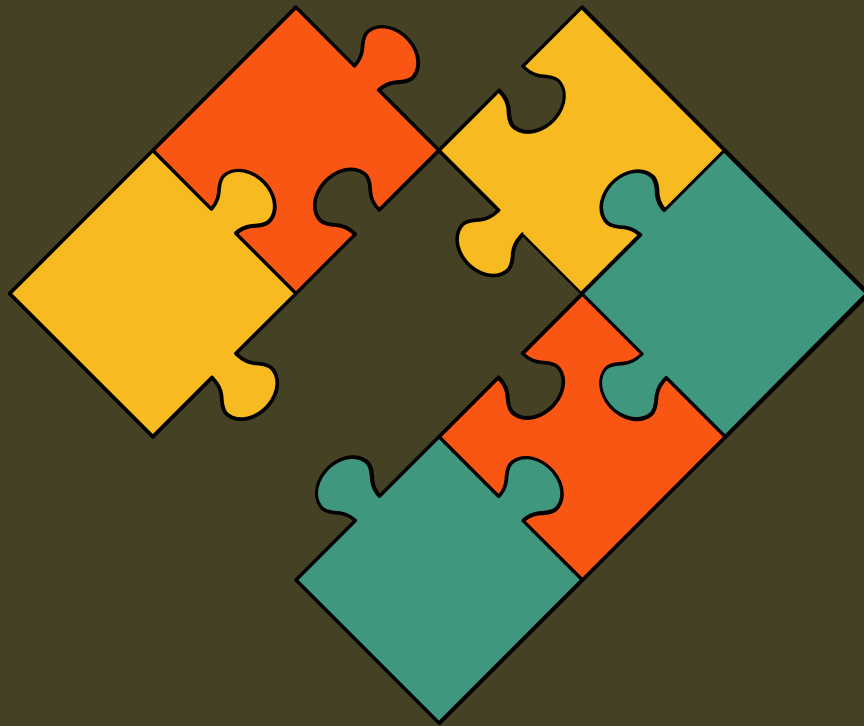




AUTISM PROGRAM

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EVND AUTISM PROGRAM

Introduction

Autism Spectrum Disorder (ASD) is a complex neurological and developmental condition that affects communication, behavior, and sensory processing. While its root causes are still under investigation, research has exposed a multitude of factors encompassing— intestinal dysbiosis, epigenetic changes, environmental toxins, poor diets, vitamin deficiencies, and immune dysregulation— emerging research highlights one key factor that can significantly influence brain development: **inflammation**

The EVND Autism Program is built on a three-step framework that addresses Autism from the inside out, beginning with the **gut**, advancing through **detoxification**, and culminating in **brain repair** and **regeneration**. Each phase builds upon the previous one, integrating diagnostic testing, targeted brain therapies, and nutritional optimization tailored to the child's unique biology.



The Impact of Inflammation on Brain Development

The earliest phase of Naturopathic intervention for Autism targets one of the most powerful yet often overlooked influences on brain development: **inflammation**. In the developing brain, even mild systemic inflammation can alter neuronal growth, synaptic pruning, and neurotransmitter balance. When the immune system is persistently activated, it releases inflammatory cytokines that can cross the blood-brain barrier, disrupting neuroplasticity and communication between neurons. This process may underlie many of the behavioral, cognitive, and sensory challenges observed in Autism Spectrum Disorders (ASD).

The gut and the brain communicate constantly through the **gut-brain axis**. When the **gut microbiome** becomes imbalanced, also known as dysbiosis, this communication breaks down. Gut dysbiosis leads to increased intestinal permeability (leaky gut), allowing bacterial endotoxins such as LPS and fungal byproducts like acetaldehyde to enter the bloodstream. These compounds, along with food intolerances, are able to trigger system wide inflammation, even over stimulating microglia in the brain, hindering normal neuronal signaling. Gut dysbiosis and is the leading contributor of Autism due to chronic brain inflammation.



Gut-Brain Axis

A bidirectional network linking the enteric nervous system, immune signaling, and the vagus nerve.



Gut Microbiome

The trillions of bacteria, fungi, parasites, and viruses residing in the intestines. They outnumber our own body cells by 10 times.

Our Three Step Program

01 **The Gut Microbiome: *Months 1-2***

By restoring the gut ecosystem, the body's immune activity can normalize, inflammation can subside, and the brain can begin to function with improved clarity and responsiveness. This foundational step lays the groundwork for all subsequent phases of therapy—building a healthier internal environment where the developing brain can thrive.

