Lost and Found

Natural Solutions For Autism Spectrum Disorder

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Lost and Found:
Natural Solutions for Autism Spectrum Disorder
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Lost and Found:
Natural Solutions For
Autism Spectrum Disorder

Many of the ideas in this book are contained in my trilogy Staying Focused In A Hyper World; Natural Solutions For ADHD, Memory and Brain Performance. In this book I focus mainly on ASD, which in some ways is like ADHD but it has additional challenges. These children have lost their way. With the natural solutions presented in this book they can be brought back and be found.

In my healing center for ten years we were able to heal many cases of ADHD and ASD to various degrees. Since that time, with more research, more discoveries have been made, and the results have dramatically increased. To heal both ADHD and ASD we must first know the cause. Then, by treating the cause, the condition can be healed.

But no one seems to know what causes ASD or ADHD. There are now thousands of studies showing the many contributing risk factors but
still the real cause has not been articulated. Both ADHD and ASD have been linked to the following conditions and more:

- Low lithium levels
- Low glutathione production
- Low energy production
- Low iodine levels
- Accumulated toxicity and heavy metals like mercury, aluminum, lead and cadmium
- Indigestion
- Irritable bowel and candida infestation
- Vitamin and mineral deficiency
- Hormonal imbalance
- Stress
- High testosterone levels
- Viral infection
- And more....

While this list is helpful it doesn’t explain why suddenly in the last thirty years rates of ASD have mysteriously surged creating a new epidemic. While there are many contributing factors, one single cause has not been clearly articulated. No wonder ASD is so challenging to heal. It some way, almost every system and organ in the body has been compromised and we don’t know why.

A second look at this long list can actually reveal the true cause of both ADHD and ASD and all mental dis-ease. Each of the above conditions
creates one specific condition in the brain. This condition is oxidative stress. It is the link between all of the reported risk factors. Each of the conditions linked to ASD directly cause oxidative stress. This increased oxidative stress then creates more of the conditions listed above.

It is the perfect storm causing a compounding chain reaction in the brain. As the increase of oxidative stress hits a particular tipping point ASD sets in. By focusing primarily on putting out the fires of oxidative stress in the brain the journey of healing ASD becomes doable.

**Oxidative stress is the one condition that causes ADHD and ASD.**

Each of the known risk factors for ASD create oxidative stress in the brain. Then this oxidative stress goes on to create any or all of the other conditions on the list. As new risk factors are created more oxidative stress is created. It is an endless cycle.

Unless you can first stop the oxidative stress, treating each of these symptoms can be hit or miss. Sometimes supplements can help a particular risk factor but still the ASD is not healed. Understanding how to directly reduce oxidative stress along with the use of well-tested natural supplements can produce more consistent results.

Increased oxidative stress has the greatest impact in the womb and in young children because it derails the brains ability to develop normally. Just as a pot of water begins to boil when the water reaches a set temperature, at certain point increased oxidative stress gives rise to childhood developmental challenges.
When oxidative stress is moderately high, a child may have ADHD symptoms but when it reaches a peak point, symptoms of ASD begin to show up. When there is a surge in oxidative stress, possibly caused by the high exposure to aluminum from vaccinations or simply the dramatic shift in hormone production which occurs in all children around two years old, the development of ASD is accelerated and exasperated.

**When there is a surge in oxidative stress**

**the development of ASD is accelerated and exasperated.**

Taking supplements, special diets and specific therapies have repeatedly proven to reduce oxidative stress and dramatically reduce the symptoms of ASD. In many cases, these suggestions have completely healed the chronic oxidative stress responsible for ASD and a host of other conditions. With younger children the results are faster is because less damage has been done. At all ages dramatic improvements can be achieved.

With ASD compared to other developmental challenges there are more body systems that need to be supported and therefore more supplements are needed. In this short e-book we will only explore the most significant causes of oxidative stress relevant to ASD because they may occur in the womb or in the first few years of life. For more information regarding the many causes of ADHD, memory Loss and inhibited brain performance read Book One of *Staying Focused In A Hyper World*.

**When more body systems need to be supported,**

**more supplements are needed.**
Because the suggested supplements are mainly concentrated extracts from foods, berries, tubers and minerals with no side effects there are no exact dosages required. All suggestions are approximate. However, as with any food, vitamin, or mineral more is not necessarily better. Taking two to three times more than the suggested doses can cause discomfort and interfere with your child getting the best results.

Depending on the size of your child you can easily adjust the dosages. The suggestions are all approximate and refer to a child weighing between 50 and 100 pounds. For children 25 to 50 pounds cut the dose in half. For teens or adults above 100 pounds you may double the dose.

Depending on the severity of your child’s symptoms you may need to lessen the dosages. Sometimes, the detoxification of heavy metals or candida is too quick and the child will feel uncomfortable. At these times, it is best to back off for a few days and then begin again with smaller doses. Some parents choose to slowly introduce new supplements to evaluate the results. This can work as well. Less is much better than nothing at all.

**Some parents choose to slowly introduce new supplements to evaluate the results.**

In the list of supplements to heal the various body systems that give rise to the symptoms of autism, I have suggested many super foods and a variety of important supplements. Reading over this list at first can be overwhelming. That is why I have not included in-depth explanations for each suggestion. For more information on each supplement you can go to
MarsVenus.com for a short video from me explaining it’s purpose, function and benefit.

Autistic children often resist eating because they have impaired digestion. In many cases a liquid diet for a month or longer is actually preferable to solid foods. The digestion needs a good rest. After a month you can begin to introduce dairy free, gluten free, soy free solid foods. With this program you will see dramatic results within days.

It is even more effective to go on this liquid diet for several months and very slowly introduce eggs, chicken, fish, white basmati rice or wild rice, butter, and cooked vegetables. In the beginning, while introducing solid food again, avoid all dairy (except butter), soy, gluten, starches and grains. You could also follow any of the other elimination diets that have proven to help children with ASD.

It is much easier to digest a nutrient dense liquid diet. Once a child has chronic oxidative stress, they are unable to properly digest solid food. Undigested food is more devastating than a stomachache, constipation or diarrhea; it directly leads to more oxidative stress in the brain.

**Undigested food it directly leads to more oxidative stress in the brain.**

To first step is to provide concentrated nutrition to the brain without producing more oxidative stress. That is why a liquid diet is so important. This particular liquid diet is so nutritious that a child will not be hungry for more food. If your child is still hungry on this liquid diet, you can easily combine it with any of the elimination diets.
Ideally an autistic child should stay on the liquid food diet for at least a month. The immediate positive behavioral changes that occur by combining this liquid diet with supplements will shock you. Within days you will see tremendous improvement for your children.

For better results, they can stay on the liquid diet for many months as you gradually add into their diet more solid foods. With each additional food take notice of how it affects your child. If you experience a setback then simply remove that food for a longer period of time.

This liquid diet is particularly easy for an autistic child to digest, assimilate and then eliminate toxicity and waste. Every child is different so parents may need to make adjustments in the special drinks to make them more palatable for their children.

Parents should also test all the products first for themselves for a week and then gradually introduce the supplements and drinks to their children. Anyone can benefit from this program but especially autistic children. For this to work best everyone in the family needs to participate and all will benefit. It lower everyone’s stress levels. Although a stressed out parent certainly doesn’t cause ASD but it doesn’t help either.

**A liquid diet is particularly easy for an autistic child to digest, assimilate and then eliminate toxicity and waste.**

It may be that one of the drinks is not palatable to a child at first. If this is the case replace the drink with one of the other drinks. As the nutrition from any of the drinks gets utilized a child may become more willing to try all of the meal replacement drinks at the suggested times during the day.
Giving your autistic child five capsules of different supplements before breakfast, lunch and dinner can at first seem like a daunting task but it becomes easier. For most parents, giving five capsules at a time is doable. Only five capsules are needed because many other necessary nutrients can be taken in a liquid form. These liquid nutrients are included in the three different liquid meals.

For most parents, giving five capsules at a time is doable.

The first liquid meal at breakfast is a cleansing drink to start the day along with five capsules and a chewable multi-vitamin. The capsules can be opened and added to the drink. The second liquid meal, at lunch, is an alkalizing green smoothie and five capsules added to the smoothie. The morning cleansing drink is repeated again in the afternoon for a snack with a chewable multi-vitamin. The third liquid meal at dinner is a dairy free super food protein shake with five capsules added in the mix. A total of four special drinks, two chewable multivitamins, and 5 capsules three times a day is required.

With the extra support from this nutrient dense, liquid diet, oxidative stress in the brain is reduced and an autistic child can begin to heal the liver, brain and digestive system. Rapid positive changes can be expected to occur in a matter of weeks. To accomplish this feat you will also need a good blender to make your healthy super food drinks, smoothies and shakes.

This extra nutrition will provide the building blocks for the brain to heal but it not enough. Specific therapies directly targeting oxidative stress in the
brain are also needed. By reducing the load of oxidative stress the body can begin to the repair the various causes of oxidative stress.

**By reducing the load of oxidative stress the body can begin to the repair the various causes of oxidative stress.**

In addition, you must also minimize your exposure to various sources of oxidative stress. If I offered you a sure-fire natural solution for a headache, it will not work if you keep hitting yourself in the head with a hammer.

Trying to heal oxidative stress without stopping those activities that produce oxidative stress is like trying to walk up an escalator that is going down. You keep walking up but you get nowhere. You may prevent the condition from getting worse or even reduce symptoms but you are not making real progress in healing the condition.
Chapter Two

Reducing Oxidative Stress In The Brain

Simply stated, the single cause of ASD is oxidative stress in the brain and a variety of organs; by reducing oxidative stress your brain works better. In the most basic terms, oxidative stress in the brain occurs when for many reasons there are too many free radicals in the brain and not enough antioxidants to neutralize them. All developmental challenges in the brain including ASD are the result of oxidative stress.

The single cause of ASD is oxidative stress;
by reducing oxidative stress you brain works better.

Most people are not yet familiar with the term oxidative stress and yet there are over 100,000 peer-reviewed studies on oxidative stress. Brain science can be very complicated but to apply these new discoveries to our practical lives it is important that we become aware of the basics. In Book One of Staying Focused in a Hyper World: Natural Solutions for ADHD, Memory and Brain Performance I explore the many ways we unknowingly
increase oxidative stress and what we can do to stop it. In this short e-book we will explore some of those causes that are most relevant to ASD.

Let’s first briefly explore the term oxidative stress in easy to understand terms. Every thought, emotion, and reaction in the brain requires energy. In this process of making energy free radicals are produced. When the body is out of balance these free radicals can lead to oxidative stress. Oxidative stress breaks down brain cells and inhibits brain function, development and growth. We cannot avoid free radical production in the brain but with the right antioxidants we can prevent oxidative stress.

**We cannot avoid free radical production in the brain but with the right antioxidants we can prevent oxidative stress.**

So what are free radicals and antioxidants? Most simply stated, free radicals are incomplete molecules looking to bond with a stable molecule. Antioxidants are special stable molecules with extra electrons to bond with free radicals. Both are needed for the body and brain to develop and function in a healthy manner.

Free radicals however have an undeserved bad reputation. The idea that free radicals are dangerous is not true. It is oxidative stress that causes damage to brain cells and not free radicals. In normal conditions, free radicals signal the heart to beat faster to regulate blood flow. After the signal is sent or their job is done, free radicals are then neutralized by antioxidants. Free radicals are even produced by a healthy immune system to break down dead cells, injured cells, and mutated cancer cells.

Free radicals and antioxidants work together in various ways to sustain good brain health. This process is a little like dating. When their job
is done, these incomplete molecules (free radicals) seek out other molecules containing electrons to bond with and live happily ever after. This works out fine as long as there are plenty of antioxidants with extra electrons to bond with.

Like the dating process, free radicals seek out other molecules containing electrons to bond with.

Today, blueberries have a rock star reputation among fruits for fighting cancer and reducing age related memory loss. Why? Because they are great antioxidants. A bowel of blueberries every other day has proven to dramatically reduce your chances of getting cancer or developing heart disease. According to USDA studies, wild blueberries have the highest antioxidant potential compared with over 20 other fruits. Other studies show that eating blueberries can improve memory, learning and general cognitive function while providing protection against disorders such as Parkinson’s and Alzheimer’s disease.

A blueberry is a great antioxidant because it is both stable and it has an abundance of extra electrons to bond with free radicals. But good foods like blueberries with extra antioxidants are not enough. The body also needs the right nutritional support to make it’s own more powerful antioxidants. Without enough internally produced antioxidants, free radicals cause oxidative stress, which can then disrupt a living brain cell and inhibit normal brain development and function.

Oxidative stress disrupt a living brain cell
and inhibit normal brain development and function.

Oxidative stress affects everyone at all stages of life. The same oxidative stress that causes ADHD and ASD also causes dementia and Alzheimer’s disease in the aging population. Infants and toddlers are just affected more. In our first years of life, the brain develops at a much more accelerated pace. When this development is derailed by oxidative stress the outcome is much more sudden than the gradual development of Alzheimer’s disease.

Exposure to increasing levels of oxidative stress takes longer to injure the brain of an already developed brain. The same amyloid plaque, which is found in Alzheimer’s patients, is also found in children with ASD. One in two seniors over eighty-five are diagnosed with Alzheimer’s disease. Oxidative stress is not only causing an epidemic of mental illness in our children but for the aging population as well. If you live long enough unless you reduce your levels of oxidative stress Alzheimer’s disease is inevitable.

The most important internally produced antioxidant is a specific protein called glutathione. All ASD children have high levels of oxidative stress and extremely low levels of glutathione. But, the solution for ASD is not as simple as taking glutathione. It can help but the real solution, once chronic oxidative stress has set in, is to apply a wide range of solutions to reduce oxidative stress while also assisting the body in making it’s own glutathione. It is better to make it than to simply take it.

Children with an inhibited ability to make internally produced antioxidants are at a much greater risk of having ASD.
Energy production is not the only cause of free radicals. Every second the brain is being bombarded with extra free radicals caused by nutritional deficiencies, junk food, environmental toxicity, mercury and other heavy metals, prescribed drugs, and even over-the-counter drugs. If these extra free radicals are not stabilized by an abundance of internally produced antioxidants then oxidative stress increases.

The biggest problem with these sources of extra free radicals is that they inhibit the body’s ability to make the necessary glutathione. Either they deplete glutathione levels or even worse they directly stop the production of glutathione. In the case of a child with autism, a major risk factor is the inability to make glutathione during the gestation period and after birth.

**A major risk factor for autism is the child’s inability to make glutathione during the gestation period.**

A reduction in glutathione dramatically increases a child’s vulnerability to oxidative stress, which derails the brain’s normal development. Unable to generate enough glutathione, oxidative stress is produced in the baby while in the womb. This make the fetus more vulnerable to the extra free radicals the mother is exposed to.

To different degrees all mothers today are overexposed to chemical toxicity, heavy metals, stress, over-the-counter drugs and high blood sugar. Increasing free radicals and decreasing glutathione levels set the stage in the womb for ASD as well as other less severe challenges like ADHD or learning disabilities. One out five boys is now diagnosed with ADHD while one out six children suffer from learning disabilities.
Studies indicate a mother’s health while pregnant has been linked to autism risk. In one study, mothers who were obese, had high blood pressure or diabetes were twice as likely to have a child with ASD. High blood pressure, diabetes and obesity are only a few of the conditions that inhibit the body’s ability to make glutathione. The biggest factors that inhibit both the mother and her baby’s ability to make glutathione are high and low blood sugar levels, fever-suppressing drugs, painkillers and other over-the-counter drugs, prescribed drugs and aluminum toxicity from antacids.

Over 85% of women use some medication during pregnancy and during the period of breast-feeding. Over 50% of women during pregnancy use analgesics. These painkillers are all known to suppress the body’s ability to make sufficient glutathione. Since 1980, the year autism rates began to soar; the sales of Tylenol also began to skyrocket. Acetaminophen, the active ingredient in Tylenol is the most powerful glutathione suppressor of all. Tylenol is the number one biggest selling over-the-counter drug in America.

**Painkillers are all known to suppress the body’s ability to make sufficient glutathione.**

In another study, children of mothers who had a fever during pregnancy for a week or more (and most likely used Tylenol to treat the fever) had a threefold risk of being diagnosed with autism. One could easily misinterpret this study and conclude that they should take flu vaccination to avoid having a fever. The problem is not the fever. It is suppressing the drugs used to suppress the fever. In later chapters we will explore the effects of acetaminophen in greater depth.
In summary, there are three basic steps to reduce oxidative stress and improve brain function. They are:

1. Decrease our exposure to extra free radicals.
2. Increase our production of antioxidants.
3. Eat more foods rich in antioxidants.

**Oxidative stress results when we have too many free radicals and too few antioxidants.**

Before we move to focus on healing ASD, lets do a quick review of what causes ASD. Oxidative stress in the brain gives rise to the symptoms of ASD in some children but a host of other mental symptoms in others like ADHD, depression, anxiety and compulsiveness. This one condition, oxidative stress, inhibits all aspects of brain performance. When a child is exposed to high levels of oxidative stress their risk of ASD increases.

The many symptoms of oxidative stress in children go beyond distraction, restlessness and impulsiveness in the classroom. Every year more children experience the symptoms of ASD. If you live long enough, oxidative stress leads to dementia, Parkinson’s disease or Alzheimer’s disease.

**If you live long enough, oxidative stress leads to dementia, Parkinson’s disease and Alzheimer’s disease.**

The rising statistics measuring ASD and ADHD in children are shocking. ADHD is diagnosed in 10% of American children. More than half of these children are diagnosed before 6 years old. Many more children
have the same oxidative stress but it shows up differently from the standard ADHD symptoms.

High degrees of oxidative stress give rise to ASD while lesser degrees gives rise to anxiety disorders, learning disorders, sensory disorders, mood disorders, compulsive disorders and the many symptoms of ADHD in other children. One out of six children today have some learning disability.

Besides children, adult symptoms of oxidative stress are also rampant and mostly go undiagnosed. This epidemic is real. In 2012, the CDC reported that one out of 42 boys had symptoms of ASD. Fortunately, with a new understanding of what is causing it, the condition can be healed and the problem can be solved.
Chapter Three

Can ASD Really Be Healed?

Yes and No.

Many experts say ASD cannot be healed. However, in my experience, the condition that creates ADHD can be healed. This one condition as mentioned before is oxidative stress. This condition is not a disease but it causes injury in the brain and can prevent normal development. Once it is healed then the brain can begin to develop as it is designed to do. The body’s ability to adapt is miraculous.

