

2009

# Autism Recovery Guide

A practical method to optimize autistic recovery.

A practical system to optimize healing in autism spectral syndromes based on the Autism Cascade Model. Recovery depends heavily on correction of environmental and toxic influences. The model enables priority sequenced intervention to optimize biological conditions for optimum recovery.





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## Abstract

This document suggests a system to improve the healing responses in for autism spectral syndromes. The approach supports concurrent repair of as many systems at the same time using all means available.

## Foreword

This document is a functional part of the Autism Cascade Publication, which describes autism as a sequence of vulnerabilities which results in locked pathology.

## Summary

For those who want the bottom line...

Our model asserts three novel approaches to autism treatment:

1. Resolve Stress Lock
2. Burst Detox
3. Restore Flow.

Each component targets reversal of a metabolic lock component that secures collateral pathology.

Each element articulates a missing piece of the puzzle. The technology and tools for these approaches are off the shelf technology.

## Data Driven Healing

Healing is an agricultural process. Polluted soil is barren; un-nourished soil is barren; soil without seed is barren.



This model addresses simple principles in specific order:

1. Detox;
2. Fertilize;
3. Plant;
4. Nourish.

Planting seed in polluted soil is a waste. Malnourished soil grows poor crops. Appropriate crops in good terrain thrive. Preservation of growing environment enables maturity.

We are farmers.

## Too Many Choices

The huge selection of detoxification and nutrition are overwhelming.

Knowing what not to do is critical because time energy and money are always limited.

Focus on active physical priority reduces waste and produce results



which create confidence and enable further progress.

Overwhelming matrix of nutrients, therapies, and theories, often clash with limited time, money and tolerance.

Priority selection requires a level of information not available in traditional medical analysis, blood tests and the like.

## Terrain Assessment

A first tool is an analysis.

Detox:

- What toxins are present?
- Where do we think they come from?
- How can we help get rid of them?

Fertilize:

- What nutrients are depleted?
- How can we restore optimal levels?

Plant:

- What kind of healing?
- What special resources will help?

Nourish:

- What can we do to protect the young?
- What influences limit their development?
- What influences advance their development?

## Prioritize by Terrain

Biological terrain is a developing discipline that provides an organized nutrient approach to improve cellular terrain.

It utilizes integrated chemical assessment to track physiology status.

This status enables quantitatively guided nutrient, detoxification and energy

protocols. Guidance enables optimization, and provides observation and maintenance of the terrain to support continuing healing.

Basic chemistry is a good starting point. Flow analysis of saliva and urine, combined with basic physiology; provide a working feedback model for many body systems:



- pH / alkali flow
- ORP / oxidation balance
- Conductivity / salts
- Refraction / sugars
- Surface Tension / soaps
- Urea / protein flow
- Blood Pressure / electrolyte status
- Ascorbate / glutathione status
- Respiration / alkali balance
- Dermal Measures / Autonomic Nervous System
- Blood / glucose status
- Blood Survey / organism survey

Collectively, these measurements organized and prioritized approach to detoxification and nutrition which supports healing.

## Targeting

Do what counts most first. Keep doing what counts most. What counts changes, often instantly.

Selecting appropriate priorities is the key to tolerance, and success.

## Plateau Effect

Living beings heal fast because healing is survival.

Healing speed is limited by of adverse influence or absence of resources.

Optimal healing moves from injury to health as quickly as possible because it optimizes survival.

Plateaus occur because one or more intermediate conditions for continued progress are unmet.

This usually means:

1. One or more building materials are deplete;
2. Destructive effects have matched the rate of constructive;
3. A phase of recovery is complete and enabling resource for the next phase is missing.

## Eyes On

Terrain management usually enables plateau avoidance. Terrain parameters show shifting:

- Nutrient demands
- Toxin flow shifts
- Destructive processes telltales.

Early indications enable anticipatory program adjustments and help to avoid healing stalls.

## Feedback

Assessment that indicates progress *or the lack thereof* is critical to any protocol.

Regular evaluation enables tracking and correction.

Maximize results in minimum time.

## Systemic Sequencing

It is obvious that autism is a complex condition that develops in stages. Unlocking the problem requires an ability to match tools to jobs.

And this requires an ability to express how various tools affect various systems.

Each tool has one or more uses within a system. For each system, the general steps are:

- Detox
- Nourish
- Heal

Because the next step makes the next one possible.

## Stacked Locks

Viewing the cascade as a sequence of stacked metabolic locks offers clues about where to begin:

- Stress/Shock Lock – where stress limits recovery;
- Toxin/Zoo/Bug Lock – where toxin accumulation versus clearance limit recovery;
- Clog Lock – where cells needed for recovery are dammed off.

Where to begin?

## Locks and Healing

The second challenge to the locks is that healing must follow an agricultural flow:

- cleansing,
- terrain preparation,
- planting,
- incubation,
- and cultivation;

in areas accessible using to the available tools and methods.

