

SUCCESS DEALING WITH AUTISM AND ADHD

An editorial by the publishers of 'What Doctors Don't Tell You' magazine.

We once got ourselves into hot water with a group of mums who objected to a cover article of ours that had suggested autism could be reversed. As it turned out, they weren't so much upset by that possibility, but by the implication that autism needed remedial intervention in the first place.

Instead, they saw their children's autism as a gift that had granted them special abilities and insights. This can indeed be true, and there's a strong argument that many geniuses who have seen the world differently were autistic or suffered from ADHD (attention-deficit, hyperactive disorder).

Of course, a few 'media medics' got their boots on for a good kickin' of WDDTY, and agreed with the mums that autism didn't need treating, but added as a rider, just in case the General Medical Council (GMC) was worried they had been kidnapped by a commune of hippies, that no 'cure' existed anyhow, just in case you wanted to 'cure' your autistic child, not that you would want to, of course.

Sadly, autism isn't always a gift. Friends of ours have a son who is so severely autistic that he cannot talk or walk properly. His only means of communicating is by screaming and smashing things. His disabilities have shaped their lives and they had to move to a home that could give him the space and environment in which he could have some sort of existence.

Our cover story had featured a new therapy that helped autistic children unlock their innate ability to express themselves. In every case, the child was extremely intelligent but had been unable to speak or write (in almost all the cases, the child was a boy).

We won't be pop psychologists and try to explain the reasoning of the mums, but severe cases of autism do need treating, if only people knew what to do. The word-based therapy we touched on is one avenue, but so too is diet, as researchers from the University of Maryland have demonstrated this week.

They have reversed severe autism in twin girls with an approach that combined diet, supplements and a simple therapy. The twins underwent behavioural analysis, speech therapy and a strict gluten-free diet and nutrition programme as part of the trial to reduce inflammation.

The diet was casein-free, a protein found in milk; low-sugar; had no artificial colours or dyes; zero ultra-processed foods; primarily organic; and locally sourced. The girls were also given daily supplements of omega-3 fatty acids, multivitamins, vitamin D and carnitine.

The results were astonishing. From having severe autistic symptoms, the girls' behaviour changed so dramatically that it was impossible to know they ever had the condition. You can read the full account here: J. Pers. Med. 2024, 14(6), 641; <https://doi.org/10.3390/jpm14060641>