

# **Autism Reversal Toolbox**

## **Strategies, Remedies, Resources**

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## Foreword for Parents

While directed at professional homeopaths, many of the ideas and strategies presented in *The Autism Reversal Toolbox* will be understandable to parents of Autistic Spectrum Disorder (ASD) children. Many of these parents are among the most astute individuals I have encountered, having become experts in their child's care and accumulating expertise far beyond their physicians.

To such a parent I say, feel free to search the book for relevant information you can apply, especially the sections on Nutritional and Environmental Self-Care, and the Toolshed Resources on pages 188-192, which are appropriate for home care. If you like, you can return to its philosophical and scientific underpinnings in leisurely fashion.

One of the greatest benefits of this book could be in helping you find and work with a homeopath. If you already have a homeopath, you may wish to give her a copy of this book, as many of its methods and materials are cutting edge and not known to most homeopaths. If doing so, please be respectful of his or her training, as your homeopath may already have an effective angle from which to address autism spectrum ailments.

If you do not yet have a homeopath for your child, a good place to start is by asking other parents of ASD children in your community. Even if there are no local homeopaths, they may recommend someone who will work with you by video conferencing. Word of mouth is a better way to find your homeopath than looking in a directory, since you want someone who has not only good training but also real understanding of these special children and of the family dynamics that ensue.

If you can't find someone by word of mouth, try the directory of CEASE-trained homeopaths at <http://www.cease-therapy.com/make-appointment/>

since they have chosen to specialize in autism. As you will see in this book, CEASE is only a small part of what can be done to treat autism with homeopathy, so your CEASE-trained homeopath could still benefit from this book. You will be fortunate if you can find someone locally whom you can visit in person.

You could also consult the directory at [www.homeopathic.org](http://www.homeopathic.org) for local homeopaths and call each one and ask how much experience they have in treating autism. Homeopaths tend to say that the diagnosis doesn't matter because homeopathy can treat anything; but the treatment of autism is so specialized that it does matter and you do want someone with experience.

In the meantime, while searching, there are many suggestions in this book for things you can do right away to help your child, starting with the Toolshed Resources on page 178. Please do not attempt the full homeopathic protocol yourself, however, as the process can have many ups and downs even at the hands of an experienced homeopath.

New information helpful to parents is emerging all the time. For the latest (as of the first printing of this book), I recommend that you check out the webinars, blogs and email newsletters of

- Dr. Martha Herbert ([www.autismrevolution.org](http://www.autismrevolution.org))
- The Thinking Moms' Revolution ([www.thinkingmomsrevolution.com](http://www.thinkingmomsrevolution.com))
- Epidemic Answers ([www.epidemicanswers.org](http://www.epidemicanswers.org))
- ASD nutrition specialist Maria Rickert Hong ([www.mariarickerthong.com](http://www.mariarickerthong.com)).
- “Fearless Parenting” advocate Louise Kuo Habakus ([www.fearlessparent.org](http://www.fearlessparent.org)).

## Introduction

Welcome to the Autism Reversal Toolbox, a compendium of ASD strategies, remedies and resources. Whereas the topic is vast, the aim remains humble: to help the modern homeopath address the daunting scope of autism spectrum ailments. The reader will find an array of philosophical and biomedical materials concerning autism, in addition to the most extensive review to date of homeopathic approaches. Included is information derived from the Banerji brothers' protocols; Tinus Smits' CEASE methodology; an environmental never-well-since intervention developed by Farah Gron; the homotoxicology protocol of Mary Coyle; and my own Sine Wave synthesis approach that incorporates Unda remedies (a special series for drainage and detox). Also introduced is a thesis that autism now expresses the emergence of a new miasm pertaining to neural autoimmunity. I hope that this book will provide a building block upon which more formidable bulwarks against autism and neural autoimmunity can be built.

Homeopathy's founder Samuel Hahnemann possessed a remarkably diverse mind. The breadth of his investigative genius encouraged generations of disciples to delve into kindred philosophies in order to expand homeopathy's curative power. Here, in the context of autism, the discussion of Traditional Chinese Medical principles and the overlapping teachings of Emanuel Swedenborg (summarized in the appendices) are less an introduction than a re-visitation. For Hahnemann was aware of Chinese Medicine, and many of his most talented followers such as Kent were in awe of Swedenborg. I can think of no better context within which to reengage Swedenborgian and Chinese Medicine precepts concerning the mystery of procreation than here, when contrasting the origins of a healthy and an autistic child. I have personally found these two philosophies both illuminating and practical in my choice of remedies for autistic children. However, the busy homeopath will be relieved to know that

familiarity with these philosophical underpinnings is not required for the practical use of the treatment methods offered.

This book expresses the convergence of various events and realizations occurring over the past decade. In particular it extends a determination formulated in my first book, *Interpreting Chronic Illness*, that before an illness can be treated effectively, it must be accurately explained with a powerful paradigm of healing. The paradigm I use encompasses a synthesis of normally disparate theoretic and biomedical views: homeopathy, Traditional Chinese Medicine and biomedicine (conventional Western medicine, based on the physical body) illuminated by Swedenborg's philosophy.

