

# AUTISM

## BEYOND DESPAIR

CEASE THERAPY

Homeopathy has the answers

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The birth of a healthy child is a miracle;  
keeping a child healthy is an art.

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## CHAPTER 1

# THE FIRST DISCOVERIES

My interest in autism was sparked by my experiences with detoxifying children who were damaged by vaccines. Many behavioral problems soon disappeared when vaccines were detoxified, even when many of these children came to me for completely different reasons. In my practice it turned out that mood swings, aggression, restlessness, attention deficit disorder (ADD) and ADHD were often correlated to the many and early vaccinations in children. When some of my autistic patients greatly improved after the detoxification of their vaccines, my interest was aroused, and I became increasingly convinced that autism must at least partially tie in with the administration of vaccines.

At a Chicago congress on autism in May of 2003 I presented 30 cases of behavioral disorders that had significantly improved with the detoxification of the vaccines (among these were three autistic children). Here I learned the latest scientific research on autism and became inspired by the many therapeutic possibilities these new insights offered. This is a message of hope, and I no longer consider it appropriate to label autism an incurable disorder. The facts simply disprove this assumption.

Over the last few years I have focused more and more on the treatment of these children and after having seen over 300 of them, regardless of what their diagnosis was or what the severity was, I came to the conclusion that by my treatment virtually every child can be considerably improved, even up to complete healing. I have named the treatment CEASE Therapy (Complete Elimination of Autistic Spectrum Expression). I say 'virtually all' because there are a few exceptions. When the cause of the deeper disturbance is not found,

often because of a lack of information, then complete healing may not happen. Cure may not occur in cases with real brain damage as in certain brain diseases, in cases of strong epileptic fits or in post-meningitis or encephalitis cases.

But most autistic children are curable because their brains are not damaged but blocked. My journey through 300 cases of autism has been an exciting experience yielding the discovery of many causative factors. To guarantee the effectiveness of this CEASE therapy all over the world, I have decided to provide high-level training for certified homeopathic practitioners all over the world. In the coming years these methods may not yet be available in all countries, but our team will do its very best to make this wonderful treatment available at a very high standard to stop the suffering of these children and their families as soon as possible. In the Netherlands, homeopaths' interest in the first certification course was already overwhelming, with 85 homeopaths completing the course.

During the development of this treatment I became more and more aware that Isotherapy (i.e., using homeopathic preparations of the toxic substances that have caused the disease) gave me the key to wonderful healing processes. It also became clear to me that autism does not result from one single cause but rather from an accumulation of different causes. *So far the main obstacle to cure seems to be the lack of information about the causative factors. When important events in the life story of these children and their parents are overlooked or unknown, an essential key to the healing can be missed. When we know the causative factors in a child's life, we can almost always undo them with homeopathy.* This concept will become clear through case examples later in the book, such as the case in Chapter Three.

During my research for complete healing I became more and more amazed at how certain substances, even those not labeled as toxic, could be causative factors for autism or other developmental disorders.

For example, I saw a dramatic improvement in an autistic girl by the detox of a nasal spray, xylometazolin, which the mother had used regularly during her pregnancy. Conventional medicine (so often uses fundamentally toxic chemical substances) has become more and more of a pathogenic medicine. This is not only true for vaccines, but also for all kinds of treatments prescribed by my fellow doctors. When we prepare and use these same toxic substances as homeopathic remedies (more properly known as isopathic remedies), the profound toxic effects of these substances can be reversed and clearly linked to the patient's symptoms. You will find many examples in this book. The reactions to a needed isopathic remedy are so characteristic that the link between the causes and the effects are undeniable. In this way I discovered step by step why autism and other behavioral problems with specific developmental links have so dramatically increased over the last ten to twenty years with the increase in vaccines and prescription drugs for children.

With this isopathic treatment I also use orthomolecular medicine (nutritional supplements in therapeutic doses) to nourish the brains of these children and to restore proper intestinal function. Many supplements have some usefulness for the treatment of autism, but I have found only a few to be necessary, like Vitamin C, magnesium, zinc and fish oil. In my treatment these supplements serve as a support for the healing process which is actually being carried out by the isopathic treatment. These supplements make the whole healing process smoother and help minimize reactions to the detoxification. But it should be clearly noted that in my experience it is impossible to heal autism with supplements alone, simply because autism is not caused by the deficiency of certain vitamins or minerals. Nevertheless, with these supplements we regularly see steady improvements in the conditions of these children.