## Access Stack

The body systems are successively less accessible for detoxification and nutrient delivery. Organizationally from most to least accessible compartments:

- Skin
- Digestive – Stomach, Intestines, Colon
- Liver
- Lymph
- Circulatory
- Cell
- Sub-cellular

## Principles

Stress lock is the first lock – where resolution of the chloride/stress process enables partial return to metabolism and digestion.

Toxin Lock is the second lock – where burst detoxification targets rapid elimination of toxins to drain toxins more rapidly than they accumulate from stores and internal sources.

Clog Lock is the third lock where ischemic support protocols seek to restore circulation to tissues with limited blood flow.

## Tools Categories

Within each lock there is a sequence of systems which much work together well to enable the locks to release.

Tools affect metabolism, or toxin flow, through one or more paths to improve physical performance.

Every tool has an effect that either detoxifies, nourishes (energetically or nutritionally) cells available at one or more of these levels.

Every tool has limits and capabilities. Appropriate application requires functional understanding of systems and effects.

*Energetic tools*, particularly PEMF, are special because they traverse all tissue and compartment levels. They enable reactions and healing processes throughout the organism.

*Detox tools* activate toxin migration between compartments toward elimination.

*Dietary tools* enter the digestive system to support process downstream of the digestive process. Dietary tools are severely limited by the performance status of the digestive system.

*Global Tools* provide universal healing support throughout the organism through the entire process.

Examples of global tools are:

- *Dermal Detox Methods* – IR Sauna/Ionic Foot Baths –directly eliminate toxins and continuously reduce the toxin related healing limitations;

- *PEMF Energetics* – which enable cellular energy, blood flow, and detox throughout the organism;
- *Oxygenation Techniques / Hyperbaric / Exercise with oxygen* – which aid deliver of oxygen throughout the organism, to support all healing and detoxification.
- *Pathogen Stress Techniques* -- ePads shift the body environment to favor the host so that pathogens of all categories experience a survival disadvantage.

## Guidance First

The biggest problem is management. Earlier discussion proposed flow-assessment modeling as a guide through the therapy process.

- [Physiology Evaluation](#) is a comprehensive guidance system which spans detoxification and nutrient systems;
- Blood testing is secondary because it does not provide toxin/nutrient status information.

## Digestion Second

Digestion is first in the sequence because it is the core of both nutrition and detox.

Gut detox and repair must be the first functional priority because without gut performance malnutrition, and complete toxicity are guaranteed.

Toxin Chain:

- Inhibited bowel flow guarantees:
- Liver flow inhibition which guarantees:
- Lymph flow inhibition guarantees:
- Cellular toxicity guarantees:
- Cellular growth inhibition guarantees:
- Limited healing everywhere in the body.

We will visit specifics of the process later – but until the gut starts working, nothing can heal anywhere in the body - especially the liver which is the next priority.

The gut is like a tube. Upstream factors dictate downstream environment.

We assert that autistic kids present severe gut challenge because the top of the gut, the stomach, is disabled by a stress lock which prevents first stage digestion.

This stress lock is the very first challenge.

Here are discussions and tools to resolve stress lock effect on the digestive system:

- [Chlorine Detox](#)
- [Betaine HCL](#)

In simple terms, until the chlorine depletion ends:

- Malnutrition is guaranteed regardless of diet;
- All detoxification processes that depend on gut hygiene will not work;
- Liver/lymphatic/cellular toxin congestion is guaranteed. Absent HCL from the stomach, the liver cannot release bile.

Persistent failure of the gut causes other problems:

- Bicarbonate / Sodium accumulation in the pancreas and upper small intestine (chronic shock syndrome);
- Reactive lipid lesions throughout the gut;
- Overgrowth of undesirable organisms which enter blood, and make toxins which enter blood.

Other tools to fix these problems follow the initial repair of chlorine metabolism. But

repair of chlorine metabolism is the single initial priority.

### Liver Third

Once the gut starts working, the liver is likely to rally.

A detox rally usually presents as diarrhea which accompanies an improvement trend.

Liver tools that support the three primary liver challenges:

- [Liver Flow Detox](#) – Bile Flow;
- [Liver Cell Detox](#) - Cellular Healing
- [Liver Pathogen Detox](#) – Immune Recovery
- Ionic Foot Baths – Toxins exit from lymph in feet skip liver (reduce liver load)
- IR Sauna – Toxins exit from skin (Reduce liver load)

Until the liver performance returns, recovery is limited for two reasons:

- Toxins limit immunological performance required to reverse the *Stage-3 Zoo factor*;
- Nutrients cofactors produced by the liver to support cellular healing remain unavailable;
- Persistent toxins interfere with all body functions, including healing ;

Maximum liver performance is required to enable deeper healing and immunity.

### Immune Fourth

Once the liver works, the immune system is next.

