

## The Meaning of Autism Symptoms

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## Autism is Treatable. Recovery is possible!

Medical Academy of Pediatric  
Special Needs  
[www.medmaps.org](http://www.medmaps.org)

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## Changing Incidence of Autism

- 1991 1:10,000 kids affected
- 2007 Indiana Public Schools 1:128
- 2014 1:68 (1:42 boys, 1:189 girls)
- Why?--most likely theory a combination
  1. of genetic susceptibility
  2. Toxic exposures: heavy metals, (especially mercury and lead –from amalgams, vaccines, food, soil, water), other toxins (especially organophosphate pesticides and other chemicals)
  3. stress on the immune system (infections and immunizations)
  4. baseline nutritional deficiencies
- Leads to profound nutritional deficiencies and physical changes

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## The Brain Downstream

The brain is ill because the body is ill.

Heal the body as well as the brain.

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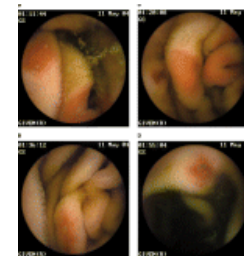
## Known Medical Problems

### Gastrointestinal

- Constipation
- Diarrhea
- Acid Reflux
- Yeast, bacterial and possibly viral infections
- Lymphoid Nodular Hyperplasia (“Autistic Enterocolitis”)
- Leaky Gut Syndrome

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## Autistic Enterocolitis



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## Known Medical Problems

### Immune Abnormalities

- Marked abnormalities in cytokines
- Mast cell activation
- Increased inflammation and oxidative stress
- Tendency toward recurrent infections, especially respiratory and intestinal
- Tendency toward allergies—environmental and food
- Inappropriate response to vaccines and infections

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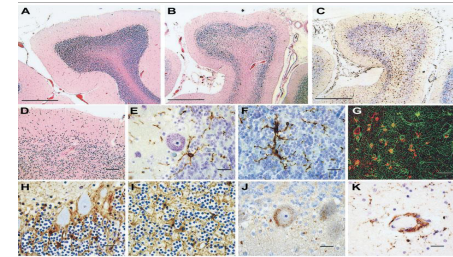
## Known Medical Problems

### Neurological

- Speech abnormalities
- Seizures—30%
- Motor Delays
- Poor motor planning and low muscle tone
- Mitochondrial Dysfunction
- Abnormalities in brain development
- Brain inflammation and decrease brain blood flow

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Vargas 2005 Annals of Neurology  
Brain Inflammation



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## Known Medical Problems

### Endocrine

- Relatively high testosterone
- Poor adrenal function
- Thyroid abnormalities
- Growth hormone deficiency
- Type I diabetes
- Cholesterol abnormalities

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## Treatments

### Treat medical problems as we would for any other patient

- Antiacids
- Treatments for constipation
- Antihistamines and other allergy treatments
- Thyroid medications, other hormone support
- Appropriate antibiotics, antifungals, antivirals

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## Treatments

### Diet and Nutrition

- Organic, whole foods, as close to nature as possible
- Gluten and Casein Free
- Remove food allergens
- GMO, Dye and Preservative Free
- Specific Carbohydrate Diet or GAPS

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## Treatments

### Vitamins and Supplements

- Vitamin B6
- Magnesium
- DMG/TMG
- Vitamin A, D, E, C, K
- Supplements for methylation
- Glutathione
- NAC
- Zinc
- Many others

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## Treatments

### Identify and Treat Infections

- Intestinal
- Viral
- Respiratory

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## Treatments

### Detoxification

- Heavy Metal Detoxification
- Infa-red Sauna
- Exercise
- Avoiding toxins of all types (lifelong)

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## The Meaning of Autism Symptoms

Behaviors and Symptoms Have Distinct Causes and Reasons for Occurring

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## Pica

- Zinc deficiency
- Iron deficiency
- Toxic effects of Lead or other heavy metals
- Yeast overgrowth



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## Licking

- Yeast overgrowth
- Parasites
- Bacterial Overgrowth
- Deficiencies as for Pica



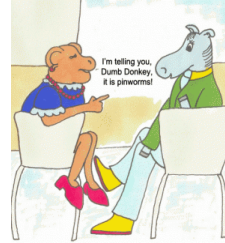
## Biting

- Frustration
- Gastrointestinal pain (think constipation)
- Gastrointestinal bacterial infections
- Teething
- Deficiencies as for pica



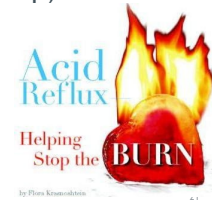
## Teeth Grinding

- Yeast overgrowth
- Parasites
- Allergies



## Excessive Swallowing

- Gastrointestinal Reflux
- Allergies (post nasal drip)
- Anxiety (?)