As a third arrow in my quiver, I also use classical homeopathy and Inspiring Homeopathy, which will be defined and discussed extensively in the

next chapters. They both can play an important role in the complete healing of autistic children, although without the resolution of specific causes which are responsible for the development of autism, classical homeopathy alone rarely brings about complete healing. Nevertheless this way of healing can give very encouraging results as will be shown in this book. It must be said here clearly that this CEASE therapy can only be executed by well trained homeopathic practitioners.

In this book many new concepts will be introduced as part of a system of healing which is so radically different from conventional medicine that it is difficult to believe and difficult to assimilate. These new concepts will become increasingly clear with the many case examples provided. I suggest that readers new to homeopathy read the entire book at least twice and refer to the glossary at the end for unfamiliar terms. The CEASE therapy will be much more believable and understandable the second time around.

If we fail to take the right measures, a continuously and rapidly growing number of our children will become severely handicapped in the near future. A much greater awareness is also necessary concerning the use of medical drugs during pregnancy and delivery. Every chemical substance that is unnatural is potentially toxic. The statement that drugs are safe for use during pregnancy just tells the doctor that there are no *known* genetic disturbances or major side-effects, but that does not mean that they are safe. Sometimes doctors have no choice, as in epilepsy, colitis, malignant hypertension, asthma, emergency surgery, etc. But many of the inconveniences of pregnancy like acid reflux, morning sickness, premature contractions, etc. can be cured easily with natural medicine and homeopathy. Parents should choose the non-toxic option first and be aware of the possible side-effects of regular drugs for the unborn baby. Also food and drinks should be an issue of importance for the future mother. Organic food should be the preference. With the CEASE therapy we are now investigating

glutamates, aspartame, and plastic softeners as possible causative factors for autism.

With the creation of the CEASE Therapy and the CEASE Organization, it is my dream that this treatment will become readily available all over the world. In this way parents can choose if and how they want their child to be healed, because *healing is possible*. Let us stop calling autism an incurable disease; the facts simply contradict this view. In the near future we can begin research to document the effectiveness of this approach.

## CHAPTER 2

# HOMEOPATHY HAS THE ANSWERS

### *Different types of homeopathy and their healing potential*

To understand fully the potential of homeopathy, we have to consider which type of homeopathy can achieve our goal of completely healing autism. In other disease conditions, the most elegant and powerful way to heal a patient is with classical homeopathy (using a single remedy to cover the totality of mental, emotional, and physical symptoms), which will be discussed later in this chapter. But in my experience classical homeopathy alone is rarely sufficient to achieve complete healing in autism, although it can sometimes give very significant improvement. The key to the healing of autism with homeopathy is not the classical homeopathic approach but Isotherapy (using a homeopathic remedy made from a safe preparation of the toxic causative agent), as you will learn throughout this book.

### *Pathways of transfer from mother to child*

The health of our children begins with the health of both father and mother before conception. Then many factors, both prenatal and in early childhood, affect the overall health of the child: medication, vaccination, food, environmental intoxication (poisoning); the use of drugs during pregnancy; the quality of the pregnancy itself; the delivery (with or without medication); the medical history; and especially the use of drugs on the child during the first two years of the life. Pregnancy and early childhood are decisive for the later health status of our children.

The brain of an unborn baby and of a baby under the age of two is extremely sensitive to all kinds of influences and can easily be

harmful by chemical substances. Fat-soluble molecules, including those of oxygen and carbon dioxide, anesthetics, and alcohol can pass straight through the lipids in the capillary walls and so gain access to all parts of the brain. Especially in the first three months of the fetus the blood-brain barrier is not fully formed. Sometimes these substances cannot be avoided. For that reason parents and doctors should be extremely careful with the administration of any substance that is unnatural or chemical. Any drug, even one considered safe for the unborn child, should be considered as potentially toxic, based on my experience in having to counteract the effects of these drugs. Later in this book you will find many cases where medication during pregnancy has contributed substantially to the development of autism or other behavioral problems. Sometimes drugs or diseases even from before the pregnancy can play an important role and have to be corrected with homeopathy.

