

Mindd Foundation Mission

Promote effective Integrative and Biomedical care for the whole family with a focus on children's health and prenatal prevention.

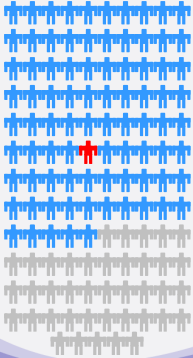


Mindd Foundation Strategy

Shift the health paradigm to one of disease prevention by supporting a grass roots movement for Integrative healthcare by educating parents, educators and practitioners.



Autism – Worldwide Epidemic



Incidence in Children:

US: 1 in 165

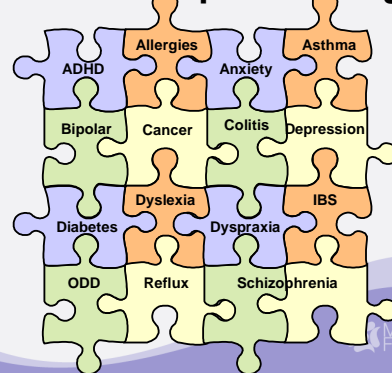
UK: 1 in 150*
(some places 1 in 50)

Australia: 1 in 125

US Cost of ASD \$4 trillion



Autism Is Tip of Iceberg



Epidemics

1 in 10 U.S. children have psychiatric condition (source: US Surgeon General)

1 in 6 Australian children have learning, behavioural, or immune disorder (source: *Changing Habits, Changing Lives*)

1 in 125 Australian children diagnosed as ASD compared to 1:10,000 15 years ago (Source: Autism Canberra)

1 in 4 Australian children diagnosed with asthma (more than doubled in 10 years)

Allergies, asthma, ADHD, Autism up 700%, 300%, 500% and 1500% (*Healing The New Childhood Epidemics, Dr. K. Bock*)



The Signs

So many sick kids; grommets, Ritalin, cortisone cream, puffers, antibiotics, tonsillectomies, special learning centers.

Food sensitivities; hospital clinics, nut-free schools, growing wheat/dairy-free sections at supermarket. Organic food growth.

Social implications; more youth crime, teachers overwhelmed, prisons filled w/ ADD/ADHD, drug/alcohol addictions, lower IQ.

Indigo Children (different DNA; nutrition & toxicity).



The ASD Message

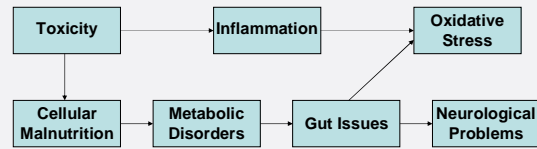
Environmental factors drive epidemics, not genetics

“Evolutionary changes to get rid of toxins happen at a glacial pace. Human changes to increase our toxic burden have happened at mach speed.”

Dr. E. Mumper (Co-Chair DAN!)



Causes: Modern Disease



poor diet, toxins, emotional stress, gut dysbiosis, EMR, TH1 immunity
lack of exercise

Oceanic Disease on MinddTV



What helped?
Trust the mother's intuition



What Helped

Similar protocol for both children despite very different symptoms.

1. Biomedical Intervention (our priority)

- **Gut repair;** eliminate/control pathogens (bacteria, yeast, fungus, virus), heal mucosal lining to improve digestion and absorption of supplements
- **Supplements;** minerals, vitamins, essential fatty acids, amino acids. Zinc, Omega 3, Magnesium, B12 & 6, Vit C and more. Tailored to individual based on blood and urine tests!



What Helped

Detox; Supplements, DMPS, EDTA, Glutathione, Pfeiffer promoter. Coriander, Spirulina, chlorella, footsies.

Diet

- Casein-Free/Gluten-Free (CF/GF)
- Specific Carbohydrate (SCD), Gut And Psychology Syndrome (GAPS).
- **Organic, whole, fresh, fermented foods**
- **NO sugar and low/no refined carbohydrates**
- Meals to match metabolism; big animal protein breakfast, animal protein-veg lunch, light dinner (legumes, soup)
- What you don't put in is as important as what you do



What Helped

2. **Cranio Sacral** with focus on easing pressure from inflammation in the brain so there is room for brain to grow, spinal fluid to flow, supports natural detox, stopped teeth-grinding
3. **Osteopathy/Chiropractic;** muscular/skeletal alignment so organs and nervous system function optimally. distended intestines from poor digestion can throw off pelvis->poor alignment, talis bone
4. **Energy;** NAET allergy elimination, kinesiology, acupuncture



What Helped

5. Neuro Therapies

Stimulating brain pathways is CRITICAL. Find practitioner who can identify deficits and sequence treatments

- **movement therapy:** primitive reflexes, crossing midline, ball skills, skipping rope, toning facial muscles and upper body
- **visual processing:** behavioural optometrist-converging, tracking...
- **auditory processing:** articulation, expressive language, sound therapy (stimulate link from inner ear to cerebellum), speech therapy
- **activities:** swimming, ballet, piano, tennis, soccer, riding, hiking, biking, gymnastics, chess (outlet for intellect that is not inhibited by sensory impairment, gives confidence)