02 **Detoxification: *Months 3-4***

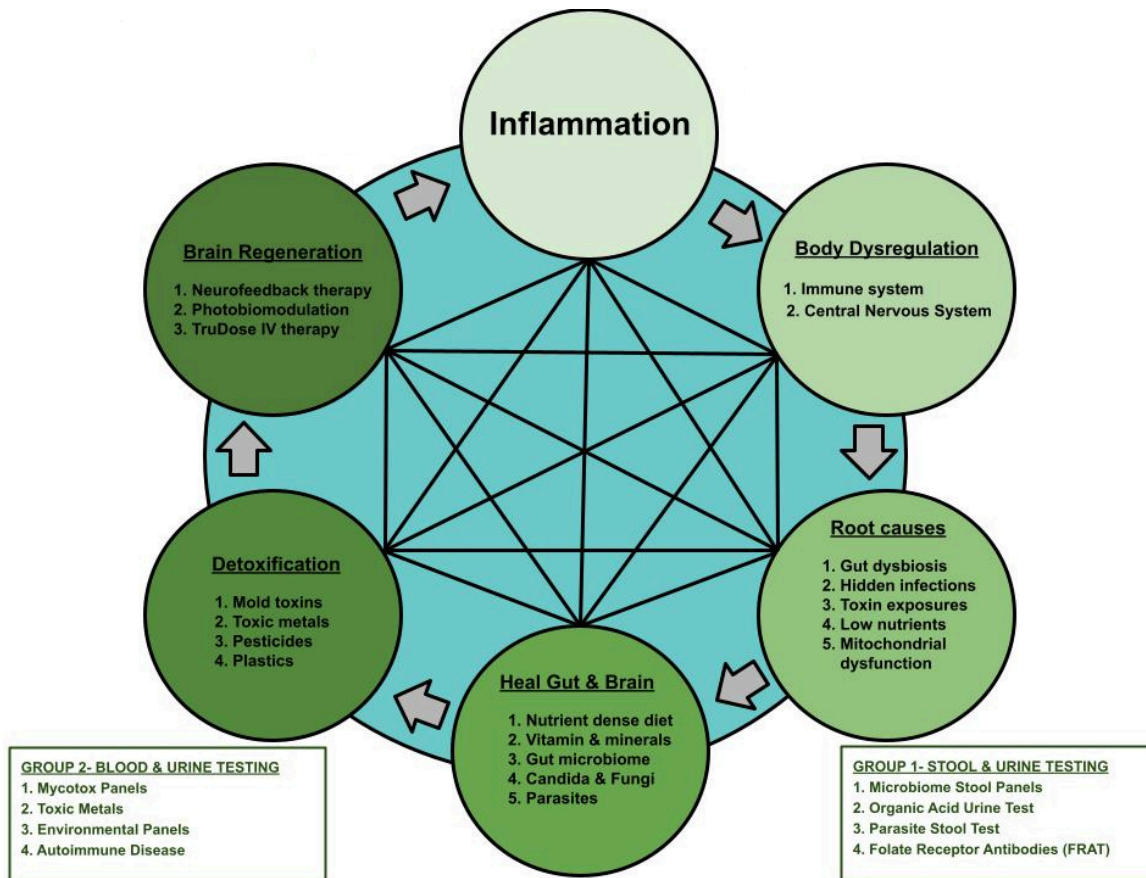
In this stage of the healing process, our goal is to gently and safely support the body's detox pathways—clearing toxic metals, mold toxins, and other environmental toxins that often play a significant role in neurodevelopmental and immune dysregulation. For many children with Autism, these toxins can act like roadblocks, slowing progress by contributing to free radical damage and inflammation, resulting in behavioral challenges and cognitive delays.

03 **Brain Reboot: *Months 5-16***

This 12-month phase is focused on reducing brain inflammation, repairing disrupted neural networks, and improving how the brain processes, learns, and regulates. For many children with Autism, this is the stage where we begin to see deeper cognitive, emotional, and behavioral breakthroughs—not because we're chasing symptoms, but because we've cleared the path for the brain to heal.

The EVND Autism Program follows a clear path-

At EVND we have developed a comprehensive and flexible program for healing from Autism. The following diagram presents the EVND path focused on reducing inflammation, toxin burden, and repair of brain networks.



Because each circle of the diagram influences the others, our care model is intentionally **stepwise** and **interconnected**. We begin with comprehensive testing of the gut microbiome, nutrient status, and hidden infections, followed by personalized dietary and antimicrobial therapies that calm inflammation at its source. Once the gut and immune system stabilize, we address toxic burdens—such as mold and metals that further inflame the brain and body. We identify and treat **root causes**, support healing of the gut and brain, guide gentle yet effective detoxification, and then rebuild healthier neural pathways through brain regeneration therapies.

By following this path, we're not chasing symptoms; we are systematically removing barriers to healing and helping each child's brain function with greater clarity, resilience, and ease.

Step 1

Months 1-2

The Gut Microbiome

Understanding the **gut microbiome** is the first essential step in identifying sources of inflammation that affect the **gut-brain axis**.