With the liver and digestive performance less sludge, and more resources, the balance of power for the spectrum of pathogens is likely to shift.

In most cases, restoration of liver performance substantially restores immune function.

Liver performance sufficient to overcome the toxin load, overcomes the sludge made by bugs to maintain survival advantage.

When the sludge is cleared, the survival advantage disappears, and the immune system normally rallies.

Typical evidence of immune rally is to get “sick”, perhaps several times at 2-10 day intervals.

Sickness symptoms, flu, etc. always come from the bodies challenge to overcome a pathogen. Sick is an immune response.

Autistic kids may take several laps where their body develops the strength to fight successful rounds.

Natural logic suggests that it will pick it's battles against bugs one at a time.

The pattern will appear as a sequence of “infections”, cold/flu/etc., where the body overcomes a bug, takes a break, and then tackles another.

Tools that aid in immunological performance:

- Aloe Vera / Fillet & Skin
- Mushroom heteropolysaccharides

### Vascular Fifth

Restoration of blood supply and revascularization of damaged tissues.

Restoration of circulation involves the spleen liver, and the matrix of angiogenesis components which enable cells to receive nutrients.

Absent blood flow, functional healing simply cannot happen.

So restoration of all tissues, including brain must accommodate circulatory repair so oxygen, nutrients and stem cells, if needed can reach healing locations, and take root.

Vascular recovery is laying the foundation for further healing.

Tools that support vascular regeneration by aiding oxygenation of marginal areas:

- Exercise with oxygen
- Hyperbaric Therapy

### Cellular Sixth

Deep cells are served by lymphatic and circulatory systems.

Repair of these deep structures can only occur when the feed and flow systems have achieved functional performance enough to enable core healing.

Cells at this level include:

- Natural stem cell factories
- Immune system
- Endocrine system
- Neurological system

Once these systems are re-enabled, by detoxification and nutrient access, the primary and fundamental factors that limit recovery go away.

Phase-2 autistic cascade, damage of these critical structures deeply enough that recovery became impossible.

Repair of these core systems is the critical next step.

Tools that aid at this level:

- Stem Cell Enhancement

## Neurological Seventh

The core cellular systems online enable neurological recovery and the amazing capability of stem cells.

The flow embraces the unfortunate reality that neurological healing happens last.

Neurological support is critical to enable physiological re-learning at many levels.

Tools that enable/accelerate neurological repair and redevelopment:

- Stem Cell Enhancement
- Stem Cell Transplant
- [Sensory Learning](#)

## Brain Last

Autistic neurological symptoms are last in line for both detox and nutrition. They can't grow back until everything else has been fixed.

**Brain healing *last* is counterintuitive because terror comes first.**

Fear that cognitive and behavioral factors will persist causes a tendency to focus on the last part of the problem first.

In healing, fixing the last part of this problem first can't work even though it is the most worrisome it is at the bottom of the pile.

Healing requires cell growth, and that is something only the body knows how to do. So fixing the body so it can fix itself is the only choice.



## System Support

We used the terms detox, feed and repair because restoration of any system is a process in itself.

### Detox First

Toxins are substances which interfere with optimal performance. Their presence prevents healing and performance by limiting nutrient uptake and forcing cells to exist in an unhygienic environment.

Our model is about system optimization, driven by the fundamental question:

**What action will produce the greatest result at this time?**

Detox is a clear first priority, much like flushing the toilet in the bathroom.

It is a lot of sanitation for minimum effort.

Toxins accumulate because downstream some sort of blockage enables accumulation.

Clearing toxin accumulation promotes hygiene which is a primary barrier to healing – usually at a low cost.

### Detox Order

Primary detox has a specific flow working backwards in flow and concentration:

1. Gut as poop;
2. Bile Concentrate from Gall Bladder;
3. Bile from Liver;
4. Lymph from cells;
5. And so on.

Any where sludge gets stuck is the next detox priority.

Blockage anywhere in the detox stream guarantees:

- Everything back-stream is stalled;
- Cell terrain is toxic;
- Healing is limited;
- Regardless of all other factors.

### Nourish Second

In domestic hygiene, our crude toilet analogy fits.

1. Take the stinky garbage is out. Cells can't do much in a sludge bath.
2. Fix absorption and delivery so nutrients can work. Absorption and nutrient deliver (digestion) is an earlier priority than the nutrient intake (diet).
3. Cover the nutrient basics first. Without basic nutrients fancy ones don't make sense.
4. Prioritize advanced nutrients for the next element in the healing chain. Order matters: Gut – Liver – vascular - stem cell sources -- brain last.

### Priority Management

The model seems as simple as walking backwards.

Unfortunately, most of us lack eyes in the back, and metabolic terrain is tricky at best.

Garbage out, nutrients in, is simple logic.

### Success Stops

Life is anything but simple. In this model, metabolic priority shifts instantly with success.