To understand fully how the health of our future children is affected, it is important to know that their health during the pregnancy and the first two years depends on three different means of transmission from the mother to the child:

***Genetic transfer:*** as we know, the child receives half of its genes from each parent. It has to be said that most children are born genetically healthy. Autism is often referred to as a genetic disease, but a genetic disease cannot increase within one generation as rapidly as autism has.

***Material transfer:*** toxins can pass through the umbilical cord during pregnancy, including heavy metals, drugs the mother takes, alcohol, tobacco, toxic products in her food, etc. Once the baby is born, toxins can enter via its food (breast feeding or bottle feeding), by the air it is inhaling (for example from fresh paint and vinyl covering on the floor of a baby's bedroom), through its still very permeable skin (shampoo, soap and creams with parabens, ethyl glycol, phthalates, bisphenol A, etc.) and by medication (antibiotics, anesthesia, vaccines, etc.).

**Energetic transfer:** this form of transmission needs special explanation because it is hardly known or even acknowledged in the medical world, but plays a crucial role in understanding how our children are damaged and become autistic or have other behavioral or developmental problems. Substances that are toxic can damage the unborn or young baby not only by their material toxicity but also by creating an imprint in the baby's energetic field, its vital energy. Diseases can do the same. Toxic substances cause acute reactions when the material concentration of the toxin is at its highest. When this concentration diminishes, the toxic effects decrease and finally disappear completely. But the toxic substance can leave an energetic imprint that lasts even after the material substance is no longer present, especially after longterm exposure to the toxin. This explains why chelation therapy is often not enough to heal the toxicity induced by heavy metal poisoning. Generally, toxins can have lifelong effects if irreparable tissue damage has taken place or if the toxin has provoked an energetic imprint in the energetic system (vital energy) of the patient.

Recently I came across an interesting article in a French magazine *Nexus*, July-August 2009, no.63, page 82-88, mentioning the research of Nora Bénachour and Gilles-Eric Séralini from the University of Caen published in *Chemical Research in Toxicology*, December 2008. They studied the toxicology of high dilutions of the pesticide Roundup produced by Monsanto. They came to the conclusion that concentrations 100,000 times lower than that to which a normal gardener is exposed still kills cells in newborns. This shows again how careful we have to be with toxins during pregnancy and the first years of life. This conception of energetic imprints explains the success of homeopathic treatments, especially of Isotherapy, which directly targets these toxic imprints. I do not know of any other therapy that is able to reverse this energetic damage effectively. Done well, this isopathic treatment enables the homeopath to guide the patient to complete healing. Before going more deeply into the realm of Isotherapy, let us

first have a look at another important aspect of homeopathic treatment to understand why we use different potencies.

*Use of different potencies*

Dr. Samuel Hahnemann, the founder of homeopathy, pioneered the use of remedies in different potencies (strengths), derived by a process called serial dilution and succussion. The more times a substance has been diluted and succussed (energized), the higher the potency and the more powerful and deep working the action. Remedies are labeled according to their potency with 30C being a relatively low potency, 200C being a medium potency, and 1M (C1000) or 10M (C10,000) being high potencies.

Hahnemann noticed that if a certain potency had finished its healing action and the disease was not yet completely erased, a higher potency was often necessary to continue the healing process. Thus, a remedy is often used in an ascending sequence (typically in my practice 30C, 200C, 1M and 10M, sometimes up to the 50M potency) to clear out an energetic disturbance. When we use Isotherapy, different levels of energetic disturbance or disease are often brought clearly forward. When a patient has finished the detoxification from the 30C potency and is no longer reacting to it, that does not mean that the detoxification is complete. As soon as the next potency (200C) is given, a clear reaction is once again possible. Some children react to all the potencies, others only to one or two potencies.

The conclusion we can draw from these experiences is that a disease (i.e., an energetic disturbance) can occur within a narrow energetic range or over a broad range. In general, we can say that low potencies are more active on the physical plane, while the higher potencies are effective for more emotional and mental issues. To clear the whole range of different energetic levels, I use as a basic treatment for every detoxification the 30C, 200C, 1M and 10M potencies (which I refer to as 'a course' of the remedy).

*Trauma-related and constitutional (inborn) disturbances*

To treat autism successfully, it is important to understand the difference between disturbances created by a specific trauma and those that are part of the inborn nature of the patient, addressed by what is called 'constitutional' homeopathy. These two types of disturbances will need different types of treatment, so it is important to distinguish them.

