

# *Autism--The Road To Recovery*

## *Introduction*

The purpose for this book is to address what I feel are the important issues you, as a parent or caregiver, need to know about in implementing a biomedical approach for your loved one (child, teenager or adult) with an autism-spectrum disorder.

My biomedical approach incorporates many different facets of medicine, including diagnostic testing, dietary and lifestyle modifications, nutritional, herbal and homeopathic supplements. In addition, certain medications (if needed), such as antiviral, antibacterial, anti-parasitic therapy, anti-fungals like Nystatin or Diflucan, Respen-A, Namenda, and others, plus traditional heavy metal detoxifiers such as EDTA, DMPS, DMSA, as well as specialized therapies like methylcobalamin (Methyl-B12), folinic acid and methyl-folate, and hyperbaric oxygen therapy, may be necessary. My understanding is that the majority of autism- spectrum individuals, including those with attention deficit (ADD) and attention deficit hyperactivity disorder (ADHD) and other neurodevelopment problems are dealing with underlying biological and toxicity issues (i.e. chemical, heavy metal, food, infections) that are compromising their health. Autism and its related spectrum disorders are more than just a psychological (or neurodevelopment disorder) condition without hope for recovery or improvement. In fact, physicians using the biomedical approach feel that the majority of people who are treated have a significant chance of improvement, if not full recovery (particularly children).

My approach with autism stems from a biomedical viewpoint. I feel the best chance a person has at "optimizing their full potential" is to incorporate biomedical therapies along with standard therapies such as behavioral, speech, auditory processing, and occupational therapy.

The biomedical approach is too important to leave out of any treatment program no matter how old they are, or how long they have been diagnosed with autism. Even those who do not have an official diagnosis, but clearly have an issue the same or similar to others on the spectrum can derive benefit. Health can always be improved and my goal is to optimize an individual's potential with the ultimate goal of a possible complete recovery. However, implementing biomedical therapies takes work and dedication on your part as a parent or caregiver. There are no "quick fixes," nor magic bullets. Consistent and simultaneous implementation of a variety of biomedical therapies is needed for optimal success.

The most important task for you as a parent or caregiver is to become knowledgeable about the variety of biomedical therapies available. My focus in this book is to provide you with

useful information to help you get started in this process. The amount of information related to the biomedical approach can be overwhelming, and the list of available therapeutics keeps growing. Knowing what to do first, how to prioritize testing, therapies, dietary changes, and which supplements to use leaves many parents feeling overwhelmed and frustrated. This is understandable because much of the information that is available about biomedical intervention is not well recognized by the traditional medical community. Much of the information needs to be obtained from books, articles, websites, support groups and other internet resources.

This lack of information through conventional medical channels does not mean the biomedical approach has no value. In fact, it is absolutely essential, but don't expect to get much recognition or support from closed minded physicians or other health care providers. They have ignored the problem for years and do not offer much hope for effective treatment or improvement for your loved one. Instead, focus on the potential that biomedical therapy has to offer.

Explore the avenue of hope that many parents have discovered as they watch their children undergo significant improvement and even recovery from their autism-spectrum diagnosis.

Traditional medicine has no 100% guarantees for absolute recovery from any illness - neither does a biomedical approach to autism make any such guarantees. However, my goal is to help each person reach their full health potential whatever their potential is destined to be.

My approach is taken in steps or phases of assessment and treatment. The initial phase begins with diagnostic testing which is covered extensively in Chapter 7. Assessment is always necessary first in order to start more specific therapies such as metal detoxification or anti-yeast treatment. However, there are many things that you can do initially to begin helping your loved one. This involves the process of self-education and the understanding of how biomedical treatment programs work. Education is power! The more you read and expose yourself to new ways of thinking the better able you will be in making informed decisions regarding treatment. Chapter 6 gives some detailed information about articles, support groups, conferences/ seminars and other books that I recommend for deepening your knowledge base.

Chapter 9 explores one of the most beneficial therapies in my experience called Methyl-B12 therapy; while Chapter 5 discusses how to implement the various Action Steps.

There is also a chapter on Respen-A (Chapter 10). This therapy (available since 2008) is extremely helpful and effective in my experience. More information is available online from my subscription website at [www.AutismActionPlan.com](http://www.AutismActionPlan.com) through the Parent Forum. This website provides access to me personally for day-to-day questions and answers regarding biomedical intervention for autism.

I hope you find this book informative and use it as a resource for helping your loved one with autism. My action plan has been developed over time from working with patients, many of them with complex health issues. My action plan has been influenced by the Defeat Autism Now! (DAN!) organization, including the Autism Research Institute and the late Dr. Bernard Rimland, and its wonderful group of health professionals, as well as other influential physicians and health providers dedicated to treating children and adults with autism including Bill Timmins, N.D., Jim Jealous, D.O., James Neubrandner, M.D., William Shaw, Ph. D. and many, many more.

Also, I cannot forget the parents. It is the parents who are the driving force behind the implementation of biomedical therapies. Some of the greatest teachers I have are parents themselves working tirelessly to improve the life of their loved one with autism. I wish you knowledge, health, success, and happiness in this journey to recovery for your loved one from the clutches of autism.

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