With a deeper understanding of the hidden causes of oxidative stress you hold the key to determining the natural solutions for healing this condition. In the long run, treating the symptoms of ASD is not the answer. Instead we need to stop oxidative stress and help the brain repair itself.

Healing is natural and it can happen automatically when you address the cause.

When oxidative stress occurs in the brain, an infection results. It is similar to cutting a finger. Very quickly, your finger begins to swell up and
turn red. This inflammatory response is your body’s healing reaction to infection. If you protect your finger and keep it clean then it quickly heals and returns back to normal. If it is not protected, then the infection gets worse. An infection in the brain can last a lifetime without the correct support. Unless the infection heals, brain development is derailed and normal function is impaired.

**Unless infections in the brain are healed,**

**they can last a lifetime.**

Oxidative stress can come from obvious causes like a fetal trauma or a mild concussion produced by induced labor, but it also results from less obvious causes from the mother during pregnancy like high blood sugar, stress hormones stimulated by a traumatic event or accident, toxicity from chronic constipation, known neurotoxins like MSG, non-symptomatic Lyme disease, stimulant drug use, fever and pain suppressants like aspirin, Advil, Motrin and most significant is the acetaminophen in Tylenol.

Each of these causes of contributes to oxidative stress to different degrees and in different ways. ASD, the most extreme symptom of oxidative stress, can be directly correlated with using Tylenol before or after receiving vaccinations. Tylenol suppresses glutathione production, which is necessary to protect the brain from free radical damage. All children with ASD have extremely low levels of glutathione.

**Vaccinations, Fever and Brain Injury**
The widespread use of Tylenol began in 1980 when doctors warned parents to avoid aspirin for children. Each year since that time, children have received increasing numbers of vaccinations, which contain the neurotoxin MSG, toxic formaldehyde and toxic heavy metals like mercury and aluminum. In 1980, only 1 child in 10,000 was autistic. In 2012, 1 out of 42 boys born in the USA were diagnosed with ASD.

Less shocking but even more dramatic, every year more children are diagnosed with ADHD. The number has increased five times in the last ten years and is still increasing. One out of 5 boys and one out of 20 girls has been diagnosed with ADHD. Discovering the hidden causes of oxidative stress can stop this epidemic.

One out of 5 boys and one out of 20 girls has been diagnosed with ADHD.

I have suggested for years that it is not only the vaccinations that primarily cause brain injury, but also the fever suppressants that are taken immediately before or after. To various degrees, the brain can protect itself from the MSG, mercury, aluminum, formaldehyde and other toxins in the vaccination if you don’t suppress the fever.

A variety of peer-reviewed studies at Pubmed.com reveal the shocking relationship of acetaminophen and autism. In Cuba, they use the same schedule of American vaccinations but over the last thirty-three years, there has been no increase in autism. Unlike the US, Tylenol is not available over-the-counter in Cuba and their doctors do not prescribe it for reducing fevers after a vaccination. They understand that a fever is not
dangerous but is needed to activate both the immune system to fight off pathogens and the body’s ability to make antioxidants.

In Cuba, they use American vaccinations but there has been no increase in autism.

Acetaminophen in Tylenol suppresses the body’s ability to make the necessary antioxidants to neutralize the free radicals produced by the neurotoxins contained in vaccinations. In America, many doctors even recommend using Tylenol before the vaccination to avoid the fever. In the US, when Tylenol sales dropped temporarily in 1982 and 1984, autism rates also temporarily dropped.

These statistics help reveal the hidden and most potent cause of oxidative stress in history. With this insight we can now understand why vaccinations do not cause ASD in all children. Vaccinations are only a part of the equation. The fever suppressant that prevents the body from protecting itself from the toxic ingredients in the vaccination is the real cause. Increased toxicity in a child increases the risk of ASD and the use of acetaminophen provides the final blow.

Suppressing a fever is the main cause of brain injury.

Tylenol is particularly significant because it greatly inhibits your liver’s ability to make glutathione, the body’s master molecule needed to protect the brain from free radical injury. All pain pills, over the counter and
prescribed, are toxic to the liver and to different degrees either inhibit the production of glutathione or deplete levels.

The relationship between fever and autism is gradually being recognized. Some parents of autistic children have noticed symptoms temporarily go away when their autistic child gets a fever. Fever is your body’s main defense against infection. Suppressing a fever with over the counter drugs is one of the main causes of chronic infection in the brain.

Parents of autistic children have noticed symptoms temporarily go away when their autistic child gets a fever.

Even mainstream experts are finally in agreement that a fever of up to 105 can do no harm to your brain and clearly can help fight infection. Unfortunately, doctors still routinely recommend Tylenol to lower a fever. Let your doctor know they should update their training and stop recommending fever suppressants. If they refuse, find a holistic doctor or homeopath that will listen to reason and the research. A variety of ways to naturally soothe a child with a high fever are freely available online with a simple search.

Primary and Secondary Causes of Oxidative Stress
When we consider oxidative stress, we must recognize that the primary cause produces extra free radicals but the secondary cause is what prevents glutathione from being produced. Every moment the body makes millions of free radicals. If you prevent the body’s defensive reaction to excess free radicals, then a firestorm of oxidative stress injures the brain.

MSG exposure, stress, and high blood sugar levels dramatically increase oxidative stress, which in turn damage parts of the brain. This suppressed growth causes overgrowth in other parts of the brain. Studies report that children at age 1 with ASD have faster brain growth in certain parts of their brain and generally have larger brains. The loss of brain cells due to oxidative stress stimulates the brain to grow faster. In a similar way, when you stress your muscles they too will grow back bigger and stronger.

Fever suppressants and pain pills like Tylenol combined with our increased exposure to environmental toxins along with vaccinations sets up the condition for massive oxidative stress. Like a wildfire, started during a long, hot drought, once it starts it is hard to be put out.

**Like a wildfire, started during a long, hot drought, once oxidative stress starts, it is hard to be put out.**

The body’s ability to protect the brain from oxidative stress is severely compromised with the widespread use of vaccinations and exposure to toxins combined with common use of acetaminophen. Other pain pills like aspirin, Advil and Motrin lead to leaky gut syndrome or increased intestinal permeability. With leaky gut undigested proteins and toxins leak into the blood stream triggering autoimmune reactions, infections and inflammation, which also deplete the body of glutathione.
Symptoms of leaky gut syndrome include abdominal bloating, excessive gas and cramps, fatigue, food sensitivities, joint pain, skin rashes and autoimmune diseases. A significant percentage of children with autism have increased intestinal permeability.

Once you understand the different causes of oxidative stress it becomes obvious why some natural solutions can produce amazing and immediate results while others may be less effective. Natural solutions can heal the brain, but if you continue to injure the brain with oxidative stress, the solutions will not work.

**How To Heal The Brain**

Healing happens automatically when the right conditions are set. You need both the correct support and to avoid those things that cause injury. If you have a broken bone, it will not heal if you do not reset it and then protect it with a cast. Likewise, with the brain, we must provide it with the right support and protect it during the temporary healing process.

**You cannot heal a headache if you keep hitting yourself in the head with a hammer.**

The healing process of the brain is similar to other better-known processes of healing in other parts of the body. Like treating a broken bone, healing the brain has a beginning and an end and sometimes you get an even better result. For example, if you break a bone, it grows back in
two months and it may even grow back stronger. If you heal the brain, it too may grow back stronger.

**If you heal the brain**

**it may even grow back stronger.**

Let’s use the requirements for healthy bone healing as an analogy for brain healing since bone healing is presently more understood in the medical community. By exploring the well-established processes that influence automatic bone healing we can get a better perspective on how to support the automatic healing of our brain. A few of the many conditions that affect bone healing are listed here:

- A broken bone will not heal if you don’t have enough calcium and other minerals.
- Even if you have enough calcium, without vitamin D, healing will not happen.
- If you don’t get enough sunshine (without sunblock) you will run low in vitamin D. Even if you have enough calcium, your bones will not heal without enough sunshine or at least vitamin D rich foods or vitamin D supplementation.
- If you get plenty of sunshine but you don’t have enough omega-3 fat in your diet, you will not make enough Vitamin D.
- Even if you have plenty of sunshine to make vitamin D but you drink soft drinks or diet drinks, your risk of bone fracture dramatically goes up. (This is probably the result of phosphorous in soda.)
• Too many packaged snack foods, which commonly contain vegetable oil (which is high in omega-6), suppress the effectiveness of omega-3 to make vitamin D from sunshine. Without this omega-3, even with plenty of sunshine and calcium, your bones will not heal.

• Even if you cut back on vegetable oils and increase omega-3, if you have high blood sugar, your body cannot benefit from the omega three.

This list can go on and on but it makes the point. By understanding the many factors that support bone growth, in addition to the many factors that inhibit it, we can greatly facilitate the body’s natural healing power.

**Understanding the many factors involved in healing can assist us in applying natural solutions.**

After considering these factors, we would have the insight and motivation to take calcium and other mineral supplements, get plenty of sunshine and omega-3 to assist bone growth. In addition, we would cut back on packaged foods with vegetable oils, soft drinks, artificial sweeteners and foods that raise blood sugar so as not to interfere with the healing process.

In a similar way, by understanding the factors that affect oxidative stress, you can restore normal brain function. Just as taking Tylenol to reduce fevers has caused oxidative stress, inducing fevers can reduce oxidative stress and help the brain heal.

In Book One of Staying Focused In Hyper World we explored the fifteen major causes of oxidative stress. But to heal ASD the most
important condition to first heal is the oxidative stress caused by Acetaminophen. The most powerful therapy to heal this oxidative stress is called HT Therapy.
Chapter Four

HT Therapy for Healing Oxidative Stress

HT therapy for reducing oxidative stress combines hydrotherapy, the use of mineral waters, along with hyperthermia, the use of heat, to induce a low fever in the brain. HT Therapy stands for hydrothermal therapy.

HT Therapy for healing oxidative stress in the brain originates in Germany, a country well known for respecting the healing power of spa treatments. For example, even today German health insurance gives heart disease patients a choice: they can receive drugs for heart disease or they can take a two-week trip to a German spa for hydrotherapy. Both have been proven to help, but unlike the drugs, the spa has no negative side effects.

For treating heart disease, health insurance in Germany pays for spa treatments.

This ancient German HT Therapy is the most powerful therapy available for oxidative stress and yet very little clinical research has been done on it. Because it can be easily self-administered and done at home,
there is not enough profit for the business of healthcare to support peer-reviewed scientific research. In my Mars Venus Wellness center, for ten years we used it extensively. When combined with extra nutrition, HT Therapy produced tremendous benefits for nearly every health challenge.

**Because HT Therapy can be easily self-administered and done at home there is little research to validate its benefits.**

Recently, in 2013, one clinical study was done with 40 Autistic children. Researchers found just one 30-minute bath, at 102 degrees, helped soothe the symptoms of autism and made the children more sociable. It improved their ability to communicate and made them less prone to repeating the same action over and over. What is most significant in this study is that these changes did not occur when the bath was only a few degrees cooler at 98 degrees. A hot bath worked while a warm bath did not. This study shows only a fraction of what can be done with a bath treatment if it is done consistently every other day for three months.

**This study shows only a fraction of what can be done with HT Therapy every other day.**

Hundreds of years ago, hydrothermal therapy was called “the cure when nothing else worked.” It involves taking a bath for an hour, lying down on your back with your face above water but with the rest of your head underwater. While maintaining this position, the water temperature is gradually increased so that during the last 20 minutes, the water
temperature is around 103 degrees Fahrenheit. This water temperature generates a low fever in the brain to stop bacterial and viral infections and thereby lower oxidative stress.

**Hydrothermal therapy was called**
“the cure when nothing else worked.”

During the first 20 minutes the water can be between 97 and 101 degrees Fahrenheit. During the second twenty minutes the water can be 101 degrees Fahrenheit or slightly above. In the last twenty minutes the water temperature is maintained at 103 degrees Fahrenheit. All temperatures and timing are approximate. In some mineral spas there are simply three pools; one moves from one to another spending about 20 minutes in each mineral bath.

With supervision, this can be done at home in a bathtub. Just add two cups of Epsom salt to the water. Even better add a cup of magnesium chloride to the bath. At other times add special clays known to facilitate detoxification. It is fine to occasionally sit up when it gets a little boring or if you wish to drink some cold water or hot tea. If your bathtub is not long enough to stretch out, then bend your knees.

This protocol is to be repeated every other day for three months. Keeping the head partially underwater allows the temperature of the brain to increase. This induced fever in the brain increases glutathione production and supports your immune system by reducing oxidative stress. During a fever, twice as many immune factors are released to heal infections in the brain.
During a fever,
Twice as many immune factors are released.

The process is completely safe for all ages and stages of life however, hot water therapy is not recommended when someone has a history of high blood pressure or Multiple Sclerosis (MS). For people with high blood pressure or MS this procedure can be done at lower temperatures.

Using this method for three months, I have witnessed the complete healing of one seven-year-old autistic boy. Even after a few days of this treatment at my wellness spa, parents of autistic children noticed tremendous and lasting improvement in their children. After ten years I closed the spa because parents could do the treatments at home with their children and didn’t need to travel to northern California. A TV documentary of this treatment was shown on the news in the San Francisco Bay Area.

Even without HT Therapy, fevers from sickness are very beneficial for the brain. For many years, mothers of autistic children have reported that during a fever, their children’s symptoms of autism have disappeared only to reappear after the fever is over. The symptoms come back because the infection has not been fully healed. More than 80% of children in one study of 30 children with autism spectrum disorders showed improvement in behavior during temperature elevations.

Even without HT Therapy, fevers from sickness are very beneficial for the brain.
The injury to brain cells caused by oxidative stress creates the ideal acidic condition in the brain for pathogens and germs to reproduce. These germs feed off dying tissue and rapidly replicate. This massive increase in germ reproduction is called an infection. The by-produce of an infection is more free radicals depleting more glutathione.

To stop an infection, the immune system sends T-Cells to kill the germs. These T-cells literally generate and spray out hydrogen peroxide to destroy the germs. The release of these free radicals generated by T-cells not only destroy germs but signals the infected cell to expand allowing easy entry for the T-cell to attack the germs. The cells literally expand. This expansion is called inflammation.

Without the necessary antioxidants to neutralize these free radicals when their job is done oxidative stress is produced. With more oxidative stress, brain tissues die and the germs begin to feast again and continue to reproduce. The result of this unending battle is called chronic infection and inflammation. This chronic inflammation also serves the purpose of building a wall around the infection to keep it from spreading.

**With more oxidative stress, brain tissues die and the germs begin to feast again continuing to reproduce.**

Fortunately, when there is an infection and the body runs out of antioxidants, the body has a backup system to stop these out of control fires of oxidative stress. The body creates a fever to raise the body temperature. Increasing the body temperature even a few degrees stops the cell division of pathogenic bacteria and the replication of viruses. In
addition, the body can then sweat out the various toxins and pathogens responsible for the infection.

The common use of medications to suppress fevers not only stops this natural healing process but it can also damage the autonomic nervous system which regulates body temperature and the body is unable to sweat out toxins or run a temperature when it needs to stop an infection.

The common use of medications can even inhibit the full effects of HT therapy. To different degrees with some liver damage caused by Tylenol or high and low blood sugar levels are limited in their ability to mobilize the body to generate a healing fever. One way to restore the body’s ability to generate a fever is taking hemp oil drops with no THC. Natural hemp with THC is called Marijuana. It is illegal in most states and is not recommended for children.

Natural hemp without THC is completely safe and legal in all states. Most stores now sell hemp protein powders that are free of THC. Hemp contains the active ingredient CBD. Concentrated drops of CBD oil are particularly beneficial for children with seizures or children who have repetitive behaviors or have difficulty communicating and making personal contact.

**Concentrated drops of CBD hemp oil are very beneficial for children with ASD**

CBD drops activate the cannabinoid brain receptor sites that are downregulated by Tylenol. To some degree, hemp oil drops are a practical antidote to the damage done by Tylenol. One child was having three hundred seizures a day. After years of trying medicines, which didn’t help,
with the use of hemp oil in one day the seizures stopped. She needs to continue using the drops. A friend of mine suffered for years from extreme tinnitus in his ears. In a couple of days it stopped. He also needs to continue using the drops but his life is totally changed.

CBD is completely safe and is being used more and more for children with ASD with great results. CBD activates the same receptor sites that Tylenol deactivates. CBD also increases the body’s ability to make oxytocin, which is often called cuddle hormone. CBD from hemp oil along with the recommended mineral orotates has helped many children with ASD become more social and interactive with others.

**CBD activates the same receptor sites that Tylenol deactivates.**

Doing HT therapy every other day gives your immune system the support it needs to finally lower oxidative stress. By raising the body temperature just a couple of degrees during the last 20 minutes, the bacterial pathogens are killed and viral pathogens are unable to replicate. This gives the immune system, which is already overtaxed, a rest from fighting pathogens. The result is more T cells are produced and glutathione levels increase. The increased sweating allows the body to remove toxic waste. This is particularly helpful for ASD children because their low glutathione levels severely limit their ability to detoxify through urine and bowel movements.

One of the problems with pathogens and chronic infection is that the internal battle to fight infections causes the immune system to make excess free radicals. Without enough glutathione, this results in chronic oxidative
stress. After just two weeks of practicing HT Therapy, many of my clients have reported tremendous clarity, calm and focus.

**HT Therapy can bring clarity, calm and focus even when only practiced a few times.**

Many people resist lying in a bath for one hour because they become too bored. An easy remedy for this is listening to music or an audio book using an underwater MP3 player and speaker. For more information about this go to FINIS Neptune Underwater MP3 player at Amazon.com.

Another remedy for overcoming resistance to this treatment is to follow the basic protocol with shorter times or watch a video while sitting up without putting the head underwater. The results will be less but they will be significant. With that improvement, you can gradually move into keeping your head underwater.

Even if you child is not willing at first to put their head partially under water to keep the heat in, they will still get tremendous benefit from simply sitting in the bath tub for one hour if possible. Make sure the last twenty minutes is at 103 degrees. When done at night before bed this can also help their sleep as well.

**When done at night before bed,**

**HHT can improve the quality of sleep.**

It is always good at first to have children start the therapy sitting up. Then after a few sessions as they become accustomed to sitting for an hour introduce the idea of lying back in the water.
There can be many variations of HT Therapy. Even taking a cold shower every day after your normal shower will increase glutathione production in the liver. After taking a cold shower or bath, your body reacts by producing an internal fever to warm up.

When I was a young monk living in Switzerland, I would start each day with a brief, but very cold bath. During those years I was never sick and all of my childhood allergies went away. Years later, after I was no longer a monk or taking cold baths, my allergies returned.

