pharmacopeia (USP) This program verifies that the contents of the supplement match the label. Check for a USP or DSVP label, or visit: <http://www.usp.org> or call: 301-816-8273 to check a company's products. Some examples of reputable companies geared toward scientific nutrition for autism include: Kirkman Labs www.kirkmanlabs.com and Nordic Naturals www.nordicnaturals.com

Examples of supplements and medications that may require prescriptions and management by an appropriate practitioner include: Activated Charcoal, Arginine, Bicarbonate/Alka Seltzer Gold, Amino Acids, Calcium, Cod Liver Oil, Coenzyme A, Digestive Enzymes, DMAE, DMG, L-Acetyl-Carnitine, Essential Fatty Acids, Flax Seed Oil, EPA/DHA, Lipoceutical glutathione, LDN (Low dose Naltrexone), Magnesium, Melatonin, NAC (N-acetyl cysteine), Nystatin, Pantothenic acid, PEG compounds such as glycolax or miralax, Taurine, TMG, Thiamine, Vitamin A, Vitamin B12, Vitamin B6, Vitamin C, Vitamin E, Vitamin K, and Zinc.

All of which may be advised as supplements for the individual with Autism throughout their lives. If you have internet access, using a search engine such as www.google.com can help you access information pertaining to Autism and Supplementation. Type the name of a supplement along with the word 'autism' to help better understand the connection and research pertaining to specific supplements and their role in autism treatments.

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Alternative Treatments

Cranio-Sacral Therapy (CST)

This therapy involves using gentle touch to help balance the spine and brain. A treatment takes about an hour and involves placement of the provider's hands on the neck, feet, jaw, and lower back (sacrum). This may help in areas including; calming/diffusing meltdowns and improved ability to communicate. However this treatment is not limited to those areas alone. For more information contact practitioners trained and certified in this technique. Those can include chiropractors, physical therapists, osteopaths and massage therapists.

www.craniosacraltherapy.org/CSTA_home.html

Neurotransmitter testing

Evaluating and properly addressing neurotransmitter and hormone imbalances may lead to significant changes in behavior for some individuals with Autism. It is believed that many individuals with Autism have neurotransmitter and hormone imbalances. These imbalances may contribute to anxiety, manic behaviors, hyperactivity, extreme fatigue, depression, poor concentration, repetitive behaviors, stimming and many other symptoms. Sometimes, individuals with Autism are prescribed anti depressants, anti anxiety, psychotropic, and other medications to control some of these symptoms. Some practitioners feel that this is only a temporary "Band-Aid approach", which does not fix the underlying cause. By not getting to the root of the problem they will be possibly subjecting the patient to further side effects of the drug(s). For example, Selective Serotonin Reuptake Inhibitor drugs (SSRI's), are often prescribed for conditions such as Depression and/or Anxiety. The function of SSRI's is to hold the serotonin in the brain for longer periods of time, therefore promoting "good" feelings and possibly stabilized moods. If an individual does not have the ability to produce enough serotonin naturally, using SSRI's may be somewhat helpful. At the same time using SSRI's may be counterproductive for certain individuals with Autism. The drug cannot make the body produce serotonin naturally. The neurotransmitter test can enlighten a person as to how specific supplements can help trigger the body to produce adequate serotonin naturally.

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Auditory Integration Training

This is a methodical treatment designed to normalize hearing and the ways in which the brain processes auditory information. It's based on the assumption that in many cases, distortions in hearing or auditory processing contribute to behavioral or learning disorders individuals with Autism. One method is the Berard Auditory Integration Training

www.auditoryintegration.net

Vision Therapy

Vision Therapy, also known as visual training is a method attempting to correct or improve presumed visual processing and perceptual disorders. Some individuals with autism are believed to use visual information inefficiently due to problems coordinating their central and peripheral vision. Visual symptoms of autism can include lack of eye contact, an inability to sustain focus or to shift focus, staring at spinning objects or light, fleeting peripheral glances, side viewing and difficulty with attending visually.

Optometrists that specialize in this treatment can evaluate the patient and depending on the results of testing, may prescribe lenses (sometimes with prisms) and 'vision therapy' activities. These exercises are used to stimulate general visual arousal, eye movements and the central visual system to help the autistic patient organize visual space and to gain peripheral stability, efficient eye coordination and visual information processing. (See suggested Books)

Saunas

Sweating is a way to cleanse the body from accumulated toxins. Some individuals with mercury toxicity do not have the ability to sweat called 'Anhidrosis'. This is the inability to sweat in response to heat. This must be considered prior to using a sauna with intentions of sweating out toxins for individuals with autism and/or mercury toxicity.