Success means that methods that were very beneficial yesterday will stop helping.

**When the job is done, improvement ends.**

Only the next priority matters. The healing process has moved on. Improvement evidences the next problem is getting solved.

Next step recognition is a challenging marriage of observation, analysis, and oops.

### The Oops Factor

Oops reflects reality. The knowledge of the correct healing process, for a divinely unique individual, is brutally unique.

Kids are all different. Presentation, roadblocks, and healing stops reflect a sequence of demands.

God forgot to tape the repair manual on autistic kids.

This means that healing support is tricky. Diagnostic tools, like CBC, etc. provide little information regarding the primary system performance with autistic kids.

Modern medical assessments provide weak indications of healing priority, or roadblocks.

Stalls mandate assessment. Assessment must:

- Seek identify the next road block;
- Intervention must seek to remove the next roadblock.

### Template Model

The body knows how to heal perfectly under the right circumstances.

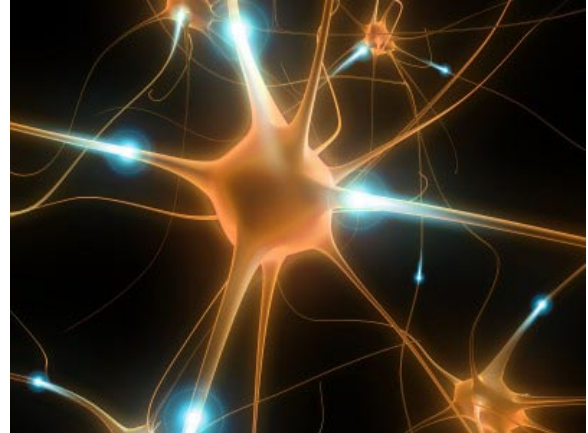
[Energetic Templates and Healing eBook.](#)

Observation that kids can grow back an amputated end of finger suggests that healing is a vastly sophisticated process using a matrix of factors.

This matrix bridges chemistry and energy in ways that experts never dreamed of.

### The Cell View

We suggest a primary and secondary systems order which relates to cellular performance.



At a cellular level, priority is simple:

- Remove garbage;
- Prepare Terrain;
- Optimize healing resources;
- Cells do the rest.

Garbage removal is a first priority because too much garbage, or toxins, disrupt healing regardless of the quantity or quality of the healing resources.

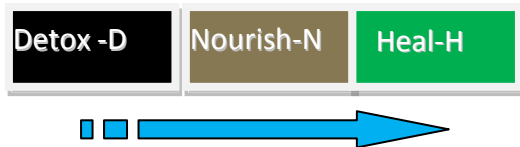
In ready terrain with building material, healing happens naturally.

The autistic challenge is that factors compound to prevent complete recovery of any single system, so the mutual support to enable complete recovery never happens.

## Repair Model

Scheduling is a simple model. Support the process of healing in each system in order.

For each system:



For all Paths healing is a rate limited process.

In autism, the intermediate paths are jammed with sludge, and nutrient flow is clogged.

**Autistic healing is deadlocked until food gets in and garbage gets out.**

## Little Boxes

Our little boxes reflect methods and systems. Each box contains lots of complex stuff.

The Detox / Nourish / Heal chain model the healing process and reflects the character of supporting metabolic requirements.

The system boundaries are fuzzy. The liver is as much digestive as it is detox, as is the gut.

Tools and nutrients overlay a part of the healing model. The overlays provide a way to aid choice.

Every tool we will use will have an address in the map serving one or more roles in one or more compartments, in one or more systems.

## Each Box

Each box in each system suggests a different combination of tools nutrients.

Modeling the appropriate tools at the appropriate time helps to eliminate components which may provide less value at various points throughout the healing process.

## Cascade Map

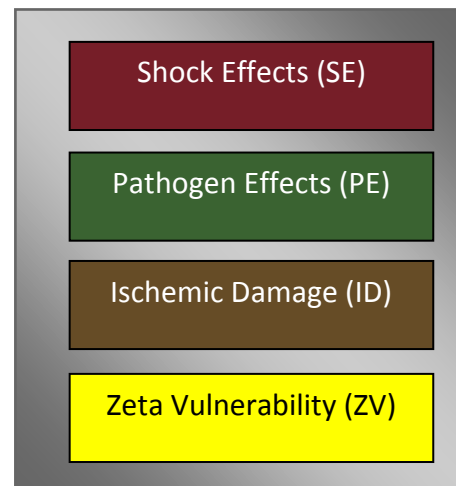
Cascade Process reflects four adverse effects.

Risk, recurrence, and degeneration recur throughout the autistic process. These influences frequently occur after the initial cascade, and are persistent influences that inhibit/limit/prevent recovery.

Tools that aid in repair naturally oppose the destructive Cascade factors.