As a young monk living in Switzerland, starting each day with a brief, but very cold bath eliminated my childhood allergies.

Young Tibetan monks generate this internal fever by practicing meditation while sitting outside in the snow in sub-zero temperatures wearing little more than a loin-cloth. They are able to generate enough body heat to melt the snow around them. As they say on TV, “Keep in mind these feats are performed by trained professionals and should not be practiced at home.”

The internal fever induced by exposure to the cold increases the production of glutathione. Scandinavian clubs of men and women who regularly swim in the cold waters of the North Atlantic Ocean during winter are known for their vitality, health and longevity.

The internal fever induced by exposure to the cold increases the production of glutathione.
At my wellness center, to maximize the benefits of HT therapy, following the bath treatment we would sit in a Far Infrared sauna for twenty to thirty minutes. These low heat saunas have proven to be much more efficient than the traditional high heat saunas. Even young autistic children enjoyed sitting in them. The Far infrared sauna has a three-fold benefit with or without HT therapy. The benefits are:

1. Increased sweating which helps to detoxify harmful mercury and other heavy metals. This is particularly helpful when a child or adult has deficiencies in glutathione.

2. An induced mild fever, which kills bacteria infections and increases immune factors to reduce oxidative stress in the brain.

3. Increased circulation to provide more nutrients to the brain. For more information about Far Infrared Saunas go to MarsVenus.com/sauna.

Another therapy besides far infrared sauna that provides similar support is lying on a BioMat. This special mat manufactured by Richway, combines far infrared heat with amethyst crystals to raise the body temperature inducing a low fever. Combined with the elimination of toxins and waste produced by the sweating, oxidative stress is minimized.
Chapter Five

Super Drinks for Healing ASD

By combining HT Therapy with extra nutrition oxidative stress is decreased and the brain can begin to repair itself. Certain supplements alone can reduce symptoms of ASD but when combined together and with the addition of HT Therapy results seem miraculous.

Some people resist taking pills believing that the right foods should be enough. But this simply isn’t true anymore. Our foods today are deficient in vitamins and minerals. Good organic non-GMO foods and a healthy diet are certainly a major requirement but they are not enough. With ASD there is some serious healing that needs to take place. But taking all these pills is not a life sentence. When you are healed most of them are no longer required.

Taking these pills is not a life sentence.

These supplements are designed to heal the brain, liver and digestion, restore normal hormone balance and open detoxification pathways. This is a tall order but each of these supplements has proven to help. They are unique in that they address the cause of the condition as opposed to merely getting relief from the symptoms. If it still feels weird to take so many “pills” think of these supplements as different ingredients and
spices you would add to make a dinner both delicious and nutritious. After all they are mainly concentrated nutrients found in beneficial foods.

These supplements address the cause as opposed to temporary relief from symptoms.

For young children who can’t take pills, you can open up the capsules and add the ingredients to apple, pear, banana or coconut chia pudding or add to their special drinks. By mixing any one of these fruits with Chia Gel it prevents blood sugar spikes while masking the bitter taste of some supplements. In addition the antioxidants in these fruits and in Chia Gel protect the brain from oxidative stress.

Please avoid fruit juices, as the sugar content is too concentrated. A honey sweetened lemonade or diluted Mars Venus Super Cleanse is just as delicious as fruit juice or a soft drink and much more helpful. Make sure all water is purified of both chlorine and fluoride.

At my wellness research center in Northern California, we got great results using HT Therapy, and just replacing juice with the Super Cleanse Lemon Drink and two Mars Venus Super Minerals twice a day. In just four days some autistic children began to speak in sentences for the first time. One child, who didn’t speak at all, expressed twenty-five new words and began to construct sentences. He wanted to call home. He spoke to his father using complete sentences for the first time saying, “Daddy, I miss you. I love you.”

After ten years, I closed my wellness research center because parents could do these treatments at home. The long trek to northern California and the additional expense of travel was no longer needed.
If you are not able to start with the whole program due to financial challenges, you will still get results by starting with the HT Therapy and any of the suggestions below. The most important support besides eliminating dairy, soy and gluten from the diet comes from the super minerals, liquid liposomal vitamin C, liposomal glutathione, liposomal B12 and Folate and the liposomal DHA along with vitamin D. The most powerful of suggestion is the special probiotic Goleic that we will discuss at the end of this section.

For now let's explore the three Mars Venus super drinks to replace solid food for the first month. After one month, you will notice dramatic improvements. Children become more sociable, communicative and cooperative. Fits, tantrums, violence and resistance may completely disappear. At this point, it is a sign that your child's brain development is back on track to normal development. They may be a few years behind, but depending upon how young they are when you stop the oxidative stress, they can catch up.

After noticing positive changes, you can gradually introduce foods along with the drinks and supplements. With the introduction of solid foods notice how different foods affect your child. You can usually see the difference within 24 hours. If your child is allergic or sensitive to a food, some of the old symptoms will flare up.

The Super Cleanse Lemon Drink
For Breakfast and Snack Time
The delicious Mars Venus Super Cleanse Lemon Drink is the perfect breakfast to start the day. It will assist digestion and help to detoxify the liver and brain. Mix together the following ingredients:

- Begin with 6 ounces of purified water in a glass. (4 ounces for little children and 8 ounces for teens and adults)
- One teaspoon of the Super Cleanse powder. It contains lemon, aloe, probiotics, prebiotics, rice bran, vitamins and enzymes.
- One half-teaspoon of Ultra Blend Probiotics
- One half a teaspoon of live source Liquid B Vitamins (Max B-ND by Premier Research Labs).
- One half of a teaspoon of liposomal Vitamin C, liposomal Glutathione, and Liposomal DHA (Omega 3). For each of these ingredients, start with one half of a teaspoon and gradually increase to one level teaspoon after two weeks. Once opened, keep the bottles refrigerated. Potency lessons after one month but in my experience it is still good to use for many months. With such small doses it will take many months to use up.
  - One half teaspoon of liposomal B12 and methyl folate.
  - One half fresh organic lemon or the juice of an organic grapefruit.

Note: For your convenience all of these ingredients are available at MarsVenus.com/store.

The Super Green Smoothie

For Lunch
An ideal lunch replacement is a Green Smoothie. It has many of the ingredients used to make a salad but because it is blended it is much easier to digest. In training your children to like a green smoothie you may need to add their favorite fruits in the beginning. After a while you can gradually eliminate the fruit. If they are used to sweets it may take a few days but after the taste buds adjust they will love this drink.

This alkalizing drink will directly neutralize oxidative stress in the brain. Our cells can only be as healthy as the fluids in our body. When the body is too acidic, extra free radicals are produced leading to oxidative stress. As a result, cells break down inhibiting the normal function of the many body systems.

When the body is too acidic,

cells break as a result of oxidative stress.

What we think, eat and drink determines acid/alkaline balance in the body. All toxicity creates excess acid. Heavy metals create excess acid. All infections create excess acid. Stress creates excess acid. Anger, grief, guilt and fear create excess acid. High blood sugar creates excess acid. This excess acid causes oxidative stress but it also depletes the brain of important alkalizing minerals. These special minerals are the cofactors to activate the enzymes necessary for all brain functions.

Alkalizing minerals are the cofactors to activate the enzymes necessary for all brain functions.
When there is too much acid, to maintain a healthy acid/alkaline balance in the blood, the body uses up the stored alkalizing minerals potassium, calcium, magnesium, sodium, lithium and zinc to neutralize the excess acids. These minerals are easily available in stores but are much less effective unless they are bonded to orotate. Orotate, a natural salt contained in mother’s milk, is a highly efficient transport mechanism with the unique ability to deliver these minerals across the blood brain barrier.

Common minerals supplements cannot deliver these special minerals into the brain because they are not bonded to orotate. In the Mars Venus Super Minerals, all of these alkalizing minerals are bonded to orotate. One of the many benefits of bonding these special minerals to orotate, beyond neutralizing excess acid, is mineral orotates reduce oxidative stress in the brain. Excess acid depletes your reserves of glutathione and as a result detoxification shuts down.

Children with ASD especially have low levels of lithium. By replenishing the brain with this non-toxic form of lithium, oxidative stress is dramatically decreased. In many children, just the addition of lithium orotate has dramatically reduced violence and increased social skills.

Excess acid depletes your stores of glutathione and detoxification shuts down.

With this alkalizing green smoothie drink the body can build up it’s glutathione reserves, increase it’s special mineral supplies and release toxins more effectively. By managing the excess acid in the body with green alkalizing vegetables you can assist the body and brain in healing. To measure your progress you can test your acid/alkaline balance with Ph
**Testing Strips.** The first urine of the day should be approximately 7.3 on the Ph testing strip.

For autistic children, in the beginning the reading on the PH strip is usually very low on the scale around 3.2, which indicates high acid levels in the body. However, sometimes it shows up as extremely alkaline at 9.6. This high alkaline level occurs when the body and brain are extremely acid and the body is dumping extra alkaline buffers to keep you alive. While this sounds good, it is not. It depletes the mineral reserves even more. Over a few weeks of using this green drink you will see positive results. You will begin to correct the body Ph to support your healing process. The ingredients of the Green Smoothie are listed below:

- Begin with 6 ounces of purified water in a blender and add the following ingredients. (4 ounces for little children and 8 ounces for teens and adults)
- One teaspoon of **Radiant Greens** (by Tony O'Donnell). This product is formulated with a wide range of green super foods including Spirulina for extra protein, Chlorella and Cilantro for detoxifying mercury, Milk Thistle to support liver function, Astragalus for hormone balance, Grapes Seed Extract to improve focus and Acerola Berry for a concentrated food sourced vitamin C.
- One handful of organic spinach.
- One cut up stalk of organic celery.
- One cut up organic English cucumber. This brand of cucumber is sweeter and the skin is thinner.
• One handful of fresh parsley.
• One half of an organic avocado without seed and skin.
• Add one or two tablespoons of Chia Gel to your desired consistency. Note: Chia Gel has caused diarrhea in one known case.) An effective replacement is Sprouted Chia and Flax Seeds.
• If you wish, for a different taste you can also add the juice of an organic grapefruit or one half of an organic lemon.

Note: For your convenience all of these supplements are available at MarsVenus.com/store.

The Dairy Free Super Protein Shake
For Breakfast, Lunch or Dinner

This Super Protein Shake is good for any one but it is particularly good for autistic children who have compromised digestive systems and require a gluten free, dairy free, and soy free diet. Soy protein shakes are high in phytic acid. This natural acid in soy inhibits the digestive process. As a result soy protein is even worse for autistic children.

Some autistic children cannot digest the Mars Venus un-denatured whey protein shakes so this dairy free super protein shake is a great alternative. It includes collagen peptides and sprouted chia and flax protein. These proteins are easily digested.

With a super cleanse drink for breakfast, a green drink for lunch, another super cleanse drink in the afternoon, this dairy free super protein
shake is the perfect dinner replacement or complement to a special diet. It can replace any meal or complement any meal.

In the beginning, so that children get used to the taste, include their favorite fruits and use smaller doses of the added liposomal supplements. Then gradually increase the liposomal supplements and decrease the fruits.

- Begin with 6 ounces of purified water in a blender and add the following ingredients. (4 ounces for little children and 8 ounces for teens and adults)
- One scoop of Collagen Peptide (by Dr. Bernd Freidlander) which contains collagen protein and the amino acids glycine, glutamine, taurine and l-carnitine.) Children with autism have a deficiency of collagen, which depletes the body of the vitamin C necessary to neutralize free radicals and make glutathione. Each of the additional amino acids in this mix is a precursor for glutathione production.
- One tablespoon of Organic Sprouted Chia and Flax Seed Powder.
- If your child has weak muscle tone then add a half teaspoon of Creatine. This ingredient is added to fully hydrate the muscle and stimulate more growth.
- A little vanilla extract for taste.
- One half of a teaspoon of liposomal Vitamin C, liposomal Glutathione, Liposomal DHA (Omega 3) and MCT Oil from coconut oil. For each of these ingredients, start with one half of
a teaspoon and gradually increase to one level teaspoon after two weeks. Once opened, keep the bottles refrigerated. Potency lessons after one month but in my experience it is still good to use for many months. With such small doses it will take many months to use up.

- One or two tablespoons of "Chia Gel" to get a good dose of omega three. It provides extra soluble fiber to scrub and clean intestinal walls while also providing bulk to improve the consistency of stool.
- This small amount of carbohydrate helps to stimulate insulin production to deliver the nutrients into the brain.
- One scoop of Tocotrienols (rice bran solubles: a potent source of vitamin E by Sunfood).
- A small handful of walnuts, sunflower seeds, almonds, pine nuts or Brazil nuts. Rotate to a different nut each day.

## Going Nuts for Nuts

1. Walnuts are a super brain food providing extra omega three needed for memory and focus. Walnuts are even shaped like the brain.
2. Sunflower seeds provide B vitamins and extra minerals along with chlorogenic acid, which helps to balance blood sugar.
3. Almonds are rich in magnesium to relax your brain and
lower stress levels. They are high in the amino acid arginine, which improves blood flow to the brain.

4. Brazil nuts are rich in selenium which is needed to remove heavy metals and support glutathione production.

5. Pine nuts are rich in pinolenic acid, which helps digestion, energy production and appetite control. They also contain high levels of zinc, which is needed for every brain function as well as a healthy gut. Eating extra pine nuts is particularly promising for autistic children because it has proven to stimulate the secretion of oxytocin. Studies using synthetic oxytocin have shown it can improve social behavior in autistic children. Pine nuts are a natural and lasting solution to develop the social parts of the brain. A half teaspoon of Siberian Pine nut oil can also be added directly to the shake.

- A small handful of **Goji Berries** which are super high in vitamin C. For variety use Blueberries sometimes.
- One half of a banana or frozen banana for sweetness. If you don’t add fruit then add a teaspoon of black strap molasses.

Note: For your convenience all of these supplements are available at MarsVenus.com/store.
Chapter Six

Super Supplements
for ASD

As explained before when children are too young to take capsules, these supplements can be opened up and added to a delicious chia pudding to cover up the strong taste or added to the super drinks. To save time, I suggest you make up enough chia pudding to last a week. The essential supplements for autistic children are listed below. If your budget is limited I suggest you first try the first three supplements (of the five supplements) listed below in each category; breakfast, lunch and dinner. In each category, I have put the most important supplements first.

Five supplements
to be taken before breakfast:

1. Take one capsule of Lithium Orotate. This is the most important of all the essential supplements. Parents have repeatedly reported that it has help to minimize tantrums and violence within a few days. All autistic children are deficient in this important mineral. For maximum
effectiveness avoid all processed sugars and fruit juices. This dose does not need to be increased for teenagers and adults.

2. Take two capsules of **Mars Venus Super Minerals**. This supplement has a full range of trace minerals as well as all of the alkalizing macro minerals (calcium, magnesium, etc.) bonded to orotate. This is the best transport system to bring these important minerals into the brain to support healing. Boys use super minerals for men, and girls use super minerals for women. There is a small difference in the balance of minerals appropriate for boys and girls. This dose does not need to be increased for teenagers and adults.

3. Take one capsule of **Potential Vitamins**. Start the day with this time tested multi-vitamin with L-taurine. It has proven to improve learning and behavior and in my experience stands above other multi-vitamins for children.

4. Take one capsule of **Digestive Enzymes** (Neiperzymes by Advanced Research).

5. Take one capsule of **Cats Claw**. This herb from the Amazon can help detoxify the intestinal tract and replenishes friendly bacteria in the gut. It helps the white blood cells to attack, engulf and digest harmful micro-organisms.

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**Five supplements to be taken before lunch:**

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1. Take one capsule of **Membrane Support** with 2-AEP (by Advanced Research). This combination of alkaline minerals helps to balance blood sugars, protect brain neurons and heal the myelin sheaf in the brain.

2. Take one capsule of **L-Carnitine** (by Natural Factors: 1000 mg). This amino acid helps the body to utilize omega three for brain health and energy production. It has proven to improve behavior and social skills with autistic children.

3. Take one capsule of **Aloe Vera Polymannose** (500 mg). This extract of aloe and other polysaccharides provides incredible support for the gut, digestion and brain with extra support for the health of cell membranes. Autistic children have extra thin cell walls and this natural supplement will strengthen the cell membrane thus reducing oxidative stress.

4. Take one to four capsules of **MSM** (by Natural Factors) this natural sulfur assists the body in making its own glutathione to heal the brain. Add one capsule each week as long as the child can handle the taste.

5. Take 2000 IUs of **Vitamin D3** (by Natural Factors).


**Five supplements**

_to be taken before dinner:_


1. Take one capsule of **Lithium Orotate**. This dose does not need to be increased for teenagers and adults.

2. Take two capsules of **Mars Venus Super Minerals**. This dose does not need to be increased for teenagers and adults.

3. Take one capsule of **Grape Seed Extract** (by Natural Factors: 100 mg). This natural extract of grape seeds increases the potency of vitamin C and E to neutralize free radicals in the brain and increase available glutathione to increase brain chemicals and detoxify heavy metals.

4. Take two capsules of **Essential Amino Acids Plus**. This amino acid formula delivers the essential amino acids plus missing essential sulfur needed by the body to make it’s own glutathione to heal the brain.

5. Take one capsule of **Berberine** (Glycol X: 500 mg). This amazing extract of the traditional herb goldenseal is a super antioxidant that not only helps to balance blood sugar but also has instant access across the blood brain barrier to protect brain neurons. Autopsies on the brains of children with autism have shown the build up of amyloid plaque similar to aging adults with Alzheimer’s disease. Berberine has the unique ability to dissolve and remove amyloid plaque in the brain.

**Schedule for Heavy Metal Detox**
Many children with autism show dramatic improvement as a result of heavy metal detox. The following suggestions provide a schedule of supplements known to assist the body in releasing heavy metals.

1. Take two drops of **Zeolite** (by Z Natural) first thing before breakfast, then before lunch and then before dinner. In the second week, double the dose to four drops of zeolite before breakfast, lunch and dinner. In the third week double the dose to eight drops before breakfast lunch and dinner. In the fourth and fifth week raise the dose to 10 drops before breakfast, lunch and dinner. This detoxifying mineral extract from volcanic rocks helps cleanse that brain of heavy metals, herbicides, pesticides and insecticides. Each bottle contains about 600 drops, which should almost last for through the fifth week.