The following are the recommended laboratory assessments for the initial evaluation and treatment phase of Step 1: The Gut Microbiome

1

Analutos Combined Gut Health Test

The Combined Gut Health Test provides a comprehensive snapshot of gut health via analysis of spot urine sample. Using gold-standard analytical methods, the test examines a suite of compounds that are either fundamental to, or produced by, various bacteria or yeasts present in the gut and can have detrimental effects to various aspects of health and wellbeing. The test can be used as a one-off screen for information purposes or alongside multiple sampling points to help guide and monitor various gut-based intervention plans. The test also provides information on the potential requirement for the use of a gluten- and/or casein-free diet across various different conditions via dietary peptide screening.

Website: www.analutos.com/our-tests/combined-gut-health-test

Cost: \$245

2

US Biotek Standard Microbiome Panel

The US Biotek stool panel analyzes key microbial populations involved in digestion, immune regulation, and inflammation. It identifies dysbiosis patterns commonly seen in children with Autism, including normal and pathogenic bacteria, parasites, viruses, yeast, markers of intestinal permeability, and helps guide targeted antimicrobial or probiotic therapies to rebalance the gut microbiome.

Website: www.usbiotek.com

Cost: \$330

3

EVND Parasite Testing

This focused stool test identifies the presence of intestinal parasites that can contribute to chronic inflammation, nutrient malabsorption, and immune activation. Detecting and treating these infections is critical to restoring optimal gut and brain function early in the program.

Cost: \$70

4

Mosaic Diagnostics Organic Acids Test

The OAT is a urine test that evaluates metabolic byproducts produced by bacteria, yeast, and fungi in the intestines. It provides early detection of candida or mold overgrowth, neurotransmitter imbalances, challenges with detoxification, and mitochondrial dysfunction. The OAT also helps guide anti-fungal, nutrient and detoxification therapies specific to each child's biochemistry.

Website: www.mosaicdx.com

Cost: \$330

***Prices are subject to change - please verify most current pricing with the office before scheduling**

Autism Diet & Environmental Detox



Why food first?

In many children with Autism, certain foods and additives can aggravate gut inflammation, microbiome imbalance, and the gut-brain signaling that influences communication, development, mood, attention, sleep, and behavior. The goal for the first 60 days is to lower this inflammatory load while nourishing growth, stabilizing blood sugar, and supporting a healthier microbiome.



A Practical Nutrition Road Map

What to Remove	Common Sources	What to Use Instead	Label Tip
Gluten	White/Wheat Flour, Bread, Pasta, Crackers, Cereal, Many Sauces/Soups	Rice, Corn, Quinoa, Oats, Millet, Buckwheat, Spelt, Gluten-free Pasta (rice or quinoa), Tortillas (corn or cassava).	"Malt" "Modified Food Starch" and "Natural Flavors" can hide gluten. Look for "Gluten-Free" certification.
Casein (Dairy Protein)	Milk, Cheese, Yogurt, Ice Cream, Whey/Casein Powders, many processed foods	Unsweetened Almond, Oat, Hemp, or Coconut Milk, Coconut Yogurt, Cashew-Based Spreads, Ghee (as a tolerated butter alternative for some).	Avoid: "Contains milk" "whey" "caseinate" "lactalbumin"
Cane Sugar	White/Brown Cane Sugar, Sucrose, Many Cereals, Snacks, and Sauces	Use Modestly: Stevia, Monk Fruit; Small Amounts of Raw Honey or Xylitol (Watch for tummy upset).	Words ending in "-ose" (sucrose, dextrose) and syrups signal added sugars.

A Practical Nutrition Road Map

What to Remove	Common Sources	What to Use Instead
Benzoates (Preservatives)	Sodas and Some Shelf-Stable Drinks/Sauces (Look for Sodium Benzoate, Benzoic Acid)	Plain or Infused Water, Sparkling Water, Homemade Iced Herbal Teas
Color Additives (Synthetic Dyes)	Brightly Colored Cereals, Candies, Drinks, Frostings, Some Yogurts.	Dye-Free or Naturally Colored Options (Beet, Paprika, Turmeric)

"The Dirty Dozen"

Guideline: Prioritize organic for the most pesticide-prone produce per the annually updated "Dirty Dozen" list at **ewg.org**.

If the budget is tight, buy the "Clean Fifteen" conventionally and the "Dirty Dozen" organic.

Your Child's Diet: What to Add



Protein at Each Meal/Snack: Pastured poultry, grass-fed beef/bison, wild fish (salmon, sardines, cod), eggs (if tolerated), beans/lentils, tofu/tempeh (if tolerated).



Colorful Plants Daily: Berries, leafy greens, crucifers (broccoli/cauliflower), orange veggies (squash, carrots), and sulfur-rich alliums (onion/garlic).



Smart Starches: Quinoa, sweet potatoes, yucca, rice (white or brown), gluten-free oats.



Healthy Fats: Olive oil, avocado, olives, coconut products, nuts/seeds (and butters) as tolerated.



