

AUTISM AND NUTRITION: RESOURCES AVAILABLE

REVISED

First, let me introduce myself. I am an educator and networker through whom information flows across many different disciplines. My Ph.D. is from The Union Institute and University in the area of Creative Learning Environments. I am not a medical doctor. I have worked since 1977 with Richard Wawro, an internationally known autistic savant artist from Edinburgh, Scotland. In 1983, I produced *WITH EYES WIDE OPEN*, an international, award-winning documentary film about his life and art. Since 1996, I have shared the work of Christophe Pillault, another autistic savant artist from France. And since 2005 I have worked with Ping Lian, a 14 year old autistic savant artist from Malaysia. I have also worked since 1992 with a young man who cannot speak, cannot walk, and cannot feed himself. He is not autistic; he is not a savant. He is a prodigy, and his physical condition is, as of now, still largely undiagnosed. Marshall Ball, however, is an amazing writer and thinker. **KISS OF GOD: The Wisdom of a Silent Child**, a collection of his writings, was published in 1999 and in the first three months sold over 200,000 copies. I wrote the Foreword for the book. I have had the opportunity to speak at many conferences throughout the years and have shared with many parents and researchers my experiences directly related to the fields of autism, disability, nutrition, and creativity. I was the keynote speaker at the 10th Annual State Conference on Autism in 2001. The title of my presentation was "Seeing: Beneath and Beyond." I looked at hope, faith, destiny, openness to new learning, nutrition, creativity, and art. My wife, Rosanne, and I have been involved with nutrition since 1974, and in 2001, we became Directors of our business within the Shaklee Corporation. In 1981 & 1982, I was part of the design team for the largest conferences ever held on "Nutrition and Behavior" (at that time violent and criminal behavior and hyperactivity. Autism was not considered at those conferences.) Speakers included: Dr. Doris Rapp, Dr. William Crook, Dr. Linus Pauling, and Dr. Bernard Rimland. Since that time I have shared the work of the late Dr. Rimland, founder and director of the AUTISM RESEARCH INSTITUTE, 4182 Adams Avenue, San Diego, CA 92116. See www.autism.com/ari. His Autism Research Review International, a quarterly publication, reviews biomedical and educational research in the field of autism and related disorders. In 2003, Dr. Rimland edited with Dr. Stephen Edelson (the new director of ARI) **TREATING AUTISM: Parent Stories of Hope and Success**, one of the most important, readable, and useful books I know about. In addition to 30 chapters written by parents of autistic children, many of whom are medical doctors, telling of their success in treating their children, the book also contains a chart that shows the results of 26,000 responses to a survey on the treatment effectiveness of DRUGS, SUPPLEMENTS, DIETS, & MISC. THERAPIES OR CONDITIONS. What an incredible source of information for parents and doctors! Write ARI to obtain a copy of the survey and the results or to order a copy of the book. One example of the data is the survey: "Bar graphs depicting the rating of 49 drugs and 8 nutrients by thousands of parents of autistic children note that Ritalin, the most frequently used drug, helped only 29% of the children, while making 44% worse (based on 3082 parent surveys). Compare that with the ratings of nutrient therapies.

One of the most significant books to enter my life has been Karyn Seroussi's **UNRAVELING THE MYSTERY OF AUTISM AND PERVASIVE DEVELOPMENTAL DISORDER: A Mother's Story of Research & Recovery**. It reads like a detective story. I was given a copy, and I read the entire book in two days. It brought together some of the people and information that I had gained in the conferences in 1981 & 1982 and connected them with autism. It also reaffirmed Dr. Rimland's statement that "In the past 40 years the most significant research in the field of autism has not been done by men in white lab coats, but by mothers!" I cannot tell you how important this book is. Each Appendix is filled with resources. Page 262 has information about the Autism Network for Dietary Intervention. Both authors frequently speak at the DAN (DEFEAT AUTISM NOW) conferences. see www.autismNDI.com. See also Vol. 1 No. 1 of YOUR LIFE by the Living Sensibly Foundation, a newsletter with articles by Karyn Seroussi and Lisa S. Lewis, Ph.D., author of **SPECIAL DIETS FOR SPECIAL KIDS**. Contact FUTURE HORIZONS 817-277-0727 for information about this resource and a list of publications.

