

Natural Therapies for Autism (Part II)

By: Dr. Ted Suzelis, N.D.

In Part I, I discussed some of the most prominent potential factors involved in developing autism. These factors include food sensitivities, repeated use of antibiotics, possible reactions to vaccinations, and mercury toxicity. In Part II of this article, I will discuss therapies that have been shown to be effective in autistic children.

One therapy that shows improvements in as much as 80% of autistic children is a gluten-free and casein-free diet (GFCF). The effectiveness of this diet is based on the “Opioid Excess Theory” described in Part I of this article. The GFCF diet requires strict adherence to the elimination of gluten, which comes from the grains wheat, rye, barley, oats, spelt, triticale, seminola, and kamut. It also requires strict elimination of all dairy products, including butter, casein, cheese, goat’s milk, lactose, milk, powdered milk, skim milk, whey and yogurt. There are many hidden sources of these ingredients in foods, so you need to read the labels of everything your child eats. I have personally seen children respond to this diet in a matter of days. The GFCF diet will not cure autism and for continued results, the child may have to stay on this strict diet for many years. However, in combination with other therapies, it can be very rewarding.

Sensitivities to foods that do not contain gluten or casein are also commonly found in children with autism. There are many different ways to discover these food sensitivities. One way is to keep a food diary and list foods that are eaten and when, along with changes in behavior, sleep patterns, and performance. Other ways include expensive blood tests or other allergy screening techniques that don’t always get to the root of the food sensitivities. The method I find to be most effective and efficient is placing the child on a diet based on their blood type. This diet helps to eliminate foods that a child is genetically predisposed to being sensitive to. Parents would want to start with the gluten-free and casein-free diet first before incorporating the blood type diet.

Many vitamin and mineral supplements have shown improvement in autistic symptoms for some children. These include a high potency multiple vitamin-mineral supplement, a combination of vitamin B6 and magnesium, essential fatty acids, vitamin C, folic acid and zinc. It is recommended that you consult a doctor before starting any of these supplements and dosages do vary depending on the child. For these reasons, I will not go deeper into discussing these supplements in this article.

Homeopathy is another wonderful therapy for children with autism. This therapy is non-toxic and free from harmful side effects, while it stimulates the body’s own healing potential. In order to use homeopathy effectively, it must be done in conjunction with a practitioner experienced in using homeopathy.

In general, it is important to identify and address the underlying factors that cause autism for a particular child. Some of the most common underlying factors were discussed in Part I of this article. It is important for the parents of an autistic child to work with a doctor who is experienced in natural medicine and also has experience working with

autistic children. You can contact me for more information about therapies for autism or to schedule an appointment by calling my office at 330-872-1577 or email me at DrTed@Suzelis.com. I also offer a free 15 minute consultation to anyone who is interested in my services.

About Dr. Ted Suzelis, N.D.

Dr. Suzelis, N.D. is a Naturopathic Physician who holds a Doctorate of Naturopathic Medicine from the Southwest College of Naturopathic Medicine in Tempe, Arizona. Dr. Suzelis assists patients with most health concerns and can be reached at Health Advocate Services, Newton Falls at 330-872-1577 or visit his website at www.ohionaturopathic.com.