## Sniffing

- Allergic Rhinitis
- Parasites
- Zinc deficiency
- ? Tic
- ? Sensory



## Nose Rubbing

- Allergic Rhinitis
- Dry, irritated skin



## Nasal Congestion or Snoring

- Allergic Rhinitis
- Dairy sensitivity
- Yeast overgrowth or sensitivity
- Upper respiratory infection

If severe, consider sleep apnea!

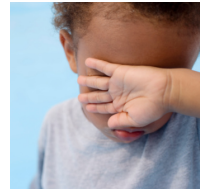
## Sound Sensitivity

- Ear pressure from congestion
- Need for magnesium
- Auditory integration problems
- ?Seizures



## Light Sensitivity

- Adrenal fatigue
- Visual processing problems



## Red Cheeks and Ears

- Allergic Rhinitis
- Most commonly: problems metabolizing phenols (berries, apples, bananas, chocolate)
- GMO's

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## Behavior Changes

- Constipation
- Allergic Rhinitis, if seasonal or situational
- Parasites, if appears before a full moon
- Gastrointestinal Reflux, especially if related to certain foods (e.g. food allergies)

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## Hyperactivity

- Diet (gluten, dairy, food dyes and preservatives, sugar, phenols)
- Infections, especially yeast
- Poor sleep or sleep apnea
- Mitochondrial problems
- Constipation
- Poor phenol metabolism

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## Poor Sleep

- Diet (gluten, dairy, food dyes and preservatives, sugar, phenols)
- Allergic Rhinitis
- GERD
- Seizures
- Pain (muscles, headache, abdominal)
- Inability to make melatonin
- Lack of exercise
- Sleep Habits
- Sleep Apnea

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## Aggression

- Gastrointestinal pain—inflammation, constipation or infection
- Seizures
- Allergic Rhinitis, especially if season or location specific
- Frustration
- Fear
- Poor understanding of the situation
- Low cholesterol

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## Oppositional Behavior

- Low zinc
- Need for Omega 3 Fatty Acids
- Need for lithium
- Poor understanding of the situation
- Fed up with the situation

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## Perseveration

- Yeast overgrowth
- Poor sulfite metabolism
- Frontal lobe abnormalities
- Traumatic brain injury

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## Toe Walking

- Spinal cord spasticity
- Constipation
- Short Achilles tendon
- “Sensory”

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## Arching

- Pain
  1. Gastrointestinal reflux
  2. Painful intestinal infections
  3. Intestinal inflammation

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## Lying Across Furniture

- Gastrointestinal Pain



Courtesy of Arthur Krigsman, MD

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## OCD

- PANDAS (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal infections)
- PANS (Pediatric Acute-onset Neuropsychiatric Syndrome)

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## Putting it all together:

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## Yeast overgrowth

- Hyperactivity
- Excessive giggling
- Early morning (2 am) awakening
- Chewing, Flapping, Jumping
- High pitched screaming
- Teeth grinding
- Sugar and carbohydrate craving
- Constipation
- Language delay

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## Thrush



## Intestinal Bacterial Overgrowth

- Symptoms of GI pain
- Diarrhea
- Bloating
- Gassiness
- Language Delay
- Aggression

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## Parasites

- Licking
- Rectal itching
- Behavior change before a full moon
- Diarrhea
- Abdominal pain

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## Mitochondrial Problems

- Low muscle tone
- Poor coordination
- Delayed intestinal motility (infrequent stools)
- Recurrent infections
- Poor physical endurance
- A particular kind of hyperactivity

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## Hypothyroidism

- Mid-afternoon fatigue
- Dry skin, especially heels
- Hair loss, especially eye brows
- Constipation
- Depression
- Cold intolerance
- Poor focus and memory

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## Adrenal Fatigue

- Hard to get up in the morning
- Late afternoon fatigue
- Poor focus and concentration
- Late afternoon to evening hyperactivity followed by “meltdown”
- Anxiety

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## Questions & Discussion

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