

# *A Mother's Success Story:*



## *Daniel's Journey Out of Autism*

*By: Lori Knowles*



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# Introduction

- | Just a DETERMINED Mom
- | My fourth child Daniel was diagnosed with Autism at age 2.5 years
- | Through intense pursuit of knowledge, I learned how I could help my child and become his Advocate
- | After 4 yrs of interventions (at age 6.5), Daniel finally reached was considered recovered
- | Tell my story to educate and inspire hope
- | General Manager and Director of *New Beginnings Nutritionals*



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# Meet Daniel



Age 3



Age 13



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# Video – 5 scenes

- | **Daniel in therapy at 2.5 yrs**
- | **Testimony of Speech Therapist** - who observed Daniel before and during gluten/casein free diet implementation
- | **Testimony of 3<sup>rd</sup> grade Teacher**
- | **Interview with Daniel at age 12**
- | **Daniel during a recent sleepover with friends**



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# 18 months



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# Daniel's 2<sup>nd</sup> Birthday



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# 28 months



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# Warning Signs

- | Late to crawl (12 months)
- | Late to walk (14 months)
- | Slow to speak
- | Losing words



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# Other Warning Signs

- | Spaced out
- | No interest in others
- | No normal play
- | Poor receptive /expressive language
- | Unexplained crying spells
- | Excessive drooling
- | Video-aholic
- | Trouble transitioning
- | Sensitive to sunlight
- | Does not point
- | Spatially insecure
- | Poor muscle tone
- | Sensory issues



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# Journey to Wellness

- | Early Intervention!  
Occupational , Physical and Speech Therapy
- | Dr. Shaw's Book – Biological Treatments for Autism and PDD
- | Defeat Autism Now (DAN!) Physician
- | Lab Testing



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# What you should know about testing through the Great Plains Laboratory

- | Main focus is Autism and related disorders
- | A pediatric-focused laboratory – **reference ranges account for both children and adults preventing false high and low values.**
- | Cares about accuracy:
  - **Participates in proficiency testing with other labs**
  - **Runs in-house split samples to check internal accuracy**
  - **Reference Ranges verified by scientific literature and in-house studies of both normal and abnormal populations**



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# Dietary Interventions



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# The Gluten/Casein Free (GFCF) Diet Does It Really Work?



*How could  
eating wheat  
and dairy  
products  
possibly be bad  
for my child?*



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# Symptoms can include:

- | Spaced-out effect
- | High pain tolerance
- | Limited food choices
- | Constipation/diarrhea
- | Negatively affect brain function (speech and auditory integration)



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# How do I know if my child will benefit?

- | Do they exhibit any signs? (spaced-out, high pain tolerance, limited food choices, constipation/diarrhea, etc.)
- | Have urinary peptides and IgG food allergies tested
- | Do a strict trial GF/CF/Soy free diet for at least 4 months.



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# What about Food Allergies?

- | Daniel and many other ASD children often see elevated IgG antibodies to milk/cheese/gluten.
- | Improvements seen when other IgG reactive foods removed.
- | Although Daniel did not use these diets, the following diets may be needed by many to achieve best results:
  - Specific Carbohydrate diet
  - Low Oxalate diet
  - Feingold diet



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# IgG Food Allergy Test

## Comprehensive Food Profile

IgG

<i>Dairy</i>			
Casein			4.95
Cheese			5.45
Goat's Milk Cheese			4.88
Milk			9.75
Mozzarella Cheese			8.12
Whey			9.54
Yogurt			4.54
<i>Beans and Peas</i>			
Garbanzo Bean			1.64
Green Bean			2.86
Kidney Bean			1.36
Lima Bean			1.39
Pea			2.19
Pinto Bean			1.44
Soybean			2.95
<i>Fruits</i>			
Apple			3.05
Apricot			2.81
Banana			3.36
Blueberry			2.49
Coconut			2.92
Cranberry			1.93
Grape			1.88
Grapefruit			3.02
Lemon			3.22
Orange			2.11
Papaya			2.82
Peach			1.77
Pear			1.48
Pineapple			2.38
Plum (Prune)			1.65
Strawberry			1.47
Watermelon			2.28
<i>Grains and Legumes</i>			
Barley			4.45
Buckwheat			1.64
Corn			1.91
Flax			2.43
Gliadin			5.84
Lentil			2.14
Millet			1.44
Oat			7.72

