

# NATURAL TREATMENTS for AUTISM

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for Carol Wilcock, RN, MSN, QBD, Dsam

Dynamic Health Technologies

Despite decades of research, autism remains a medical mystery. No one knows what causes its repetitive motions or other defining behaviors, though genes are thought to play a role (autism sometimes runs in families), and it may be more common when parents have children late in life or when mothers have medical problems, untreated metabolic disorders during pregnancy, or take anti-seizure drugs.

Is there a link between vaccinations and autism? In March 2020, the Centers for Disease Control conceded, in a stipulation signed by a Federal court judge, that no published studies support its claim that vaccines do not cause autism. At the same time, there is insufficient evidence to prove the contrary. In short, no one knows for sure.

The symptoms of autism usually appear in early childhood, before age 3. Typically, children with autism have trouble relating to others, avoid eye contact, prefer to be alone, dislike hugs, repeat words or actions, do not notice signals from body language, the voice tone, or

expressions of others, need routine, and react strongly to smell, taste, or sound. Because no treatments offered by conventional medicine change its outcomes, autism is considered an incurable, irreversible, degenerative disease or brain disorder.

But some studies have shown that improved nutrition, lifestyle changes, and alternative or complementary therapies can improve the lives of those with autism.

Children with autism tend to share several core problems, such as:

- Toxicity from heavy metals, pesticides, drugs, or other chemicals.
- Inflammation in the brain and gastrointestinal tract.
- Oxidative stress, which is tissue damage caused by free radicals.
- Impaired glutathione production, which interferes with the body's ability to detoxify itself.
- Impaired mitochondrial function, which interferes with the body's ability to produce energy.



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Many parents have experimented with special diets in an effort to help their autistic children. Diets that eliminate gluten, lectins, casein, pesticide residues, or processed foods have helped some children, although no clinical trials have been

the body, promoting healing by stimulating the release of growth factors and stem cells.” In fact, most of the core problems listed above have been shown to respond well to hyperbaric oxygen. (See our *HBOT article earlier in this issue.*)



conducted, and the evidence remains anecdotal. Similarly, nutritional supplements such as magnesium, vitamin B-6, pycnogenol, carnitine, carnosine, omega-3 fatty acids, vitamin C, zinc, methylcobalamin, and folic acid are often recommended.

One of the most promising treatments for children with autism may be hyperbaric oxygen therapy (HBOT). As Carol Wilcock, R.N., the CEO of Dynamic Health Technologies in Helena, explains, “In HBOT you lie in an inflatable pressure chamber, breathe oxygen, and relax while air pressure is increased to more than normal atmospheric pressure. This enables the lungs to gather more oxygen than would be possible at normal atmospheric pressure. The blood carries this extra oxygen throughout

Dan Rossignol, M.D., is a family physician at the International Child Development Resource Center in Melbourne, Florida, which treats children with developmental disorders. When both of his young sons were diagnosed with autism, Dr. Rossignol searched the medical literature for treatments that might help. Among other reports, he found a 1994 case study in which a child treated with hyperbaric oxygen therapy improved. Dr. Rossignol and his wife, Lanier Rossignol, who is a family nurse practitioner, published “Hyperbaric Oxygen Therapy May Improve Symptoms in Autistic Children” in the March 22, 2006 issue of *Medical Hypotheses*. Other research has since explored the effects of the treatment on children with autism. As Dr. Rossignol explained in a

2006 *Medical Veritas* interview, numerous studies demonstrate that some children with autism have diminished cerebral blood flow, especially of the temporal lobes.

“This decreased blood flow has been correlated with many autism core symptoms, such as repetitive, self-stimulatory, and stereotypical behaviors, and impairments in communication, sensory perception, and social interaction,” he said. “HBOT can help overcome cerebral hypoperfusion by providing more oxygen to the brain.”

HBOT can help optimize nerve function, which allows for easy, natural detoxification, whether from vaccines or other sources. Some clients who have accepted vaccinations followed them with hyperbaric oxygen, biofeedback, or other technologies to optimize their immune response and stimulate the elimination of toxins.

“At Dynamic Health Technologies,” says Wilcock, “our chambers operate at 1.3 ATM (also abbreviated ATA—atmospheres absolute). This is the sum of barometric and hydrostatic pressures. This is a very safe level, just slightly higher than normal atmospheric pressure, and it’s the pressure used in most of the HBOT autism research. Kids can read, sleep, listen to music, or play games on a phone or iPad. Each chamber is in a separate room, and parents are invited to stay or even join their child in the chamber.”

Some risks, such as oxidative stress have been reported in high-pressure oxygen chambers, but reviews of the literature show that oxidative stress is not a problem in pressures less than twice normal atmospheric pressure, which is well within the range recommended for children. ■