Fermented Foods (if tolerated): Coconut yogurt, raw sauerkraut, kimchi—start with 1 tsp/day and increase slowly.



Hydration: Aim for ~½ to 1 ounce of water per pound of body weight daily (adjust for age/clinical advice).

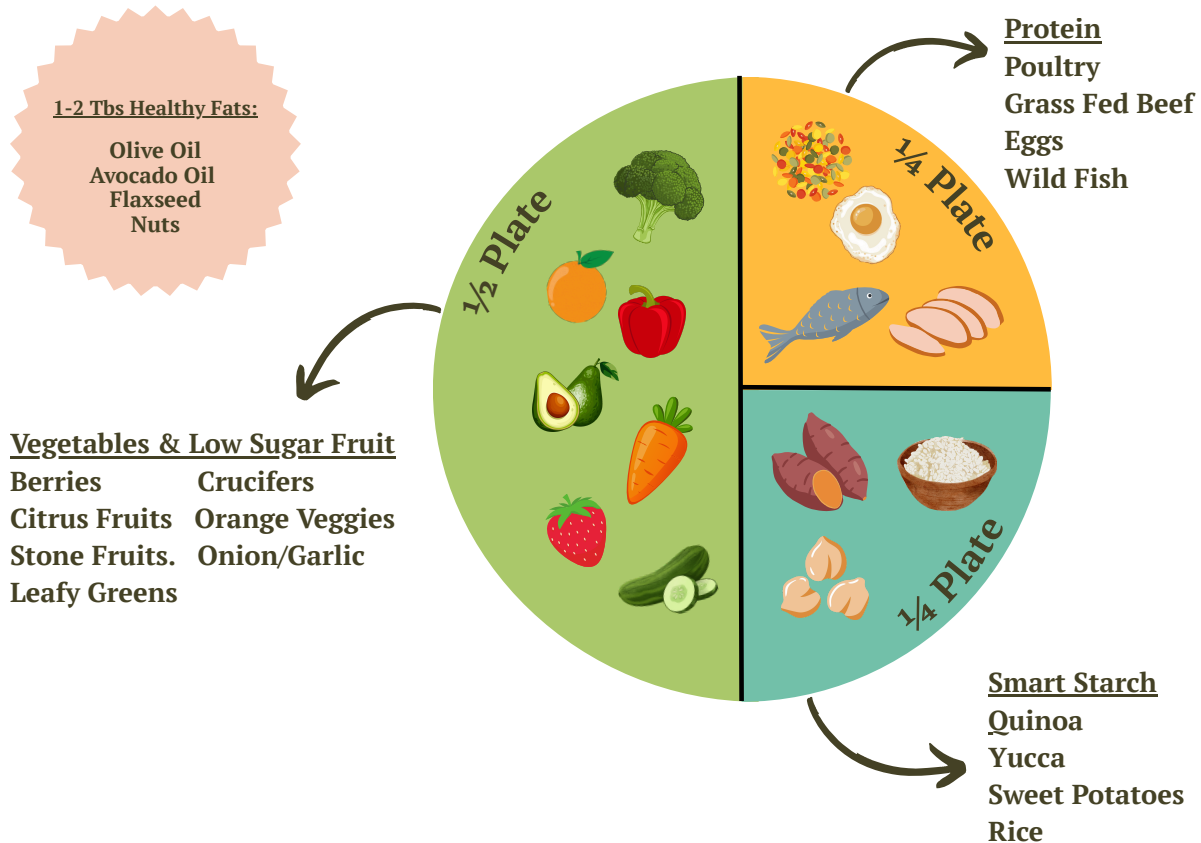
Environmental Detox

Kitchen and Home



-  **Water:** Use a certified water filter (pitcher or under-sink) for drinking/cooking.
-  **Cookware:** Favor stainless steel, cast iron, or enameled; minimize scratched non-stick.
-  **Food Storage:** Glass or stainless; avoid heating food in plastic.
-  **Cleaning:** Choose fragrance-free, dye-free products; vinegar + baking soda clean most surfaces.
-  **Air:** HEPA air purifier in bedroom/living area; ventilate during cooking.
-  **Produce:** Wash thoroughly; peel when appropriate; prioritize organic for high-pesticide items.

Simple Plate Method (No Measuring Necessary)



Work With EVND Nutritionist

Schedule a 1-hour consultation with Shelly Sandu- EVND Nutritionist.

This visit provides hands-on coaching for:

- Building a 7-day menu tailored to your child's preferences.
- Navigating school, parties, and restaurants.
- Identifying hidden gluten/dairy/sugars, benzoates, and dyes.
- Reducing toxic exposures in the kitchen and home.

