

# **THE AUTISM EPIDEMIC AND NATURAL SOLUTIONS**

by Dr. Lawrence Wilson

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## **I. INTRODUCTION**

Autism is a serious behavioral disorder among young children that now occurs at epidemic rates. A complete nutritional balancing program is excellent to help prevent autism. In many cases, it can reverse the condition, as well.

**The epidemic.** According to a recent article, autism is diagnosed in America about 1

of every 120 girls and 1 in every 70 boys. In some areas, it is far more prevalent. It is now occurring around the world, especially in the developed nations of the world. According to California records, autism has increased 1000% in the past 20 years! Autism used to account for 3% of the caseload of the California Department of Economic Security. As of 2012, it accounts for at least 35% of the caseload and costs taxpayers about \$2 million per child! Lifetime care costs are easily five times higher.

The current medical profession is not addressing autism effectively. In fact, their toxic methods such as vaccination often cause or worsen the problem. This article discusses the causes for autism, natural approaches to helping autistic children, and autism prevention.

**Signs and symptoms of autism.** In a typical autism case, around the second birthday, a normally-developing child stops communicating with others and withdraws. Often, this occurs after a vaccination. (Among the Amish people, who do not vaccinate, autism rarely, if ever occurs.)

There is little eye contact and the child may act strange and aloof. Various motor nerve disturbances may occur, such as jerking movements or walking on his toes.

Physicians also describe behaviors such as head banging, crying spells, speech problems, and gastrointestinal and immune system problems.

Other behaviors depend on the severity of the condition, which may vary. Some autistic children are able to attend school, while others must be institutionalized as their behavior is so disruptive to their families.

A complex scale of levels of autism has been set up to classify what is now called *autism spectrum disorder*. This is admirable, but does little to help parents really get to the root causes of the problem.

## II. CAUSES OF AUTISM

Medical doctors claim they do not know the cause of autism. However, they are not looking in the right places:

- If they listened to parents, they would know that vaccination is a major cause of autism.
- If they did hair mineral analysis, they would know that nutritional deficiencies and toxic metal excess are involved in all cases of autism.

An important concept is that all cases of autism do not have the same cause, in my experience. There are several contributing factors, and many combinations. This may account for the fact that cases vary in severity.

Let us discuss causes in more detail.

### Cause #1. Vaccines

Amish children, who are not vaccinated, rarely, if ever, develop autism. You would think this fact alone would cause the medical profession take notice. However, they ignore this fact.

**Mercury and autism.** The symptoms of autism are very similar to the symptoms of mercury poisoning. Sadly, and disgustingly, by the age of six months, children in the Western world, in particular, today receive over 100 times the safe dose of mercury

for their age - most due to vaccines.

Vaccine makers now claim they are using less mercury as a preservative and a bactericide in their products. However, I find this is a lie, or at least it is very difficult to confirm. ***If you care at all about your child, avoid ALL the vaccines, all boosters and all flu shots. Your child will be perfectly safe without them if you follow a nutritional balancing protocol.***

The first case of autism occurred in 1943 in America, twelve years after a mercury-containing preservative, thimerosal, was added to the whooping cough (pertussis) vaccine. In the 1950s, with only four recommended vaccines, the incidence of autism was 1 in 10,000 children.

As more vaccines were recommended, the incidence of autism increased dramatically. By 1981, children received 135 micrograms of mercury in vaccines. The incidence of autism increased to 1 in 2600 children. Children in 1996 received 246 micrograms of mercury in vaccines and the incidence of autism was about 1 in every 350 children.

Today, at least 13 different vaccines are recommended, with many more booster shots. The number of shots ranges from 50 to over 100 in some areas.

In one study, *children who receive vaccinations containing thimerosal (the mercury-containing preservative) have six times the amount of autism as those who received a vaccine free of thimerosal.* **Parents report to me that many cases of autism symptoms begin after a vaccination.**

Some physicians particularly blame the hepatitis B vaccine, often given on a child's first day of life. This vaccine is quite insane, as most babies are not prone to hepatitis. It is also extremely dangerous. Soon after birth, children do not have a well-developed immune system, and their nervous system is extremely vulnerable. In one day, a child receiving the hepatitis B vaccine may receive 36 times as much mercury as is safe. ***One must realize that most children are already born high in mercury due to excessive mercury in their mothers' bodies, so this extra insult is extremely harmful.***

The hepatitis-B vaccine, in my view, is guaranteed to produce many more problems than it could possibly solve. ***Every parent should refuse it, along with the others.*** Newborns are simply not exposed to hepatitis B, except perhaps in the hospital by accident. Why doctors go along with such inanity is beyond my comprehension, except they are forced to or they will lose their license to practice medicine.

