

# Autism Spectrum Disorders May Be Treatable If Addressed Early

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Michael was as a perfect baby until 18 months of age when he received his first MMR vaccine. For the next two years, he suffered from diarrhea until his mother put him on a complete GF/CF diet. His mom suffers from allergies, and Michael also had eczema and became sensitive to many substances. After received allergy shots every week for two and a half years, his sensitivity symptoms gradually got worse and started to have asthma attacks when he was three and half years old. In the meantime Michael was also diagnosed with pervasive developmental disorder (PDD), didn't talk until the age of 4 and showed a delay in neurological development with many behavior issues. Michael came to see me when he was four and a half years old, with an Autism Treatment Evaluation Checklist (ATEC) score of 112. He spoke only a few words, with no sentences or any skill in conducting meaningful conversation. He preferred to play alone, paid no attention to people and had no eye contact. He couldn't follow instructions and often had temper tantrums.

Michael was tested with Electrodermal Screening in my office and the testing showed many energetic imbalances and a long list of sensitive substances as well as many emotional blockages. I put him on homeopathic remedies for sensitivities, cellular energy support and flower essences for emotions. I also started him with the Immune System Reprogramming (ISR) therapy, a form of allergy desensitization technique, for his long list of sensitivities. As he was already on a GF/CF diet, I instructed his mother to rotate his diet and additionally control his sugar intake.

The first three months of therapy were tough going. Michael's condition went up and down and behavior problems were often triggered by his food sensitivities. I had to change homeopathic remedies every 2-3 weeks. It is very common to adjust remedies frequently in the beginning of therapy, because sensitive bodies easily develop sensitivity and resistance to remedies. (Similarly, in managing food

sensitivities the most important strategy is not to eliminate the sensitive food from the diet but to rotate the foods that one is not sensitive to so that one can eat those foods longer.) After three months of homeopathic balancing and ISR treatment, Michael's sensitivity finally calmed down. His mom reported that his skin and asthma conditions had improved and he seemed to understand language better. In addition, when he had a temper tantrum his mother was able to talk him out of it more easily. From the sixth months of treatment, I started Michael on a digestive protocol that included *Candida* therapy, liver support and specific detoxification with homeopathy, Chinese herbs and nutritional supplements. His condition further stabilized, with fewer behavioral issues reported.

In the beginning of treatment, Michael was in preschool. When he went to first grade he was put into a special class with other autistic children. In the class, he was often angry, irritable, and didn't want to go. Within a year of therapy, his sensitivity symptoms went better, followed by improvements in understanding and speech; however, his behavioral issues and emotions, although improved, were still up and down. After a year of detoxification and regeneration treatment, he was finally able to learn academically in a normal classroom. From the second grade on, Michael was able to stay in a mainstream classroom with an aide for some subjects. I saw him every 1-3 months to test him and change his treatment plan, which included detoxification, liver support, intestinal cleanse, emotional therapy, adrenal support and tissue regeneration with modern homeopathy, Chinese herbs, flower essences and nutritional supplements. I did not use chelation until much later.

Michael's condition continued to improve. From the third grade, he was able to stay in mainstream class-

room full-time and received good academic grades (A's and B's). His social skills also improved a lot and had a couple of friends. His ATEC score reduced to 28, within normal level. Michael has kept seeing me every couple of months for many years. I used many forms of detoxification therapies such as oral chelation as well as neurological regeneration. I am currently still monitoring Michael's condition. Now 16 years old in high school, Michael looks just like a normal neighborhood boy, a little sensitive, but happy.

Autism spectrum disorders (ASDs) are a group of diseases including autism, PDD and Asperger's syndrome. Although the etiology of ASD remains unknown, genetic, prenatal and postnatal variables are all considered possible influences. Environmental factors such as vaccinations, food additives, genetically modified food and neurotoxins are often suggested to play roles in the development of the disease. Autoimmune response and resulted neuroinflammation are the direct reason that causes the slowing down of the neurological development. According to holistic medicine, treatment of neuroinflammation and neurodegeneration requires a comprehensive program addressing different aspects of inflammatory immune responses, which may include desensitizing neurogenic sensitization, detoxifying neurotoxins, improving digestive health and reducing production of intestinal endotoxin and mycotoxin, supporting liver detoxification, reducing adrenal stress and supporting neuroregeneration and development.

Neurodevelopment is closely controlled by a cascade of gene expression during the early part of a child's life. Each gene is expressed only within a short window of time. Long-term inflammation may cause suppression of the gene expression and deficiency of nutrients and oxygen to the brain tissue. Missing developmental window means that the child would forever miss the development of skill such as speech in his life. Thus, early and appropriate treatment of autism spectrum disorders is crucial and highly recommended. In the meantime, di-

gestive issues such as food sensitivity and intestinal dysbiosis, a condition of microbial imbalances such as yeast overgrowth (Candidiasis), pathogenic bacteria and parasite overgrowth and the decline of the beneficial bacteria, are common among autistic population. Thus, a comprehensive dietary plan including GF/CF diet is necessary to reduce toxin production and neuroinflammatory response. I have been treating many autistic children in the past 15 years. My successful cases always have the following necessary components:

- Start treatment as early as possible, preferably between age of two to five
- Family dynamics are stable and parents are in a good relationship
- Both parents participate in the treatment of the ASD child and agree to make necessary changes especially dietary changes in their lives

Although ASD is still a disease with unknown cause in conventional medicine, with determined parents and a comprehensive holistic treatment program, many children with early stage of neurodevelopmental delay could be treated successfully.

*Dr. Harry Hong is a licensed acupuncture specialized in holistic healing for the Highly Sensitive. He teaches highly sensitive people to listen to their body and take charge of their own health. With his own systematic IBMT protocol that includes Chinese medicine, modern homeopathy, energetic testing and allergy desensitization, Dr. Hong helps Highly Sensitive people to gain back their immune strength and get their life back. He has offices in both South Florida and Chicago. Please visit his website at [www.highlysensitivebody.com](http://www.highlysensitivebody.com).*