Prescriptions for Autism

The following are potential prescriptions for Autism patients based on past research, current lab testing, and clinical experience. These will be prescribed during our first visit to evaluate benefit during the first 2 months of therapy

Itraconazole

Dose: 50-100mg once daily

Purpose: Itraconazole is an antifungal medication used to reduce intestinal fungal and yeast overgrowth, particularly Candida species, which can produce toxins that irritate the gut lining and contribute to neuroinflammation.

Rationale: By lowering fungal burden, this therapy helps decrease production of inflammatory metabolites and supports restoration of a balanced gut microbiome. Early antifungal intervention often improves digestion, decreases bloating, and may reduce irritability or hyperactivity linked to gut-derived inflammation.

Monitoring: Liver enzymes may be checked periodically during prolonged use; report any nausea, dark urine, or fatigue.

Leucovorin (Folinic Acid)

Dose: 5-50mg twice daily based on weight

Purpose: Leucovorin is a bioactive form of folate that supports methylation, neurotransmitter production, and mitochondrial energy metabolism.

Rationale: Many children with Autism show impaired folate transport across the blood-brain barrier or genetic variants affecting folate utilization. Supplementing with folinic acid bypasses these blocks and may improve language development, attention, and social engagement.

Expected Response: Some children experience gradual gains in speech, focus, or eye contact within several weeks of consistent use.

Supplements for Autism

Liquid Melatonin

Dose: 1-3 mg nightly before bed (for difficulty falling or staying asleep)

Purpose: Melatonin regulates circadian rhythm and supports restorative sleep, which is critical for neuroplasticity and emotional regulation.

Rationale: Children with Autism often have delayed or low nighttime melatonin production due to gut dysbiosis, light exposure, or oxidative stress. Supplementation helps reset sleep cycles and improve next-day behavior and focus.

Notes: Start at the lowest dose; adjust upward only as needed. Choose alcohol-free, dye-free formulations.

Spectrum Needs® Multinutrient Formula

Dose: 1-2 scoops twice daily or per weight-based guidance

Purpose: A comprehensive blend of vitamins, minerals, antioxidants, and mitochondrial cofactors designed for individuals with neurodevelopmental conditions.

Rationale: Supports mitochondrial energy production, detoxification, antioxidant defense, and neurotransmitter balance. Particularly beneficial during gut-healing phases when nutrient absorption may be reduced.

Tip: Mix in water, juice, or smoothies; divide doses morning and afternoon for sustained energy.

ANRC Protocols

Visit www.ANRCAutism.org for detailed product data and updates.

ANRC Essentials Plus Powder

Dose: Follow package directions based on weight

Purpose: High-potency vitamin/mineral blend with mitochondrial and methylation support formulated for Autism Spectrum Disorders.

Rationale: Replenishes key nutrients often depleted by restrictive diets or oxidative stress—such as B-vitamins, magnesium, zinc, and carnitine precursors—thereby supporting cognitive clarity and energy.

Fish Oil (added after 30 days)

Product: Nordic Naturals ProEPA Xtra or ProOmega Liquid (800 mg EPA per cap)

Purpose: Omega-3 fatty acids (EPA and DHA) reduce inflammation, support neuronal membrane fluidity, and improve signaling within brain networks.

Dosing Guidelines:

- 30–50 lbs: 1 cap 3×/day × 7 days, then 2 caps 3×/day
- 51–100 lbs: 1 cap 3×/day × 5 days, then 2 caps 3×/day × 5 days, then 3 caps 3×/day
- >100 lbs: 1 cap 3×/day × 4 days, then 2 caps 3×/day × 4 days, then 3 caps 3×/day × 4 days, then 4 caps 3×/day

Rationale: Stepped increases allow the body to adjust to higher oil intake, reducing the chance of digestive upset.

L-Carnitine (added after 45 days)

Dose: Begin 25 mg/kg daily for 1 week, then increase gradually to 50–100 mg/kg daily (divided doses)

Purpose: L-Carnitine supports mitochondrial energy production by shuttling fatty acids into cells' energy centers.

Rationale: Children with Autism frequently show low carnitine levels and fatigue; supplementation can enhance focus, stamina, and metabolic resilience.

Summary of Step 1: The Gut Microbiome Protocol Goals

- ✓ Reduce intestinal fungal and bacterial toxins (Itraconazole)
- ✓ Enhance folate-dependent methylation and neurotransmitter balance (Leucovorin)
- ✓ Support restful sleep and circadian rhythm (Melatonin)
- ✓ Restore micronutrient and mitochondrial status (Spectrum Needs or ANRC protocols)
- ✓ Introduce anti-inflammatory omega-3s, Sulforaphane (broccoli sprouts), vitamin D, and carnitine for long term brain and metabolic support

Follow-up:

After 2 months of these foundational trials and therapies, progress will be assessed, and prescription and supplement protocols updated. Any new testing related to the gut microbiome will be reviewed and microbiome-guided protocols added. At this same visit we will add the next therapies for **Step 2 – Detoxification**.



