

## **BRAIN REGENERATION CLINIC**

### **Autism Program**

East Valley Naturopathic Doctors(EVND) desires to provide you an update as we continue to improve and provide services valuable to the underserved within our communities. One such group has been children found with learning, social, and behavioral difficulties. Many of these children may have food allergies, immune dysregulation, PANDAS, or have been diagnosed along the Autism Spectrum. The EVND Autism Program has developed over many years to be personalized to the needs of each patient. Treatment decisions are guided by gathering pertinent labs consistent with individual symptoms and the current research to discover root causes. We offer extensive diagnostics including brain mapping for evaluation and treatment guidance. In addition we offer many leading alternative treatments including Toxic Metal Detox, Hyperbaric Oxygen Therapy, and Neurofeedback Therapy.

We believe that Autism, learning, and behavioral disorders are treatable. We believe that many health problems and difficulties with learning, social engagement, and behavior can improve with individualized therapies. The first step is to become informed about our comprehensive approach for patients along the Behavioral and Autism Spectrum Disorder by following the links below.

- [Leading ideas of the root causes of Behavioral and Autism Spectrum Disorders.](#)
- [Neurofeedback and the research showing benefits along the Autism Spectrum.](#)
- [Hyperbaric Oxygen Therapy\(HBOT\) benefits and research for Autism Spectrum.](#)
- [Options for detox therapies which have shown to help Autism Spectrum](#)

There is no single cure for Autism and thus no single test that provides all the information needed to guide individualized treatment. There also exists a hierarchy amongst treatments with respect to each child. For example, a gluten and dairy free trial should be one of the first therapies to implement before seeking to do Neurofeedback Therapy. Therapies which are guided by good and accurate information are most likely to produce results. We begin with baseline evaluations, traditional laboratory testing (although much more comprehensive than what would normally be done), specialty labs(not covered by insurance generally), and brain mapping (QEEG).

Step 1: Complete the [AUTISM TREATMENT EVALUATION CHECKLIST](#).

- Please submit scores to your treating physician once completed first as a baseline and then monthly to track progress with therapy.

Step 2: Complete baseline Brain Mapping(QEEG) before attending your first office visit

- Brain mapping serves as a baseline for accurately evaluating current diagnoses and confirming individual needs. Brain mapping can help differentiate between ADHD, Anxiety, PANDAS, and Sensory Processing disorders for example. Brain mapping also serves to monitor changes within the brain as a result of all interventional therapies. Neurofeedback therapy is available to all children, but brain mapping can only be completed on children above 6 years of age.

Step 3: Following the first visit and evaluation schedule for labs.

- The first group of labs are standard labs which can generally be billed through insurance. This includes labs specific to PANDAS, behavioral, or Autism Spectrum Disorder:
  - CBC, CMP, TSH, T4free, T3free, TPO Ab, Antithyroglobulin Ab, CRPhs, Vitamin D 25[OH], Zinc, Selenium, Folate, Copper, Ceruloplasmin, Vitamin B6, Manganese, Histamine, SB-100 protein, Antistreptolysin O Antibody, Anti-Dnase Antibody, HLA-mold typing, Celiac Panel, Immunoglobulins IgA/IgE/IgM/IgG, Toxic Metals Profile II, Mycoplasma Pneumonia Ab, Epstein Barr and other Herpes virus Ab, Lyme and other vector-borne illness.
  - Covered by most insurance plans. Some labs only through LabCorp
- The second category of tests includes options for specialty testing which is not covered by insurance and paid at the time the test is ordered. Follow the links below to discover the benefit of a thorough evaluation and view sample reports as available. These tests are not required to consider various treatments but are offered for those who desire comprehensive evaluation.
  - [Great Plains IgG food allergy testing \\$275](#)
  - [Great Plains Mycotoxin Urine Panel \\$300](#)
  - [Folate Receptor Antibody Test \(FRAT\) \\$295 Order online](#)
  - [Vibrant America Food Additives Panel \\$150](#)
  - [Great Plains Glyphosate Test \\$100](#)
  - [Great Plains OAT Testing \\$275](#)
  - [Doctors Data Urine Toxic Metals \\$150](#) OR
  - [Doctors Data Hair Toxic Elements Exposure Profile \\$90](#)
  - [Doctors Data Methylation Profile \\$175](#)
  - [Plasmalogen<sup>PLUS</sup> Blood Test \\$250](#)

Step 4: Start on the Candida Diet and Yeast Cleanse

- While waiting on labs and development of the treatment plan we like to begin treatment for reducing fungal and yeast overgrowth in the intestines. We will provide a prescription that effectively reduces candida load while avoiding refined sugar. Follow the Candida Diet as found at [easytvalleynd.com](http://easytvalleynd.com). In the absence of IgG food allergy testing, trials of gluten, dairy, corn, and soy avoidance are recommended to observe possible benefits. A fresh diet free of food additives would also be highly recommended.