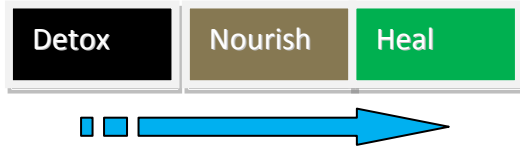
This key support describing tools relative how they influence cascade effects:

- Shock Effects - SE
- Pathogen Effects - PE
- Ischemic Damage - ID
- Vulnerability - V



## Healing System Model

Our address model uses colors and letters to identify process areas:



The map below uses a black box with a D for detox. A brown N box indicates nourish, and green box with H, means heal.

The tan box on the left indicates the global tools operate at a high level and aid systemic healing across system because they represent services and nutrients which always support health.

Each tool we talk about fits supports one or more roles across these major systems.

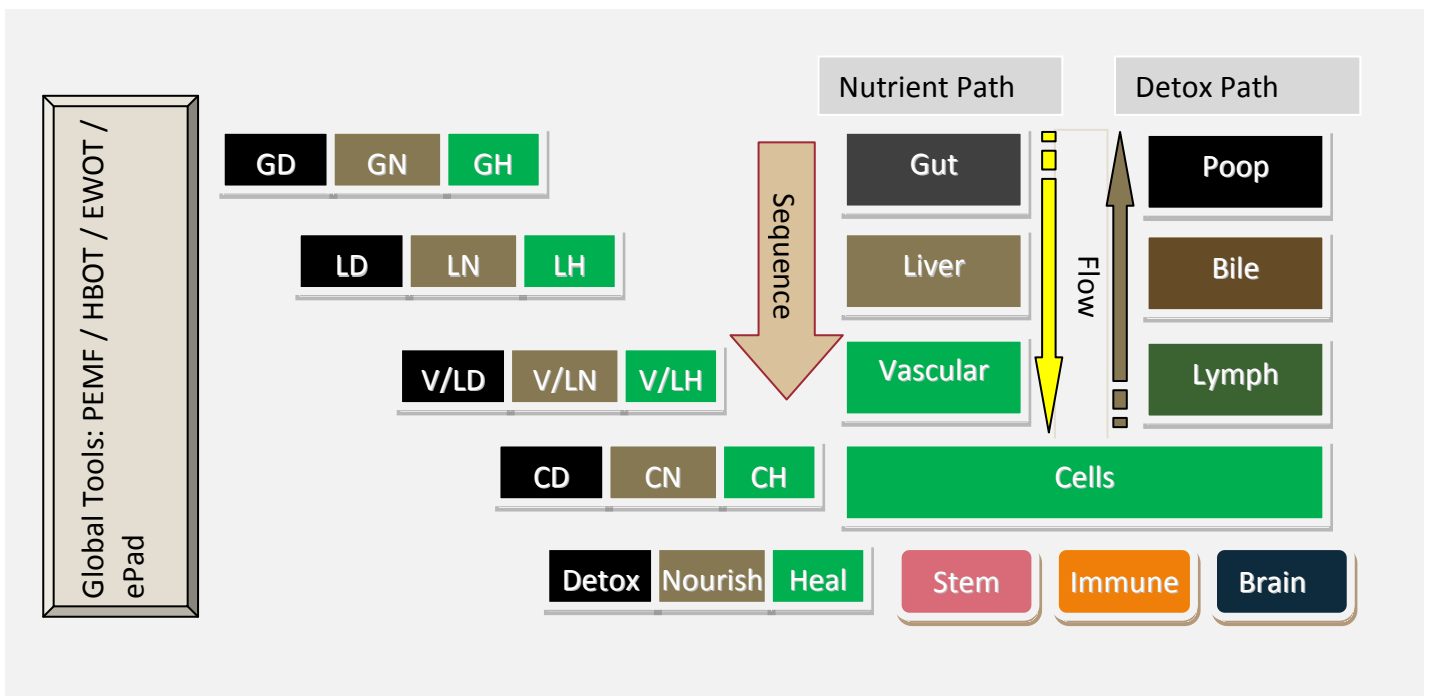
Categorizing tools creates an ability to select and omit tools based on the shifting needs in the healing process, and to express why change is appropriate.

## Tool Role Notation

Now we have a new language that supports the model.

The combination enables guided recovery management in autistic syndromes.

The stage is set to describe tools in a way that fits into a model, and to measure their performance.



## Tool Model

Tool: any technology, method or nutrient that beneficially affects or guides any part of the autistic cascade or recovery process, enabling detox, nutrient or healing.

So far, this model strongly asserts autistic recovery support must restore collateral performance across multiple systems.

## Ad Hoc Results

We also laid a foundation model that explains:

- Why certain tools, HBOT, PEMF seem to always work;
- While others work partially;
- Why intervention results are always partial;
- Why others infrequently, in spite of the fact that they seem like they should work.