Lab Testing:

Understanding the Toxic Load

If not already completed, we recommend a targeted group of tests to assess the presence and burden of **mold, metals, and environmental toxins**. These results help guide the treatment plan with greater precision.

1 Real Time Labs/Mosaic Mycotox Panel

This test measures the presence of mold-related toxins (mycotoxins) that can disrupt immune and neurological function. Elevated levels may contribute to chronic inflammation, fatigue, and behavioral changes often seen in environmentally sensitive children. Results help guide detoxification and antifungal treatment strategies.

Website: www.realtimelab.com or www.mosaicdx.com

Cost: \$300-325

2 MosaicDX ToxDetect Panel

The ToxDetect Panel screens for common environmental chemicals, including solvents, gasoline metabolites, phthalates, parabens, plasticizers, and pesticide residues. These toxins can interfere with hormone balance, mitochondrial function, and neurological signaling. Identifying elevated levels supports a targeted plan for detoxification and lifestyle modifications.

Website: www.mosaicdx.com

Cost: \$340

3

LabCorp Heavy Metals Profile

This lab evaluates the body's natural excretion of toxic metals such as mercury, lead, arsenic, and cadmium. It provides a baseline view of heavy-metal burden without stimulation. The results guide individualized detox and chelation protocols when indicated.

Cost: Possibly covered by insurance or \$147 cash pay

4

Doctor's Data Post-DMSA Challenge

This test measures the body's ability to mobilize and excrete heavy metals after taking a chelating agent (DMSA). It reveals hidden or tissue-stored metal burdens that may not appear on baseline testing. Results inform the safety and dosing of chelation or antioxidant therapies.

Cost: \$155

5

Doctor's Data Toxic Metals Test (Hair)

A hair analysis provides a longer-term snapshot of heavy-metal exposure and mineral balance. It helps assess the efficiency of the body's detoxification pathways and chronic accumulation trends. Patterns in this test often complement urine findings and guide ongoing nutritional and detox support.

Cost: \$105

***Prices are subject to change - please verify most current pricing with the office before scheduling**



In some cases, where lab testing is not possible or results are pending, we can begin with gentle, well-tolerated detox protocols based on clinical judgment and safety.

Autism-Specific Detox Prescriptions

To aid in the mobilization and removal of stored metals, we may prescribe DMSA, a gentle chelating agent:

DMSA topical cream

Apply 0.75g with 0.75g IPM cream for 3 days, followed by an 11-day break. Repeat every 14 days.

Available through Lee Silsby Compounding Pharmacy: 216-321-4300. This transdermal formulation is designed for easy application and reduced gastrointestinal side effects, offering an effective and child-friendly option for toxic metal detox support.

Autism-Specific Detox Supplements

We use two key topical formulas that support glutathione pathways and sulfur-based detoxification without burdening the gut:

Thioguard Lotion

Begin with a small test dose (¼ pump). Apply over kidneys, neck, or spine. Massage for 15–30 seconds. Thioguard supports the detoxification of aldehydes and assists sulfation pathways, often impaired in children with Autism.

Note: Thioguard contains thiosulfate, which is different from sulfites. Children with sulfur sensitivity should be closely monitored.

Glutathione Genesis Lotion

Glutathione is a master antioxidant and crucial for detoxification. Apply a dime-sized amount to the skin and massage it in. This formula helps neutralize oxidative stress, supports immune function, and facilitates toxin clearance.

Supportive at Home Detox Tools

Daily Detox Foot Baths

Foot baths can help draw out toxins through the skin by using ionic exchange and mineral support. Reported in studies to reduce Autism symptoms based on reduction in ATEC scores.

Recommended Use: 20 minutes daily for 4 weeks. (Rental units available: \$300/month)



Step 3

Months 5-16

Brain Reboot

Rebuilding Brain Health and Function After Detox

With two months of detoxification complete and toxins more effectively moving out of the body, we now transition to the next phase of your child's healing journey: **rebuilding and retraining the brain**.

Step 3—**Brain Reboot**—is a 12-month phase focused on reducing brain inflammation, repairing disrupted neural networks, and improving how the brain processes, learns, and regulates. For many children with Autism, this is the stage where we begin to see deeper **cognitive, emotional, and behavioral breakthroughs**—not because we're chasing symptoms, but because we've cleared the path for the brain to heal.

Why This Phase Matters

Your child's brain is not broken—it's **inflamed, overstimulated, or under-connected** in certain areas. By removing the roadblocks and providing the right kind of input, we can help the **brain rewire** in ways that allow for more **calmness, connection, communication, and clarity**. This phase of care is not about pushing harder—it's about giving the brain exactly what it needs to heal and improve wiring of executive networks.

We walk alongside you every step of the way, adjusting your child's plan with precision and compassion as they grow stronger, more regulated, and more resilient.