2. After five weeks of using Zeolite stop and take one capsule of **Magnesium Malate** (by Source Naturals: approximately 400 mg of Malic acid and 400 mg of Magnesium) at breakfast with the super cleanse to detoxify aluminum. While only some vaccinations have mercury, all of them have aluminum, which is a known neurotoxin linked to ADHD, Autism and Alzheimer’s. This is a supplement you may need to continue taking from time to time because we are always being exposed to aluminum.

4. When the bottle of magnesium Malate runs out begin using one drop of **Nacent Iodine** in a glass of water two hours after breakfast. This form of low dose iodine helps to remove toxic fluoride, chlorine, bromide and even mercury. For the first week, use one half dose. One half of a drop is achieved by using one drop in 8 ounces of water. Then only use 4 ounces.
Goleic: The Missing Probiotic in Autistic Children

On Monday and Thursday, before going to sleep, take one drop (.4 ml) of a special probiotic called Goleic. Research reveals that 15% of autistic children are fully healed, 70% are helped and 15% are not affected. This is a very promising treatment. If your child’s autism is linked to a viral infection due to vaccinations, Tylenol use or heavy metal toxicity then taking Goleic can make all the other supplements much more effective. Children begin to respond inside five weeks. It should be continued for 6 months. You’ve probably never heard about Goleic. That’s because it was only recently discovered and made available for autistic children. At present, over 2000 autistic children have already benefited from it.

Total cost for six months is around $500.00. This is big upfront cost but the cost per month is less than $100.00. When you consider the costs of ongoing therapies this is a small price to pay. When you receive your little dropper bottle it may seem overpriced but remember it is a four to six month program. Take just one drop, under the tongue, before bed twice a week. The dose is one drop for children under 100 pounds. Teens should take two drops and adults take three drops.

As of 2014, each drop costs approximately $10. Total cost for six months (48 drops) is about $480.00. When you receive the bottle, divide it into three little bottles (16 drops in each bottle) and freeze two
of the bottles. A frozen bottle can last a year. An unfrozen bottle will last two months in the refrigerator. After you use up the first unfrozen bottle, put the next frozen bottle in the refrigerator and continue to take one drop before bed twice a week. When that bottle is finished take out the final frozen bottle and use it until you are finished.

Similar to the HT Treatment, this program targets the oxidative stress in the gut and brain. It activates vitamin D to increase T-cells to attack infections in the brain. To purchase Goleic go directly to GcMAF.eu. At the present time, it is only available from Europe. It is delivered to your door in two days in a refrigerated container. When you receive it, immediately put it in the refrigerator. Using Goleic along the many suggested supplements will insure you are getting the very best results. If you child is amenable to HT Therapy you will get even better results.

The reason so many supplements are needed for autism is that the digestion is severely compromised as well as glutathione production. These supplements provide the missing nutrition and antioxidant support. They will not be needed when your child is able to digest their foods properly. Goleic strengthens the immune system like nothing else I have experienced. A stronger immune system can attack fungal infections and restore good digestion and the production of glutathione.

Goleic alone does not dramatically help all ASD children. By following the complete Autism protocol using the HT therapy combined with super drinks and supplements it can be much more effective for all.
Goleic activates T-cells in all children with ASD, but sometimes those T-cells are ineffective to end a viral infection. Some viruses are successful in hiding from T-cells so that they cannot be destroyed. These viruses cloak themselves in the fibrinose tissue contained in chronic inflammation. A special enzyme called serrapeptase, which is also part of the John Gray Autism Protocol, is able to locate this inflammation and literally digest it like other enzymes digest proteins. With the fibrinose gone the T-cells can locate, attack and end the chronic infection. HT Therapy supports this process whether you use Goleic or not.

This is another reason the HT Therapy is so important. Even if T-cells cannot find and attack a particular viral infection, the induced fever can eventual weaken and end the viral infection. Use Goleic and Serrapeptase can speed up the process.

If Goleic supplement is too expensive, another less expensive herb from the amazon may have similar benefits. It is called Cats Claw. It comes in both capsules or as a tincture. It should be used as directed on the bottle once a day with meals.
Chapter Seven

More Vitamins and Fewer Drugs

All children with ASD have low levels of glutathione. With this antioxidant the destructive fires of oxidative stress continue to burn in the brain. Vitamins C, B6, B12, and folic acid are vital in the process of making glutathione, which heals the brain injury that gives rise to ADHD and other mental challenges. These vitamins are not only necessary to make glutathione but are needed to make all brain chemicals as well.

Animal products are particularly rich in these vitamins but vegetables are not. If you are a vegetarian or you use aspirin it is particularly important to take a good full spectrum B vitamin supplement. Aspirin does not directly suppress glutathione but it does inhibit B12 production, which the liver needs to make glutathione.

When meat is not organic and hormone free, or milk proteins are exposed to the high heat of pasteurization, they are harder to digest and less glutathione is made. For children with ASD they are not digested and inflammation in the gut occurs making symptoms worse. Hormone free meats, wild fish, raw milk, undenatured milk proteins and organic eggs are easier to digest. After healing digestion with the liquid diet these ingredients can be slowly introduced to see if the child can at last digest them.

Most experts have discovered that a casein free, soy free and gluten free diet is necessary to help children with ASD. Raw dairy or undenatured whey and casein are much easier to digest. There is no better support for glutathione production than undenatured dairy proteins if the body can
digest them. They help your liver make an abundance of glutathione as long as you are not taking drugs that suppress this natural process. In the meantime taking amino acid supplements with added sulfur can replace the need for animal products.

A casein free, soy free and gluten free diet is necessary to help children with ASD.

Even if you eat a good diet with cysteine rich foods, if you are also taking over the counter drugs, glutathione levels decrease and your liver makes too much homocysteine instead. High homocysteine is a marker for increased risk of health disease, nutritional deficiency and diabetes. All children with ASD have high homocysteine levels.

Eating meat does not cause heart disease, instead it is the glutathione suppressing drugs. If you have high homocysteine levels, the supplements B12, methyl folate, B2, zinc, magnesium, TMG or DMG have been known to restore balance.

The drugs that suppress glutathione production include all the headache pills, pain pills, cold, flu and cough medicines, allergy medicines, anti-acids, and antihistamines you see lined up on shelves in your local drug store. These over the counter drugs inhibit the conversion of cysteine into glutathione. When glutathione is suppressed it increases your risk of ASD and also heart disease.

When glutathione is suppressed, it increases your risk of ASD and heart disease.
Over the last one hundred years, with the gradual increase in the use of these common medications, heart disease levels also continue to rise. Most people don’t realize that Coronary heart disease is a new disease. It first came to our attention early in the 20th century. It then takes many years before it manifests as a heart attack. Mortality from heart disease increased dramatically after the First World War and had assumed epidemic proportions particularly in the USA, by 1945.

One of the hotly debated side effects of taking Ritalin and Adderall is the increased risk of heart disease. Short-term studies do not indicate an increased risk but only long-term studies can show the extent of damage. Long-term studies on the effects of these medications have not been made. However, the FDA warns patients not to take ADHD drugs if an increase in blood pressure or heart rate would be problematic. These are common side effects of Ritalin, Adderall and other stimulant drugs used to treat ADHD.

These prescribed drugs for ADHD are only a small part of a bigger problem. It is the common use of easy to buy, over the counter drugs to treat minor problems that eventually cause bigger problems like heart disease and strokes. Many people believe if it is on the store shelf it must be safe and okay. It is not.

**Everyday “harmless” over the counter drugs inhibit the production of glutathione.**

Always remember that drugs are used to suppress symptoms. They do not heal nor do they claim to heal. They are designed to suppress various symptoms of sickness. In the process of suppressing symptoms of
sickness and disease, your body’s natural healing process is inhibited. In the short term they are not so dangerous, but as we have already explored, if you have ADHD, they will restrict the brain’s ability to heal itself.

Each year a few influential members of the FDA seek greater control to restrict the use of natural solutions that have no side effects. These same members allow the unrestricted use of over the counter drugs that are known to have side effects. As more people wake up to this simple distinction it will be harder for these few but significant members of the FDA to fulfill their stated agenda to control the free use of natural supplements.

There is a place for drugs in health care but they should be primarily used in the treatment of life threatening accidents, injuries or emergencies. Total health care spending in the US was 2.6 trillion in 2010. It is expected to almost double by 2021. By focusing on treating disease rather than prevention we have created a health care crisis around the world.

**In a good health care system,**

**drugs should only be used for life threatening accidents, injuries and emergencies.**

At MarsVenus.com I freely provide over fifty ten-minute educational videos on known natural solutions for ninety percent of our health challenges. The main reason to use natural solutions is that they are non-toxic and they do not suppress the body’s natural healing power. Your body, your attitude, the quality of your relationships and the food you choose to eat are the best healers.

Although it is not yet a requirement in medical school, every year more medical doctors are continuing their education through exploring
drug-free treatments for their patients. As the public continues to do their research, more doctors will try to keep up.
Chapter Eight

Vitamin C to the Rescue

When it comes to healing any part of the body, we can zoom in and discover increasing degrees of complexity. But it is when we step back and allow the body to do what it is designed to do, that we can determine some basic needs, or vital ingredients, to provide the right support and avoid interfering with the process.

Some health enthusiasts would simply tell you that if you eat good, organic foods and meats, get plenty of sunshine and exercise and avoid all manmade packaged foods, you will get everything you need to be healthy. While this is great advice, it is not practical for most people and it is not always enough.

**Eating organic healthy foods all the time is simply not an option for most people**

Organic food is free from toxic pesticides but it is still mineral deficient. If you live in a city, every day you are being exposed to a vast array of toxic heavy metals in the air like lead, aluminum and mercury. Our water is polluted with man-made toxic chemicals. To be healthy today we need to eat smart, supplement our body and brain with extra nutrients and minerals and learn easy ways to support the body’s ability to detoxify and heal.
To be healthy today we need to eat smart and supplement our body and brain with extra nutrients.

To get right to the point, it is vitamin C that heals the brain and stops oxidative stress. But for vitamin C to do its magic, our liver needs to make glutathione. To make glutathione, we need a healthy, drug-free liver and we have to eat foods high in the amino acid cysteine. Glutathione activates vitamin C and assists the body in detoxifying the toxic chemicals and heavy metals that interfere with body and brain function. Special mineral supplementation to activate optimal brain function is also just as important.

Sugar Products Deplete Vitamin C

Most people are vitamin C deficient even if they eat plenty of vitamin C rich fruits. We love fruits not for the vitamin C, but for the high concentrations of sugar. For thousands of years when people found a fruit tree they would eat as much as they could because the high sugar content provided instant energy and because sugar was scarce and they knew the fruit would not last. If they didn’t eat it right away, the birds would or it would go bad. When we taste sweet things we are designed to want more.

When we taste sweet things we are designed to want more.
But today, sugar is too available. At no other time in history have people eaten so many concentrated sweet foods. Over thirty percent of our daily diet consists of simple carbohydrates, which immediately spike our blood sugar levels. A lot of sugar at once is not bad for us as long as it is not every day. Eating sugar products and simple carbs every day is not only the cause of diabetes, it is the cause of a wide variety of ADHD symptoms as well. High blood sugar levels in the pregnant mother sets the stage for increasing oxidative stress in the babies brain.

At no other time in history have people eaten so many concentrated sweet foods.

In the past, desserts were reserved for special occasions. Today soft drinks and desserts have become an integral part of the daily American diet. In the last fifty years, soft drink consumption has increased 500%. In many homes, this sugar addiction began with the daily consumption of soft drinks.

When we are not eating sugar all the time, the concentrated sugar in a dessert or fruit is not a problem. The body can simply increase insulin levels to convert the extra sugar into fat. Historically, this extra fat was beneficial. It was used for fuel during the winter when food was scarce.

In modern times, with sugar consumption continuing through winter, weight gain increases as fat continues to be stored rather than burned. One out of three Americans is obese and another third are overweight. Losing weight has become a national obsession.

One practical solution for funding a major portion of public health care in America is to add a special tax for products using processed sugar or
high fructose corn syrup. Just as we tax cigarettes because they are known to cause cancer, we could tax junk food because there is indisputable proof that excessive sugar is responsible for the epidemic of diabetes. Even the most conservative American Diabetes Association has finally admitted, “drinking sugary drinks is linked to type 2 diabetes.” The extra burden of diabetes and its many side effects is bankrupting our medical system. Research from the Mayo Clinic confirms diabetes not only increases your risk of heart disease and cancer but Alzheimer’s disease as well. Researchers at Brown University suggest that Alzheimer’s is actually diet-induced diabetes of the brain. Diabetes in the mother is another major risk factor for ASD.

Sugar rich junk food is finally recognized as the main cause of diabetes.

One of the many problems with a diet rich in sugar is that sugar depletes vitamin C. That is why nature provides extra vitamin C in sugar rich fruit.

Nature provides extra vitamin C in sugar rich fruit to protect our brains from free radical damage.

When sugar is converted into instant energy, extra free radicals are produced that have the potential to damage brain cells. The extra vitamin C provided in sweet foods neutralizes free radicals to prevent any damage. Without enough vitamin C, foods with added sugar gradually injure the brain resulting in ADHD symptoms.
Our diet today is too high in added sugars and simple carbohydrates like white rice, bread, chips, cookies and cake made from processed flour. These foods spike our blood sugar levels too high, which deplete the body of vitamin C and result in a lifetime of gradual injury to our brains. This is why children who are already suffering from high levels of oxidative stress are so dramatically affected in a negative way by sugar.

Most people are simply not aware of the high content of sugar in their diet. A simple hamburger with fries and a soft drink has too much sugar to support healthy brain function. Two pieces of modern bread or a bun have the same effect on your blood sugar as six teaspoons of white sugar. The bag of chips or fries adds another six teaspoons worth of sugar. Then, with the ten teaspoons of sugar in a small soft drink or fruit juice, you have twenty-two teaspoons worth of sugar. The sandwich is fine but the soft drink doubles your intake and makes the meal toxic to your brain.

When high carb meals are repeated every day, it is inevitable that for many children ADHD will develop (not to mention diabetes or obesity). For children with ASD the symptoms get worse rather than supporting the brain in healing oxidative stress. Chronic high and low blood sugar levels both injure the brain with free radical damage and at the same time deplete the body of the Vitamin C necessary to both protect and heal the brain.

**High blood sugar levels**

*injure the brain and deplete the body of the vitamin C necessary to heal the injury.*

Today, high blood sugar levels affect at least two thirds of the American population. Nearly 10% of the entire U.S. population has
diabetes, including 25% of seniors. As many as 1 in 3 American adults will have diabetes in 2050 if present trends continue. This has resulted in a wide range of undiagnosed ADHD symptoms. To make matters worse, ADHD causes higher stress hormones to be produced in the adrenal glands. This can exhaust the adrenal glands, which also depend on vitamin C. When you eat food with vitamin C or take a supplement, the vitamin C first goes where it is needed most; it goes directly to the adrenal glands.

Children with ASD all have an enlarged amygdala in the brain. This fight or flight center is known to increase in size the more it is used. When soldiers go into combat and return home, to various degrees this part of the brain increases in size. Being in a constant state of fight or flight releases stress hormones in the adrenal gland. When stress is chronic it exhausts the adrenal gland.

All ASD children have adrenal stress and many at even a young age have adrenal burn out. Vitamin C, the amino acid taurine, and sulfur are all required to restore health to the adrenal gland. A stressed adrenal gland competes with these nutrients that are also required to make glutathione. To make matters worse, a stressed adrenal gland inhibits the body’s ability to digest the additional proteins needed to make glutathione.

**All ASD children have adrenal stress and many have adrenal burn out.**

Without enough vitamin C the adrenal glands weaken and both indigestion and chronic fatigue set in. This leads to a host of new issues that are linked to gut problems and hormonal imbalance. Testosterone,
estrogen, progesterone and many other important hormones are all
dependent on healthy adrenals.

Different Kinds of Vitamin C

Noble prize winner, Linus Pauling, popularized Vitamin C fifty years
ago. Ten years before that, a small group of holistic doctors were using
intravenous drips of high doses of vitamin C ascorbate to cure polio cancer,
multiple sclerosis, and other autoimmune diseases.

Their research into the benefits of Vitamin C was halted when
competing drug companies who used a cheaper, less effective form of
vitamin C discredited their research. In addition, drug researchers offered
“simpler solutions” like vaccinations and antibiotics. At that time, the public
was not aware of the negative side effects of these “simpler, more cost
effective solutions.”

In response to the ongoing use of antibiotics, some viral strains
common in hospitals have become antibiotic resistant and have made
hospital-induced infections from MRSA one of the top causes of death.
There are more deaths from MRSA than AIDS. Fortunately, some hospitals
are now using natural probiotic cleaning supplies to effectively prevent
MRSA from spreading to innocent patients.

Antibacterial soap kills germs but in a few minutes the germs are
back, using dead germs as an abundant food supply. One spray of
probiotics on the hands can protect you from germs for up to eight hours.
Unfortunately, most hospitals are not up to date and MRSA continues to be
a major cause of death. For more information on this topic, go to MarsVenus.com.

To stop MRSA some hospitals are wisely using natural probiotic cleaning supplies.

The public lost interest with Vitamin C as a wonder vitamin because the cheaper version (ascorbic acid) is not effective in low doses. Most people do not realize that there are different kinds of Vitamin C. In addition, most vitamin C supplements are water-soluble and must be used several times a day in large doses of 500mgs.

This insight is important because ninety percent of common vitamin C supplements use a cheap form of vitamin C, which does very little in small doses to heal the brain. In the original research, the benefits of vitamin C were primarily effective in high doses and administered intravenously. The vitamin C used was ascorbate and not the cheaper ascorbic acid contained in most supplements.

Ninety percent of common vitamin C supplements do little to heal the brain.

A relatively small dose of Vitamin C ascorbate (which is buffered with minerals) and not ascorbic acid can be very effective. Vitamin C extracts from real fruit have even more benefit, but liposomal vitamin C is the best but not always necessary. The liposomal version of Vitamin C is a little more expensive but compared to having a doctor administer an intravenous drip, it is a great deal cheaper. An IV drip can cost up to several hundred
dollars per treatment but liposomal vitamin C can be just as effective. The liposomal vitamin C twice a day is necessary for children with ASD.

An average diet can easily supply our daily requirements of vitamin C but it will not provide enough to repair brain injury. Goji berries, which are now available in most grocery stores, are the richest source of vitamin C you can get. The vitamin C in Goji berry (per gram) is 500 times more concentrated than in an orange. Other foods high in vitamin C include:

- Alma berries
- Papaya
- Bell peppers
- Strawberries
- Broccoli
- Pineapple
- Brussels sprouts
- Kiwi fruit
- Oranges
- Cantaloupe
- Kale

While these super foods for vitamin C are helpful, higher doses of vitamin C are required to heal injuries and infections. When animals have an injury or infection, they make more vitamin C than their normal requirement. Goats like most animals will make more than 13,000 mg of vitamin C per day in normal health, and levels many times higher when faced with stress and sickness. Humans, unlike most animals, cannot make their own vitamin C and therefore need to get their vitamin C from food or supplements.
Higher doses of Vitamin C are required to heal infections.