**Bottom line:** tools work when they contribute to a healing process that isn't limited by other factors.

**Second Bottom Line:** tools work until some other factor limits the healing process.

**Third Bottom Line:** tools don't work if they affect something which is completely limited by something else in the healing process.

## Tool Requirements

There are many energetic and nutrient tools.



In autism, it is essential that any tool used, must not damage or destructively overload another damaged system.

### Tool Criteria:

1. Must be constructively effective supporting one or more systems;
2. Must not overload or damage any other damaged system.

These criteria eliminate nearly all conventional pharmacological interventions that rely on collateral system competence.

The collateral damage in autism virtually prevents any benefit from use of non-constructive intervention.

## The Tool Box

The toolbox distills to two cellular categories, nutrients and energy. Both are constructive.

Autistics are so collaterally disabled that destructive interventions upset a delicate survival balance.

Constructive/supportive influences at both cellular and systemic levels level and favor progress.

Aggregated constructive influences tend to be tolerated, and inter-supportive. In most cases the body responds to concentrated influence by accelerated recovery.

## Tool Models

The tools described above present overlapping attributes. This section seeks to describe them so that their use fits in the healing flow model.

## Global Tools

Several tools are universally helpful in healing because they span multiple, sometimes all healing systems.

We prioritized them because of tendency to aid in all aspects of healing.

## PEMF

PEMF stands for Pulsed Electro Magnetic Field. PEMF triggers a series of concurrent effects which make it universally helpful enabling multi-systemic recovery:

- Circulatory improvement
  - Increases blood zeta potential;
  - Opens vascular structures;
  - Lifts RBC membrane power
- Accelerates Healing
  - Supports anabolic metabolism
  - Cellular detoxification;
  - Mobilizes stem cells
  - Enhanced stem differentiation
  - Aids natural stem cell production
- Aids Detox
  - Increases lymphatic fluidity
  - Opens lymph channels
  - Supports liver performance

High energy PEMF, lifts energetically depleted cells regardless of location.

PEMFs unique ability to reach deep into the body structure, brain, liver, kidneys, gut, bone marrow, makes it a universally enabling recovery tool in all phases of autistic recovery.

PEMF seems to only affect energy deplete or hyper-toxic cells.

Energy depletion is nearly universal in autistic spectrum because collateral system stress maximally taxes compensatory mechanisms leaving autistics collaterally disabled.

Overuse is the only constraint. In autistic syndromes, application for 3 minutes, increasing daily, by 3 minutes avoids toxic overload.

PEMF triggers cellular detoxification – so excess use on toxin loaded cells can trigger Herxheimer’s or toxin relocation effects when overused.

Several common observations of healing acceleration indicate that multiple processes appear to improve with therapeutic PEMF exposure:

PEMF supports each phase of the healing cycle in all tissues:

- Detoxification -- lymphatic flow and cellular toxin release;
- Nourish -- enabling circulation, cellular oxygen delivery;
- Heal – supporting anabolic metabolism by directly enabling cellular energetics.

## PEMF Use Model

Energetic support which follows the nutrient, detox and healing flow through the system according to the cells and organs which require support.

There are two complementary models for PEMF use with stem cell optimization:

- Follow the detox, nutrient and healing flow through the system along the healing- priority path, directly

supporting cellular energetics for cells most likely experience stress demand;

- Treat the acupuncture meridian points to optimize energetic flow for organ system support.

The authors experience in rapid [ischemic stroke recovery](#) suggests that cellular dormancy is a persistent cellular survival mechanism. It also supports spectral effects of energetic therapy.

[Energetic therapy often produces rapid results including improved speech and functional abilities in ischemic and degenerate neuro-pathological conditions](#)

### Ionic Detox

Ionic baths utilize a semi-permeable membrane across the skin to stimulate exchange positively charged elements from the lymphatic tissue under the skin to/from a water solution.

The process works by exchanging more positively charged anions from a salt for anionic/positively charged toxins from the lymph system, toxins, bugs etc.

Ionic is a complete detox path from the lymphatic system out of the body. Some references indicate ion channels transport toxins from deep body structures very rapidly to exit points.

Research on ion channels information suggests that the ionic channels also transport junk from deep body compartments very rapidly.

Ionic detox systems use the skin as exit path to bypass the liver and digestive systems. This bypass enables large amounts of toxins to leave the body without adversely affecting the normal detoxification systems.

This enables direct detox support in the where the liver/digestive processes are detox inhibited.

### IR Sauna

An IR sauna is provides a dual function:

- It pumps energy which appears to activate certain aspects of cell physiology, which relate to IR sauna wavelength;
- It increases basal temperature which enables sweating which carries toxins out of the body without passing them through the liver/digestive pathway.

Similarly IR is often very helpful in hyper-toxic conditions because it enables detox when the liver path is down due to lymphatic or liver digestive flow failure.

### HBOT

Hyperbaric oxygen pushes oxygen into plasma. This improves oxygenation of borderline oxygen starved tissues.