A trauma-related disturbance can be attributed to a specific toxic exposure or event that has left an imprint in the patient's energy field. This can be a vaccine, a food additive, an environmental toxin, or a drug used during the pregnancy or the first two years of life. It can also be an important emotional trauma, like the death of another child while the mother is pregnant, or a hospitalization early in life. In fact, homeopaths always choose remedies based on this kind of cause when it exists, not just on the effects (symptoms), except in life-threatening circumstances. Professional homeopaths always look for causations in their patients and choose a remedy that can eliminate the disturbing energy and restore the patient's energetic balance. When the cause is emotional, it will become part of the choice of a constitutional remedy in classical homeopathy. When it is a toxin, it can be better addressed by a targeted remedy made from that specific substance which does not attempt to address the entire mental-emotional makeup of the patient. Using this type of toxin-based remedy to heal a specific physical disturbance is what we call Isotherapy.

The constitutional treatment of a patient applies a different principle of homeopathic medicine. The constitution of a patient can be defined as the combination of deep disturbances throughout life and generations of family histories that have influenced the patient's life energy. There are not a specific number of clear disturbances, as in autism, but a unique and distinctive energetic pattern that matches a specific homeopathic remedy, derived from a plant, animal or mineral source. It is the task of a classical homeopath to discover the homeopathic remedy which resonates most closely with the character and peculiar

symptoms that the patient shows us. This well chosen remedy is called the *simillimum*, the remedy that fits the patient's energetic pattern completely at a very deep level and which is able to initiate a deep healing process at the physical, emotional, mental and even spiritual level. Such a constitutional remedy is based on the whole energy pattern and does not cover just a specific disturbance as does Isotherapy.

Many homeopaths still believe that everything can be healed by classical homeopathy (constitutional treatment). But in my experience, classical homeopathy alone is not enough to cure autism. So in my method of treatment, it is of the first importance for the treating homeopath to see where to apply constitutional homeopathy and to proceed step by step to heal the specific causes of disease with Isotherapy.

### *Isotherapy*

Isotherapy, as previously noted, is the use of pathogenic products in homeopathic potencies. When a certain substance is suspected to have contributed to the development of autism, this substance can be given in homeopathic potencies. For example, in a case where the MMR vaccination is suspected, we prescribe a course of homeopathic MMR in 30C, 200C, 1M and 10M potencies to remove the possible imprint that the MMR vaccine has left, especially in the brain. Because, in my experience, autism is caused by an accumulation of different toxins and traumas, its treatment with Isotherapy consists of the use of a number of different potentized substances. For example, the treatment of an autistic child over a certain period of time can be as follows: detoxification of the MMR, NeisVac-C (meningococcus), DTPP/Hib, and Fenoterol (a drug used to delay premature labor). This brings the child step by step to the complete elimination of these disturbing imprints, with tremendous improvement of all autistic features.

The reactions to these treatments are quite often very significant: the child may once again experience the same symptoms it had when first

given the vaccination or other drug. For example, in the detoxification of a vaccine the parents report that the child again has the 'brain cry', or is sleepy for days or is angry and irritable, just like in the days after that particular vaccination. Physical detoxification as a reaction to this isopathic treatment is also very common: runny nose, ears and/or eyes; diarrhea, sweating, skin eruptions and fever. This is where the anti-oxidants I recommend (vitamin C, zinc, magnesium, ascorbyl palmitate and fish oil) are especially useful in preventing overly strong detox reactions and to support the physical condition of the child.

In fact, the use of Isotherapy gives us valuable information as to what symptoms were provoked by what causation. With Isotherapy the toxic effects of vaccinations can no longer be denied. But Isotherapy also teaches us that vaccinations are not the only cause of autism, nor are mercury or aluminum the only harmful substances in the shots. As mentioned earlier in this text even an 'innocent' nasal spray used by the mother during pregnancy can contribute greatly to the development of autism.

Isotherapy also allows us to determine whether certain suspected events in the medical or life history of the patient are causative factors. If there is no reaction to the detoxification of a certain substance, we can conclude that this substance had nothing to do with the child's autism. If, on the contrary, there are clear reactions to the homeopathic preparation of a suspected substance followed by clear improvements, we can just as readily conclude that the original substance was harmful.