What helped

6. Emotional support

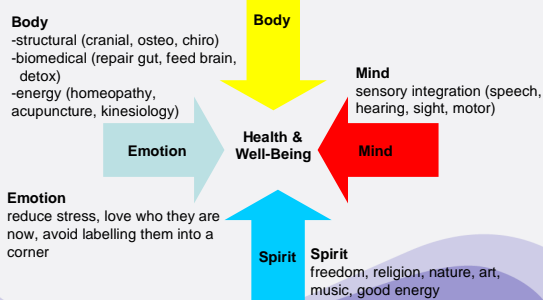
- patience
- minimal conflict
- accepting where they are **now**

7. Spirit

being outdoors, climbing trees, laughing, music, art, freedom



Integrative approach Cumulative impact of a range of treatments helps



Action Plan

1. Reduce Oxidative Stress

- **Detox;** Diet, supplements, minimise exposure
- **Reduce allergies & inflammation** by resetting immune system
- **Eliminate germs;** bacteria, yeast, parasites
- **Reduce emotional stress**



Action Plan

2. Choose the right practitioner

- **treats the root cause not the symptoms** (antibiotics, cortisone, grommets, puffers & Ritalin are band-aids)
- **heals the gut;** identify and repair "leaky gut", clear compacted fecal matter, kill germs, recolonise good bacteria
- **feeds the brain!** vitamins, minerals, essential fatty acids, amino acids
- **detoxes;** diet, nutrition, chelation, homeopathy, alkalinising



Action Plan

2. Choose the right practitioner

- **modifies diet;** according to individual sensitivity (casein, gluten, additives, salicylates). Organic, fresh, unrefined.
- **knows the RAST test limitations;** allergies vs. intolerance (histamines vs. metabolic dysfunction)
- **offers individualized treatment;** diagnostic tests, case history, tailored program, cross-referrals
- recommends **neuro-therapies;** sensory integration, movement program, behaviour, auditory & visual processing



Action Plan

3. Make commitment to heal your child

- manage compliance (diet, supplements, behaviour)
- get spouse on board
- change diet for whole family



Action Plan

4. Treat mum & siblings

Untreated metabolic issues → disease

- biochemical imbalances => learning deficits, anxiety, depression, alzheimers, irritable bowel, chronic fatigue, cancer, disease, alcoholism, drug abuse
- poorly developed neuronal pathways => sensory, literacy and socialisation issues
- food sensitivities & allergies often get more acute => Depression, Anxiety, Schizophrenia
- next generation inherits low nutrient/high toxin chemistry which leads to disease and to altered DNA (species adapting to environment)



Key Learnings

- **Food is medicine;** What you don't put in is as important as what you put in
- **Supplement diet;** Kids do not outgrow toxicity & cellular malnutrition
- **Educating others is therapeutic;** we are wired to protect species. Moral imperative to empower others.
- **Keep researching;** evolving field w/ new treatments
- **Play to the child's strength;** nurture their gift
- **Trust mum's instincts;** science vs. intuition
- **Pre-natal care is prevention** explore alternative healing to build natural immune system and to detox (cranial sacral, osteopathy, chiropractic, naturopathy, acupuncture)



Recommended Reading

- **Gut And Psychology Syndrome** by Dr. Campbell-McBride
- **Healing The New Childhood Epidemics** by Dr. K. Bock
- **Nourishing Traditions** by Sally Fallon
- **Tao of Detox**
- **Detoxification & Healing** by Dr. Sydney Baker
- **How Does It All Fit** by Dr. N. O'Hara



Listen To Our Kids!

What ASD kids need is what our planet needs!

unrefined foods	→ less factory pollution, waste, and packaging
organic food	→ fewer pesticides means more nutrients and less toxins in soil and water
chemical-free products	→ cleaner water & air
GM-free food	→ no super weeds=no super pesticides
less TV and computer	→ less emr and energy waste
calm, less stressed environment	→ happier & productive people
communication & cooperation	→ solutions, harmony, peace



Now is the time and we are the ones we have been waiting for - Hopi Elders



'We must be the change we wish to see in the world' - Ghandi



Treating The Cause

"Deficiencies in any of the vital nutrients (zinc, calcium, selenium, vitamins A, C, E, B's, folic acid) can interfere with the body's ability to metabolize essential fatty acids. That can effect the immune and gastrointestinal systems and interfere with neurons."

(Source: Children With Starving Brains -Jacquelyn McCandless)



The message

"We have come to believe that the special children are here in increasing numbers to change our fundamental cultural paradigm-to change the way we ... practice medicine, educate our children, relate to each other..

The children with starving brains are here to help us heal our starving hearts"

(Source: Children With Starving Brains by Jaquelyn McCandless, MD)