Note: The National Autism Association (NAA) offers a \$500.00 discount if you mention NAA when placing an order for a sauna at: <http://www.hightechhealth.com/?ref=808>

A resource for further information regarding the use of different types of saunas for individuals with autism can be found at: www.sunlightsaunas.com/detox-vaccines.htm.

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Hyperbaric Oxygen Therapy (HBOT)

This treatment, which involves the delivery of pressurized oxygen to the patient, has been used to assist with the regeneration of neurons in individuals with Autism spectrum disorders. Information with references to HBOT studies (also referred to as High Dosage Oxygen Therapy (HDOT)) for individuals with Autism can be found at:

<http://miraclemountain.homestead.com/AutismHBOT.html>

<http://www.reimerhbo.com/autism.htm>

www.hbotreatment.com/Autism.htm

Neurofeedback

Also called electroencephalogram (EEG) biofeedback or neurotherapy, is an adjunctive treatment applied in combination with standard medications for conditions such as Autism, Attention Deficit Hyperactivity Disorder (ADHD), Obsessive-Compulsive Disorder (OCD), Bipolar Disorder, along with other disorders. During neurofeedback sessions, patients learn to produce and maintain desirable brain wave patterns displayed on a computer screen. This is accomplished using a computerized game. For more information and research on this type of therapy contact:

<http://www.autism.net.au/Neurotherapy.htm>

<http://www.crossroadsinstitute.org/newsletter/jan06.html#Anchor-Understanding-49425>.

Immune-System Regulation

Some alternative treatments that are sometimes used off-label (meaning that they may not be approved by the FDA specifically for Autism) may include treatments such as ACTOS (pioglitazone), LDN (Low Dose Naltrexone, and IVIG (intra-venous immunoglobulin). More information can be located at:

<http://www.treatingautism.com/>

www.autism.com

<http://www.autism.org/naltrex.html>.

Examples of books referencing these and many other treatments being used for autism include:

“Autism: Effective Biomedical Treatments” by Jon Pangborn, Ph.D and Sidney Baker, MD

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“Recovering Autistic Children” by Stephen Edelson, Ph.D., and Bernard Rimland, Ph.D.

Nambudripad's Allergy Elimination Techniques (NAET)

This is a non-invasive, drug free, natural approach to eliminate allergies of all types using a blend of selective energy balancing, testing and treatment procedures from acupuncture/acupressure, allopathy, chiropractic, nutritional, and kinesiological. For more information:

“Say Good-bye to Allergy-related Autism” by Dr. Nambudripad explores many cases of allergy-based autism spectrum disorders or visit www.naet.com

Toxic Heavy Metal Testing & Chelating

Toxic metals, including "heavy metals," are individual metals and metal compounds that negatively affect people's health. Examples include arsenic, lead, mercury, nickel, and tin. In minute amounts, some metals may be beneficial. However, in larger amounts, these same metals can become toxic. They may build up in biological systems and become a significant health hazard.

Today, any physician can easily confirm whether a non chelated child with an Autism Spectrum Disorder (ASD) diagnosis is mercury poisoned by having a test run called a urine porphyrin profile analysis (UPPA).

For more information on how to order this test and to research many publications validating this test visit: www.Mercury-freeDrugs.org or contact CoMed 1-973-997-1321. This test can be acquired through a regular physician using laboratories such as labcorp and is covered by most insurance companies.

Many other routine laboratory tests will only show recent exposure of mercury and other heavy metals. Most traditional tests for mercury toxicity do not show what's been tucked away in organs including the brain because mercury is transformed from an inorganic form (methylmercury) into an organic form (ethyl mercury). Once the mercury enters the bloodstream it quickly leaves and accumulates in the internal organs. It can go undetected until a chelating agent is administered and then the tests start showing the mercury as it is being released from the body.