*The Autism Reversal Toolbox* is an outgrowth of my wide-ranging studies, clinical experience and research efforts. I was among the first homeopaths trained in CEASE, the method for reversing autism with homeopathic potencies of vaccines and other toxins. (The training was intended to be led by its great innovator Tinus Smits MD, but sadly he passed away during the seminar, which was led by two of his first protégés in the method, Ton Jansen and An van Veen in the Netherlands.) I have subsequently spent years developing a team-oriented clinical approach with a valued colleague, Jhuma Biswas, CCH. Preparation for my presentation at the Joint Homeopathic Conference in 2013 prompted me to study all available literature on homeopathy and autism.

## III Workshop Tools

### Soft Focus Remedies

From the standpoint of constitutional prescribing an ASD individual presents an amorphous picture, difficult if not impossible to match up with the concise essence depicted by a well-established homeopathic remedy. Thus, time and again our ASD work will prompt recourse to what can be termed “soft focus” remedies. Neither intended or able to function as a simillimum, they are useful nonetheless.

In this category will be found:

1. “smoking gun” or threshold remedies whose provings provide such an ideal, general blanketing of the ASD picture as to compel consideration as “can openers” to open the case. Examples include remedies made from the hormone oxytocin and from glyphosate, a key ingredient in pesticides.
2. bowel nosodes;
3. Meditative Proving remedies possessing general karmic themes resonant with the ASD state (provings conducted by Madeline Evans et al.);
4. Gem Essence remedies as beautifully described by Peter Tumminello in his book *Twelve Jewels*;
5. support remedies such as the cell salts;
6. combination remedies such as the Unda numbers created expressly for supportive biotherapeutic drainage purposes.

Special mention should be made of another grouping of remedies useful in the Sine Wave method because they resonate with the neonatal years. They are recruited to perform a backup function during clearing or biotherapeutic drainage, just based on this resonance with infancy, even if their themes do not match the case. These include

1. milks such as Lac Humanum
2. sarcodes such as the previously mentioned Oxytocin and Hippocampus

3. the Inspiring Homeopathy group whose use during CEASE clearings has been pioneered by Tinus Smits:

- Saccharum Officinalis
- Carcinosin, Cuprum, and Carcinosin Cum Cuprum
- Lac Maternum
- Vernix Caseosa
- Rhus Tox
- Anacardium
- Hydrogenium.

### The Unda remedies

Unda remedies (the name pertains to the undulation of energy) are designed to optimize the body's innate ability to expel toxins and waste products from the cells and excrete them from the body. Given the extraordinary toxic burden carried by ASD individuals, the Unda remedies – with their focus particularly on strengthening the drainage functions of the liver, kidneys and lungs – possess indispensable value for our ASD work. Dickson Thom, one of the foremost teachers of drainage therapy, compares the action of the Unda remedies to washing and repairing walls prior to painting them. If you paint the wall before first cleaning and patching it, the imperfect job will likely soon have to be repeated. Similarly, for lasting change to be established, function-impairing impurities are best removed first. In keeping with the washing aspect of the metaphor, Unda remedy usage is best accompanied by ample hydration.

The formulation of the Unda remedies is credited to doctors George Disci, Louis Reuter, and Anthoine Nebel in Switzerland during the 1920s and 1930s. The current system of seventy-six remedies, which can be mixed and matched, are a combination of plant, or plant and metal remedies in homeopathic dilution. The plant remedies, usually in a 3x to 6x potency, have an affinity for specific organ systems. At these low potencies, the plant's taste can still be detected.

The plants, familiar to herbalists and homeopaths, include liver herbs

such as *Chelidonium* (celadine) and *Taraxacum* (dandelion); *asparagus* and *juniperus* (Juniper) possessing an affinity for the kidneys; *Valeriana* (valerian) for the nervous system; and *Verbascum* (mullein) for the lungs.

Certain remedies also contain a metal such as copper, gold, magnesium, silver or lead (usually in a 12x potency) that is affixed to the plant components during the compounding process. In nano-medicine style the plants deliver the specific metal to the appropriate organ system cell targets.

### **Biotherapeutic Drainage**

The formulation of the UnDa remedies is based on the principles of alchemy, classical Chinese medicine and homeopathy wherefore (unlike other combination remedies) their synergistic effect is well defined and their morphic field, meaning their energetic recognizability, is strong. The UnDa remedies offer what is perhaps the most systematic means of stalling or reversing the pathological direction of Reckeweg's six stages of homotoxicosis. For practitioners or families seeking to conduct or participate in UnDa number work at its highest level with regard to ASD and other neurological conditions, the gold standard is the Seroyal company's Brain Protocol. This approximately two year program combines UnDa remedies with other modalities such as gemmotherapy, oligotherapy, diet and specific activities, each designed to revisit and reprogram seven stages of the brain's development. A prequalification for the practitioner seeking training and certification in the Brain Protocol is thorough familiarity with the UnDa remedies.