The human body is unable to make more vitamin C, but it does have the ability to make glutathione, which makes vitamin C fifty times more effective. Without glutathione, the vitamin C we derive from food or supplements is not enough to heal the brain and body.
Chapter Nine

Glutathione: The “Master Molecule”

Glutathione, a molecule made by your liver and in every brain cell, is the ultimate antioxidant. Children with ASD all have low glutathione levels. As discussed before, this is mainly the result of fever suppression caused by medicines like acetophenamin and/or the excessive exposure to neurotoxins, which can quickly use up the brains available glutathione.

The use of a drug that suppresses glutathione production may only be for a few days, but the fire of oxidative stress it ignites in the brain does not automatically go out. For example, taking Tylenol when the immune system is being challenged by a common sickness is like starting a forest fire by simply throwing down a lit cigarette. Getting a vaccination or some other major exposure to heavy metals and neurotoxins is like adding kindling wood to the fire. It creates a chain reaction of increasing oxidative stress.

When heavy metals or other known neurotoxins like pesticides, fungicides, GMOs, MSG and formaldehyde get into the brain and react with oxygen, massive amount of free radicals are generated. It is an automatic chemical reaction. Brain cells protect themselves from this reaction by producing glutathione, the ultimate antioxidant, to neutralize the free radicals and prevent oxidative damage.
Unfortunately, the brain is limited in its ability to generate glutathione. It has not evolved to protect itself from the chemical toxicity and massive heavy metal exposure common in our modern world. The brain can easily handle the normal production of free radicals produced by everyday energy production and the occasional sickness, infection, injury or disease. Adding neurotoxins to the equation quickly overwhelms the brain’s ability to generate enough antioxidants to prevent oxidative stress. This is why we need to help the brain by supplementing our diet with extra antioxidants, vitamins, minerals, fats, amino acids and minerals known to assist the body in making and using glutathione.

**Neurotoxins overwhelm the brain’s ability to generate enough antioxidants to prevent oxidative stress**

When the brain if overwhelmed by massive amounts of free radicals produced by neurotoxins, it quickly runs out of glutathione and oxidative stress is generated. Once oxidative stress sets in, more free radicals continue to be generated and an automatic chain reaction is created. With the absence of sufficient antioxidants, oxidative stress depletes the brain’s supply of glutathione faster than the brain can make it.

**Oxidative stress depletes the brain’s supply of glutathione faster than the brain can make it**

You can visualize this process easily by imagining an apple. As soon as you break the skin and expose the inner apple to the oxygen in the air a reaction takes place. This reaction produces an abundance of free radicals.
If there are no antioxidants to neutralize these free radicals then oxidative stress is generated and the apple begins to turn brown. Once it starts, it does not stop. The apple will simply go bad. It is an automatic chain reaction.

**One Bad Apple…**

If however you cut open the apple and apply a layer of lemon juice, the apple does not immediately turn brown. Lemon juice is filled with antioxidants provided by vitamin C. These antioxidants neutralize the free radicals being produced. As a result, the apple does not turn brown until the antioxidants in the lemon juice are used up.

In this example of the apple turning brown, it is the oxygen in the air that triggers the reaction that produces oxidative stress. But once it starts, even if you put the decaying apple in a container with no oxygen, it will continue to turn brown and break down. All it takes is a trigger and the rest is a chain reaction.

In addition, if you put the apple in a bowel with other apples, with oxygen or no oxygen, it will spread. This explains the old adage, “One bad apple will spoil the bunch.”

**One bad apple will spoil the bunch.**

For children who experience the sudden onset of ASD after a vaccination, it is most likely triggered by using Tylenol before or after the vaccination. In other cases it could be the use of Tylenol when a child gets
sick with a fever or has a sore throat or cough. It could also be the gradual increase of oxidative stress until it reaches a tipping point and the chain reaction of oxidative stress overwhelms the brain’s ability to protect itself.

In the brain, free radicals are automatically produced by the chemical interaction of oxygen with heavy metals and other neurotoxins. Twenty percent of the oxygen we breathe is used in the brain. Without sufficient antioxidants, once the process of oxidative stress starts, it does not stop. In the presence of neurotoxins as opposed to normal free radical production the brain doesn’t have a chance to stop the chain reaction of increasing oxidative stress.

The degree of chronic oxidative stress in the brain, developed from conception to birth, is like a wind that can whip up the small fires started by a lit cigarette. Without extra antioxidants to support the brain, a little fire triggered by a simple over-the-counter drug or even worse, a prescribed drug, can easily spread into a massive forest fire of destruction. Keep in mind; only doctors can prescribe drugs because they have negative side effects. These side effects always include increased oxidative stress.

From Conception To Age Three

Children’s brains are more affected by oxidative stress from conception to age three because their brains are developing with explosive growth. In the first year the brain doubles in size. By age three it has reached 80% of its adult size. A two year old has twice as much connective tissue (synapses) as an adult. The free radicals produced by this explosive growth are enough for the brain to neutralize without the added stress of
neurotoxins. As a result the developing brain of a fetus, infant or toddler is much more vulnerable to our increasing exposure to environment toxins.

The surplus of connectors produced in the first three years is gradually eliminated throughout childhood and adolescence, a process called blooming and pruning. Genes automatically determine the excessive blooming while the gradual pruning occurs as the brain fine-tunes itself according to the input it receives from the environment.

**The brain fine-tunes itself according to the input it receives from the environment.**

Oxidative stress prevents the blooming of connectors in certain parts of the brain, which in turn inhibits the pruning of other parts. As a result, children with ASD have extra growth in some parts of the brain and less in other parts. The natural development of the brain is derailed. As certain parts of the brain are used more they literally grow while other that are not used grow weak and are more likely to be eliminated in the pruning process. The confirms the old adage, “use it or loose it.”

These discoveries led many researchers in the past to conclude that the brain remains fixed after three years old. This conclusion has now been greatly challenged by the discovery of brain plasticity. Throughout life, the brain continues to change and develop according to how we choose to use it.

**Throughout life, the brain continues to change and develop according to how we choose to use it.**
Giving the brain that is stuck in a loop new options and stimulation along with the right supplements can change the programing developed in our formative years. For this perspective, to a great extent it is never too late to change. Oxidative stress however limits the options the brain has to change automatic habits of acting and reacting.

**Glutathione and Vitamin C: a match made in Heaven**

Glutathione has the ability to recycle vitamin C fifty times more to protect your body and brain cells from free oxidative stress. When you have an infection, your liver makes even more glutathione to increase the antioxidant potency of vitamin C; together, they are a match made in Heaven.

Glutathione not only makes you smarter, it is a precursor for making stress-reducing feel-good brain chemicals. The common condition of low glutathione and vitamin C deficiency in children with ASD gives rise to high stress levels. Without sufficient glutathione the brain cannot make enough brain chemicals to lower stress levels. Higher stress levels deplete the adrenal gland of vitamin C, which causes glutathione levels to drop even further. The body requires vitamin C to make glutathione.

This high stress state inhibits digestion of proteins, which are also necessary to make stress reducing brain chemicals. With high stress, the process of digestion is extremely restricted. Undigested proteins then give rise to infection and inflammation in the intestines, which is directly linked to increased oxidative stress in the brain.
With high stress, the process of digestion is extremely restricted.

This oxidative stress must be stopped temporarily to give the brain a chance to heal. That is why a nutrient dense liquid diet is so important in the beginning to heal ASD. As long as one is stressed, eating solid food only produces more oxidative stress.

Benefits of Vitamin D

This inflammation in the intestines due to indigestion gives rise to candida infections. This fungus can kill off beneficial bacteria in the intestines. One particular beneficial bacterium is provided by the probiotic GcMAF. This probiotic supplement called Goleic helps the body to make and utilize vitamin D. Making stress reducing brain chemicals like GABA and serotonin in only one of the many hundreds of functions regulated by vitamin D.

With less stress, the body has more glutathione and vitamin C to reverse the damage produced by oxidative stress. Like HT Therapy, Vitamin D also regulates the production of T-cells that can attack and destroy neurotoxins in the brain to put an end to the endless chain reaction of oxidative stress.

With less stress, the body has more glutathione and vitamin C to reverse the damage produced by oxidative stress.
Some parents of children with ASD have reported dramatic benefits from simply taking 2000 IU of Vitamin D a day. Others report dramatic changes by taking Goleic because it activates vitamin D. If Goleic is too expensive, some parents have seen similar benefits using the herb Cats Claw, from the Amazon, which can also increase the production of T-cells.

Many studies of children with ASD report improvement in social behaviors from combining the amino acid l-carnitine with omega 3. The amino acid l-carnitine facilitates the absorption of omega 3, which in turn is required by the body to convert sunlight into vitamin D. Vitamin D production is the reason we are happier in sunshine. Children who are unable to convert sunshine into vitamin D do not enjoy playing in the sun.

**Vitamin D production is the reason we are happier in sunshine.**

Children who burn easily are deficient in vitamin D and a simply antidote to prevent burning is the supplement astaxanthan. The massive use of sunblock in pregnant mothers is another major risk factor for having children with ASD. Children with ASD particularly need more time in the sun without sunblock. Fifteen to thirty minutes’ exposure to the sun between 11 and 3 is a minimum.

The ideal timing for outside exposure to the sun without sunblock is different for different children. Lighter skin requires less time. The maximum time is as long as a child can be in the sun without burning to point where they skin will peel the next day. As a tan develops they can stay longer in the sun. During the winter, when the sun is less, supplementation is
essential. Cod-liver oil is the perfect natural supplement. It is high in omega 3 and vitamin D. It is now made with good tasting natural flavors.

**Glutathione Protects the Myelin Sheath**

The liver makes glutathione for a variety of other functions as well. Glutathione creates and protects the myelin sheath surrounding the neural connectors in the brain. It sustains the membrane potential for cells to absorb nutrition. It is primarily responsible for the removal of toxins and waste throughout the body. It is a super antioxidant in its own right but also increases the super antioxidant potency of vitamins C and E.

Increased oxidative stress in the Myelin Sheath of children with ASD reduces and weakens the normal filters to the outside world. Without filters we can be overestimated by the senses. If you have ever wanted to turn out the light and curl up in a fetal position, that is the condition some children with ASD experience 24 hours a day. As expressed in one Beatle lyric … It is all too much for me to take…

These children with ASD see, hear, smell, and taste much more than children without ASD. They also resist touch because it is too intense. They are easily over stimulated by their perceptions and experiences. They not only have fewer filters to outside stimuli but can also be overwhelmed by their own inner thoughts and emotions. This is primarily caused by the wearing down of the Myelin Sheath by chronic oxidative stress.

Exposure to toxins, medications, stress, pollution, poor diet, trauma, infections and radiation deplete our glutathione stores and also inhibit our ability to make more of it. As most people age our glutathione levels begin
to decrease dramatically and oxidative stress begin to injure and weaken the Myelin Sheath.

Liposomal vitamin C, liposomal glutathione and a supplement called Membrane Support, which contains amino-ethyl-phosphate bonded to calcium, magnesium and potassium can begin to rebuild the injured Myelin Sheath. In addition lithium orotate helps to restore the myelin sheath.

New research studies show children with ASD and delayed development tend to catch up to their normal development by increasing N-acetyl aspartate (NAA) in the brain. NAA is one of the most highly concentrated chemicals in the brains of humans. It plays an essential role in brain development and functioning. This research reveals that the inexpensive supplement lithium orotate increases levels of N-acetyl aspartate. N-acetyl aspartate as well as lithium is deficient in all children with ASD, learning difficulties and Alzheimer’s disease. We will explore the miracle of lithium orotate in a later chapter. Low levels of lithium in the brain, increase oxidative stress which in turn deletes glutathione.

As we age our glutathione levels decrease dramatically.

There is a good reason that we always hear about the importance of antioxidants for good health in the media. Every aspect of good health and optimal brain function is dependent on antioxidants. Healthy foods are often promoted based on their high concentrations of antioxidants. While these foods can be helpful, your body makes its own super antioxidant, glutathione. It is much more powerful than any food, high in antioxidants, that you can eat.
The Role of Antioxidants

To appreciate the importance of Glutathione lets review what we have learned about antioxidants. I know this section will seem a bit repetitive to those who are already familiar with Glutathione, but 95% of the population is not. Understanding glutathione is the key to healing ASD.

Antioxidants neutralize the destructive effects of free radicals. Exposure to toxins, harmful environmental chemicals, germs and parasites increase the amount of free radicals in the body. High blood sugar levels, stress and all injury to the body also increase free radicals. Yet, free radicals are also the natural and inevitable byproducts of normal energy production in the body. In every case, these free radicals can injure your cells unless your body has enough antioxidants to neutralize them. With an abundance of antioxidants, free radical damage is stopped. Without glutathione, free radicals produce chronic oxidative stress.

The antioxidant potential of glutathione protects the brain from free radical injury and heals ADHD.

Glutathione is the ultimate antioxidant. Compared to glutathione, healthy foods have a very small amount of antioxidant power. Yet when combined with glutathione, foods rich in antioxidants have a greater power. The antioxidant potential of vitamins and organic foods can certainly support healthy brain function, but without the support of glutathione they
are not enough. Healthy foods are not enough to repair the brain, but they can help your liver make more glutathione.

Glutathione is so important for health that when we get sick, our liver begins to produce more to protect us from infection. A fever particularly increases glutathione. A commonly overlooked cause for all mental challenges from ADHD to autism is the suppression of fever. When we use a drug to suppress fever we are unknowingly suppressing the production of glutathione.

**The suppression of fever with the use of drugs is one of the major causes of ADHD.**

All prescribed and over the counter drugs used to reduce pain and/or suppress fever either inhibit the body’s ability to make glutathione or cause gut inflammation that depletes glutathione levels. As mentioned before, one of the most potent drugs that will suppress glutathione production and injure your liver’s ability to make glutathione is called acetaminophen. It is the main ingredient in Tylenol.

**Acetaminophen, the active ingredient in Tylenol suppresses glutathione production.**

Acetaminophen is contained in over six hundred prescribed and over the counter medicines. Over 75,000 people in 2012 were admitted to hospitals due to acetaminophen poisoning. Pain pills like aspirin, Vicodin and Oxycontin also suppress glutathione production.
Heart patients who take a baby aspirin every day to thin their blood would do much better simply taking 15 to 50 milligrams of vitamin B3 each day. Niacin (B3), in small doses has no side effects and thins the blood much better than any drug. It also does it without suppressing glutathione.

Pain pills like Tylenol are not the only culprits. Lipitor, the biggest selling prescribed drug in the world, also suppresses glutathione production. It is no wonder that Tylenol is linked to autism and ADHD while Lipitor is known to create symptoms of dementia. Dementia and Alzheimer’s are the later stages of the same brain injury that gives rise to ADHD in children. The same natural solutions for ADHD are being used today to treat Parkinson’s disease, dementia and Alzheimer’s.

Combining glutathione with vitamin C heals brain infections.

Children with ADHD and autism, as well as adults with dementia and Alzheimer’s, have extremely low levels of glutathione. Centenarians, people who live to past one hundred years old, usually have healthy levels of glutathione.

Centenarians, people who live to past one hundred years old, usually have healthy levels of glutathione.

The modern use of pain pills, fever suppressants, allergy medicines, antihistamines, cold medicines and certain prescribed drugs gradually damage the liver and inhibit glutathione production. Without bumping up
glutathione levels, Vitamin C is unable to heal brain infections responsible for impaired memory and focus.

Natural solutions can gradually heal this liver damage, but in the meantime, there is a fix. Even if the liver is temporarily unable to make enough glutathione, the OPCs (oligomeric-proantho-cyanidins) commonly found in grape seed extract or pine bark extract can activate vitamin C.

A simple formula for increasing focus is:

1. Take 300 mgs of grape seed extract (not grapefruit seed) or pine bark extract (Pycnogenol) twice a day. These OPCs recycle vitamin C to heal infection in the brain.
2. Take 600 mgs of buffered vitamin C twice a day. For children with ASD liposomal vitamin C is more effective.

These supplements are easily available in most health food stores. Holistic doctors recommend half doses for children.

**When the liver is injured and can’t make glutathione,**

**grape seed extract can have a similar benefit.**

If you choose to get a vaccination or have to take a drug, make sure to increase your vitamin C intake and take grape seed extract. You could easily take the doses suggested above three times a day for a week. And if you ever you get a fever, do not suppress it.

A fever is completely safe, even up to 105 degrees, for two days. You can provide comfort by applying a room-temperature wet towel on the
forehead or by sitting in a slightly warm bathtub. A cold bath is not recommended because it fights the fever and increases the body’s internal temperature to prevent cooling off. For a flu fever, the homeopathic remedy Oscillococcinum or the use of colloidal silver can provide speedy relief and great comfort.

**How to Increase Glutathione**

In the last chapter, we learned that to heal the brain we need vitamin C and glutathione. We can get our vitamin C directly from foods, but our body needs to make most of our glutathione. Maintaining a natural fever when we are sick (and not suppressing it with drugs) is the most important stimulator of glutathione production, but when we are not sick, to stay healthy there are many other ways to increase and sustain optimal glutathione levels.

We get our vitamin C directly from foods but our body needs to make glutathione.

In the ASD Protocol provided in Appendix One, I provide the best suggestions with the least amount of extra supplements for increasing Glutathione. For those who want to do a little more any of the suggestion below can also help. I am not suggesting that you try to do everything on this list. It is provided to increase your awareness of ways to increase glutathione.
1. Follow an all liquid diet to reduce oxidative stress which depletes your glutathione levels.

2. Avoid drugs as much as possible. To various degrees they injure the liver and suppress the production of glutathione.

3. Eat plenty of foods rich in cysteine, the precursor of glutathione. These foods include egg yolks, poultry, raw or fermented dairy products, garlic, onions, red peppers, broccoli, cauliflower, brussel sprouts, cabbage, oats and wheat germ. Until digestion is improved a child with ASD should avoid dairy.

4. Eat foods that have glutathione. These foods include spinach, asparagus, avocado, squash, grapefruit and peaches.

5. Eat grass fed, hormone free meat products three times a week. This low fat meat is easier to digest and rich in alpha-lipoic acid which helps to regenerate glutathione.

