

Q: Can you test for underlying viral issues?

A: Testing for viral issues can usually be done at local labs. Blood tests include HSV1, HSV2, HHV6, CMV, EBV. Signs of viral infections can also be chronic warts, cold sores, viral rashes.

Q: My son's peptides test came up with elevated levels of casein and gluten morphins. I have removed dairy and gluten from his diet. Can I give him vegetable margarine to eat?

A: Margarines can have dairy. Checking all ingredients is your best bet. If you do choose margarine, organic is best.

Q: My son has yeast issues. We are doing diflucan and enhansa, but he's so self-restricting to gluten-free noodles. What do you recommend to get rid of yeast if ALL he eats is yeast?

A: Trying a different dietary approach may help. Carbs—noodles feed yeast. Consider a body ecology diet or specific carbohydrate diet. Working with a dietician may also help or going to a local feeding clinic to help introduce new foods may be beneficial.

Q: Can digestive enzymes be used in place of eliminating the offending foods: wheat, dairy, etc.?

A: Digestive enzymes help but are not a substitute for the diet. The enzymes cannot break down every single piece of food that gets into the body. It's too bad it could not work that way!

Q: How do you deal with sex issues with your child? He likes girls?

A: Education and pictures. Let them know it is safe to ask any question. Better they get the correct information from you instead of online. Safe educational videos—available on the net if you look hard enough.

Q: What about probiotics? Do you recommend them?

A: Probiotics are very important for everyone. A broad-based probiotic—many types of human strains with good quality control—is important. We ran out of time to cover everything we needed to cover.

Q: I love your presentation! Do you ever speak to pediatricians to educate them on what you have learned as a parent? As well as a Doctor?

A: Thank you. I actually do at least 10 lectures a year—usually to mixed groups of parents and doctors.

Q: Hi, I have a question, what is the cause of visual stimulation?

A: When a patient has visual stims the first thing I usually check into is vitamin A deficiency. This can easily be checked with a local lab blood test.

Q: Is there a specific food allergy/intolerance link assoc. W/ acne? Both of my ASD kids have developed acne from the age of 8 y.o.

A: Usually persistent yeast is associated with acne. During the yeast die off periods, the acne flares up and then resolves. If sugar makes the acne worse, yeast is suspect. If food is suspected, except for elimination diets, testing for ige food reactions may help.

Q: I am from venezuela and i am dealing with stomach problems and heavy headaches. Do the headaches are related to autism?

A: Headaches can be associated with numerous things. If someone also has stomach problems, treating yeast may help alleviate the headaches. The children I see with autism and headaches have had lyme disease issues in some cases.

Q: I've read that it is important to have a good PH level. What is the best way to test for PH?

A: ph can be tested on a basic urine analysis test or strip. Health food stores sell these. Stool testing also lists ph levels by some laboratories.

Q: Are pork products dangerous?

A: Pork, if not cooked properly, has led to parasite infections. In children with autism, the immune system is usually not working properly so pork should either be cooked thoroughly or avoided.

Q: my son has problems eating wet food. Could it be SI issue?

A: Eating food with different textures and having difficulty is usually a sensory issue if all motor issues (muscle movements) have been ruled out. Treating underlying issues like yeast or food intolerances has helped some patients. Feeding clinics are also helpful for some patients.

Q: have you heard of patients taking aids for colon cleansing. What do you think of efficiency. How long to use. Which option to use (bentonite clay. Charcoal or oxypowder?)

A: Colon cleansing is ideal for everyone but with kids one has to be cautious because they cannot tell us how they feel. Kids can get dehydrated. The important thing is to make sure a person has a bowel movement daily or even three times a day so colon flushing is not needed for backups. The longer the stool sits in the intestines, the more toxins are thought to be absorbed. The clays have been controversial due to possible contamination especially if they are volcanic clays. Activated charcoal is useful for yeast die off reactions—thought to absorb the toxins released by the yeast. But activated charcoal can also bind all vitamins, minerals, and medications. The oxypowder I am familiar with has high dose vitamin C which has been found to stimulate the colon to “flush” stool out.

Q: What is Valtrex and what is its purpose?