Rice			2.81
Rye			2.15
Sorghum			3.45
Wheat Gluten			9.28
Wheat			7.20
<i>Fish</i>			
Cod Fish			4.56
Crab			1.57
Halibut			2.51
Lobster			1.52
Salmon			2.27
Sardine			2.89
Shrimp			2.33
Tuna			4.26
<i>Meat/Poultry</i>			
Beef			1.23
Chicken			1.48
Egg White			9.34
Egg Yolk			6.69
Lamb			2.15
Pork			1.56
Turkey			2.11
<i>Nuts</i>			
Almond			3.78
Cashews			1.87
Hazelnut			1.47
Peanut			2.51
Pecan			1.92
Pistachio			1.31
Sesame			1.47
Sunflower			2.27
Walnut			1.84
<i>Vegetables</i>			
Asparagus			3.27
Avocado			3.08
Broccoli			1.88
Beet			1.99
Cabbage			2.65
Carrot			5.00
Celery			2.09
Eggplant			2.25
Green Pepper			2.04
Lettuce			1.80

# Daniel's Progress on the Diet

- | Marked improvement in receptive/expressive language
- | Spaced-out effect gone
- | Crying spells eliminated – happier child
- | Increased awareness of others
- | More effective therapy sessions
- | Increased interest in toys
- | Constipation disappeared
- | Decrease in sensory issues
- | Cured chronic sinus infections & asthma
- | Gluten infraction caused serious regression



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# Other Helpful Diet Suggestions

- | When yeast is an issue, avoidance of sugar, fruit juices and products with yeast is important

*Xylitol and Stevia*

- | Avoid processed foods and buy organic whenever possible.
- | Drink only purified water (distilled, Reverse Osmosis, and Ionized)
- | Avoid seafood, artificial colors, trans-fatty acids, nitrates, and other preservatives in food
- | Don't get overwhelmed – moving ahead slowly is better than not doing anything at all



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# Fish Mercury-Level Guide

## High

- | Grouper
- | Marlin
- | Bluefish
- | Croaker
- | Halibut
- | Tilefish
- | Shark
- | Swordfish
- | Sea Trout
- | Mackerel
- | Amberjack
- | Bass
- | Orange Roughy
- | Tuna

## Medium

- | Mahi Mahi
- | Snapper
- | Carp
- | Rock Cod
- | Skate
- | Monkfish
- | Crab
- | Perch

## Lowest

- | Anchovies
- | Calamari
- | Oysters
- | Catfish
- | Scallops
- | Sardines
- | Sturgeon
- | Flounder
- | King Crab
- | Haddock
- | Tilapia
- | Clams
- | Herring
- | Shad
- | Crawfish
- | Trout
- | Caviar
- | Spiny/Rock Lobster
- | Perch (saltwater)
- | Hake
- | Salmon
- | Shrimp
- | Pollack
- | Sole
- | Whiting



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# Nutritional Supplements



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# Reasons to give supplements for autism and PDD



- | Dietary deficiencies due to special restricted diet
- | Malabsorption problems due to lack of digestive enzymes or abnormal gastrointestinal flora
- | Need for higher than normally recommended amounts due to abnormal metabolism or inborn errors of metabolism
- | Help to detoxify toxic chemicals
- | Prevent oxidative stress
- | Contribute to the overall health of your child



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# Most Important Nutrients for Children with Autism