6. Eat foods that are rich in vitamin B12 and folic acid, which are necessary to make glutathione from cysteine. Foods high in B12 and folic acid include shellfish, liver, fish, crab, un-denatured or raw dairy and cheese, and eggs.

7. Eat foods rich in vitamin C. Glutathione helps to recycle vitamin C, but vitamin C is also needed for the production of glutathione.

8. Drink green tea and take omega-3 supplements, which activate the genes to make glutathione.

9. Take one teaspoon of black cumin seed oil, two or three times a day, to raise glutathione levels and help stabilize
blood sugar levels. Black cumin seed is an ancient miracle remedy described in both the Bible and the Koran as having the power to heal everything.

10. Take one capsule of MSM, three times a day. This sulfur supplement helps to heal the liver and increase glutathione levels. It is particularly important if one has been taking stimulant drugs. This supplement is different from “sulfates” which many people cannot tolerate. This dose can be gradually be doubled and tripled.

11. Take one capsule of magnesium, calcium and potassium bonded to 2-AEP (amino ethanol phosphate) before meals to assist the body in absorbing food sugars. This will lower high insulin levels and increase glutathione production. When insulin levels are too high the production of glutathione is limited. These minerals bonded to 2-AEP support normal blood sugar levels. AEP is the chemical name for the natural substance that makes up the cellular membrane. This products is called Membrane Support.

12. Taking a digestive enzyme complex of plant-sourced enzymes before meals will assist the body in providing the necessary cysteine to produce glutathione. Symptoms of ADHD, ASD and low glutathione are associated with poor digestion.

13. Drink undenatured whey protein, rich in cysteine. It is one of the most powerful supplements for increasing glutathione. I have used it nearly every day for twelve years in my super food shake to sustain healthy brain function. It can even help
people quit serious addictive drugs or get rid of other addictions like smoking, video games and pornography without the usual withdraw symptoms. Most people or children who are normally allergic to dairy are not allergic to undenatured whey when combined with undenatured casein. If undenatured whey is not available then another rich source of cysteine is the supplement N-Acetyl-Cysteine (NAC) 500mg twice a day.

14. Until normal brain function and focus are attained, or during times of stress, it is good to take the mineral supplement lithium orotate in low doses. Lithium orotate is significantly different from the high dose lithium carbonate prescribed by psychiatrists. Lithium orotate protects brain cells from stress. High stress levels immediately deplete brain cells of glutathione. Lithium orotate is significantly different from the high dose lithium carbonate prescribed by psychiatrists. Potassium orotate is also known to directly increase the production of glutathione. We will explore the importance of mineral orotates in Chapter Twelve.

15. For more significant liver challenges take liposomal glutathione supplements. While this doesn’t stimulate the body to make glutathione, it reduces oxidative stress so that your glutathione levels are not being depleted and overwhelmed by oxidative stress.

16. Take a daily dose of resveratrol, which increases both the production and utilization of glutathione. Resveratrol is extracted from special grapes containing special repair
enzymes and antioxidants. Resveratrol has also been shown to reduce food allergies and sensitivities.

17. Manage stress more effectively by prioritizing gender specific activities and herbs that rebuild testosterone in men and oxytocin in women. Learn how to balance hormones naturally at MarsVenus.com.

This list can certainly seem overwhelming at first, particularly if you were to try and implement each suggestion today. It is for your information only so that you can begin to choose the best foods and supplements that can assist you or your children in realizing your full potential in mental and emotional health.

I would suggest reading this list many times to help guide your choices. When we are pressured with stress and problems, we forget that most of our challenges in life are directly magnified when we are not making enough glutathione. At those times, a simple supplement can make a world of difference.

Fortunately, most of these recommendations have little to do with restricting your choices. Instead, you have more choices. Any one of these suggestions could make a big difference for increasing focus. Using only a few of these suggestions I was able to reverse my Parkinson’s disease and heal my ADHD.
Chapter Ten

Balancing Blood Sugar Levels

Second to over the counter drugs that suppress glutathione, High and low blood sugar is the next major cause for increasing ASD and other mental challenges in the modern world. Unstable blood sugar levels inhibit the production of glutathione and directly cause free radical damage to the brain. When pregnant mother have high or low blood sugar levels a child can be born with these issues as well. All children with ASD have issues with unstable blood sugar levels.

One solution is to give up sugar, starch and simple carbohydrates but for most people that is probably not going to happen. Some parents who are highly motivated can remove sugar from the home, but even still their children will find it elsewhere. Sugar is everywhere.

Giving up sugar and starches is like a drug addict trying to give up cocaine with a dealer on every block. Giving up sugar and starches is even harder than a cocaine addiction because we do not need cocaine but we do need a moderate amount of carbohydrates that eventually break down into sugar.

Giving up sugar is like a drug addict trying to give up cocaine with a dealer on every corner.
To make matters worse, if you already have high blood sugar levels, just giving up sugar will not solve the problem. Once you have chronically high blood sugar levels, your insulin receptors downregulate so that even the smallest amount of sugar will spike blood sugar levels. This is called insulin resistance. When cells lose their ability to freely absorb sugar the brain demands that we eat more to eventually get the fuel it needs.

Too much sugar consumption causes the problem, but simply cutting out sugar doesn’t solve it. Once the insulin receptors have been injured by too much sugar they don’t immediately come back into balance. Insulin resistance eventually evolves into diabetes and then dementia if you live long enough. Statistics reveal that you are three times more likely to develop dementia if you are diabetic.

Statistics reveal that you are three times more likely to develop dementia if you are diabetic.

Fortunately there are natural solutions for healing insulin receptors and restoring healthy blood sugar levels. Cell membranes can be supported with a special supplement that contains calcium, magnesium and potassium bonded to AEP (amino-ethyl-phosphate.) When taken before a meal this nutrient can give immediate relief and gradually heal the condition that gives rise to insulin resistance.

The mineral supplement 2-AEP mineral complex can help balance blood sugar levels.
From your first meal, insulin levels will not spike as much and your body can make more glutathione to begin healing your brain. With this natural solution it is not necessary to completely give up sugars and starches, but it is a good idea to cut back. As blood sugar levels begin to balance out, sugar cravings disappear.

Cell membranes are made of 2-AEP and minerals. A mineral complex bonded to AEP strengthens the cell membranes to more effectively utilize and metabolize sugar. The support of a 2-AEP mineral complex not only balances blood sugar, but like glutathione, this mineral supplement also protects and rebuilds the myelin sheath in the brain and nervous system. The myelin sheath surrounds and insulates all nerve fibers in the brain to prevent overstimulation. High blood sugar levels are known to damage the myelin sheath. Children and adults with brain challenges may have injuries to the myelin sheath. ASD children always have some injury to the myelin sheath. This is caused by chronic oxidative stress.

Children and adults with brain challenges may have injuries to the myelin sheath.

However, 2-AEP is less effective when taken with artificial sweeteners that are often used in sugar free, diet drinks and bars. Even superman is vulnerable to Kryptonite. Artificial sweeteners raise insulin levels but do not provide the sugar for the cells to be metabolized. As a result insulin levels remain too high causing normal blood sugar levels to crash. Low blood sugar causes a surge in stress hormones along with a new wave of sugar cravings.
This is why diet drinks actually cause you to gain weight and slowly kill brain cells. In addition, high insulin levels inhibit fat burning. Diet drinks may have fewer calories, but they inhibit your body’s ability to burn stored fat. Even worse, high insulin levels inhibit glutathione production.

**Slowing Down**

**The Release of Carbohydrates**

A widely available and well-tested supplement called PGX is found in every health food store. It is a complex of beneficial fibers, which have proven to slow down the release of carbohydrates and balance blood sugar highs and lows. I often add PGX powder to my morning super food shake. Besides stabilizing blood sugar levels, PGX provides a timed release of nutrients that can last four to five hours. It comes in capsules or powder. After using PGX with every meal for about three months my blood sugar levels returned to normal.

**PGX sustains the release of nutrients for hours.**

By slowing down the release of carbohydrates, insulin levels are not spiked after a meal. This supports the gradual healing of insulin receptors. PGX is a blend of konjac root, xantham gum and alginate. This unique combination of natural ingredients increases the effectiveness of konjac root by up to five times.
Konjac root has been used in China to balance blood sugar levels for hundreds of years. To experience extended mediations without hunger or the need to eat, Buddhist monks would eat pasta made from konjac root to sustain their energy production for five to six hours.

PGX not only balances blood sugar levels but feeds the beneficial probiotics in our gut, as well. When using PGX be sure to follow the instructions and take it with lots of water. PGX combines with water in the stomach to form a gel that allows carbohydrates to be slowly released as if they were in their raw, original fiber-rich state. It also creates a sense of fullness during a meal even when your portions are smaller.

**PGX combines with water in the stomach to form a gel that prevents blood sugar spikes.**

The average American currently consumes only 12-17 grams of fiber per day from dietary sources, far below the recommended 20-35 grams recommended by the American Dietetic Association. Whenever one suddenly increases fiber, there may be some intestinal discomfort. For people with a history of diarrhea or constipation and children with ASD, it is advisable to start with very small doses of PGX and gradually increase them as your body adjusts to a healthy amount of fiber.

**Chia Gel and Blood Sugar Levels**

A fun way to create sustained energy, balance blood sugar levels and provide your brain with plenty of omega-3 fat is by making chia gel. It is
called the runners food because it helps you stay hydrated and provides sustained energy. It was a staple food in the diets of the ancient Mayans and Aztecs.

Packed with more than eight times the omega-3 found in salmon, the chia seed has big nutritional value. With more antioxidants than blueberries and more fiber than oatmeal, it can add extra value to your morning super food shake. I recommend adding chia gel to all of your super drinks in the John Gray ASD protocol.

**Chia seeds are packed with more than eight times the omega-3 found in salmon**

Similar to PGX, chia seeds absorb many times their weight in water and line the stomach with a beneficial gel, which slowly releases the sugar in your foods for sustained energy without any insulin spikes.

To make chia gel, combine 1/3 cup of chia seeds with 2 cups of water. Gently mix with a spoon and wait a minute. Then mix again and place in the refrigerator. In ten minutes it will be ready and stays good in the refrigerator for two weeks. Add 1 or 2 tablespoons of chia gel to your morning super food shake, smoothie or oatmeal. Add a little raw sugar and children love it straight. Blend chia gel with coconut cream, a little raw sugar and vanilla extract for an excellent dessert. You can also add supplements to chia pudding for children who cannot take capsules.

**Diabetes and Brain Injury**
Another cause of oxidative stress is diabetes. Diabetes inhibits cells from absorbing sugar. Diabetes 1 is a congenital disease from birth that prevents the pancreas from producing enough insulin to deliver sugar into the cells. Diabetes 2, also called adult onset diabetes, develops over time due to poor eating habits. In diabetes 2, the cells become insulin resistant so more insulin is required to deliver sugar to the cells.

As cells become resistant to insulin, blood sugar levels raise too high creating injury to the nerves and brain cells. High blood sugar levels in our children have reached epidemic proportions. One third of all children born in 2000 or later will suffer from diabetes at some point in their lives. Long before they become diabetic, they will all experience different symptoms of brain injury and ADHD.

Those children of mothers who had high blood sugar during pregnancy have a higher risk of ASD. Even non-autistic children of diabetic mothers are at risk to develop problems with socialization and language comprehension. Autistic children of diabetic mothers were more disabled and had greater deficits in language comprehension and adaptive communication than were the children born with ASD to non diabetic mothers.

When the brain is unable to absorb sugar for fuel due to insulin resistance, it begins to slow down and cells begin to die. This oxidative stress in the brain leads to ASD and ADHD in early life and memory loss, dementia and Alzheimer’s disease as we age. Diabetes of the brain is now considered by the medical community to be the direct cause of dementia and Alzheimer’s disease.

**Diabetes of the brain is the direct**
cause of dementia and Alzheimer’s disease.

Some children are now born with Diabetes 2. This was completely unheard of just twenty years ago. Diabetes 2 is a condition that only adults used to get from years of a high sugar, junk food diet. Mothers with high blood sugar levels during pregnancy are now giving birth to children with insulin resistance as well. Babies with excess insulin become children who are at risk for ASD, ADHD and obesity as well as becoming adults who are at risk for Type 2 diabetes.

When a mother develops gestational diabetes (high blood sugar levels) during pregnancy, her child will have a 14-fold increased risk of being born with ADHD. This temporary gestational diabetes currently affects one out of twenty mothers. It generally develops during the second or third trimester of pregnancy at the same time in which a fetus undergoes a critical burst of brain development. Mothers should be warned to eat less sugar before and after pregnancy because it can lead to ASD or ADHD in their child.

If the mother has high insulin levels during pregnancy, the child may be born with ADHD.

Diabetes, ASD and ADHD symptoms go hand in hand. If you already have diabetes it will take more time to heal ADHD or ASD. Once the insulin resistance has moved into diabetes, the liver tends to produce too much glucose, raising blood sugar levels even when blood sugar levels should be dropping. In this case, the supplement called berberine, along with 2-AEP, can help keep your blood sugar levels balanced. Some studies suggest
that 500 mg of berberine three times a day can improve memory and also lower high LDL cholesterol.

**Berberine is more effective than the most widely used diabetes drug Metformin.**

Berberine is an extract of the herb goldenseal. It is all natural and has proven to be more effective than Metformin, the most widely used diabetes drug. Unlike Metformin, berberine has no side effects. It is now being studied as a natural cure for cancer. For many people, Metformin can balance blood sugar levels, but over time it may have horrible intestinal side effects.

Besides supporting balanced blood sugar levels, berberine is another superstar supplement for neutralizing oxidative stress in the body and brain. It is also being acknowledged as a multipotent natural product to combat Alzheimer’s disease. It is an important supplement in the John Gray Autism Protocol.

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**Chapter Eleven**

**Super Minerals For ASD**

Food today is not what it used to be. The use of synthetic fertilizers and pesticides over the past one hundred years has dramatically reduced
the nutrient content in food. Comparing US department of Agriculture food tables from just fifty years ago, the differences in vitamin and mineral content are enormous. For example, a 78% decrease of calcium in corn, a 50% drop of calcium in broccoli or a 40% percent drop of vitamin C in cauliflower. Using only nitrogen, phosphorous and potassium to fertilize the soil, grains and vegetables grow fast and look good, but they have little nutrition.

With a 50% drop in calcium in broccoli, to get the same nutrition as just fifty years ago you would need to eat twice as much. Imagine having to eat twice as much food to get the nutrition you need. Hmm... That’s not so hard. Go to any fast food restaurant and watch people chow down on super sized junk food.

To get the same nutrition as fifty years ago
we need to eat twice as much.

Could it be that as a society we are all mineral deficient? Could this be one of the major reasons many of our children are falling behind in education? Could this be why millions of children and adults are experiencing mental health challenges? I think so.

To make matters worse, our high sugar diet depletes our internal mineral supply as well. When we are burning sugar as a source of fuel rather than fat, we use up our internal mineral supply even faster. With a high sugar diet the body will always burn off the sugar before the fat. The more sugar we eat, the more deficient in minerals we become.

Children with ASD are even more vulnerable to mineral deficiency. Their increased stress levels push the body into the energy producing
mode of sugar burning. The result is more oxidative stress, more cravings for sugar and carbohydrates and mineral deficiency.

Why Minerals Are Important

Every function in the brain and body requires mineral support after which the minerals are discarded. For example, over three hundred different body functions are dependent on magnesium. All children with ASD are deficient in magnesium. That is why Epson salt baths, which are very high in magnesium, are especially helpful. From regular bowel movements, to relaxing muscles and burning fat, we are all dependent on magnesium. Once it is used, it is used up and we must consume more. Magnesium like other alkalizing minerals is needed in the brain to relax as well as reduce oxidative stress.

We can get minerals from our foods but we can’t make or recycle them. We are dependent on our food supply to get the minerals we need. Since our food is mineral deficient, we need some form of mineral supplementation. Of all the supplements I recommend, minerals have had the greatest and most immediate benefit.

Since our food is mineral deficient, everyone needs mineral supplementation.

The big problem with mineral supplementation is that most mineral supplements do not, and cannot, deliver minerals across the blood-brain barrier. When minerals are abundant in our food they are able to cross the
protective barrier that filters the blood entering the brain. Only special mineral supplements can deliver minerals across the blood-brain barrier.

Without enough minerals, your brain cannot do what it is designed to do. Fueling a car is the perfect example for the importance of minerals. Your car could have no problems at all, but if it is missing the fuel, it will not run.

In this example there is nothing wrong with your car, but it will not start. In a similar way, your brain could have no problems at all, but with mineral depletion; it just stops working the way it is designed to.

In the case of ASD, minerals work together with glutathione to eliminate oxidative stress. Without minerals as co-factors, glutathione and vitamin C cannot neutralize free radicals. The alkalizing minerals magnesium, calcium, potassium, zinc and lithium are most important for reducing oxidative stress.

Of these minerals lithium is the most powerful for children with ASD. It protects brain cells from oxidative stress, it reactivates the same receptor sites, which are deactivated by the acetophenamin in Tylenol, it produces the hormone oxytocin the cuddle hormone to improve social skills, it protects the brain from MSG and Mercury, it regenerates damaged brain cells and finally it promotes the production of stress reducing brain chemicals.

**Your brain could have no problems at all,**

**but if it is missing fuel, it will not run.**

Whether you have ASD or not, without minerals the following symptoms may be produced: overwhelm, lack of personal focus, hyper
impersonal focus, inability to relax or sleep through the night, inability to comprehend what you read, anxiety, depression, resentment, increased sensitivity and compulsiveness. Sometimes all it takes for these symptoms to disappear is regular mineral supplementation.

We all have the potential for normal brain function but if we run out of fuel, our normal brain function will simply stop. If you are particularly bright or intelligent, then you will require even more fuel. If you have massive oxidative stress as in the case of ASD, minerals will help put out the fire.

Without fuel, brain function is inhibited for everyone. Compared to ASD, about nine times more boys experience ADHD symptoms. For some children it shows up as extreme mood swings commonly diagnosed as bipolar disorder. If your car has more horsepower it will run out of fuel faster. Likewise, if you have a genius brain you need more fuel because a genius brain runs faster and has more activity to fuel. ASD brains tend to use up minerals faster than non-ASD brains.

If you happen to have a super brain, you can run out of fuel much faster.

Aristotle once claimed, “There is no great genius without a mixture of madness.” A study of more that 700,000 students showed that those who scored top grades in school were four times more likely to develop bipolar disorder than those with average grades.

