



AUTISM

Nutritional Support Protocol

Lifestyle Recommendations:

1. Avoid antibiotics, acetaminophen, aspirin and prescription drugs.
2. Participate in vigorous aerobic exercise for 20 minutes, 3 - 4 times each week. Exercise reduces anxiety, improves sleep, and helps those with autism to maintain normal weight.
3. Engage in mental exercise by consistently learning new skills and information.
4. Avoid exposure to heavy metal toxins such as mercury, arsenic, copper, aluminum, and lead. A study showed that 6 out of every 18 children with autism have extremely high levels of toxins in their bodies. Cognitive, physiological, and behavior issues can all stem from toxin build-up.

Dietary Recommendations:

1. Gluten and casein containing foods should be eliminated. Especially avoid all wheat flour products such as pasta and bread as well as dairy products such as milk and cheese.
2. Avoid or limit caffeine and other potentially neurotoxic compounds like aspartame and MSG.
3. Emphasize omega 3 fatty acids (salmon, mackerel, herring) and omega 9 fats (olive oil, olives, almonds, hazelnuts, avocados and macadamia oil).
4. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink.
5. Consume PaleoMeal or Whey Cool daily to raise glutathione levels.

Supplement Recommendations:

In addition to the core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

XanthOmega:	2 softgels with breakfast and dinner
Brain Vitale caps or powder:	2 capsules with breakfast and lunch or 1 tspn powder
Carnosine Supreme:	1 capsule with breakfast and dinner
Detox Antiox:	1 capsule with breakfast, lunch, and dinner

If needed for yeast and/or microbial infections:

Allicillin :	1 capsule with breakfast and lunch
GI-Microb-X:	1 capsule with breakfast and lunch

If needed for digestive support:

AllerGzyme:	1 capsule with each meal, especially if gluten/casein containing
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If needed for GI repair:

GI Revive:	1 teaspoon in water or juice with breakfast and dinner
Tegricel Colostrum:	1 capsule with breakfast and lunch

Consider Mercury Removal Protocol if needed.

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