- | **Vitamins** (include B-complex)
- | **Minerals** (additional calcium and zinc)
- | **Antioxidants** (high levels needed)
- | **Essential Fatty Acids** (omega-3's)
- | **Probiotics** (hi-dose, multi-strain)
- | **Digestive Enzymes** (plant based)



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# Vitamins (A & D)

## Vitamin A (2500 – 5000 IU)

Best natural form found in Cod Liver Oil\*  
Helps with visual processing/side glancing

## Vitamin D (400 – 800 IU)

Reduces inflammation, helps with calcium absorption  
Important for bone and kidney health

\*Liquid Cod liver oil provides adequate amounts of Omega-3 fatty acids (EPA and DHA). Capsules require additional Omega-3 supplementation

\*Lipase enzyme and/or L-Carnitine may help if the oil is not tolerated



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# Symptoms of EFA deficiency

- | Dry, flaky skin
- | Dry, straw-like hair
- | Asthma
- | Excessive thirst
- | Bedwetting
- | Stuffy, runny and/or itchy nose
- | Frequent or excessive temper tantrums
- | Dandruff
- | Brittle fingernails
- | Eczema
- | Frequent urination
- | Hyperactivity
- | Small, hard, white bumps on outer arms, elbows, thighs, or buttocks



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# Important Multivitamin Considerations

- | It should have adequate levels of vitamins and minerals
- | Should not contain copper
- | Be aware of total Vitamins A levels when using Cod Liver Oil
- | Be aware of excipients that may be harmful to children with ASD (sucralose, aspartame, gluten, casein or soy)
- | Manufacturer needs to provide proof that the raw materials are tested for toxic metals and chemicals



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# Other Important Supplements

- | **Digestive Enzymes** (heal gut, improve digestion)
- | **Natural Anti-fungals/bacterials** (yeast control)  
(grapefruit seed extract, uva ursi, MCT, garlic extract, samento)
- | **Melatonin** (for sleep issues)
- | **GABA, 5-HTP, L-Theanine, Inositol** (anxiety, hyperactivity)
- | **Methylcobalamin - Vitamin B-12** (in injectable, nasal, or sublingual form)



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# Probiotics - Good bacteria

- | Critical component to healing the gut
- | Helps to re-establishes intestinal flora balance
- | 10-30 billion cells/day minimum recommended
- | Higher doses often needed initially (Multiple strains of lactobacillus and bifobacterium important)



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# Important Things to Remember

- | **Nutritional supplements are NOT medications. They are completely safe when taken as directed**
- | **Nutritional supplements are only one piece of the puzzle**
  - **Each child's biochemistry is unique: Testing can help determine deficiencies**
  - **Purchase only high quality, gfcf supplements**
  - **Try one at a time (every 3-4 days)**
  - **Some shouldn't start with a full dose**
  - **Be prepared for trial and error**



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# How Supplements helped Daniel

- | Immune system stronger (Colostrum, zinc)
- | Eliminated Side glancing (Cod Liver Oil)
- | Eczema cleared
- | Increased cognitive abilities
- | More calm and focused
- | Began gaining weight (digestive enzymes)
- | Maintained better yeast/bacteria control
- | Overall better health



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# Helpful Hints for giving supplements to young children

(Full article available on [www.nbnus.com](http://www.nbnus.com) and in catalog)

- Take a no nonsense sequential approach – **First** they must swallow/or eat “this” **Then** they can do something they want (eat, watch TV, play, etc.)
- Open capsules and mix into small amounts of apple, pear, peach sauce, or mix into small amount of orange juice and use syringe
- Reward them **immediately** afterwards with a good tasting supplement they like (gummy vitamins, chewable vitamin C, etc) They will associate the bad with the good
- Not a good idea to try to hide into food.
- Don't let them win. They will stop fighting you if they know it is a losing battle.