“There is no great genius without a mixture of madness” - Aristotle
While researching the work of Dr. Hans Neiper, I learned about special mineral supplements from Germany that were bonded to orotic acid, a substance high in mother’s milk and whey protein. Unlike common mineral supplements bonded to carbonate, citrate, phosphate, ascorbate, chloride, etc., minerals bonded to orotic acid are freely transported across the blood-brain barrier. These mineral orotates improve brain function within days. They are super minerals for super brain function.

**Lithium Orotate: The Misunderstood Mineral**

One of Dr. Neiper’s many discoveries was a new form of the mineral, lithium. He found that lithium orotate, combined with good nutrition, could treat depression, migraine headaches and bipolar disorder without any side effects. I have found it is equally effective healing ADHD and most effective of all the supplements for ASD. Combined with other mineral orotates, its daily use can lower stress and reduce oxidative stress for everyone.

Unaware of the benefits of lithium orotate to treat depression and bipolar disorder, for the last fifty years doctors have prescribed a less effective form of lithium called lithium carbonate. The use of lithium carbonate comes with a variety of negative side effects including weight gain and fatigue. Lithium carbonate is only effective when used at high doses which are also toxic. Lithium orotate however is effective at low doses and is non-toxic. It should be used as commonly as calcium and magnesium but in smaller doses.

**Lithium orotate is effective**
at low doses and is non-toxic.

The widespread medical use of lithium carbonate, the toxic form of lithium, has given lithium a bad reputation. Most people misunderstand lithium as a dangerous drug for mental illness. They are afraid to take it because of this confusion. As a result, even some health food stores do not carry it.

The main difference between lithium carbonate and lithium orotate is that lithium carbonate is only effective at high doses. For lithium carbonate to cross the blood-brain barrier, toxic doses are required; the symptoms of depression and anxiety are relieved, but at the price of a healthy metabolism.

To be effective, lithium orotate is not required in toxic doses. It easily crosses the blood-brain barrier in low doses. This is a big difference. Like other minerals, lithium orotate in the right dose is good for everyone.

Like other minerals, lithium orotate in the right dose is good for everyone.

Lithium is only toxic when too much is taken. This is true of every beneficial mineral. Too much potassium will cause a heart attack. Too much magnesium will cause diarrhea. Too much salt will cause water retention and heart disease. Too much copper will cause allergies. Too much calcium will cause arthritis. Too much selenium will cause nerve damage. And too much lithium will lower your metabolism and cause kidney problems. Too much of any beneficial supplement will have side effects.
Today, many holistic doctors are switching from prescribing toxic doses of lithium carbonate to non-toxic low dose lithium orotate. Combined with other mineral orotates and supplements this protocol can successfully treat depression, bipolar disorder, ADHD, PTSD, OCD and ASD without any negative side effects.

**Mineral orotates and supplements can successfully treat depression.**

Unlike antidepressants that suppress symptoms of depression, mineral orotates support the natural process of emotional healing. For example, grieving is an important process when we are faced with a depressing loss. Taking lithium orotate does not suppress our feelings of loss instead it lowers our stress and facilitates the healing of painful emotions. During times of depression or increased stress, we may need slightly higher doses of lithium because it is quickly used up.

It is easy to regulate your own dose of lithium orotate because the results are immediate and no more than five or six capsules a day are ever necessary. The oversight of a doctor is not needed. If this relatively low dose doesn’t have the desired effect, then other supplements are required as well. More is not better and as with any mineral supplement, too much can be toxic. Lithium is the superstar in the John Gray Protocol for Autism.

**If a low dose of lithium orotate does not immediately help with depression, then other factors must be addressed as well.**
Doctors are particularly concerned about how much lithium a person is taking because the doses they prescribe for lithium carbonate are very high and toxic. This concern is unnecessary for lithium orotate because the required doses are so low. Lithium carbonate requires high doses to be effective, but side effects are inevitable. With low dose lithium orotate, more does not make it better and there are no side effects. Lithium orotate always comes in very low dose capsules.

**With low dose lithium orotate,**

*More is not better and there are no side effects.*

If you were taking lithium orotate, you would have to take half a bottle at once to experience any side effects. If you did take too much, you would only notice a dry mouth and a headache that would go away by the next day. If you experience these symptoms then simply skip a few days from using it and then cut the dose in half.

**You would have to take half a bottle of lithium orotate to experience any side effects.**

The effective dose of lithium orotate is between one and six capsules a day. Each little capsule contains only 4.5 – 4.8 mgs of the elemental lithium and the rest of the capsule is the orotate.

Lithium orotate works better when combined with the other mineral orotates. All of the alkaline minerals bonded to orotate are contained in the Mars Venus Super Minerals available at MarsVenus.com.
As with all supplements, keep in mind that at a certain point more is not better. Taking more than two capsules three times a day will not produce any better results. Within this range there is no set amount. If you are feeling stressed then you may need 4 to 6 capsules. If you are feeling not so stressed, two a day seems to enough for most people.

**Lithium orotate works better when combined with the other mineral orotates.**

Lithium is a natural mineral; it is not a drug. For thousands of years indigenous people have flocked to various hot springs high in sulfur or lithium for healing. For 5000 years Native Americans have visited “Lithia Springs” in Georgia to heal a multitude of illnesses. The popular lemon lime flavored soft drink 7 Up contained lithium citrate. It was launched in 1929 and continued to contain lithium up to until 1950 until it was hijacked by the drug companies.

Lithium orotate is best known for healing depression but it is also an essential mineral for healing ADHD. It helps to heal and activate the injured dopamine receptor sites in the brain. After healing oxidative stress in the brain, continued use of lithium orotate supports optimal brain function. Some doctors have reported success using low dose lithium orotate to slow the progression of Alzheimer’s disease.

**Low dose lithium orotate can be used to slow the progression of Alzheimer’s disease.**
Over the past twelve years I have consistently endorsed, promoted and recommended the use of lithium orotate to thousands of readers, seminar participants, counseling clients, children with ASD and visitors to MarsVenus.com. I have never heard of any negative side effects from taking lithium orotate, only success stories.

Of course it works better for some people depending on what other supplements they are taking. For ASD, stress management, ADHD, anxiety or depression, simply taking lithium orotate is not enough but in conjunction with a healthy diet and good supplements it can make all the difference. As I am writing this paragraph, another testimonial has come in. It reads:

Dr. Gray,

I am so thankful for your program and all the many ways you help so many people. After 20 years on lithium carbonate and having a Doc that always said "Don't mess with something that works," I came across your video on lithium orotate.

My doc kept telling me that the side affects were normal, but that the lithium was really working for me. I retired 8 months ago and as I am dealing with less expectations and stress, I gradually began weaning myself off the prescription drug and introduced lithium orotate as I decreased my dosage.

I have had a lot of experience with how I feel and finally found that taking 2 lithium orotate supplements three times per day is giving me the same benefit as taking 300 mg of lithium carbonate 4 times per day.

It is a little more than you suggest, but I actually feel so much better now and have my personality back. I am getting to know
myself all over again because over the last 20 years, I completely lost my personality on the prescription dose. Coming across your program has brought an enormous blessing to my life. My Heartfelt thanks.

I have heard these kinds of testimonials for years. I personally have taken a super mineral supplement that includes lithium orotate almost every day for the last twelve years. When I occasionally miss a few days, I notice my stress levels increasing. It is the number one constant in my supplement program. For more information about lithium orotate as with all the supplements go to MarsVenus.com and visit the store and watch a short video with a more detailed description.

At first, many parents resist the idea of taking lithium orotate for themselves or giving it to their children. Without being educated about its benefits, their immediate reaction is “I don’t know, lithium is for crazy people” or “It is a dangerous pharmaceutical drug.” This is a complete misunderstanding.

Lithium orotate lowers oxidative stress and supports healthy brain function. It is so effective that when someone is “crazy,” it can help them too. It lowers stress levels, improves sleep, protects brain cells from free radial damage, promotes serotonin production, improves dopamine function, increases calm and focus and even stimulates brain cell growth. It is so effective it would be crazy to not take it. It is not a drug but a vital mineral that we all need to supplement everyday.

Lithium orotate is so effective it would be crazy to not take it.
Our food has lithium in it, but due to our high stress levels, toxic environment and free radical damage from high sugar consumption, our lithium supply is quickly depleted along with other vital minerals for the brain. We can all benefit from lithium orotate, as well as the other mineral orotates.

**Mineral Support for Everyone**

Lithium orotate is not the only beneficial brain mineral. Calcium, magnesium, potassium and zinc bonded to orotate are also needed for optimal brain function. I call them super minerals. These super minerals, along with all of the seventy trace minerals, or micro minerals from plant sources provide support for a super brain.

For the last twelve years, I have received thousands of positive reports from adults, teens and parents regarding the immediate “Wow” they feel after taking these mineral orotates for a few days. Even if you have a perfect diet, the high levels of stress and oxidative stress in the brain deplete these minerals. Mineral support can help everyone manage stress more effectively.

**Mineral support can help everyone manage stress more effectively.**

After one rather large keynote presentation, I stood for five hours signing books and listening to the positive results readers had received from my relationship books. Yet over half the people in line primarily
commented on how the mineral orotates I recommend in some of my books and at MarsVenus.com had helped them and their family.

As an author and leader in the field of good communication, lasting romance and loving relationships, I recognize the importance of new relationships skills, but nutritional support, particularly mineral support, is just as important. In my daily counseling practice, my clients always report that taking these special minerals makes a huge difference for both mood and energy levels; two important qualities necessary for a loving, nurturing and fulfilling relationship.

**Minerals support positive mood and increase energy levels.**

With a nutritious super foods shake mix and mineral orotates, I have assisted hundreds of clients to feel better and stop their use of prescribed drugs for anxiety and depression. They always feel much better. With extra supplements parents report their children shift from being distracted, oppositional or moody to becoming attentive, cooperative and happier in a matter of days.

**With correct mineral support, thousands no longer have the need for antidepressants.**

We cannot grow in intimacy when we are taking drugs to suppress how we feel. With this nutritional support to increase focus and sustain positive moods, couples are able to more successfully apply the new
relationships skills they are learning. For these simple protocols, parents of ASD can more effective manage their stress levels as well.

**Stress and Mineral Support**

High stress levels deplete the brain of minerals and depleted mineral levels cause the brain to overreact to stress. Without adequate mineral support, when we are stressed, the mind tends to loop again and again, repeating a stream of negative thoughts that go on to generate anxiety, depression, resentment, apathy, etc. This tendency is dramatically increased in the brains of many ASD children.

The mind is designed to consider the negative and then let it go and find the positive for balance. Without the nutritional support for this balance to occur, the mind has difficulty shifting back to the positive. This looping stops when the brain has what it needs to support the mind.

**Mineral orotates stop the mind from looping negative thoughts and feelings.**

The shift that takes place with mineral orotates is unlike any mood-altering herb or drug. When you drink a cup of coffee or take a stimulant drug you feel a definite shift in your mental state, as if something is happening to you. You move into a slightly altered state.

This altered state is even more pronounced with recreational drugs or prescribed drugs like anti depressants. With mineral orotates, nothing happens to you. There is no altered state. Instead you feel your normal
state, but free from stress. Balance is restored. If something upsets you, you get upset and then come back to feeling good again.

Minerals do not create an altered state, instead you feel your normal state.

Unlike antidepressants minerals do not numb you to your feelings. If you are going through a great loss or stress, you will still feel your upset emotions, but you can manage them more effectively. Minerals assist you in authentically moving through the natural stages of healing with feelings of disappointment or sadness, concern or fear, embarrassment or regret, frustration or anger and then assist you in the natural return to feelings of love, acceptance, gratitude and forgiveness. For children with ASD the calming affect of oxytocin produced by lithium helps them to fully feel, contain and understand their feelings and the feelings of others.

Mineral orotates promote healing while drugs suppress natural feelings.

The relief one feels on drugs is merely the absence of negative feelings. The injury is not healed. Drugs suppress negative emotions, but there is also a gradual diminishing of authentic positive feelings.

For additional information on transforming negative emotions to positive emotions, read my short cartoon illustrated book, What You Feel, You Can Heal. It is a great coloring book for children with or without ASD.

Drugs suppress negative emotions,
but they also diminish your ability to feel positive emotions as well.

Taking mineral orotates, just two capsules a day or four on stressful days helps to stop emotional or mental looping. In my marriage, when occasional feelings of irritation and annoyance emerge I simply take an extra dose. Sometimes that’s all it takes and negative feelings or thoughts simply disappear. Mineral orotates are good for everyone but they are particular helpful for ADHD symptoms. When you first begin to use them it may take about nine days to notice results.

If you are already taking mood-altering drugs or you have taken a lot of pain pills, your brain will need to heal before you experience the full benefit of these mineral orotates.

Depending on how long one has been medicated with prescribed antidepressants, ADHD stimulant drugs, or street drugs, it may take several months longer for the brain to return to its normal state. While you are slowly going off these drugs, it is completely safe to begin taking mineral orotates.

In most cases, people should first feel better from taking natural supplements before they begin to reduce prescribed drugs. It can be dangerous to suddenly stop these drugs without the proper support first.
Chapter Twelve

Homeopathy and Body Work Can Heal Oxidative Stress

Studies report, one of the risk factors for ASD and ADHD is a mild concussion, which may result from induced birthing practices or the use of forceps. Many children will experience shocks to the body or brain that can result in mild or severe concussion. Any kind of injury to the brain results in immediate infection and inflammation. If there are not enough antioxidants then oxidative stress results. Childhood concussions typically result in ADHD symptoms but if there are other factors causing high levels of oxidative stress, minor concussions from a fall or banging their head can contribute to build up of oxidative stress associated with ASD.

At the University of California, studies show that children who have a history of concussion are more likely to develop ADHD and have difficulty controlling their moods. When ADHD, PTSD or ASD is complicated by or caused by concussion, physical injury, a shock to the head or at the base of the spine then natural supplements are not always enough. Homeopathy and/or various forms of bodywork combined with supplements can make the difference. Because my ADHD and Parkinson’s disease was caused by four major concussions in my life, both homeopathy and bodywork were also a big part of healing my brain injuries.
Specific homeopathic remedies can awaken your body’s ability to heal the brain while supplements provide the necessary nutritional support for that to happen. Homeopathy is a form of medicine approved by the FDA that does not use drugs. In simple terms homeopathic remedies turn on your bodies healing genes.

Homeopathy is often discredited and attacked by the American Medical Establishment on the grounds that western science cannot determine how it works. In spite of tremendous opposition, it continues to be approved by the FDA because it has worked in many cases when drugs have not. One of its great benefits is that when it works, it has no side effects.

One of its drawbacks is that it does not always work. It doesn’t always work for three reasons.

1. The wrong remedy is used.
2. The modern diet is deficient in the necessary minerals for the activated genes to do their job.
3. High stimulation tends to interfere with its effectiveness.

Two hundred years ago, homeopathy was most effective before the invention of stimulant drugs and junk food. Patients at that time were instructed to avoid the high stimulation of coffee for the treatments to work. Today, homeopathic remedies are less effective due to the common use of coffee, prescribed stimulant drugs and the high consumption of sugar and junk foods along with the fast pace of life, traffic, TV, video games, cell phones, email, etc. By abstaining from this hyper-stimulation and taking extra mineral supplements, homeopathic remedies can be most effective.
To heal a concussion, decreasing hyper-stimulation and getting extra mineral support is the first step. Homeopathy is the second. Yet, turning on your healing genes with homeopathy is still not enough. When a physical shock to the body causes oxidative stress, a physical resetting of the body may also be required. The most obvious example of this is a broken bone. For a broken bone to heal straight, it must be reset. Chiropractic bodywork can physically reset your brain’s connection to the rest of the body.

**When a physical shock causes the oxidative stress, then a physical resetting of the body is required.**

One of my readers, an Olympic medalist, shared with me that after many falls while skating free style she eventually developed the symptoms of depression, anxiety, agoraphobia and ADHD. In her case chiropractic care and my nutritional protocols were helpful but not enough. By following a six-week homeopathic brain function treatment, developed by Dr. Solar Farahmand, most of her symptoms went away. She repeated the program again and all of her symptoms were gone. It was truly a miracle. I also personally benefited from this program. For more information about this homeopathic treatment go to [http://www.homeopathicwonders.com](http://www.homeopathicwonders.com).

Teaching workshops at a variety of conferences around the world I have also heard miraculous testimonials regarding the benefits received from chiropractic care. Anyone who has ever had a rib out of joint knows what immediate relief you can feel after visiting a chiropractor. You can take all the pain pills in the world but the pain will continue until the rib is physically put back in place. Sometimes all it takes is a simple adjustment.
This kind of pain relief is just the tip of the iceberg of what chiropractic care can provide.

**You can take pain pills**
**but the pain will continue**
**until the rib is physically put back in place**

When I was 14 years old, after my second major concussion, ten treatments with my chiropractor took away my terrible headaches. My chiropractor was also skilled in cranial sacral therapy, which is also beneficial for healing the brain after a shock or concussion.

Later in life, as a result of more concussions, I developed chronic neck tension. Using the Anat Baniel Method (ABM) I was able to release my neck tension in one session. This unique approach was originally developed by Dr. Feldenkrais and then later advanced by Dr. Anat Baniel.

To be correct the Anat Baniel Method looks like a kind of bodywork, but it is really an innovative form of brainwork. By moving the body in slow, new and specific ways, the traumatized brain is activated and can actually learn to heal itself. In many cases I have witnessed children with severe brain injuries from birth begin to speak and walk in a few treatments. For more information about ABM go to [http://www.anatbanielmethod.com](http://www.anatbanielmethod.com)

**With ABM the traumatized brain is activated**
**and can actually learn to heal itself.**

Due to recent lawsuits against the NFL, the long-term effects of concussions are finally coming into the light of public awareness. 4,000
former football players have filed lawsuits. Older athletes, who suffered from concussions while playing football, later in life are having symptoms similar to Parkinson’s as well as memory loss and ADHD. In addition, the Army is now faced with over 500,000 thousand soldiers returning back from battle with mild traumatic brain injury or TBI. Mild TBI is the new medical term to describe concussion.

**Over 500,000 thousand soldiers have returned home with mild traumatic brain injury**

TBI is called the “Signature Wound” of the war in Iraq and Afghanistan because it is the most common wound. Vets suffer from brain injury after exposure to improvised explosive devices –I.E.D.’s – a regular event for troops traveling the roads in Iraq and Afghanistan. This injury from exposure to a shock wave stimulates ongoing chronic oxidative stress in the brain. This has not only caused classic symptoms of ADHD but depression, anxiety and dramatically high rates of suicide.

