

## A few of the hundreds of supporting articles published in the medical literature:

- Chauhan A, Chauhan V., Oxidative stress in autism. *Pathophysiology* 2006; 13(3):171-81.
- Herbert M., Autism: A Brain disorder, or disorder that affects the brain? *Clinical Neuropsychiatry* 2006; 2:354-79.
- Vargas, D.L., et al., Neuroglial activation and neuroinflammation in the brain of patients with autism. *Ann Neurol* 2005;57:67-81.
- Jyonouchi, H., et al., Dysregulated innate immune responses in young children with autism spectrum disorders: their relationship to gastrointestinal symptoms and dietary intervention. *Neuropsychobiology* 2005. 51(2): p. 77-85.
- James S.J., et al., Metabolic biomarkers of increased oxidative stress and impaired methylation capacity in children with autism. *Am J Clin Nutr* 2004; 80: 1611-7.
- Horvath K, Perman JA., Autistic disorder and gastrointestinal disease. *Curr Opin Pediatr.* 2002 Oct;14(5):583-7.
- Ashwood P, Van de Water J., A review of autism and the immune response. *Clin Dev Immunol.* 2004 Jun;11(2):165-74.

## For additional information:

- Edelson, Stephen M PhD and Bernard Rimland PhD, eds. *Recovering Autistic Children.* 2nd ed. San Diego: Autism Research Institute, 2006.
- Jepson, Bryan MD and Jane Johnson. *Changing the Course of Autism: A Scientific Approach for Parents and Physicians.* Boulder, CO: Sentient Publications, 2007.
- Kirk, Sally. *The Autism Spectrum and Biomedical Interventions: A Mother and Son Journey of Insight and Hope.* United Kingdom: Jessica Kingsley Publishers, 2008.
- McCandless, Jaquelyn MD. *Children with Starving Brains: A Medical Treatment Guide for Autism Spectrum Disorder.* 3rd ed. Putney, VT: Bramble Books, 2007.
- Pangborn, Jon PhD, and Sidney Baker MD. *Autism: Effective Biomedical Treatments (Have We Done Everything We Can For This Child? Individuality In An Epidemic)* San Diego: Autism Research Institute, 2005.
- Bock, Kenneth and Cameron Stauth. *Healing the New Childhood Epidemics: Autism, ADHD, Asthma, and Allergies.* New York: Ballantine Books, 2008



## AUTISM RESEARCH INSTITUTE

*Autism is Treatable*

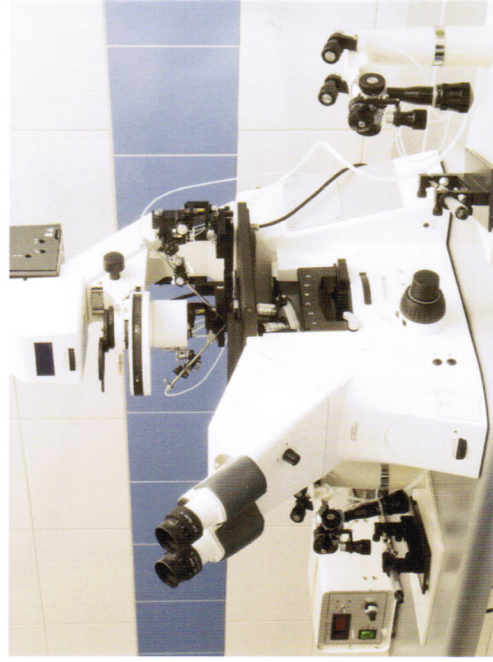
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# Why do I pursue medical treatment for my child's autism?

# Because autism is a medical disorder.



**T**he biomedical approach is not 'alternative' medicine; it's a science-based, molecular-biological approach to treatment. Everyone agrees that psychotropic drugs do not treat the problem—they simply reduce or eliminate some of the symptoms. Our aim, in contrast, is to address the underlying health problems.



The guiding principle is simple: remove what is causing harm, and add what is missing. Affected children often have an exaggerated response to toxins, foods, and airborne allergens. It is well documented that they often lack various nutrients, enzymes, anti-oxidants, and essential fatty acids, and that they require methylation support. (Less commonly, these health problems also occur in the non-autistic population; the medical approaches that are typically used are the same.)

"Whatever the root cause, autism affects a fundamental and critical part of metabolism. Calling it a developmental disorder is like calling a brain tumor a headache. Autism is merely one symptom of an underlying disease process that affects the immunological system, the gastrointestinal system, and the toxicological system, as well as the neurological system."

Dr. Bryan Jepson, *Changing the Course of Autism; A Scientific Approach for Parents and Physicians*

*"Before we tried 'biomed,' our daughter was a mess: wakeful nights, self-limited diet, sensory sensitivities, loss of some words, inability to be with other children, lack of appropriate play, loss of eye contact, little to no conversation. She hit, kicked, spit, and screamed at her preschool classmates, and had to be withdrawn two years in a row. I could not fathom how in the world she was going to navigate elementary school, never mind her own life. Once diagnosed, I started her on occupational and speech therapy, but after six months of little improvement, I thought I'd try the GF/CF diet. During this trial we saw a doctor who uses the Defeat Autism Now! approach, and I read Dr. Jepson's book. Suddenly, the borders of the puzzle started to come together; I finally understood how and why she had become who she was."*

### ***Suddenly, the borders of the puzzle started to come together...***

*"Over the past 18 months we've removed other foods, added and subtracted supplements, added enzymes and essential fatty acids, identified a genetic mutation, and are now battling pathogenic gut bacteria. We still have work to do, but her continued progress keeps me going. Two weeks into kindergarten this past year, the school wanted to put her in the mainstream classroom full time. Based on past experience, I was dubious, and went in to observe. Standing in the regular classroom, watching her still-quirky manner, I fought back the tears of realization; I could hear the screeching of the autistic children behind the door of her old Special Ed. classroom, and I grasped just how far she had come. Her recovery was made tangible. Hers has been a hard-won victory, and it's been worth every worry, tear, frustration, and lost hour of sleep to watch her participate in our lives, and in her own."*

*-Anna Letaw*