

Highlights of Defeat Autism Now! 2007 Spring Conference

Greetings to All!

I want to express my gratitude to my patients and their parents for all of their work and persistence. Regarding the parents, in particular, I commend you for your diligence and I honor you for your courage to do new things. I have seen so many successes in your children because you parents are frequently renewing your efforts and are willing to step out of your comfort zones to heal the kids. These successes include three children who have nearly lost their ASD diagnosis!

And now I am happy to list a few highlights of the Defeat Autism Now! 2007 Spring Conference.

- Evidence continues to mount in support of the new whole-body conceptual model of autism wherein it is defined as being environmentally triggered and genetically influenced rather than genetically determined. In other words, Autism is a disorder of the body which affects the brain rather than being a brain-based disorder. Autistic features are not “hard-wired” in the central nervous system, but rather they are highly attributable to metabolic abnormalities and immune system deregulation. Autism is not static or unchangeable. Autism is treatable and recovery is possible.
- “Autistic individuals may not be ‘different’ from the rest of us, but simply ‘more sensitive’ to environmental injury...” says Martha Herbert, M.D., PhD and assistant professor of Neurology at Harvard Medical School in her article entitled, “Time to Get a Grip,” published in Autism Advocate, Fifth Edition, 2006. A benchmark investigation of industrial chemicals, pollutants and pesticides in umbilical cord blood (i.e. blood of newborn babies) discovered the following contents.
 - Of the 287 chemicals detected in umbilical cord blood: 180 cause cancer in humans or animals, 217 are toxic to the brain and nervous system, 208 cause birth defects or abnormal development in animal tests. (see <http://www.ewg.org/reports/bodyburden2>).
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- It has become increasingly evident that individuals with autism have impairments in their capacity to methylate. Methylation reactions are those reactions in our metabolism that involve the transfer of a methyl group (a carbon with three hydrogens attached) from one compound to another. These reactions are required for many of the most vital pathways in our metabolism.

The building or repair of every cell in our bodies requires methylation. The silencing of viral genes involves methylation (so that viruses do not continue to Hijack our cellular machinery for their purposes leading to chronic low-grade infections and starting cancers). We must be able to methylate the dopamine receptor in order for it to bind with dopamine and increase our “attention.” Nerve myelination and pruning requires methylation reactions so that the nervous system can repair and maintain itself. DNA synthesis and repair are dependant upon methylation to allow language and gross and fine motor development. Methylation provides for conversion of tryptophan to serotonin so as to support good mood and prevent anxiety and obsessive compulsive disorders (have you noticed any obsessive behaviors in your children?). Methylation also provides for the conversion of serotonin to melatonin which is absolutely essential for sleep. **All pesticides (ie. organophosphate chemicals), heavy metals, and nutrient insufficiencies all impose restrictive effects on methylation reactions in the body.**

- Remember the importance of Probiotics (supplementation of good bacteria to replenish the gut) and, if possible, Prebiotics (nourishing food for good bacteria.) Gut and Body healing benefits of Probiotics include:
 - Production of N-Butyrate which provides nourishment to the cells of our intestinal lining
 - Assisted digestion by breaking food down further for us to be able to absorb the most nutrients we can.
 - Healing of the gut and re-regulation of the immune system if allergic foods and other causes of inflammation have been removed.Theralac appears to be the most advanced probiotic. This probiotic has a two-stage delivery system preserving good bacterial survivability through the highly acidic stomach and into the intestine (much less acidic). The bacterial constituents have been researched and well-documented as human strains that are safe and acceptable. (You can order at toll free: 866-734-4172 for a \$5.00 discount on your first bottle if you mention the code #083312). For further description and a listing of research studies, see www.theralac.com (one bottle can last 10 weeks on maintenance dosing).
- Parents can view a “summary of Biomedical Treatments for Autism” (April 7, 2007 version) at <http://www.autism.asu.edu> or www.autism.com for future updates. If you would like a more in-depth description, I recommend the book, “Autism: Effective Biomedical Treatments by Jon Pangborn Ph.D. and Sidney MacDonald Baker, M.D. as well as its supplement 2007. (see www.asdmarket.com to order.)
- New studies give improved guidance and new insights on chelation strategies with DMSA, DMPS, and EDTA.

- In order to obtain the cooperation of government by legislation to secure services and research funding for Autism, legislators need to have evidence of progress documented by families from the autism community participating in biomedical therapies. It has been requested that parents get formal diagnoses of ASD and document baseline appearance and functioning of children with video so that you and legislative representatives can see the recoveries.

Of course we can speak in more detail of these and other conference topics at our next office visit. However, I would like also at this time to state my personal strong recommendation as follows: stop any personal use of all pesticides (organophosphates) at home as they are the number one household toxin responsible for developmental delay in children; also seek to inspire your neighbors, local schools and businesses to do the same.

For the most authoritative source of simple suggestions on how to reduce exposures to environmental toxins, read the book Home Safe Home by Debra Lynn Dadd.

Keep up the great work! I look forward to our next visits.

Sincerely,

David Voss D.O.

PS. Good News! My insurance coverage at the Freedom Center/ Children's Biomedical Center has expanded to include BCBS, ValueCare, DMBA, United Health Care, Altius, Cigna, Aetna, WISE, and Beechstreet,