A: Valtrex is an antiviral medication used for all the different strains of herpes. (cold sores, genital herpes, chicken pox, shingles, HHV6) There also is a theory that it decreases or helps regulate adenosine in the methionine cycle. Many of our kids have chronic underlying infections—viral, bacterial, fungal, parasitic. Kids with underlying viral infections may benefit from Valtrex use.

Q: Have you seen improvements to a child's working memory with any particular diet changes?

A: Memory has improved in some of my patients who have removed dairy, wheat, and soy from the diet completely. It has been more obvious in my adult patients who are working full time and can function better.

Q: I have a child who cannot tolerate B vitamins. He does well with B-12 injections. However, I have tried Bcomplex and B-6 alone. What do you recommend to help get those vitamins in him?

A: Many kids do not tolerate P5P (active B6 vitamin) in B complexes. Some do not tolerate any B vitamins due to the smell which can be overpowering. B vitamins can better be tolerated in strawberry smoothie. The berries seem to hide the flavor better. In some cases, doctors can order transdermal (lotion) B complex which can be spread on the skin.

Q: diff b/w omega3 and omega6? M using EYE Q for my son but not sure whether to continue with it because i recently heard that some kids might not need omega6?

A: Most people get plenty of omega 6's in the diet so only omega 3's have to be added. Omega 6's are inflammatory and omega 3's are anti-inflammatory. Kids with ASD generally have brain and gut inflammation so omega 3's are needed to help decrease the inflammation. If one is not sure if omega 6's are needed, a finger stick blood test is available by some of the labs to check all omega 3 and 6 levels to see if balancing is needed.

Q: my son has problems eating wet food. Could it be SI issue?

A: Eating food with different textures and having difficulty is usually a sensory issue if all motor issues (muscle movements) have been ruled out. Treating underlying issues like yeast or food intolerances has helped some patients. Feeding clinics are also helpful for some patients.

Q: have you heard of patients taking aids for colon cleansing. What do you think of efficiency. How long to use. which option to use (bentonite clay. charcoal or oxypowder?)

A: Colon cleansing is ideal for everyone but with kids one has to be cautious because they cannot tell us how they feel. Kids can get dehydrated. The important thing is to make sure a person has a bowel movement daily or even three times a day so colon flushing is not needed for backups. The longer the stool sits in the intestines, the more toxins are thought to be absorbed. The clays have been controversial due to possible contamination especially if they are volcanic clays. Activated charcoal is useful for yeast die off reactions—thought to absorb the toxins released by the yeast. But activated charcoal can also bind all vitamins, minerals, and medications. The oxypowder I am familiar with has high dose vitamin C which has been found to stimulate the colon to “flush” stool out.

Q: What is Valtrex and what is its purpose?

A: Valtrex is an antiviral medication used for all the different strains of herpes. (Cold sores, genital herpes, chicken pox, shingles, HHV6) There also is a theory that it decreases or helps regulate adenosine in the methionine cycle. Many of our kids have chronic underlying infections—viral, bacterial, fungal, parasitic. Kids with underlying viral infections may benefit from Valtrex use.

Q: Have you seen improvements to a child's working memory with any particular diet changes

A: Memory has improved in some of my patients who have removed dairy, wheat, and soy from the diet completely. It has been more obvious in my adult patients who are working full time and can function better.

Q: I have a child who cannot tolerate B vitamins. He does well with B-12 injections. However, I have tried Bcomplex and B-6 alone. What do you recommend to help get those vitamins in him

A: Many kids do not tolerate P5P (active B6 vitamin) in B complexes. Some do not tolerate any B vitamins due to the smell which can be overpowering. B vitamins can better be tolerated in strawberry smoothie. The berries seem to hide the flavor better. In some cases, doctors can order transdermal (lotion) B complex which can be spread on the skin.

Q: diff b/w omega3 and omega6? m using EYE Q for my son but not sure whether to continue with it because i recently heard that some kids might not need omega6?

A: Most people get plenty of omega 6's in the diet so only omega 3's have to be added. Omega 6's are inflammatory and omega 3's are anti-inflammatory. Kids with ASD generally have brain and gut inflammation so omega 3's are needed to help decrease the inflammation. If one is not sure if omega 6's are needed, a finger stick blood test is available by some of the labs to check all omega 3 and 6 levels to see if balancing is needed.