Most patients are not even unaware that they have sustained a concussion or that they are developing symptoms of ADHD. You can have a concussion and not black out. Another problem with TBI is that sometimes the symptoms show up right away and at other times they don’t. When symptoms develop later a patient may not connect their symptoms with a head injury. This is especially true when symptoms develop days or months later.

**You can have a concussion and not black out**
and symptoms may only show up 6 months later.

Typical symptoms of TBI are headache and a variety of other symptoms that directly correspond to many of the different symptoms of ADHD. They include:

1. ADHD distracted type - difficulty concentrating and slower reaction times.
2. ADHD sensitive type - nausea and difficulty with bright lights and sounds.
3. ADHD impulsive type - irritability and restlessness.
4. ADHD compulsive type - either insomnia or sleeping more.

Because of these symptoms, after a concussion or accident, students may suffer a drop off in their schoolwork and grades while adults work performance may suffer. From research at the university of California they found that after a concussion about 10 percent of kids had a full depressive disorder 6 months later. Yet sometimes within hours after a brain injury, a child who’s never been depressed before is suddenly depressed and suicidal.

**After a concussion about 10 percent of kids had a full depressive disorder 6 months later**

In November of 2007, at a special conference for American military leaders I was warmly invited to speak about need for relationship skills for returning soldiers. During that “top secret” conference, they were primarily discussing a new problem the military was facing…mild traumatic brain
injury. It was reported that merely standing in a building or home, two football fields away from an I.E.D. explosion could cause traumatic brain injury. This was a new problem and they were looking for answers. They were also developing tests to diagnose TBI because one of its symptoms is not knowing you have it.

**One of the symptoms of TBI is not knowing you have it.**

At a dinner party with top brass, I was excited to share my insights about natural solutions. I shared how my four major concussions had caused my ADHD and later Parkinson’s and how I had healed them. I was offering them the solution on a silver platter. Unfortunately, the top Army brass was “officially” not interested in my suggestions unless their doctors approved of it or it involved prescribed drugs. I share the complete story of how I healed my ADHD and Parkinson’s Disease twelve years ago.

Since that time, the America Defense Department has still not officially approved any new treatments for healing mild traumatic brain injury. Instead they treat the symptoms with sleeping pills and antidepressants. This kind of treatment only delays the healing process.

In the past, the standard medical procedure was only to monitor a person who has experienced a concussion to see if something else, which is treatable, shows up. It was assumed that “the brain will recover at its own pace within 7 to 10 days.”

This oversight is finally being corrected. It is now recognized by the Army that soldiers with mild traumatic brain injury or TBI can be directly affected for three to six months and it may extend even further as is now...
being recognized with football players. Unfortunately their solution is still to assume that the brain will recover at its own pace.

**Soldiers with mild traumatic brain injury or TBI can be directly affected for three to six months**

While modern medicine has no remedies, homeopathy has over twenty FDA approved remedies. One of the best-designed double blind studies for alternative medicine has demonstrated homeopathy’s effectiveness in treating concussions.

Emotional Freedom Technique (EFT) has also shown tremendous benefits for soldiers with TBI and PTSD. EFT reduces anxiety and stress by identifying negative thought pattern and painful emotions while simply tapping a specific series of acupuncture points. In one study, 90% of soldiers practicing EFT no longer met the criteria for clinical PTSD compared with only 4% of the control group. This same tool has been helpful for children, teens and adults with ADHD and ASD.

Even today, the standard medical treatment for both concussion and mild traumatic brain injury is merely physical and mental rest. For physical rest patients are encouraged to stop playing sports and disengage from active duty until they are free of symptoms. For mental rest they are required to refrain from reading, looking at a computer screen or doing homework. While this rest creates the opportunity for healing, it is natural solutions like Homeopathy, Chiropractic Care, Cranial Sacral Therapy, Anat Baniel Method or Emotional Freedom Technique along with extra nutrition that can deliver the results.
It is appalling that the only remedy modern medicine has for a concussion and the oxidative stress that results is simply to rest and avoid stimulation for six months. Try that with a 12-year-old boy who suffers from ADHD or severe learning challenges due to a concussion.
Chapter Thirteen

Changing

Repetitive Brain Patterns

As the brain heals the oxidative stress associated with ASD, ADHD and PTSD, it may still stay stuck in certain patterns or habits of reacting that developed under the influence of both stress and oxidative stress. The momentum of repetitive patterns of thinking and feeling may continue on after oxidative stress is reduced.

Even through the brain is healing oxidative stress to different degrees it is still unaware of new options for reacting. With reduced oxidative stress, the matrix of connective tissue in the brain associated with unconscious automatic reactions loosens its grip and new patterns of reacting can be developed.

With reduced oxidative stress, unconscious repetitive patterns loose their grip.

For new patterns to develop the brain requires new experiences and challenges. This is where sports, art, music, singing, drama, exercise, social interaction, being read to and reading, developing language skills,
gardening, caring for a pet and the identification of feelings can all help rewire the brain allowing it to catch up with normal development.

In the work of Anat Baniel, through a series of slow special movements, new options for the brain are created and extraordinary changes can quickly occur. Dr. Baniel provides video exercises online that parents can do with their children. There is also a list of trained practitioners in different cities that may provide extra personal support.

The slow physical movements and challenges used in the Anat Baniel Method are easy and can support rapid development. The increased mental awareness produced by new physical movements of the body, stimulates more change in the developing brain than any other activity.

Deliberate slow actions that are non-repetitive free the brain from automatic unconscious repetitive reactions. As new awareness occurs in the mind, in the brain, new connective tissue is created between different parts of the brain. With more options and new connective tissue, the brain is less dependent on old automatic and unconscious reactions and patterns.

As new awareness occurs in the mind, in the brain, new connective tissue is created between different parts of the brain.

Another revolutionary process that assists the brain in discovering new options is called HPN, High Performance Neurofeedback. It takes about 10 short sessions that free the brain from many automatic reactive patterns. HPN It is not only helping traumatic brain injury but also PTSD,
anxiety, depression and addiction. It can also help reduce common symptoms associated with ASD.

Using the suggested ASD protocol along with HPN frees the brain to create new and more appropriate ways of reacting to life and relationships. During an HPN session, there are a few sensors placed on the scalp that measure electrical activity of the heart. Then HPN sends back to the brain an extremely tiny signal, hundreds of times less than a cell phone that is specific to your brain. That signal causes a slight fluctuation in brain wave patterns and allows the brain to get out of frozen, stuck patterns. It’s like rebooting a frozen computer.

A person simply sits still for a few moments at a time, and the actual treatment is finished in about 10 minutes. While you can’t feel the stimulation—it is far too small—you come out of a session feeling relaxed and calm. Initially improvements are temporary, but with additional sessions the changes last longer and longer until they start to stick. Other than an occasional “tune-up” ongoing treatment is not necessary.

The developers of HPN are just finishing up a study treating 20 former NFL football players for post concussive syndrome. Individually they averaged almost nine years each playing professional football. Each one found significant clinical improvement with treatment.

One player, in tears, said the single biggest reason he was started the treatment was because his grandchildren were afraid of him. After the first session, anger, irritability, frustration all started to improve. He became more relaxed, less anxious, got less easily angered. And his depression started to lift. He only saw in retrospect how depressed he was. He went back to writing his memoirs, something he had dropped about ten years earlier.
This description from a former NFL players is typical of what other patients with TBI, who are treated with HPN, experience. The large majority of patients find significant improvement, usually starting with the first session. And it does not matter how long ago an injury occurred.

**Symptoms disappear not matter how long ago an injury occurred.**

In fact, patients commonly feel “better than well”. They have not only regained much if not all of what they lost, but they now have improvements in issues that existed before their injury. One woman, who had sustained a concussion after being thrown by a horse reported, after her fourth session reported that her grown children were commenting on how much “nicer” she was since starting treatment. She never liked being irritable and losing her temper, but felt just felt she had no control. People commonly report they feel more themselves, “more like who they really are.” And that’s a goal all of us would like to achieve.

HPN has the same benefits for children with ASD. It does not heal the condition but it does naturally reduce symptoms of ASD that create additional oxidative stress in brain. It helps the process of healing and as the brain heals it assists the brain in letting go of old patters and habits that are no longer necessary.

**Stress, Repetitive Behaviors and Hormone Balance**
Understanding how the body responds to stress can give us new clues for healing ASD and stopping unwanted repetitive behaviors and emotional reactions. Recognizing the hormones involved with repetitive behavior can present new clues for healing.

When we feel threatened, the brain chemical dopamine converts into adrenaline. Extra adrenaline gives us more energy to attack or run away at times of perceived danger. It is the fight or flight response. It also increases testosterone levels and disconnects us from our emotions. This tendency is stronger in boys because boys genetically have more testosterone. If we were to feel fear we may not take action to fight are or run away.

A surge in adrenaline, our first response to danger, causes boys and men to temporarily detach from their emotions. This is called ‘shutting down.” Many ASD children are stuck in this state: disconnected from emotion and personal connection.

Many ASD children are disconnected from emotion and personal connection.

In children without ASD, this excess adrenaline is quickly used up through physical action or movement. If adrenaline is not used up then another stress hormone, cortisol is produced. The adrenal gland begins to produce cortisol and a variety of other changes take place.

With increasing cortisol levels, enzyme production for digestion stops, the immune system shuts down, blood sugar levels spike and glutathione production is halted. In addition, an enzyme called aromatase begins to convert testosterone into estrogen and the brain is flooded with
emotions. At this point, oxidative stress increases and the child has a breakdown or tantrum.

Once danger is perceived or imagined the body has a variety of mechanisms or pathways to reduce the conversion of dopamine into adrenaline. The most primitive pathway for a boy’s brain is to use up the adrenaline through physical self-expression. This may be accomplished by simply running, throwing, kicking or catching a ball. For a girl adrenaline is exhausted through more emotional self-expression. This may be accomplished through dance, dressing up, drama, physically cleaning things or cooking, singing or nurturing activities like caring for a pet or playing mommy/baby games.

**Boys lower stress by physical self-expression and girls lower stress through emotional self-expression.**

The increased use of the muscles in a boy, causes insulin to deliver long-chain amino acids into his muscles. This leaves one amino acid, not used by muscles, to be left in the bloodstream. It now has full access to cross the blood brain barrier and produce serotonin. This amino acid is tryptophan and it is converted into the feel good relaxing brain chemical serotonin. With physical activity for both boys and girls, serotonin levels increase. This increased serotonin converts adrenalin back into dopamine.

From this analysis, so far, we have uncovered two pathways to reduce adrenaline and prevent cortisol from being created. One is simply using up the adrenaline and two is increasing serotonin levels. The third pathway is repetitive behaviors. By repeating any thought, reaction, or
behavior over and over it produces the stress reducing serotonin. That is the basis of many meditation practices to calm the brain.

Ancient meditation techniques involving repetition include the yogic practice of repeating a mantra over and over, the Catholic practice of repeating a short prayer with a rosary, the Jewish practice of davening which consists of repeating a prayer combined with specific movements, the Tibetan practice of repetitive prostration, the Hindu chanting of certain holy words, the Zen practice of witnessing the repetition of the breath to the Muslim repetition of fixed prayers five times a day with the ritual of washing and a fixed number of prostrations, and the Sufi whirling dervishes who repeatedly spin around. Repetitive meditations and rituals create serotonin and serotonin relaxes us and converts adrenaline most efficiently back into dopamine thus preventing the production of cortisol.

While these practices do relax us. They can become an addictive crutch if done too much. Fixed routines and repetitive behaviors help children with ASD to relax through making serotonin and converting adrenaline back into dopamine. A child’s excessive dependence on repetitive behaviors is a needed coping mechanism to reduce oxidative stress. By lowering oxidative stress the need becomes less and children become more flexible and adaptive.

Next Steps

I am excited to share these new insights with you because I know they will help you and your children. For a more in-depth understanding of how the brain can heal by reducing oxidative stress, I invite you to read my
trilogy, *Staying Focused In a Hyper World: Natural Solutions For ADHD, Memory and Focus*. Being a parent of a child, as only you know, can be very stressful to say the least. In these books you will find new insight for decreasing your stress and experiencing greater happiness, passion and vitality.

It is not a one solution fits all, in Book One of *Staying Focused In A Hyper World* we explore the natural solutions to heal the brain. To order Book one of *Staying Focused In A Hyper World* go to Amazon.com or MarsVenus.com/book-two.

In Book Two of *Staying Focused In A Hyper World* we will explore the three action steps to develop new patterns of self-expression and interaction by transforming old automatic reactions, patterns and addictions. To order Book Two of *Staying Focused In A Hyper World* go amazon.com or to MarsVenus.com/book-two.

In Book Three of *Staying Focused In A Hyper World* you will learn how to sustain your transformation with a healthy diet, which includes super foods to relax and restore your brainpower. You will learn what supplements work and why they do. You will learn what food to eat and what to avoid. You will gain the insight you and your children need to lower stress and increase happiness, passion and vitality. To order Book Three of *Staying Focused In A Hyper World* go to Amazon.com or MarsVenus.com/book-three.

**Living An Extraordinary Life**
Healing the brain and living an extraordinary life is a big and complex subject. I have written these books to help simplify the journey and provide real choices. By understanding the various causes of oxidative stress, the one brain condition that gives rise to ASD and ADHD, you have the necessary insight to determine the best natural solution for you and your family.

The good news with natural solutions is there are no negative side effects. The worst they can do is not work until you find the right one. While this is not always an easy journey, you now have the necessary insight to discover what will work for you. I do not know what will work for you, but I would like to know. Please keep us updated with your successes.

Always remember you are not alone on this journey. Join me at MarsVenus.com for down to earth advise on life and love. Share your experiences with natural solutions. Your successes will inspire others to find the right solutions for them. May you and your family enjoy a lifetime of health, happiness and lasting love.
## Appendix One:

### Summary of Supplements
**For The John Gray Protocol For ASD**

<table>
<thead>
<tr>
<th>Supplement</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Afternoon</th>
<th>Dinner</th>
<th>Bedtime</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Lithium Orotate</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>2 Mars Venus Super Minerals</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>1 Potential Multi-Vitamin</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
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<tr>
<td>1 Digestive Enzymes</td>
<td>X</td>
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<tr>
<td>1 Cats Claw</td>
<td></td>
<td>X</td>
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<td></td>
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<tr>
<td>1 Membrane Support</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>1 L-Carnitine</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
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<tr>
<td>1 Aloe Vera Polymannose</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>1 NAC</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>1 Vitamin D3 2000 IUs</td>
<td></td>
<td>X</td>
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<tr>
<td>1 Grape Seed Extract</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
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<tr>
<td>1 Berberine by Glycol X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>1 Essential Amino Acids</td>
<td></td>
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<td>X</td>
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</tbody>
</table>
# Ingredients for Super Cleanse Lemon Drink

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<table>
<thead>
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<tbody>
<tr>
<td>1</td>
<td>Six ounces of purified water</td>
</tr>
<tr>
<td>2</td>
<td>One teaspoon of Super Cleanse powder</td>
</tr>
<tr>
<td>3</td>
<td>One half teaspoon of Ultra Blend Probiotics</td>
</tr>
<tr>
<td>4</td>
<td>One half teaspoon of liquid B vitamins (Premier Research Labs)</td>
</tr>
<tr>
<td>5</td>
<td>One half teaspoon of liposomal vitamin C (in two weeks double the dose)</td>
</tr>
<tr>
<td>6</td>
<td>One half teaspoon of liposomal glutathione (in two weeks double the dose)</td>
</tr>
<tr>
<td>7</td>
<td>One half teaspoon of liposomal DHA (in two weeks double the dose)</td>
</tr>
<tr>
<td>8</td>
<td>One half teaspoon of liposomal B12 and Methyl folate (in two weeks double the dose)</td>
</tr>
<tr>
<td>9</td>
<td>One half fresh lemon or grapefruit</td>
</tr>
</tbody>
</table>
## Ingredients for Super Green Drink

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<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>1</td>
<td>Six ounces of purified water</td>
</tr>
<tr>
<td>2</td>
<td>One teaspoon of Radiant Greens (by Tony O'Donnell)</td>
</tr>
<tr>
<td>3</td>
<td>One handful of organic spinach</td>
</tr>
<tr>
<td>4</td>
<td>One cut up stalk of organic celery</td>
</tr>
<tr>
<td>5</td>
<td>One cut up organic English cucumber</td>
</tr>
<tr>
<td>6</td>
<td>One small handful of fresh parsley</td>
</tr>
<tr>
<td>7</td>
<td>One half of an organic avocado</td>
</tr>
<tr>
<td>8</td>
<td>One or two tablespoons of Chia Gel to your desired consistency</td>
</tr>
<tr>
<td>9</td>
<td>The juice of one organic grapefruit or lemon</td>
</tr>
</tbody>
</table>
## Ingredients for
### Super Protein Drink

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<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Six ounces of purified water</td>
</tr>
<tr>
<td>2</td>
<td>One scoop of Collagen Peptide (by Dr. Bernd Freidlander)</td>
</tr>
<tr>
<td>3</td>
<td>One tablespoon of Organic Sprouted Chia and Flax Seed Powder</td>
</tr>
<tr>
<td>4</td>
<td>One half teaspoon of Creatine</td>
</tr>
<tr>
<td>5</td>
<td>One half teaspoon of liposomal vitamin C (in two weeks double the dose)</td>
</tr>
<tr>
<td>6</td>
<td>One half teaspoon of liposomal glutathione (in two weeks double the dose)</td>
</tr>
<tr>
<td>7</td>
<td>One half teaspoon of liposomal DHA (in two weeks double the dose)</td>
</tr>
<tr>
<td>8</td>
<td>One half teaspoon of liposomal B12 and Methyl folate (in two weeks double the dose)</td>
</tr>
<tr>
<td>9</td>
<td>One half teaspoon of MCT oil (in two weeks double the dose)</td>
</tr>
<tr>
<td>10</td>
<td>One or two tablespoons of Chia Gel to your desired consistency</td>
</tr>
<tr>
<td>11</td>
<td>One scoop of Tocotrienols (Rice bran)</td>
</tr>
<tr>
<td>12</td>
<td>A small handful of walnuts, sunflower seeds, almonds, pine nuts or Brazil nuts. Rotate to a different nut each day</td>
</tr>
<tr>
<td>13</td>
<td>Add a small handful of Goji Berries or Blueberries</td>
</tr>
<tr>
<td>14</td>
<td>One half of a banana or half of a frozen banana for sweetness</td>
</tr>
</tbody>
</table>