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# Getting Started with a Foundational Nutritional Support Package

- | **Use a supplement regimen that includes:**
  - | Cod Liver Oil to supply Omega-3's and vitamin A. and D.
  - | A strong B-complex
  - | Adequate zinc (15-35 mg)
  - | Adequate selenium, magnesium, chromium and other minerals
  - | NO copper!
  - | Activated forms of vitamins such as B -12 (methylcobalamin) and folic acid (Folinic Acid or L-Methyl Folate)
  - | Calcium
  - | Pure ingredients known to not contain toxic metals or chemicals, or harmful ingredients such as, aspartame, gluten, casein, artificial colors and preservatives.

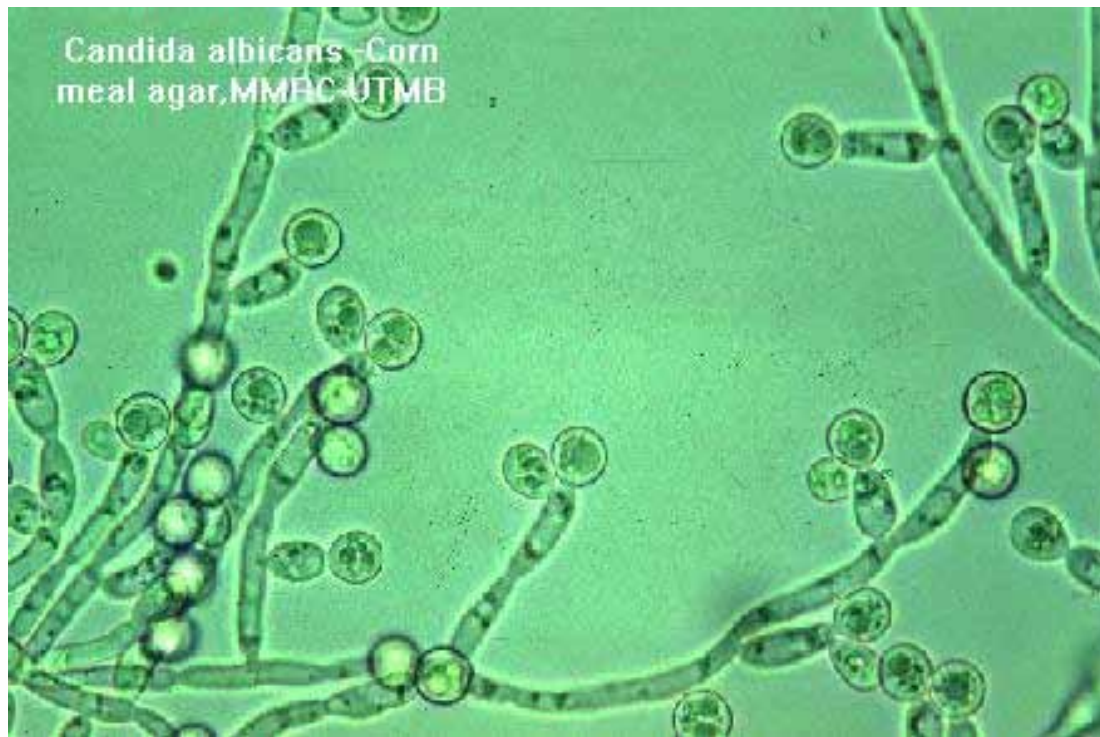


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# Yeast and Bacteria



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How do I know if yeast is a problem?