Everyone must know this, that doctors are not "free to choose" whether or not to recommend vaccines. They are compelled, and usually will not tell you so!

Vaccines containing mercury are also given to mothers. In one study, 50% of autistic children's mothers had received Rho Gam shots containing mercury as a preservative. These shots are given to mothers who have an Rh negative blood type and may be carrying an Rh positive baby. Flu shots may also contain the mercury-containing preservative, thimerosal.

**Other vaccine toxins.** Most vaccines also contain other deadly preservatives such as aluminum compounds, and other toxic chemicals.

In addition, vaccines introduce stray viruses and bacteria into the bodies of

vulnerable children. All vaccines tend to be somewhat contaminated with other viruses and bacteria due to the nature of their manufacture. It is simply impossible to limit the vaccine shot to one type of organism.

**Faulty science.** Vaccination is based on faulty science. While it is true that giving a small and attenuated dose of a virus or bacteria will induce some immunity, it is not the same as the natural immunity that one acquires after having the disease. Doctors sometimes deny this, but it should be obvious.

If it were true that a vaccine confers the same natural immunity as having survived the disease, then vaccine boosters would never be needed. However, they are needed because the vaccine confers only a minor and temporary immunity to the disease that does not last more than an year in many cases, or a few years, at the most.

For much more about the lies, deception and horrors of vaccination, please read [Vaccination - A Medical Abomination](#) on this site.

**Cause #2. Toxic metals.** *All children with autism, without exception, have excessive amounts of toxic metals in the brain.* This is beyond dispute, in my mind, based on hair analysis research on these children. Hair tissue mineral testing is an excellent research tool with autism, by the way.

I have noticed several different toxic metals that are common in autistic children.

Many children have a combination of these:

*A. Cadmium or mercury toxicity.* These metals tend to cause the most severe autism, usually with very abnormal behavior patterns, no speech, almost complete withdrawal from family and society, and the most difficult to correct. Fortunately, it is not the most common situation.

*B. Manganese or aluminum toxicity.* This may be the most common metals involved in autism. They cause mental and behavioral problems, but not to the degree found with cadmium or mercury. Manganese and aluminum toxicity may also be easier to correct.

*C. Copper toxicity.* This is also fairly common. This type tends to have the most digestive problems. Removing all gluten (wheat, rye, oats and barley), as well as all casein or dairy products, produces quite dramatic improvements. However, this dietary restriction is not enough for full correction.

**Cause #3. All autistic children seem to have difficulty eliminating toxic metals.**

This concept is a key to autism that must not be overlooked. Removal of toxic metals is necessary for complete reversal of this serious condition.

Ninety-nine percent of autistic children in a recent study have dysfunctional metallothionein metabolism. Metallothionein is a protein that binds to toxic minerals such as mercury, copper and others and allows the body to eliminate them. If this binding protein does not function well, or if there is not enough of it, one is less able to transport and eliminate many toxic metals.

The best way I know of to boost metallothionein, ceruloplasmin and other mineral transporters is not with random vitamin supplements, but with a nutritional balancing program that gently balances the entire body system.

**Poor eliminator patterns.** The hair mineral tests of children with autism often reveal *poor eliminator patterns*. These are very low toxic metal levels. These very low readings indicate difficulty eliminating the toxic metal. It does not mean that the metal is not present. In fact, it is present in excess because the body cannot eliminate it adequately.

For more on this important indicator in the hair, please read [Poor Eliminator Pattern](#) on this site.

**Cause #4. Toxic chemicals.** These are present in everyone, but may be especially high in some autistic children. These toxins come directly from the mother during gestation, or they may be acquired after birth.

Common sources are vaccines and medical drugs such as antibiotics. Other sources are food chemicals or contaminated drinking water. Still other sources can be skin contact with detergents, toxic toys, fire retardants in mattresses, or other products to which babies are exposed.

These chemicals are not always easy to remove. A nutritional balancing program will remove them, especially if the child can use a near infrared lamp sauna.

**5. Leaky gut syndrome.** Most autistic children have food reactions or sensitivities. These tend to worsen some symptoms. *The most common of these appear to be strong negative reactions to cow milk protein or casein, wheat protein or gluten, and sometimes to other foods such as soy protein.*

These reactions are often due to intestinal infections, toxic metal excess, and incorrect intestinal flora, especially if the child has not been breast fed enough or has taken antibiotics.

**Leaky gut syndrome.** The food reactions are usually the direct result of an irritated intestinal tract, sometimes called “leaky gut syndrome”. This means that the irritated intestinal wall allows partially digested food particles to pass into the blood stream, and this causes the food sensitivity.