In 2003 I met for the first time Raun Kaufman, subject of **SON RISE: The Miracle Continues, 1994**. I had first encountered **SON RISE** in 1978 while living in rural Maine and was introduced to the word "autism" for the first time. The book documents the development of the Option Institute and the Son Rise approach to treatment. www.son-rise.org email sonrise@option.org An excellent VHS produced by the BBC titled **I WANT MY LITTLE BOY BACK** is a stunning presentation of the method of treatment. The second person I met was Annabel Stehli, author of **THE SOUND OF A MIRACLE**, which describes her journey with her autistic daughter Georgie. They found the miracle which transformed Georgie through the work of Guy Berard, M.D. who developed Auditory Integration Training. The book is an incredibly moving account of Annabel's journey to find the key to unlock her daughter's prison. 860-355-1545 www.georgianainstitute.org email georgianainstitute@snet.net

New on the conference scene and joining the acknowledged scientific leader DAN conferences founded by Dr. Bernard Rimland is My Care Clinic Conferences organized by Kazuko A. Curtine. Check their web site www.mycareclinic.com 512-565-4828. Also see Dr. Amy Yasko at www.holistichealth.com The Thoughtful House also in Austin, Texas provides excellent services to a wide variety of children with autism and related conditions.. See www.thoughtfulhouse.org. See also NeuroSensory Centers of America, www.neurosensorycenters.com.

Many new books and films about autism seem to be appearing almost daily. I have listed several below that are well worth considering:

Certainly one of the most important books written from the point of view of a mother with two teen aged children with autism is Kim Marie Lesso's **BACK IN MY ARMS**, www.autismguru.com.

One new book and film due in 2008 may be pre-viewed at www.horseboymovie.com. This film explores the relationship between autism, horses, and shamans.

One of the most personal, powerful, and balanced films is **BEAUTIFUL SON**, by filmmakers Don and Julianne King. This film presents the impact upon the whole family of a child who becomes autistic. See www.beautifulson.com.

David Kirby's **EVIDENCE OF HARM** is an important piece of investigative journalism that explores in great depth the relationship between vaccinations and autism.

William Stillman has written two books that speak directly to the spiritual dimension of autism: **AUTISM AND THE GOD CONNECTION & THE SOUL OF AUTISM**.

Kamran Nazeer, a student in 1982 in NYC in one of the first schools for children with autism, eloquently enters the minds of adults with autism in **SEND IN THE IDIOTS**.

Dr. Bryan Jepson, Director of Medical Services at Thoughtful House and has a young son with autism describes many new approaches for treatment in **CHANGING THE COURSE OF AUTISM**.

I hope these resources will provide you with valuable new information in your own journey to, as Karyn Serrousi says, "*track down and slay the beast that has invaded my child's body.*" As you discover new and helpful resources, I hope you will share them with me. This listing of resources is constantly being updated. I look forward to adding your suggestions. My life has been blessed by so many people, and the synchronicities are almost overwhelming at times.

IF we be TRUE to the integrity of the moment,
who knows, what or where, wonders, beasts, adventures will sweep us UP into their flood!

I have written the previous two-page statement to point people in the right direction. While it does not talk about specific nutritional supplements to use with children who have autism spectrum disorders, it does provide a broader context of the research and knowledge in the field. Some of the nutrients mentioned in the Parent Survey used by Dr. Rimland are: Calcium, Folic Acid, Vitamin A, Vitamin B3 & B6, Magnesium, Vitamin C, Zinc, Digestive Enzymes, Fatty Acids, and pro-biotics. The parent survey gives parents a broad knowledge of what a large number of other parents have tried and the behavioral changes that they have experienced. There are several companies that market their products specifically for children and adults with autism. Shaklee does not take this approach. Shaklee nutrition, used with other diagnostic bio-medical approaches, can effectively provide the supplements used in the survey in a number of instances. I am confident that the purity of the ingredients used in Shaklee food supplements and the nature of the processing of the ingredients is unmatched in the supplement industry. Shaklee has been at the forefront of the science of nutritional supplements for 50 years. Many parents have testimonies of the significant differences that Shaklee has made in the lives of their children with autism.