Compound	mmol/mol creatinine			Low	Normal	High
Yeast/Fungal						
citramalic	0.0 - 2.0	0.88				
5-hydroxymethyl-2-furoic	0.0 - 80.0	10.48				
3-oxoglutaric	0.0 - 0.5	0.10				
furan-2,5-dicarboxylic	0.0 - 50.0	8.93				
furancarboxylglycine	0.0 - 50.0	1.25				
tartaric	0.0 - 16.0	9.71				
arabinose	0.0 - 17.0	180.28	H			
carboxycitric	0.0 - 16.0	8.39				
Bacterial						
2-hydroxyphenylacetic	0.0 - 10.0	0.39				
4-hydroxyphenylacetic	0.0 - 50.0	20.22				
HPHPA formerly DHPA-A	0.0 - 150.0	306.38	H			
VMA analog	0.0 - 31.0	6.08				
Glycolysis						
lactic	0.0 - 100.0	5.13				
glyceric	0.0 - 10.0	11.34	H			
pyruvic	0.0 - 50.0	3.25				
2-hydroxybutyric	0.0 - 2.0	0.48				
Krebs Cycle						
succinic	0.0 - 20.0	41.90	H			
fumaric	0.0 - 10.0	1.68				
2-oxo-glutaric	15.0 - 200.0	7.85	L			
3-hydroxy-3-methylglutaric	0.0 - 36.0	24.77				
aconitic	0.0 - 25.0	18.08				
citric	180.0 - 560.0	606.10	H			

# Daniel's Organic Acid Test



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How do I know if yeast is a problem?

# Comprehensive stool Analysis-1

Digestive Parameters				Fecal chymotrypsin is a useful measure of proteolytic activity and is closely correlated with protein digestion. Decreased chymotrypsin values may reflect pancreatic insufficiency. Triglycerides are the primary form dietary of fats and oils. Elevated triglycerides indicates reduced fat hydrolysis by pancreatic lipase. Elevated meat and/or vegetable fibers are indicative of incomplete digestion. This may be due to hypochlorhydria, pancreatic insufficiency, or improper mastication.
	Normal	Abnormal	Reference	
Chymotrypsin		7	>9.0 IU/g	
Triglycerides		355	<300 mg/dl	
Muscle fibers	0		0 hpf	
Vegetable fibers	4		0-4 hpf	
Absorption Parameters				Movement of hydrolyzed carbohydrates across the brush border and the basolateral membrane constitute important steps in the absorption process. The amount of fecal carbohydrates is a measure of carbohydrates that are unable to successfully cross into the circulation. The steatocrit is a sensitive and specific test for malabsorption, while elevated levels of cholesterol may also be an indication of malabsorption, and should be considered in conjunction with levels of carbohydrate and fat in the feces for an assessment of absorptive
	Normal	Abnormal	Reference	
Cholesterol	220		< 250 mg/dl	
Carbohydrates	Neg		Neg	
Steatocrit %	4.8		0 - 9 %	
Inflammation and Immunology				Immunological activity in the gastrointestinal tract can be assessed using secretory IgA measurements. Siga plays an important role in controlling the intestinal milieu, which is constantly presented with potentially harmful antigens such as pathogenic microorganisms, abnormal cell antigens, and allergenic proteins. Increased fecal lactoferrin has proven to be a reliable measure of inflammatory processes in the intestine, most often associated with bacterial infections.
	Normal	Abnormal	Reference	
Fecal sIgA		38	40-204 mg/dl	
Lactoferrin	Neg		Neg	Intestinal Health Markers
	Normal	Abnormal	Reference	
pH	6.7		6.0 - 7.0	
Occult Blood	Neg		Negative	
	Normal	Abnormal	Reference	
WBC's	None		None	
RBC's	None		None - Rare	

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# How do I know if yeast is a problem?

## MICROBIOLOGY

## Bacteriology Culture

Beneficial flora		Imbalances		Dysbiotic flora
Bifidobacter	0+	Gamma strep	4+	
E. coli spp.	3+	Beta strep, Group B	3+	
Lactobacillus spp.	0+	Haemolytic E. coli	4+	
Enterococcus spp.	0+			

### Mycology (Yeast) Culture

Normal flora	Dysbiotic flora
	<i>Candida krusei</i> 2+

**PARASITOLOGY / MICROSCOPY (TRICHROME STAIN & CONCENTRATION)**

	Sample 1			Sample 2		
No Ova or Parasites			No Ova or Parasites			
Many Yeast			Many Yeast			
<b>Giardia Lambilla (EIA)</b>	Within <b>Neg</b>	Outside	Ref. Range <b>Neg</b>	<b>Giardiasis (EIA)</b>	Within <b>Neg</b>	Outside
				<b>Cryptosporidium (EIA)</b>		Ref. Range <b>Neg</b>