Also, any food that is not digested properly can putrefy or ferment, giving rise to infections and toxin production in the intestines that can affect the entire body.

Most autistic children benefit by eliminating all wheat and all gluten-containing products, These include most breads, pastries, bagels, pretzels, pasta and much more.

In addition, most autistic children should stop ingesting all dairy products such as milk, cheese, yogurt, ice cream and perhaps even butter.

Several articles on this website address the issue of what should children eat, such as [Children’s Nutrition](#).

**Cause #6. Nutritional deficiencies.** Without exception, all autistic children are malnourished, usually from birth. This has to do with the nutrition of their mothers. All children born in the Western world today are malnourished to some degree, in my experience.

It is hard to overcome the problem because the food supply is depleted of nutrient

minerals due to the exclusive use of hybridized crops around the world.

The situation is made far worse by feeding children refined white flour products, refined white sugar, white rice, and literally thousands of chemical additives that are permitted to be used in food products.

Malnutrition is made even worse by the widespread use of medical drugs and over-the-counter drugs that damage the intestinal lining, causing impaired absorption of nutrients.

Excellent nutrition is also not emphasized enough with women of child-bearing age. Many of them stay up late at night, work too hard, eat on the run, and in general do not care for themselves well at all.

All of this must be addressed now, or the problems of autism, attention deficit disorders, delayed development, failure to thrive, cancers in children and other health issues will only get worse. For more on this important topic, read [Having Healthy Children](#) on this website.

**7. A type of social anxiety disorder.** It is possible that the reason many autistic children withdraw socially is there is too much chaos in the brain. This is due to the causes listed above.

The child's response is to reduce the chaos coming from outside the body by withdrawing from society. This may explain why certain therapies that help a child organize his world better, are helpful for some autistic children.

### **III. CORRECTION OF AUTISM**

If a child has been diagnosed with autism or a related disorder, there is much that can be done. *A nutritional balancing program based on a properly performed and correctly interpreted hair mineral analysis is excellent and often able to correct the condition completely, providing one begins early, and the family is willing to stay with the program a few years.*

A complete nutritional balancing program will correct the nutritional deficiencies, will cause the removal of at least two dozen toxic metals and hundreds of toxic chemicals, and will heal the intestinal tract and leaky gut syndrome.

**Retracing.** This is the method used with nutritional balancing to undo layers of imbalances.

The child's first hair mineral analysis reflects the top layer of metabolism and will not show all the imbalances. One corrects the primary mineral imbalances with a specific system of diet, supplementary nutrients, lifestyle modification and detoxification procedures.

After several months, a retest will reveal a deeper layer of metabolism. Many times it will look quite different from the previous layer if the healing program was followed. Uncovering and reversing layers of adaptations and compensations, the process of *retracing*, requires time and some persistence, but is far more permanent and health-producing than simply removing symptoms with drugs, herbs, homeopathy or nutritional supplements.

**Features of a nutritional balancing program.** These programs do all of the following simultaneously, and in an integrated way to help reverse autism:

**1. Improve the overall energy and vitality level of the child by renourishing dozens of nutrients, mainly through the diet, but also with supplements.**

**2. Balance the autonomic nervous system.**

The sympathetic nervous system is overactive in many, if not all, autistic children. Parasympathetic supplements and even foods, along with balancing the chemistry, can calm the sympathetic system, allowing for much better elimination of toxic metals and chemicals.

**3. Improve the organs of elimination.** This is necessary in all cases to enhance toxic metal and toxic chemical elimination.

**4. Remove toxic metals and chemicals in more than a dozen ways, but not with chelation therapy.** I know the warning against chelation therapy is controversial, and that some doctors use chelation successfully with autism. The reason I do not recommend it is that it is not needed with a complete nutritional balancing program. Also, Dr. Paul Eck found that chelation therapy upsets the Na/K ratio, and always removes some vital minerals from the body.

## **CORRECTION NOTES**

**1. Diet.** All infants should be breast fed for 3 years. Most will not need much adult food during that time, except perhaps a little lightly cooked and runny egg yolk. If necessary, some Homemade Formula, not adult food, can be added. Stopping breast feeding before age 3 is pernicious, in my view. It just weakens the child. When it is time for adult food, *do not give a child any sweets or fruit or fruit juices.* These are not appropriate for fast oxidizers, which is how all babies begin life. Excellent foods for young children are fresh **cooked** vegetables, never raw ones, a little whole well-cooked grains, but not wheat. Naturally-raised meats and eggs are good in moderation. The only beverages should be spring water, carbon-only filtered tap water, or mild herbal teas only. Avoid 'drinking water', all juices, and all alkaline waters and other beverages such as fruit juices.