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Mercury in Vaccinations

Many people are concerned with the mercury (Thimerasol) content found in certain vaccines. Thimerasol is a neurotoxin. While certain vaccines continue to contain mercury, there generally isn't an acceptable medical reason for choosing NOT to vaccinate altogether. Each state has vaccine laws regarding vaccination exemptions. In NY there are two options religious and medical exemptions. A parent or individual has the right to request a 100% Thimerasol-free vaccine and ask to read the package insert. On the package insert, look for the active ingredients. Manufacturers were directed to remove thimerasol by mid 2001 from a majority of childhood vaccines but formulations continue to move through the supply chain as the FDA never issued a recall. There is an option to have a multi disease combination vaccination given separately, such as the MMR. Each one can be given separately over a series of doctor appointments.

Mercury in Tooth Fillings

A dentist can comply with a request to use white porcelain fillings rather than amalgams which consist of mercury and a mix of silver, copper, tin and zinc.

Chelation

The use of chelating agents involves risks and side effects. Please note that improper chelating of any type can cause irreversible damage up to and including renal failure and death. It is not recommended to attempt any form of chelation without consulting an experienced physician which will evaluate and determine the appropriate treatment according to the individual needs of the patient.

The Greek word, "Chele" is commonly used when referring to the grasp of a lobster claw. To chelate is to grab on to the toxic metals and pull them out of the body. An agent called a chelator enters the bloodstream and attaches itself like a lobster claw to the toxic metals and "pulls" them out of the body. It also "pulls" essential elements out of the body and for this reason, chelation should be done only under the supervision of an experienced physician. The physician will monitor and supplement any essential elements accordingly. If improperly administered, chelation can cause more harm than good.

There are many ways to chelate. Careful decision should be made when choosing which chelator to use and how to dose it. Chelating agents can be administered orally, rectally, intravenously or transdermally. As with any drug, these agents can be extremely dangerous if not used correctly.

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There are several chelating agents used to chelate. Dimercaptosuccinic acid (DMSA), Dimercaptopropanesulfonic acid (DMPSA), (Ethylenediamine tetra-acetic (EDTA) acid and Alpha-Lipoic acid (ALA), among others. Some may offer a better choice for a particular metal while others are designed for one particular metal. Some chelators do not cross the blood brain barrier in those cases it is sometimes suggested that one use a combination of two chelators, such as DMSA and ALA. Be aware that some products available without a prescription claim to have the ability to chelate and can be extremely harmful. Non-prescription products should not be taken without advice from a doctor who specializes in this area, regardless of safety proclamations on a product label.

Two common mistakes using chelation include administration using improper protocol and the administration of improper supplements and/or dosage. It is important to avoid those mistakes to prevent redistribution of metals within the body and to not cause irrevocable damage

Plants have naturally occurring chelating properties, as well as Epsom salts, saunas, and more. Epsom salt baths and Saunas may be highly recommended by many alternative practitioners in combination with other treatments. Some health stores and manufacturers promote a natural approach such as cilantro, spirulina, and chlorella; these approaches are not FDA approved to be used for chelating heavy metals. The reasons being, is that the value of chelating properties is inconsistent from plant to plant, making it impossible to acquire equal doses. They approaches, have not been proven to safely pull the toxins completely out of the body. They may bind to a heavy metal inside the body and 'drop' it somewhere else possibly causing damaging redistribution. There may someday be a way to use Cilantro, Chlorella, Spirulina or many other natural forms of chelating agents successfully for individuals with Autism. Until then, as with all treatments careful consideration should be taken for using chelation for individuals with Autism and other more proven approaches should be explored.

When considering chelation, one should become informed and find a doctor experienced with a variety of protocols (e.g., Cutler, DAN!, Buttar). A decision can then be made jointly with careful consideration of each chelating agent, their properties and various protocols.

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Useful Links & Resources

www.noamalgam.com. Information on mercury plus Chelation Protocols and mercury in dentistry.

www.909shot.com/Issues/HgCalculator.htm

National Vaccine Information Center Phone: 703-938-DPT3

To calculate the amount of mercury in each vaccination visit:

www.CFIC.us

Coalition For Informed Choice/ Vaccination information for NY Residents:

718-479-2939

www.oceansalive.org

This site contains information about Seafood and mercury including a pocket seafood selector to use when shopping for seafood or dining out, a buying guide, recipes, and fish consumption advisories.

www.mindd.org

This site offers information for practitioners and patients on biomedical treatment for ADHD, Autism and Neurodevelopmental disorders.