# How do I know if yeast is a problem?

## Candida krusei

### Prescriptive agents

	Sensitive	Intermediate	Resistant
Fluconazole			R
Itraconazole			R
Ketoconazole	S		
Nystatin	S		

### Natural agents

	Sensitive	Resistant
Berberine	S	
Caprylic Acid	S	
Goldenseal	S	
Oregano		R
Tanalbit		R
Undecylenic Acid	S	
Uva Ursi		R



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# Signs of yeast and bacteria overgrowth

- | Impaired cognitive function
- | Carbohydrate intolerance
- | Abdominal distension
- | Intestinal permeability/food allergies
- | Hypoglycemic symptoms
- | Behavioral Abnormalities
- | Sleep Disturbances
- | Inappropriate Laughing
- | Increased intestinal gas



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# How to control yeast and bacteria overgrowth

- | **Probiotics** (rotate good bacteria)
- | **Control sugar/carbohydrate intake** (Xylitol)
- | **Nonprescription anti-fungals** ( grapefruit seed extract, oregano oil, garlic extract, olive leaf extract, caprylic acid/MCT oil, samento, goldenseal, uva ursi)
- | **Prescription anti-fungals** (Nystatin, Diflucan, Sporanox, Amphotericin B, Nizoral, Lamisil, etc.)



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# Side effects associated with yeast "die-off" reaction

- | Lethargy (tiredness)
- | Fever
- | Increased stereotypical behavior
- | Increased hyperactivity
- | Nausea and vomiting
- | Loose Stools

*Alka-Seltzer Gold* and *Activated Charcoal* can neutralize some of the toxic acid produced



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# Positive Responses to Anti-Fungal Therapy

- | Increased focus and concentration
- | Decreased hyperactivity
- | Better sleep patterns
- | Increased vocalization and speech
- | Increased socialization
- | Reduced aggressive behavior
- | Reduced self stimulatory behavior (STIMS)