Foundational Assessments:

Understanding the Brains's Wiring

We begin with brain-based testing to guide therapy choices and track progress over time. The following are available brain assesment options:

QEEG Brain Mapping

This non-invasive scan gives us a detailed picture of brainwave activity, showing us where the brain may be overactive, underactive, or out of balance. These patterns often correlate with specific struggles like anxiety, focus issues, sensory overload, or developmental delays.

Cognitive Testing

Cognitive testing helps measure baseline function, including attention, memory, and processing speed. These benchmarks are valuable when tracking long-term changes during therapy.



Even in the absence of QEEG testing, many families choose to move forward with brain-supportive therapies based on clinical presentation alone. The tools we use are gentle, research-supported, and highly individualized and include TRUDose Platelet IV therapy, Neurofeedback, Hyperbaric Oxygen, and Photobiomodulation (light) therapy. We have options for each individual and situation regardless of any cognitive testing or evaluation.

Autism Specific

Brain Healing Therapies

Each child responds differently to therapy, so we use a **layered approach**—introducing singular or combination therapies based on need, tolerance, and response. The goal is to **calm inflammation**, **improve communication** between brain regions, and **support neuroplasticity** (the brain's ability to rewire and adapt).

The following are the recommended Brain Regenerative Therapies for Step 3: Brain Reboot

1

TruDose PRP Therapy

TruDose PRP (Platelet-Rich Plasma) IV Therapy uses your child's own blood, spun down into a concentrate rich in growth factors including platelets and healing proteins.

- Helps reduce neuroinflammation
- Supports tissue repair and mitochondrial function
- Enhances immune balance

TRUDose PRP therapy is administered via IV every 12 weeks and often paired with other therapies in between to extend and enhance results.

2

Neurofeedback Therapy

Using feedback from your child's own brainwave activity, neurofeedback helps guide the brain back to healthier patterns.

- Improves focus, sleep, emotional regulation, and behavior
- Non-invasive, medication-free, and backed by decades of research
- Guided by QEEG brain maps for precision training

Neurofeedback can be done in-office or, in some cases, from the comfort of your home with approved equipment.

3

Hyperbaric Oxygen Therapy (HBOT)

Inside a pressurized chamber, your child breathes in concentrated oxygen that helps decrease inflammation and speed up healing.

- Enhances blood flow to the brain
- Supports speech, cognition, and behavioral improvements
- Especially helpful for children with a history of birth trauma, brain injury, or chronic inflammation

Short, repeated sessions often yield cumulative benefits, especially when paired with neurofeedback or red light therapy.

4

Photobiomodulation (Red Light Therapy)

This safe, non-invasive therapy uses red and near-infrared light to improve mitochondrial function and reduce oxidative stress.

- Calms the nervous system
- Supports mood, sleep, and sensory integration
- Can be done in-office or at home

This therapy is often paired with Neurofeedback therapy for improvement in brain activity and connections.

Other Assessments:

A Comprehensive, Root-Cause Approach

Going Beyond Diagnosis to Understand the Whole Child

At East Valley Naturopathic Doctors, we believe **healing begins with truly understanding the unique biology of each child**. Autism is not a single condition—it's a complex interplay of genetics, environment, immune function, and inflammation that shows up differently in every child. That's why we go beyond standard diagnostic labels and explore the deeper factors contributing to **developmental, cognitive, and behavioral challenges**.

The following **assessments** described here offer additional valuable insight into each child's **underlying imbalances**, helping us create a more precise, individualized plan for healing. These resources describe other testing options and sites producing a more precise picture and completing our **3- tier platform** described in the previous pages. These evaluations are designed to create more clarity and refinement in our treatment protocols.



Neurocognitive & Functional Screening

Arizona Neuropsychology Centers

For families seeking formal neuropsychological evaluation, we refer to trusted local specialists for in-depth cognitive, behavioral, and learning assessments. These evaluations can be helpful for tracking developmental changes, qualifying for school accommodations, and refining therapy goals.

Website: azneurocenters.com

Phone: [\(480\) 297-4492](tel:(480)297-4492)

ATEC Questionnaire – FREE

This *Autism Treatment Evaluation Checklist* is a helpful tool for parents to track changes over time. You can use it to measure progress in speech, sociability, sensory awareness, and health throughout treatment. Access the free tool online and recheck every few months to see your child's improvements reflected numerically.



Comprehensive Blood Testing: *A Functional Medicine Perspective*

Autism is often accompanied by **immune dysregulation, chronic infections, nutrient depletion, mitochondrial issues, and environmental toxicities**—all of which can influence brain function. Our lab panels go far beyond what is typically offered in conventional care, helping us **uncover hidden contributors** to inflammation and neurological stress and help reveal hidden barriers to healing.