This deliver often enables healing which would not otherwise occur.

Also, oxygen participates in cellular detoxification processes, so HBOT aids healing by catalyzing detoxification.

Elevated oxygen concentration also tends to shift the parasitic-environment in favor of the host, so it also tends to reduce systemic pathogen load.

### EWOT

Exercise while Oxygen Therapy is similar to HBOT. Therapy consists of use of an oxygen contractor, while exercising to increase the functional oxygen level to about 25-40%.

Each heartbeat creates a pulmonary compression wave which causes plasma

present in lungs to absorb more oxygen than normal.

This effect increases systemic plasma oxygen levels similar to HBOT.

EWOT is limited to individuals able and willing to perform the protocol.

Generally 15 minutes of EWOT produces similar results to 1 hour of HBOT.

Convenience and lower cost often make EWOT a preferable choice when it can work.

### Regenerative Lipids

Unsaponifiable Lipid Extracts – to trigger tissue regeneration for a target organ.

This method was developed by Revici to extract natural growth factors from source materials.

These tools present a nontoxic vehicle to influence regenerative tissues. This tool is particularly appropriate where extra help may be needed in multi-systemic challenged conditions, like autism.

Extraction methods can be tuned to prompt anabolic healing in virtually any bodily system:

- Stomach
- Intestines
- Kidney
- Liver
- Marrow / Stem cells
- Brain

### Oxy Lipids

Oxy lipids are part of the response-toxin matrix.

They enable rapid breakdown in addictive substance that the body generates in response to pathogenic toxins.

These agents stabilize metabolic effects driven by addictive imbalances which result when elimination of a primary toxin source leaves a reactive toxin imbalanced.

This is a likely factor in autistic behavior. Autistic pathogens create a large number of toxins, which the body tends to resist with chemical barriers.

When an intervention removes the toxins, then the barriers become imbalanced, and the metabolism reflects the nature of the imbalanced barrier.

These reagents enable rapid breakdown of barrier imbalance indicated by appearance of hyperactive, compulsive, or agitated behavior which occurs during the healing process.

They are nontoxic in virtually any amount.

- Lipid Selenium
- Lipid Sulfur
- Lipid Bismuth (does not contain salicylic acid so will not trigger Reyes syndrome)

### Phospholipids

Phospholipids are lipid molecules which support cellular detoxification and healing.

By themselves they are dramatically successful facilitating detoxification and liver healing.

Lipids are frequently used fast-track nutrients through the digestive system to cells.

Several nutrients are commonly wrapped in phospholipids:

- Ascorbate
- MgCl
- Myers Cocktail
- Glutathione

- Neuro-Med

### Short Chain Fatty acids

Short chain fatty acids are short chain sterols which play various health supporting roles.

They present no direct toxicity, and are food extracts.

They should be used on a titrated upwards from a 1 ml amount because of their cellular detoxification response can overwhelm dysfunctional detox paths.

- Butyrate – breakdown of renegade lipids;

### Odd Chain Carbon Lipids

These lipids provide anti-pathogenic roles directly supporting the immune system.

Their use should be titrated from 1 ml upwards to 5 ml because of their ability to trigger pathogenic die-off.

- Hepatanoic Acid – cellular parasitic pathogens;
- Nonanoic Acid – cellular parasitic pathogens;

Generally pathogenic support should be avoided until detoxification produces a recovery stall, and that evidence supports that the stall is pathogenically inhibited:

- Excess die off absent functional detoxification can cause an adverse reaction;
- Detoxification, PEMF and liver support restore immune performance in most cases.

### Diatomaceous Flour

This is ground up ancient sea shells.

It is a nontoxic agent to clear many categories of digestive parasites.

The sharp edges of the crystalline flour damage the digestion process for many digestive pathogens.

### Chlorine Rebalance Titrations

See [Alkalosis Titration](#) use various acid and alkali salts to restore chlorine balance and reverse shock response depletions of chlorine:

- MgCl
- NH<sub>4</sub>Cl
- KCl
- Mg Thiosulfate
- Ammonium Thiosulfate

Mineral combination is based on collateral factors which indicate specific collateral mineral deficiency.

### Cultured Foods

Cultured foods are an effective method to supply two different nutrient categories:

- Early use provides bio-available nutrients which cannot be made in the gut because digestive flora is damaged;
- Restore natural gut flora to seed and maintain optimal gut flora (after the nutrient stream to feed gut flora is corrected);
- [www.bodyecology.com](http://www.bodyecology.com)

### Immune-supportive Agents

- Aloe Skin Extract
- Aloe Fillet Extract
- Bismuth compounds (gut and cellular parasitic pathogens)
- Essential oils / Raindrop Therapy
- Immune Assist mushrooms

## Foods Tools

Food is a separate science. Our goal here is to elevate food to equal status with the other models – excepting digestion.

Digestion is a higher healing priority than food because without digestion, food has limited effect.