See especially the little booklet, **HEALTHY KIDS**, by Betsy & Ginny Vaughn. It has been making an important impact on the lives of children and families for several years. (**HEALTHY WOMEN, HEALTHY MEN, & HEALTHY PETS** are also available) Since receiving a copy of **HEALTHY KIDS** from a friend, I have ordered and shared over 250 additional copies. **HEALTHY KIDS** contains over 130 accounts by parents, nurses, and doctors, who shared their experiences of using nutritional supplements instead of drugs to bring health and well being to countless children and their families. The introduction is by a pediatrician, Linda P. Rodriguez, M.D., who has been using this approach for over twenty years in her medical practice. The complete index for the booklet lists all of the articles that relate to a specific childhood health problem. It has been such a joy for us to share this valuable resource with so many people. Copies of the book may be obtained by calling us (512-454-4489) or by calling 800-669-8162 or by email vaughng@mindspring.com. I am listed in **HEALTHY KIDS** as a resource for nutrition of children with autism and ADD & ADHD. Please feel free to contact me. I have many resources (such as “ A Candid Conversation About Autism and Nutrition” and “The Role of Parents and Care Givers in Nurturing Creativity, Intelligence, and Social Skills in Children and Adults with Autism”) that I would be happy to send you by email.

I have just very recently become aware of The Townsend Letter, April 2008, issue. See www.townsendletter.com. It is filled with many research articles that consider various aspects of the autism spectrum. I found it very informative and helpful in increasing my own understanding of this complex topic. One significant article deals with “Healing with Electromedicine and Sound Therapies” Part Two, by Nenah Sylver, Ph.D. Dr. Jerry Tennant’s Biomodulator is discussed. See www.senergy.us for further information. I have personal experience with this device.

Thank you for giving me the opportunity to share some of my experience and my resources with you.

Please feel free to duplicate this material and share it with others.

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SEEING: BENEATH AND BEYOND

“But this is one of the things that love is called upon to do: To affirm and sustain the seed in a fellow human being even though no tangible evidence has been given of the nature and quality of the seed that is growing there. Love is needed while the seed is still a potentiality....In this sense, the capacity to love depends upon the capacity to feel the reality of the future before it has tipped its hand, before the seed has disclosed itself, and while there is still no more specific basis for judgment than a feeling that links the depths of one person to the seed depths of another. Love depends upon the capacity to reach beneath the surface of persons, to feel and touch the seed of life that is hidden there. And love becomes a power when it is capable of evoking that seed and drawing it forth from its hiding place.

Ira Progoff

THE SYMBOLIC AND THE REAL

“The most beautiful thing we can experience is the mysterious. It is the source of all true art and science. He to whom the emotion is a stranger, who can no longer pause to wonder and stand wrapped in awe, is as good as dead: his eyes are closed. ALBERT EINSTEIN

“The quest for understanding requires that we give up the search for certainty and go on a voyage of discovery.” JOHN DUNNE

“Just as the rivers are much less numerous than the underground streams, so the idealism that is visible is minor compared to what men and woman carry in their hearts, unreleased and scarcely released. Mankind is waiting and longing for those who can accomplish the task of untying what is knotted and bringing the underground waters to the surface.

ALBERT SCHWEITZER

“Every human being has a great yet often unknown, Gift to care, to be compassionate, to become present to the other, to listen, to hear and to receive-- If that gift would be set free-- And made available— Miracles could take place.

HENRI J.M.NOUWEN

“Persons are gifts....wrapped!
Some are wrapped beautifully:
they are very attractive when I first see them.
Others have been mishandled in the mail.
Once in a while there is a special delivery!
Some persons are gifts which are very loosely wrapped, not sealed.
Others are tightly wrapped, practically locked, enigmas really, almost forbidding.
But the wrapping is not the gift!
....Every meeting of persons is an exchange of gifts.”
ANONYMOUS

“It doesn't interest me to know where you live or how much money you have. I want to know if you can get up, after the night of grief and despair, weary and bruised to the bone, and do what needs to be done to feed the children.”

ORIAH MOUNTAIN DREAMER
THE INVITATION

“Because your gift of special life enriches the universe with tenderness, with honesty, with grace, You are blessed.”
Margaret Cessna, Heartbeats, “A Blessing for Parents of a Special Child.”

“In the meantime
There are bills to be paid, machines to keep in repair,
Irregular verbs to learn, the Time Being to redeem from Insignificance.”
W.H. AUDEN