We also have the means to verify whether a given detoxification has been complete or not. When we see clear reactions to a given course of a remedy and we repeat it several times only to find no reaction to the last repetition of the course, we can reasonably conclude that the detoxification of that substance has been successfully completed and the next step can be taken. This usually happens after a potency has

been given in repeated doses as long as reactions take place, followed by a last complete repetition of the whole course to verify nothing is left. Finally, it means that all the information of a toxic substance or disease has been completely removed from the patient's energy field.

With all these causative factors to remove, Isotherapy is the main tool in the successful treatment of autism. Nevertheless, for full healing it can be necessary to also use other forms of homeopathy like Inspiring Homeopathy and classical homeopathy to heal the innate health problems (constitution) not caused by the specific causations that have to be resolved by Isotherapy.

### *Inspiring Homeopathy*

Inspiring Homeopathy is a modern form of classical homeopathy I developed to treat universal human problems, which I have labeled universal layers. The focus of Inspiring Homeopathy is on the life processes of the patient. The themes I have so far uncovered are *want of self-confidence, lack of (self)love, lack of incarnation (grounding in the body), lack of protection, old traumas, guilt, and disconnection from the Self.*

*Inspiring Homeopathy* can help the patient to become aware that he is spiraling around the same problem or issue, continuously repeating the same experiences. It catalyzes the resolution of deeper problems and helps the person to become more himself. Not only can it help the patient with life issues and self-awareness, Inspiring Homeopathy has proved to play an important role in modern diseases such as cancer, ADHD, aggressive behavior and autism. The most frequently prescribed remedies for these layers in autism are *Cuprum metallicum*, which can very nicely heal the obsessiveness, inflexibility and tension including tics and head banging, and *Saccharum officinale*, which has a wonderful action on the affective part of the problem, restoring emotional contact with parents, siblings and classmates. *Saccharum* can help these kids to understand what others feel and help them to

express once again their own feelings. Sometimes other remedies used in Inspiring Homeopathy can help as well, for example to create better boundaries against external stimuli (*Vernix caseosa*), to be more present and grounded in their body (*Lac maternum*) or to heal their aggressiveness (*Anacardium orientale*).

Nevertheless these remedies cannot replace the treatment with Isotherapy. If the fundamental imbalance is not corrected with the right isotherapeutic remedy, Inspiring or classical homeopathic remedies can usually only heal to a certain extent. In the next chapter Inspiring Homeopathy will be explored more extensively with case examples because this form of homeopathy is still relatively unknown by the general public and even by homeopathic practitioners.

### *Classical Homeopathy*

Classical homeopathy, the original homeopathy invented and developed by Dr. Samuel Hahnemann 200 years ago, is still the predominant approach used by homeopaths worldwide. All the different variations developed later. The basic principles of homeopathy are all derived from the classical approach: find the unique remedy (the *similimum*) at the deepest level of the patient and use it to provoke resonance in the patient and thereby restore his lost equilibrium. There are thousands of remedies derived from plant, mineral, chemical, animal and human sources. The process requires a broad professional knowledge: a deep insight into human functioning, an extended knowledge of the remedies and their classification (*materia medica*) and sufficient experience. When a remedy has been well chosen it leads to wonderful healing processes. In my experience this form of homeopathy is generally not the most appropriate for the resolution of the disturbances called autism, that should preferably be corrected with the right isotherapeutic remedy. If classical homeopathy had been effective on a large scale in the treatment of autism, this form of homeopathy would already be established as a first choice approach for autism; this is far from the case.

### ***Clinical Homeopathy and complex homeopathy***

Instead of prescribing a remedy based on the totality of the symptoms as in classical homeopathy, clinical homeopathy focuses only on a certain disease or organ. Lower potencies are usually the most effective for this type of physical problems. They can be repeated every day or even two or three times a day. That is why I use a D6 (low potency) of *Saccharum officinale* once a day to heal the digestive system of autistic children with great success. In the same way *Chelidonium* and *Cholesterinum* can be used to detoxify the liver and *Berberis* to stimulate the kidneys. When organs are detoxified and stimulated, this is called drainage therapy.

Some homeopaths reject this kind of homeopathy as a misapplication of the healing principles developed by Dr. Hahnemann. In my opinion, we have to use all the possibilities that this wonderful way of healing offers us. Isotherapy, clinical homeopathy and classical homeopathy can be combined effectively and lead to more successful treatment.

