



## Homeopathy Heals

### HAS YOUR CHILD JUST BEEN DIAGNOSED? HERE ARE A FEW TIPS

1. **Research, research, research!** All the info I got from the doctors who diagnosed my son, was a leaflet that explained how autism is a “life-long condition with no cure”. There was no mentioning of any scientific research, follow up on the diagnosis, prognosis, nothing.

So I started to research using internet and found really good books to read:

*The Age of Autism BY Dan Olmsted*

*The Son Rise Programme by Raun Kaufman*

*The Gut and Psychology Syndrome by Dr. Natasha Campbell*

*The Impossible Cure by Amy Lansky*

*The Autistic Brain by Temple Grandin*

These are some of the books I read that really made an impact on me and made me realise that, contrary to what your doctor told you, there is A LOT of things you can do to help your child!

2. **Are behavioural therapies useful?** My answer is: probably, but do not think that is going to be the answer. In my case, the Speech and Language therapist gave up immediately, because my son was not speaking due to his autism, not due to some physical impediment, like tongue tied or something like that. Therefore, in her mind, she would have been wasting her time. No Occupational Therapy or ABA was offered to us. In hindsight, it was a blessing, because it made me more determined to find my own way to help my child and that worked better than relying on other people.
3. **Autism is a medical condition.** This is something that many medical doctors recognise now. However, family doctors and schools still treat autism like a psychological condition and call the school psychologist or even psychiatrists to help with symptoms. Autistic symptoms are the visible outcome of physiological imbalances. This is why behavioural therapies are not the (only) answer. Stimming, hand-flapping, lateral eye-gazing, echolalia, tantrums, these are all the outward expression of what is going on inside your child. If your roof is leaking and dripping water on the floor, you can put buckets around the room to catch the water but that won't fix your roof! In the same way, therapies that target the symptoms without tackling the root causes is like rushing to place buckets under that leak and the other leak, without looking at the roof to see where the damage came from in the first place.
4. **The gut-brain connection.** This is another fairly well- established medical discovery, however, family doctors and GP's seem to be the last to get the memo. Over 90% of children on the autistic spectrum have some degree of gut issues: constipation, diarrhoea, restricted diet, food aversions, stomach ache and so on. Even if your child doesn't seem to have any GI issues, I promise you, they are there. My son was never constipated and never seemed to



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have any issues, however, when I started working on his gut, his speech took off and his behaviour improved! About 80% of our immune system is in our gut. Therefore, the gut is a pretty important part of our body and we should pay more attention to it. The gut is also called the “second brain”, because the guts sends out the “signals” to the brain in order to function. In fact, some doctors argue that the gut is the “first brain”! If you think about it, even people who take anti-depressants or anti-psychotic drugs, drugs that act on the chemistry of the brain, need to swallow the tablets and where do you think they go first? Exactly. The stomach will have to process those drugs first and then send the signals up to the brain to do what they are supposed to do.

5. **Look at your child as a whole person, not a symptom.** I get asked all the time: “My child cannot sleep at night, I need something to make him sleep!” or “Is there something to help my child speak?” or “I need something to calm my son down, he has ten tantrums a day!” Unless you are prepared to “sedate” your child every night to make him sleep or stop acting out (and if you are reading this, I know you are not) there is nothing out there to target specific symptoms and it is not the way healing autism (and healing in general) works. It’s like the leaking roof metaphor I was using earlier. You need to look at the root causes of the symptoms and in order to do that, you need to look at your child in a holistic way: as a whole person.
6. **The toxic load.** Our kids are toxic. Autism does not have one cause, but multiple causations that create a perfect storm in your child’s body. DNA tests show that most children on the spectrum have single or double genetic mutations in one or more genes responsible for the natural elimination of toxins. We are all exposed to a variety of environmental toxins every day. A healthy immune system is capable of eliminating most of these toxins. Our children’s immune system cannot cope with all the toxins in the air, in the food, in pharmaceutical drugs and so on. All these toxins accumulate in the gut (liver, stomach, intestine). You may have heard the expression “leaky gut” and it is the reason why many children have a physical reaction to things like gluten or dairy or sugar. Believe it or not, this condition affects things like speech, behaviour and cognitive skills.
7. **How to lighten the toxic load.** Look around your home and see how many chemicals you use every day. Chemical cleaning products, laundry detergent, hand soap, toothpaste...then look in your pantry: packaged food, fizzy drinks, frozen ready meals...I am not asking you to put everything in the bin right now and change your lifestyle overnight. You can make small incremental changes every day. I use steam to clean my floors, lemon and vinegar to clean the kitchen and natural, eco-friendly, fragrance free products for everything else.
8. **Why probiotics and supplements don’t work.** Many parents tell me they have been giving their child probiotics and vitamins for months and haven’t seen any benefits. Why is that? As one holistic therapist told me when I asked him the same question: “you need to take stuff



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out before you can put stuff in. “ Your child’s system is already overburden, brimming with toxins. Throwing more stuff, albeit good stuff like vitamins, will not make the slightest difference. It’s like stuffing your face with junk food all week and then have a salad at weekends. Is that going to make you healthier?

9. **Detox, what detox?** Detoxing is the priority to start healing. There are different methods out there and I have tried most of them. My criteria is that detoxing must be natural, gentle and effective. Homeopathy is the best method I found that ticks all the boxes and that is what I offer to my patients. All other biomedical methods are too aggressive and cause serious aggravations. If you already have a child with sleep issue or aggressive behaviour, you definitely do not want to make things worse, even for a short period of time. It is too disruptive. Some therapists will tell you that it is a “good thing” to have a “detox reaction”. As a parent, I tend to disagree, as I have to live with a child who is feeling and acting worse and who needs the stress? Why should your child and the whole family suffer if there is a more gentle way?
  
10. **The power of nutrition.** Food is medicine and we should look for medicine in our food first of all. I put nutrition as my last point, because in my experience, once your child is free of toxins and the gut is repaired, it will be much easier to introduce a healthy diet than if you had tried putting your child on a strict diet from the start. It is important that the whole family follows the same health plan, which, by the way, will benefit everyone, so it’s a win-win.