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# Chelation /Detoxification

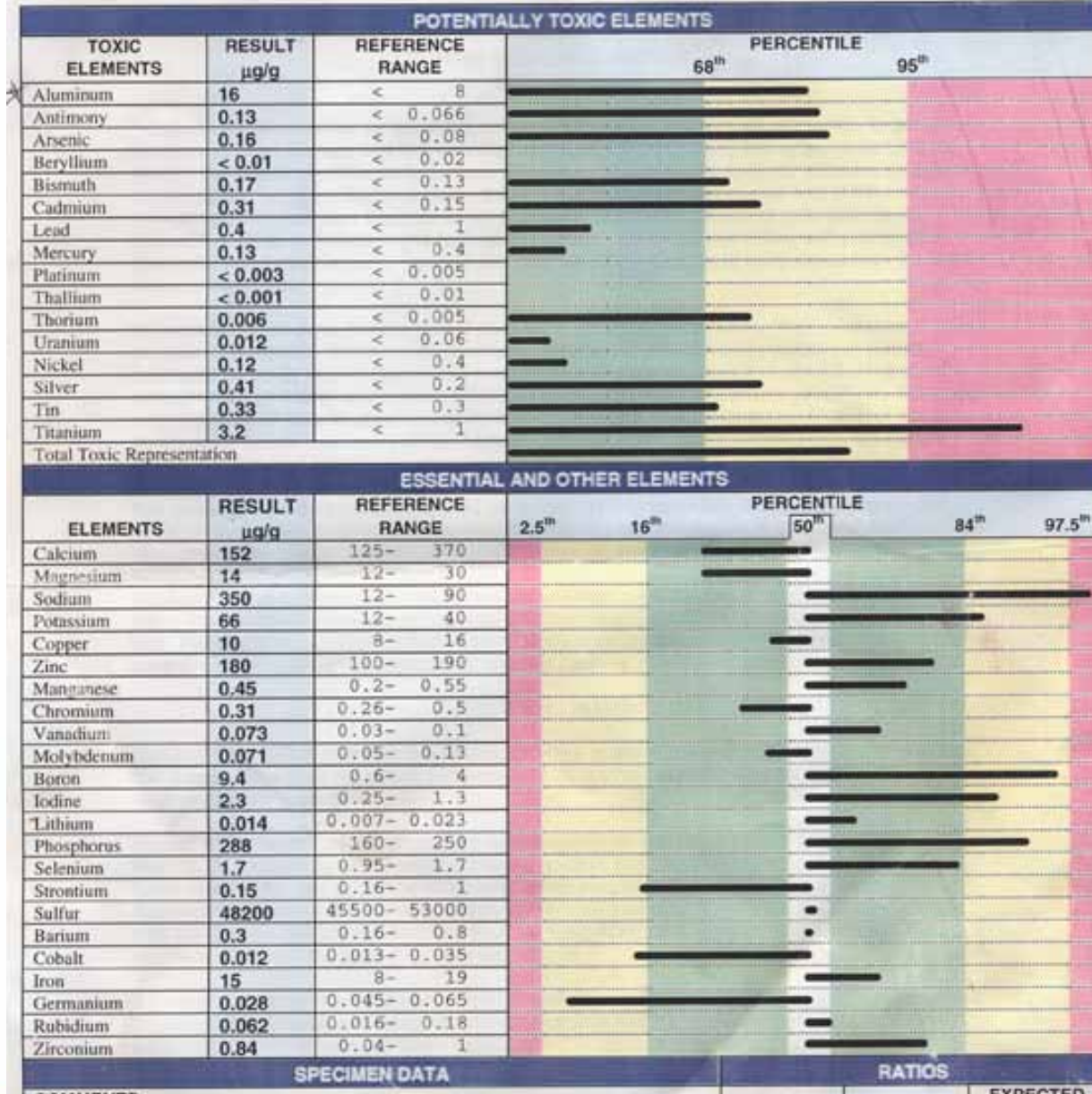


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# Daniel's Hair Metals Test



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# Chelating Agents

**DSMA** - (meso-2,3-dimercaptosuccinic acid or *Succimer*), FDA approved for use in children with lead poisoning, extensive safety record, available without a prescription. Oral or transdermal

**DMPS** - (2,3-dimercaptopropane-1-sulfonate). Given by I.V., orally, or transdermal

**EDTA** - (calcium disodium) IV, transdermal, oral, or suppository

\*\*\* Anyone attempting chelation should only do so under the supervision of a knowledgeable medical professional



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# Chelating Daniel

- | 25 Mg. DMSA, every 4 hours
- | 3 days on, 11 days off
- | Increase Antioxidants (Vitamins A, C, E)
- | **GAVE** extra Minerals/Zinc **EVERYDAY**
- | Milk Thistle for liver protection
- | Drink lots of liquids
- | Side effects – lethargy, cold symptoms
- | Steady improvement seen after each cycle



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# Chelation with DMSA (25mg/4 hr protocol)

## Parent Testimony – “We are amazed”

### | “Each second Tuesday” phenomenon

- | 1<sup>st</sup> – Said “Bye” to Dad leaving for work
- | 2<sup>nd</sup> – Asked “What is that?”
- | 3<sup>rd</sup> – Started riding bicycle at home
- | 4<sup>th</sup> – Sang 16 line song by heart
- | 5<sup>th</sup> – Wrote w/crayons on his own
- | 6<sup>th</sup> – No improvement – sick with flu
- | 7<sup>th</sup> – Parents see “normal” behavior



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# Applied Behavioral Analysis