When several remedies of clinical use are combined in one formula, it becomes complex homeopathy. I do not use these combined formulas, but I sometimes prescribe several clinical remedies at the same time, especially in cancer therapy, where the liver, the digestive system, and the kidneys are often severely burdened during chemo or radiation therapy. Many of these combination remedies are sold over the counter as self help products and deserve their place there.

### ***Nosode Therapy***

Nosode therapy has much in common with Isotherapy, because it uses homeopathic remedies made from a disease-causing microbe or diseased tissue (of course safely diluted so that no trace of the original substance remains). Remedies such as *Syphilitinum*, *Carcinosinum*, *Tuberculinum*, *Mononucleosis*, *Borrelia* (Lyme disease nosode) and many others are frequently used even in classical homeopathy. Nosode therapy is a very direct method for removing the imprints that a disease

has left in the energetic body of the patient. Patients often complain that they have never completely recovered after a particular disease. The administration of the nosode for that disease can completely resolve such disturbance and restore the state of health as it existed before the disease.

### *Organ therapy*

To stimulate specific organ systems, homeopathic remedies made from the same organ can be used (with the actual tissue taken from the organs of sheep, calf or pig). Such therapy is especially useful when an organ is damaged or functioning at a low energy level, usually at the same time as deeper homeopathic treatment. In a C4 or C5 potency these organ remedies have a stimulating action and can greatly help in the recovery of a specific organ or area. I have seen e.g. nice results in cancer patients with severe anemia or leucopenia (too low white blood cells) because of chemotherapy, which often suppresses the production of blood cells in the bone marrow. Medulla ossium (a homeopathic preparation of bone marrow) C4, 10 drops twice a day greatly stimulates the manufacture of red and white blood cells and eliminates the anemia or leucopenia. Even given preventively during chemotherapy it works nicely.

## CHAPTER 3

# THE MULTIFACTORIAL TREATMENT

As a homeopathic physician, I now possess different ways to bring suffering children out of their isolation and restore them to an interactive and emotional world. To be more specific, the treatments I use include:

1. The detoxification of the various vaccines and other causative factors using homeopathically prepared remedies made from these factors that possibly triggered the autism.
2. The supplemental administration of omega-3 fatty acids (fish oil with EPA and DHA) to restore the integrity of the brain functions.
3. The use of relatively high doses of Vitamin C (both water and fat soluble).
4. The homeopathic treatment of the child with Inspiring Homeopathy and classical homeopathy to treat the disturbances that are not directly linked with toxic substances but with constitutional disturbances.
5. Orthomolecular treatment to restore the copper/zinc ratio and to reactivate the metallothionein. The heavy metal level will thereby be decreased gradually and the integrity of the intestines restored. I usually administer zinc and magnesium as part of a complex with vitamin C to reduce the number of pills the child has to take daily. For dosages see chapter 12.

6. The use of healthy, organic food without sugar and other additives, and the use of *Saccharum officinale* in a D6 potency, one tablet every day, to restore the integrity of the intestines. *Saccharum* is a wonderful remedy for the digestive system in general and can heal the insatiable appetite many autistic children have.

### *Different theories*

It has often been shown that autistic children can benefit greatly from classical homeopathic treatment, whether physically or emotionally. Yet it is my experience that there is still room for improvement if we acquire a deeper understanding of the autistic state. Many theories have been presented as to the cause of autism. One theory claims autism to be a genetic disorder and for that reason considers it incurable. Certainly, within the medical world, this is probably the most widespread and persistent conviction. Likewise, there are some 'alternative' views. Autistic children are said to be unwilling or unable to incarnate. Sometimes these children are seen as 'new age' children who have come into this world with a special mission in order to help us. Others claim that a 'wrong' part of these children has incarnated and therefore it is impossible for them to participate in this world. There are many adherents to the theory that autism is caused by heavy metals and chelating therapy is advised. The theory that mercury in vaccines is the main culprit is widespread especially in the United States. Again others claim that these children lack certain enzymes or have a problem with methylation, which can be resolved respectively by cod liver oil and methyl cobalamin. Others are not focusing on causations but try to improve the behavior and functioning of autistic children with behavioral therapy, Sonrise and ABA being the most important forms.