Step 5: Start with the foundation nutrients to support methylation, inflammation, and detox pathways

- Start the following supplements after 2 weeks on the Candida Diet and Cleanse and after completing labs.
  - Spectrum Needs 2 scoops 2 times daily
  - Fiber Choice gummy 2-4 gummies daily under 8yo
  - Nordic Omega-3 Fishies 2 fishies daily under 8yo

Step 6: Schedule a follow up visit to review labs 10-14 days following lab draws.

- Once the doctors of EVND have received all the reports and specialty labs, a visit is scheduled to review and continue to develop an individual dietary, nutrient, detox, and therapy plan.

Step 7: Complete 40 sessions of HBOT to reduce inflammation in the brain.

- Hyperbaric Oxygen Therapy (HBOT) applied in children can improve cerebral hypo-perfusion (a decrease in oxygen to the brain), inflammation, and mitochondrial dysfunction. Cerebral hypo-perfusion is shown to be the promoter for certain symptoms such as repetitive behaviors, inflexible routine, underdeveloped language skills and difficulty expressing and recognizing emotions as well as facial cues and gestures. Other underlying factors include inflammation found present both in the brain as well as the gastrointestinal system. HBOT research has shown to improve brain perfusion 60% in all parts of the brain, reduce inflammation in the brain and gastrointestinal system, and increase ATP production in existing mitochondria while generating healthy new mitochondria. In all studies improvements in cognition and behavior correlated with HBOT treatment, helping thousands of ASD patients. [Click here](#) to schedule and view further studies demonstrating the benefits of HBOT for autism.

Step 8: Start trial of Leucovorin if communication and verbal skills are not progressing

Step 9: Schedule 20 sessions of Neurofeedback following completion of HBOT.

- Following improvement of oxygen perfusion with HBOT, Neurofeedback can improve self-regulation in children with ASD and SPD through balancing brain rhythms or electrical patterns reducing symptom expression. Neurofeedback is able to reduce sensory “overload”, improve behavioral dysregulation and communication, and enhance learning. Neurofeedback therapy can be used on its own, or in conjunction with other treatments such as occupational therapy. Improvements reported include increase in verbal and social engaging, reduced self stimulatory behavior(i.e. hand flapping), improvement in following through with verbal requests, increase in empathy, better sleep onset and duration, less anxiety, improved behavior, and improved sensory response. In addition we find that children with sensory, autism, or behavioral problems often have undiagnosed learning disorders. [Click here](#) to schedule and view the various disorders that find benefit from Neurofeedback Therapy.

Step 10: Complete 12 sessions of Detox Footbaths

- Detox Footbaths can be added into the treatment plan after supporting detox pathways and healing the gut with steps 4-5 for at least 3-6 months prior. Detox Footbaths are done while placing the feet in a bath of water for 30 minutes while a low-level electric current causes splitting of water molecules into 2 charged ions. These ions act like magnets and attract other charged molecules(such as toxins) and directs them to be released by tissues where they have been stored. This ignites further detoxification and elimination from the liver and kidneys to remove these toxins from the body. The treatments are perfectly safe for adults and especially children. In studies the IonCleanse Detox Footbath results in a significant release of chemicals like Glyphosate and also toxic metals. The Autism Treatment Evaluation Checklist (ATEK) has been used as an evaluation tool and showed a significant reduction in symptoms when using the IonCleanse Foot Bath. Review the full benefits of Ion Cleanse Detox Footbath and schedule [here](#).

We are grateful for the opportunity to help your children reach their potential as we strive to discover and remove obstacles toward progress. If you have any questions about specific labs or treatments please call or email us at [patientcare@eastvalleynd.com](mailto:patientcare@eastvalleynd.com). We would also ask if you are aware of any child or family who might benefit from the information in this letter please forward to them. The testing and treatments we offer are not offered or discussed in most medical settings and we want all children to have the opportunity to progress to their absolute best.

With gratitude, the EVND Team