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- | One-on-one setting
- | Teach in small measurable steps with repetition
- | Use of reinforcers
- | Scientifically proven to be the most effective way to teach children with autism
- | Not just for “low functioning” children
- | Expensive but worth it.
- | Early childhood “center based” classrooms not always adequate
- | Helped teach Daniel abstract concepts
- | Enabled him to catch up faster to his chronological age level
- | Combined sensory, fine and gross motor, play therapy, verbal behavior and academic programs



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# Points to Remember

- | Be a DETERMINED PARENT - persevere
- | Insurance may or may not cover testing and treatments
- | Continually research new treatments (conferences, books, internet list serves)
- | Successes will vary – not all kids will recover but many will see significant improvement!
- | The whole family can benefit, but Moms must not forget to take care of themselves



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# Alternative treatments that may be an important piece of the puzzle for your child

- | Cranial sacral
- | Ionic Footbaths
- | Energy healing modalities
- | Homeopathic remedies
- | Far infrared saunas
- | Hyperbaric oxygen therapy
- | Anti-viral therapies

*Seek referrals by other parents*



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# Where we are today...(14 yrs)

- | Mainstream 8th Grade
- | No longer requires IEP
- | Plays appropriately with peers
- | Sense of humor
- | Responsive and engaged with environment
- | Academically advanced
- | Eats wheat and dairy frequently with digestive enzymes with no ill effects
- | Still take a reduced amount of supplements



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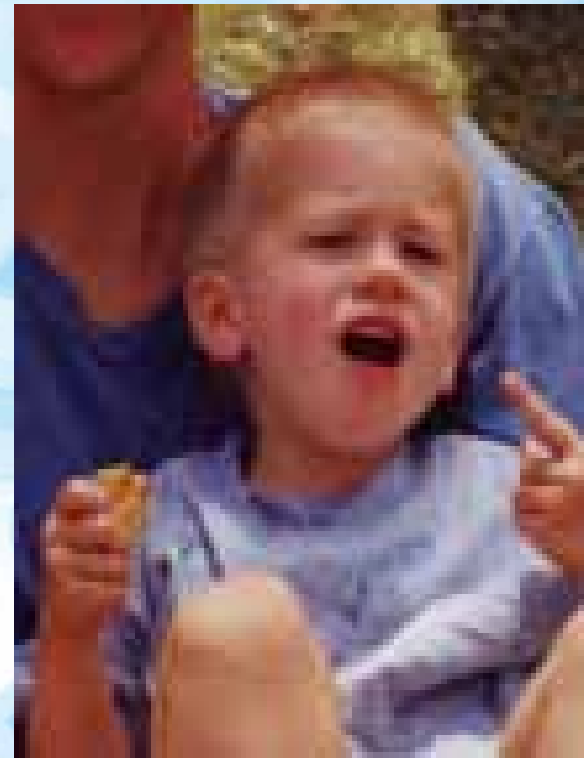


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# Why there is reason hope... *Before*



18 months



2 years



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# *After*



**Daniel and Dixie – 6 months into treatment**



**A Mother's Success Story:**  
**Daniel's Journey Out of Autism**



By: Lori Knowles

# Biological abnormalities are often a significant contributing factor in the following disorders:

- | Autism
- | Aspergers
- | PDD/NOS
- | ADD/ADHD
- | Speech/Language Disorders
- | Sensory Disorders
- | Behavior Disorders
- | Downs Syndrome
- | Allergies
- | Immune Deficiencies
- | Chronic Fatigue
- | Fibromyalgia
- | Autoimmune Diseases
- | Gastro-intestinal Disorders
- | Seizure Disorders
- | Psychiatric Disorders



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# How do you get started?

- | Make dietary changes and begin adding in supplements
- | Have testing done to evaluate:
  - Food allergies*
  - Nutritional deficiencies*
  - Bowel and digestive health*
  - Immune functioning*
  - Yeast and Bacteria overgrowth*
  - Heavy metal toxicity*
- | Find a practitioners who has been trained to help you with biological treatments
- | Educate yourself – books and the internet
- | Be determined and have hope!
- | Don't be overwhelmed – one day at a time



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