In my experience, autism has multiple causations, primarily toxins but also inherited energetic patterns from the parents. This approach will

be explained further in the next chapter, but first let us look at a case which illustrates this multifactorial approach.

*An instructive case of multiple causations and a multifactorial treatment*

From some cases we can learn a lot; both the problems confronted and their cure give us insight into the underlying disturbances and how these problems can be solved. Here two homeopathic remedies, *Saccharum officinale* and *Cuprum metallicum*, worked wonderfully. The case of Bjorn gave me a great deal of insight into the functioning of autistic children. By age ten he had not been formally diagnosed as autistic, but he had had severe behavioral problems dating back eight and a half years. Over the course of eight years his parents went from one institution to another, from the pediatrician to the psychiatrist, to the psychologist, to the social worker and to the counselor. Many thick reports were written and numerous tests performed. The mother stated that the help she had gotten so far was miserable. When I saw Bjorn the situation at school was intolerable, but nobody knew where to put him. The director of the school said he had never seen such wretched behavior.

*Underlying disturbances leading to severe behavior problems*

It all started suddenly at a year and a half, one week before the birth of his brother. Bjorn would scream virtually the entire day over a period of two and a half years, driving his parents mad. He became defiant, not accepting any limitations. Emotionally, there was no progress during these years. He seemed not to be touched by anything. He functioned completely on his mental skills, inventing the most horrible torments for his parents or coach. He would look straight into your eyes to sense in what way you were affected by his tricks. He had a special knack for choosing his victims. He could hardly be tested because there was no cooperation. The most precise diagnosis was: 'Maybe some kind of autistic spectrum disturbance, maybe PDD-NOS

(Pervasive Developmental Disorder, not otherwise specified – basically a catchall diagnosis when doctors cannot be more specific).’ There was a lot of acting-out behavior. Sometimes he showed a completely different side and could be very sensitive and concerned. He needed a very strict approach without much space for his excesses. He had almost no contact with other children.

During the pregnancy his mother was given antibiotics twice for skin problems. The delivery was ‘very problematic’; the labor was induced. Spinal anesthesia was attempted three times but failed. The amniotic fluid contained meconium and Bjorn was born with the umbilical cord around his neck. As a baby he was quiet. He got his bottle after it was warmed up in the microwave. He received his vaccinations without much trouble. At nine months his mother fell down the stairs with her baby in her arms. His skull got a little crack, which was not treated. At age four he had varicella (chickenpox).

He complained frequently about headaches, but a scan did not reveal anything. He also complained frequently about pain in his abdomen (both problems can be treated homeopathically with *Saccharum officinale*). His speech developed quite late, around age three and even then his speech developed too slowly. At four he was given speech therapy.

I tell his story in detail to show how all the events in a child’s life, including those of the pregnancy, can contribute to the development of autism. Failure to understand these details can hide the key to the cure of his autism or whatever diagnosis could be put on it. Homeopathy offers wonderful tools to clear out the energetic imprints of these events by the homeopathic preparation of the substances that were responsible for them.

This boy’s emotional and social skills were blocked. He was not able to show or feel compassion. In many autistic children we see the same

thing. Because the vaccines were not directly suspected and there was no clear causation where we could focus the treatment, I decided to start first with Saccharum to stimulate his social/emotional skills. This remedy has proved to be able to restore in many cases the emotionality and social behavior lacking in autistic children. In addition to the Saccharum I prescribed Cuprum to heal his obsessive tendency to harm other people and to make him more flexible and adaptable. Cuprum is a wonderful remedy for making autistic children less obsessive, more flexible and relaxed and more capable of coping with stress. This combination of Saccharum and Cuprum has already helped many autistic children in their healing process. I gave both remedies once a week in a 30C potency, along with ascorbyl palmitate 500mg capsules, two of them three times a day, and ascorbate complex 1000mg tablets, one tablet three times a day. This complex also contains 82mg of potassium, 60mg of magnesium, 3mg of zinc and 75mg of bioflavonoids. Along with this I advised his parents not to use the microwave any more and to have Bjorn receive an osteopathic treatment for his head injury in infancy.