Most babies and young children need plenty of healthful fats in their diet for the development of their nervous system, and because they are fast oxidizers. These include eggs, meats, fresh toasted almond butter, and a little olive oil and butter. Strict avoidance of all cow's milk and perhaps all dairy products is beneficial for many autistic children. Avoiding wheat and all gluten-containing grains (rye, oats, barley and wheat) often helps as well.

Many autistic children have chronic intestinal yeast infections that make them very sensitive to sugars. It can be very important to avoid all concentrated sugars including soda pop, candies, cookies, and all fruits, juices and other sweetened foods. Excessive carbohydrates in the diet, even good quality ones, may also worsen

an intestinal yeast condition.

**2. Strictly avoid all vaccines, boosters, flu shots, tetanus shots and other vaccinations.**

**3. Do your best to avoid all medical drugs and all toxic chemicals.** For example, antibiotics cause many problems, for example, and should rarely be needed if one uses natural alternatives. Babies and children need a quiet, peaceful lifestyle and loads of rest and sleep.

**4. Eat loads of cooked vegetables, though not the nightshade vegetables (tomatoes, potatoes, eggplant and all peppers).**

**5. Most autistic children need extra zinc and some omega-3 fatty acids.** Red meat is the best source of zinc, and red meat several times weekly generally works well for these children.

A fish oil supplement is often best as a source of omega-3 fatty acids.

**6. Give the child 2 foot rubs daily, and use a red “heat lamp” on the children’s belly and back for 20 to 45 minutes daily.**

**Other Natural Therapies.** Other natural therapies may be helpful for autistic children. These are quality chiropractic, in particular. Massage and craniosacral therapy may help, as well, in some cases. A parent must always accompany a child to these sessions.

**The DAN doctors.** Many parents of autistic children take their child to a DAN doctor. DAN stands for Defeat Autism Now. It is an organization set up to research and overcome autism. In conjunction with the Autism Research Institute, DAN trains doctors in how to help autistic children.

While I certainly applaud the effort of DAN to help autistic children, I will also warn parents about the DAN doctors. I find the DAN program helpful for food allergies, but usually inadequate to reverse some deeper causes of autism. The program is also often very costly due to running many tests, which I find are not often necessary.

None of the DAN doctors I am aware of currently offer nutritional balancing science, the only way that I know of to reverse some deeper causes of autism.

Some people also believe that DAN and the Autism Research Institute have been infiltrated by conventional medical interests. As a result, they may no longer offer as innovative programs as they once did.

## IV. PREVENTING AUTISM

I believe this is easy. The steps are:

**1. Mothers-to-be must go on a nutritional balancing program.** They ought to do this before becoming pregnant, or at least during pregnancy, to have a fairly healthy child.

**2. Avoid ALL vaccines, with no exceptions.** They are not needed, and they are all potentially dangerous. Write out your wishes in advance for your doctors and others who will be around your baby. Make sure someone keeps an eye on your baby at all times in the hospital or clinic, if that is where you will have your baby.

**3. Breast feed your baby for 3 years.** Do not listen to the doctors who say you can stop after 6 months or a year.

**4. If your baby becomes ill, use medical drugs only as a last resort.** Begin with natural methods, that often work well.

Anyone who does these simple things will greatly reduce the chances of having an autistic child.

## V. CONCLUSION

The autism epidemic causes a staggering level of suffering and wasted human potential. It is also an enormous financial burden on families and helping agencies. It is also getting worse!

Standard medical treatments are not very effective, and the vaccination horror continues at this time.

Nutritional balancing is a very advanced nutritional approach that is simpler and often much less costly and more effective than other nutritional approaches.

A few states have banned the use of thimerosal in vaccines and seen a slight decline in autism. In addition, there may be other positive outcomes from the autism epidemic. It is definitely drawing attention to the problems of vaccines. Alert doctors and parents are beginning to question the wisdom of injecting dangerous viruses into their newborn children, especially when the vaccines are preserved with toxic metals such as mercury and aluminum.

Most important for the future, I hope autism will also cause more people to be concerned with the way young women are prepared for motherhood, and I hope that prenatal care will drastically improve. All young women need to eat better, and need supplements of calcium, magnesium, zinc, omega-3 fatty acids, and vitamin D, at minimum.

If the pain we all suffer from the autism epidemic helps us to wake up and pay more attention to the nutrition of teenage girls and young mothers-to-be, this would indeed be a positive step toward producing healthier generations of children in the future.

For a case history of a case of autism, [click here](#).

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