Destructive foods, listed below, should be avoided regardless of digestive status.

For autistic support there are overlapping dietary (sometimes conflicting) models:

- Detox Diet
- Blood type diet
- Raw Foods
- Fermented Foods
- Detox Foods
- Lipid Foods

Each model applies to various parts of the healing process.

Detox Foods:

- Beet top products – liver flow
- Carrot & beet juices
- Eggs – albumin & lecithin
- Many More

Rebuild agents:

- Cream – Sterols & short chain fatty acids (autistics have depressed lipid profiles)
- Organ meats / liver extracts etc. for organ regeneration
- Fermented foods and beverages
- Juices

Bad foods:

- Sugar and artificial sweeteners
- Oxidized lipids
- Excess UFAs
- Trans fats

- Processed food

## Sensory Integration Techniques

The brain is a massive interconnection matrix. Stress patterns resulting from the Autism Cascade, create developmental barriers.

Sensory Learning that often dramatically stimulates regeneration and brain reconnection to accelerate normalization of speech, motor, and cognitive performance.

## Alkoxyglycerols

Alkoxyglycerols are toxin mobilization agents that fully wrap heavy metals. Wrapping protects liver and kidneys from damage during excretion.

Wrapping enables very rapid and safe removal of toxins with an oral protocol.

Many kids like the flavor of Alkoxyglycerols and voluntarily chew the capsules, or prefer drops.

## Magnesium Agents

Magnesium is a mineral depleted as part of any stress. It fuels metabolism and detoxification many different ways.

It is available through different administration routes because the body absorbs it any way possible:

- Oral / EPL Magnesium Chloride
- Oral / Magnesium Chloride
- Oral / Magnesium Thiosulfate
- Dermal / Dermal Magnesium
- Bath / Magnesium Baths
- Ionic Foot Bath / Magnesium in Ionic foot baths

## Nutrient/Energetic/Detox Tools Defined

Nutrients are substances:

- Enable or modulate healing by providing building materials;
- Aid detoxification by binding toxins for elimination;
- Aid optimal metabolism, like oxygen.

Energetic that use non-nutrients to influence healing at a cellular or systemic level.

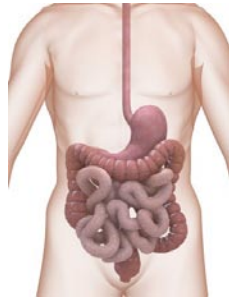
A Detox Tool aids in elimination of any substance which interferes with metabolism.

## Tool Categories

As an aid, this list integrates a few new tools and puts others into a bucket.

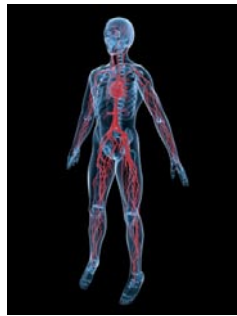
### Gut Repair

- Liver flow Aids / Detox / Liver supplements, Silymarin, AlphaKetoGlutarate
- Gut regeneration aids, lipids and polysaccharides, fresh aloe, etc.
- Probiotics to restore gut flora
- Unsaponifiable extracts of tissues enable targeted tissue healing.



### Revascularization

- PEMF to open vasculature, mobilize stem cells, and aid in terrain preparation
- ePads to inhibit local pathogens and manage inflammation, gut, etc.



### Stem Enhancement

- PEMF to aid stem cell release after
- [Stem Enhance](#), or equivalent, after terrain preparation to accelerate release of stem cells;
- Herbs to aid liver regeneration and



- other metabolic processes
- Foods wherever possible to aid
  - Lipids/salts/biological

### Detox

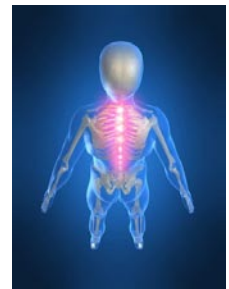
- Liposomal Myers cocktails
- Ionic foot baths to release lymphatic toxins
- IR Sauna to aid detox through skin
- Dermal magnesium to supply magnesium to chelate urea toxins

### Oxygen Metabolism

- Hyperbaric to optimize plasma and hypoxic area oxygenation
- DMSO for localized inflammation
- DMSO as an oxygen delivery vehicle support of ischemic tissue
- DMSO as a dermal delivery vehicle for other substances to aid recovery of ischemic areas

### Structural/Spinal

- Chiropractic to support neural / spinal connections for organ function
- Lymphatic massage
- Acupuncture – (PEMF on acupuncture series to stimulate correspondent regeneration)



### Evaluation

- Thermal camera to gather data on blood flow before/after areas and assess therapeutic response to treatment ischemic regions;
- EEG / before after to record brainwave patterns shifts during therapy;

- Before/after PET scan to document vascular and activity pattern shifts in the brain;
- Before/During/after motor and cognitive evaluation on video;