Three months later he was another child. After two weeks of treatment there was already a clear improvement. He started to sleep better and woke up cheerful in the morning. He was calmer, started to tell stories from school and was more open to social contacts. After school he left the house to find other children, first by putting small invitations on paper in the mailbox, later by ringing the doorbell and asking if the child wanted to play with him. He also started to write down his feelings. He became more and more independent. His abdominal pain disappeared completely and his headache was much better. His concentration also became much better. His extreme fear of dogs disappeared, and he even started to pet dogs he didn't know without any fear. He even allowed his brother to touch him, and he was able to play with him normally, where before every physical contact made him angry.

At school this big change did not go unobserved. He became much more socially adapted and could, for the most part, be kept in the classroom instead of outside. His acting-out behavior and tricks almost completely vanished. There was also the good news that he was accepted to stay at his school for the next year.

Saccharum and Cuprum together with the supplements were able to launch the healing process right away and remove the blockage he had on the social/emotional level. The treatment was continued with a higher potency (200C) of both the homeopathic remedies.

Half a year later his behavior was still excellent. He had grown enormously in approachability and independence. At school he was performing at the highest level and his concentration was very good. His headache and abdominal pains had almost completely gone. The only problem that still worried the parents and the school was his lack of social skills. He often sought negative attention or withdrew completely from the group.

With my growing experience over the last years I have learned that these classical remedies usually cannot bring the patient to complete healing because the energetic imprints of vaccines and of other drugs or events have to be resolved with Isotherapy first. Although it is tempting to look for the next single remedy that can heal the remaining symptoms (as in classical homeopathy or Inspiring Homeopathy), many of these cases get stuck because the specific detoxification with Isotherapy is not properly understood.

At this point of his treatment I decided to detoxify his vaccinations starting with the NeisVac-C over four weeks, then the MMR and finally the DTPP/Hib. On the NeisVac-C detoxification an enormous cleansing process took place. He had a long lasting diarrhea and headache. It took five months to give the whole course twice; the control course lasted only one month because there were no reactions anymore. That

meant that this vaccine had been properly treated and would not affect his system any longer. The improvement on this course was not so evident: he played more with his brother, which was new, but with other children he could suddenly interrupt the play and refuse to play further. His overall behavior stayed acceptable and his intentions were good. Then the MMR and DTPP/Hib were detoxified with much milder reactions than on the Neisvac-C, but his behavior at home and at school improved considerably during the months after the clearance of these two vaccines. He was more involved, although he remained socially awkward. He pushed the limits of other children and did not function well among his peers. He also had obsessive thoughts, which made him nervous, especially in the evening in bed. It was clear that all the causations had not yet been resolved in this child.

At this point I presented my checklist to the parents. This checklist has proved to be very effective and has already revealed many causations which stayed hidden before. This checklist gave very valuable information about how to continue Bjorn's treatment. During the pregnancy his mother had skin infections for which she was given several courses of antibiotics, and she used aspartame in her coffee to avoid putting on too much weight. She incidentally used the nasal spray xylomethazolin, plus Bjorn was also given this nose spray during his frequent colds. He was bottle fed from birth, and his mother put the plastic bottle in the microwave to warm his milk. She did this for about two years.

All this information gathered with the checklist gives good indications to continue his treatment and to try to get complete healing. So I have prescribed for Bjorn a homeopathic remedy made from plastic softeners which have been warmed up in the microwave, a remedy produced by the Hahnemann pharmacy in Holland. Next will be a remedy made from xylomethazolin, then homeopathic aspartame, and finally a remedy made from a mixture of antibiotics (Poli-antibioticum).

This treatment is still underway as of this writing. Updates of his treatment will be posted on my website [www.cease-autism.com](http://www.cease-autism.com) when the results of these four treatments will be known. But already this case is a beautiful example of our procedure. When I ask the parents how far we are in the overall healing of Bjorn they answer at least 60%, a nice result so far.

You will find many cases further on in this book, which show the healing power of Isotherapy. In this case I just wanted to show some practical applications of Inspiring Homeopathy and the detoxification with Isotherapy. It is my strong conviction that all children with behavioral problems should be treated by experienced homeopaths before they become adolescents and wind up in special boarding schools or even in jail. Homeopathy gives us the possibility to heal the brain and to bring these children back to normal social and emotional functioning. They deserve better than a repressive and authoritarian approach, which has proven for centuries not to be effective. In Chapter 9 on aggressiveness you will find extensive information with cases about this subject.