<http://mall.turnpike.net/P/PDHA/mercury/iaomt.htm>

This site offers protocols for removal of mercury/silver fillings from teeth

www.Mercurypoison.com

This site has a video that shows how mercury causes brain neuron degeneration

www.nomercury.org

This site has a detailed audio and video presentation of Dr. Buttar's chelation protocol using Td DMPS

www.dmpsbackfire.com

This site offers Information regarding some of the dangers of injectable DMPS

Websites that support alternative views and/or treatments for Autism include:

www.autism.com

www.autismfile.com

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www.autismone.com/homepage.cfm

www.autismone.com/homepage.cfm

www.autism-society.org

www.cryshame.org

www.generationrescue.org

www.medigenesis.com

www.nationalautismassociation.org

www.safeminds.org

www.talkaboutcuringautism.org

www.unlockingautism.org

Online Autism Support groups:

The following is a list of online support groups related to biomedical and/or alternative treatments. These are examples of what can be accessed online. Please be aware that these groups are not all private and are not all moderated by their owners and emails can be spam and/or contain viruses. Many of these groups are created by parents of individuals with autism and should not be used as medical advice. Use discretion if asked for any personal information.

http://health.groups.yahoo.com/group/GFCF_yeast_elimination_recipes_KIDS

<http://health.groups.yahoo.com/group/GFCFKids>

http://health.groups.yahoo.com/group/Trying_Low_Oxalates

<http://groups.yahoo.com/group/vaccine>

<http://au.groups.yahoo.com/group/autismdietaustralia>

<http://health.groups.yahoo.com/group/AutismLeakyGut/>

<http://health.groups.yahoo.com/group/GFCFrecipes/>

Books

“It’s All in Your Head: The Link Between Mercury Amalgams and Illness” by Hal A. Huggins

“Amalgam Illness: Diagnosis and Treatment” by Andrew Hall Cutler, Ph. D., P.E.

“The Hidden Code in the Constitution” by Dr. Jack Alpan

“What Your Doctor May Not Tell You About Children’s Vaccinations” By Stephanie Cave, M. D., F. A. A. F. P. with Deborah Mitchell

“Feast Without Yeast: 4 Stages to Better Health” Bruce Semon, M.D., Ph.D., and Lori Kornblum;

“An Extraordinary Power to Heal” Bruce Semon, M.D., Ph.D., and Lori Kornblum.

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www.orangecountynyddconnection.com

Extraordinary Foods for the Everyday Kitchen” by Bruce Semon, M.D., Ph.D., and Lori Kornblum

“Hair test Interpretations: Finding Hidden Toxicities” by Andrew Hall Cutler, Ph. D., P.E

Laboratories

The Great Plains Laboratory Phone: 913-341-8949 www.greatplainslaboratory.com

Direct Laboratory Services, Inc. Phone: (800)908-0000 www.directlabs.com

Doctors data, Inc. Phone: (800)323-2784 www.doctorsdata.com

Internet links of food sources for special diets:

www.glutensolutions.com, www.missrobens.com, www.autismndi.com,

www.gfcf.com, www.passoverguide.com, www.glutenfreemall.com,

www.glutenfree.com, www.feingold.org, www.ener-g.com, www.livingwithout.com;

Black Bear Brand (by Dietz and Watson exclusively sold at ShopRite Supermarkets)

www.dietzandwatson.com ; www.boarshead.com; www.thumanns.com

Other

A list of DAN! Doctors in NY can be obtained from the Autism Research Institute website located at: <http://www.autism.com/ari/ari-lists/danus.html>.

Please note that the Orange County Department of Mental Health does not endorse and is not affiliated with any specific doctor, laboratory, vendor or internet support group mentioned regarding standard or alternative treatment for autism. Alternative Protocols are not medical standards to be adhered to in all specific individual situations. The Orange County Department of Mental Health specifically disclaims any and all liability for injury, expense or other damages of any kind from negligence or otherwise, for any and all claims that may arise out of the use of any recommendations or other information contained herein. References to certain drugs, treatments, organizations, laboratories and other products are made for general information purposes only and are not intended to constitute an endorsement of such. Such material may include information on applications that may not be considered medical or scientific standard, that reflect indications not included in approved FDA labeling, or AMA, ADA or AAP policies, or that are approved for use only in restricted research settings. The FDA has stated that it is the responsibility of the physician to determine the FDA status of each drug or device he or she wishes to use, and to use them with appropriate patient consent in compliance with applicable law.

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