## Nutritional and Environmental Self-Care

*The importance of prevention cannot be overstated.*

A woman preparing for pregnancy is advised to implement as many of the following recommendations as possible:<sup>82</sup>

- Dedicate a minimum of six months to the improvement of her diet and lifestyle choices. During this time she should consume organically grown grains, vegetables, fruits, nuts, and lean sources of protein, making sure to load up on Vitamin A-D-K-rich foods. Eating a balanced diet is key. If appropriate and if needed, a multivitamin/mineral supplement can be added to the regimen. This minimizes her risk of miscarriage and other complications of pregnancy and delivery.
- In addition, reduce or eliminate white foods such as sugar, bread, pasta, pizza, bagels; abjure processed foods and those containing chemical preservatives. These are basically nutritionally deficient, and are known to cause systemic inflammation including gastrointestinal problems.
- Act to address personal gastrointestinal conditions such as candida (yeast) overgrowth, gluten intolerance, food allergies, bloating, constipation, and parasites. The strategy can include constitutional homeopathy, acupuncture, reduction in sugar consumption, and minimal antibiotic reliance. So as to improve microfloral function: consumption of probiotics and fermented foods; a dietary or herbal regimen for intestinal pathogens such as yeast and parasites; adding a source of animal-based Omega-3s is essential; krill oil or a mercury-free source of high-quality fish oil being optimal is also recommended.
- Minimize consumption of large fish such as tuna due to mercury content
- Stop using alcohol, caffeine and tobacco.
- Check vitamin D levels and add additional Vitamin D<sub>3</sub> if necessary. Many studies are supporting the use of higher levels of Vitamin D than

82 Expanded upon and adapted from an editorial by Maureen McDonnell, RN <http://autism.com/prevention><<http://autism.com/prevention>>. Not all recommendations are Ms. McDonnell's; in particular the homeopathy recommendations have been added.

what was previously recommended to support immune, cardio, and neurological function. Check [www.vitamindcouncil.org](http://www.vitamindcouncil.org) for more information about recommended vitamin D levels and the most accurate testing.

- Commit to an exercise routine.
- Switch to green cleaning and personal care products (e.g., shampoo, toothpaste, body lotion, facial cream).<sup>83</sup>
- Replace mercury-based amalgam dental fillings by a dentist trained in doing this safely.
- Patronize a “green” dry cleaning company (as PERC or perchlorethylene, the chemical used in most dry cleaning facilities, is a known carcinogen).
- Use a stainless steel or glass water bottle. Heated or not, the soft plastic bottles will release phthalates, which disrupt the endocrine system. Antimony, a heavy metal, can also be released from polyethylene terephthalate.<sup>84</sup>
- Improve indoor air quality by opening the windows and creating cross ventilation.
- Avoid the flu shot and any other vaccine for one year prior to conception. Flu shots still contain mercury (unless you request a single-dose shot).
- Maximize sleep hygiene by avoiding exposure to computers, TVs and cell phones in the bedroom. Turn cell phones on only when necessary. Keep the phone in your pocketbook as opposed to your pocket, and ask your partner not keep his cell phone in his pocket or on his belt, to minimize EMF exposure to the ovaries and testes. For the same reason,

83 A 2006 report from the CDC found that the average American had 116 of the 148 synthetic compounds tested for, including the infamous dioxin, polycyclic hydrocarbons, and organochlorine pesticides. These same substances were also found in human milk, placental tissue, umbilical cord blood, and the blood and body fat of newborns. The average American home contains 3-10 gallons of hazardous materials, and 85 percent of the chemicals that are registered have never been tested for their impact on the human Environment Working Group – [www.ewg.org](http://www.ewg.org) research at <http://www.ewg.org/research/epa-must-finish-job-protecting-people-dioxin/dioxin-research>.

84 For more information about water filters, call 1-800-673-8010 or see NSF International’s Web site at [www.nsf.org/Certified/DWTU](http://www.nsf.org/Certified/DWTU), or the Natural Resources Defense Council Web site at [www.nrdc.org/water/drinking/gfilters.asp](http://www.nrdc.org/water/drinking/gfilters.asp).

don't put your laptop directly on your lap.

- Green your home by minimizing exposure to toxins in food, cleaning products, EMFs, water etc. If remodeling is planned, and/or a new home is being constructed, gravitate toward low or no VOC paints, sustainable wood as opposed to composites and resin-based products, minimize exposure to building materials, and allow for out-gassing of new materials before inhabiting the space. Do not move into a space newly renovated with toxic materials within six months of becoming pregnant.
- Build your pregnancy and delivery team with care, basing the selection of midwife, nurse, physician, and doula on the basis of their respecting your values, preferences and commitment to the above.<sup>85</sup>

85 <http://www.westonaprice.org/health-topics/nutrition-and-mental-development/>