LabCorp Blood Panel Recommendations:

- **Basic Health Markers**

CBC, CMP, CRPhs, Sed Rate, TSH, Free T4, Free T3, Ferritin, Iron

- **Nutrient & Mitochondrial Support**

Vitamin B12, Vitamin D, Thiamine, Vitamin B6,
Folic Acid, Zinc, Copper, Carnitine, and Homocysteine

- **Infection & Autoimmune Triggers**

Thyroid Peroxidase Ab, Anti-thyroglobulin Ab, ANA, Creatine Kinase,
Anti- Streptolysin O Ab, Anti-DNase(PANDAS), EBV IgM,
and Mycoplasma Pneumonia IgG/IgM

- **Environmental & Food-Related Inflammation**

Total IgE, Total IgG, Celiac Panel, HLA-Mold(CIRS), Histamine,
Wheat IgE, Dairy IgE, and Mold IgG/IgE panel

- **Toxic Load**

Toxic Metals Profile II (blood)

- **Vector-Borne Illness**

Lyme disease and Bartonella (cat scratch fever)

Mosaic IgG Food Intolerance Test – \$300

Identifies delayed food sensitivities that may not show up on standard allergy testing. These sensitivities can cause chronic inflammation, digestive symptoms, mood instability, and brain fog. This panel helps guide personalized nutrition plans.

FRAT (Folate Receptor Antibody Test) – \$425

Measures autoantibodies that block the body's ability to transport folate into the brain—a critical nutrient for neurological development and methylation. Especially relevant in children with speech delays, seizures, or regression.

IntellxxDNA Genetic Testing – \$1,150

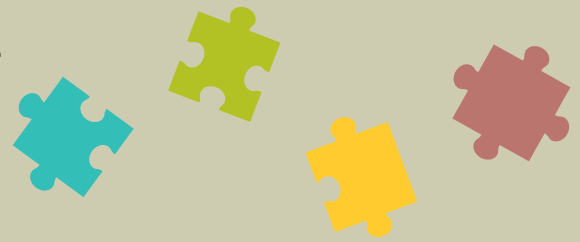
This advanced DNA panel identifies genetic variants associated with Autism, neuroinflammation, methylation, detoxification, neurotransmitter function, and more. Results help personalize supplement protocols, therapies, and lifestyle modifications to your child's unique genetic blueprint.

Why These Assessments Matter:

We don't treat Autism with a one-size-fits-all approach. Instead, we uncover and address the why behind your child's symptoms—whether that's immune imbalance, nutrient deficiencies, toxic burden, chronic infections, or genetic vulnerabilities. These assessments are not just diagnostic—they're empowering. They allow us to partner with you to build a thoughtful, research-based care plan that supports your child's healing in body, brain, and behavior.

If you're ready to begin or expand your child's evaluation, we'll guide you through each step—from test ordering to interpretation—so you feel informed, supported, and confident in the process.

Alternative Therapies for Common Complaints



Sleep

- Melatonin (Liquid spray preferred) 1-3mg near bedtime
- Magnesium Lotion near bedtime

Constipation

- Calm Magnesium once daily
- MPG Fiber. Dose ½ scoop mixed in 2-4oz of water or juice
- Fiber Choice gummy. Dose 2-4 gummies daily under 8yo

Inflammation

- BrocElite. Dose 1 capsule 2 times daily
- Nordic Omega-3 Fishies. Dose 2 fishies daily under 8yo
- NanoBoost Curcumin. Dose 4 sprays 2 times daily

ADHD

- Focus Fizz Powder. Dose 1 serving 2 times daily
- Review article on ADHD at eastvalleynd.com for review of other natural supplements for treatment of ADHD

Mitochondrial Support

- MethylB12 injections. Inject 60mg/kg body weight SQ every other day
- CoQ10. Dose 15-30mg/kg/day for mitochondrial support
- L-Carnitine. Dose >100mg/kg/day for mitochondrial support

Leaky Gut

- Lorazotide 500mcg 1 capsule daily x 2 months
- Butyrate Suppositories: Sodium butyrate 500mg nightly
- Glutamine 3,000mg. Dose 1-2 times daily

Acid Reflux

- Famotidine. Dose 1mL daily for acid reflux

Low Appetite

- Cyproheptadine. Dose 4ml daily to stimulate appetite
- Evaluate for PANDAS, Yeast, and parasites

Binders for Mold

- Zeolite Spray. Dose 2 sprays twice daily before meals

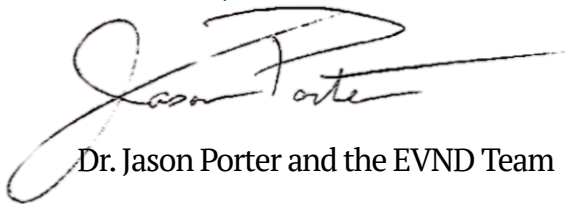
One Step, One Change at a Time...

A Note from Dr. Jason Porter

This introduction to the EVND Autism Program has outlined a three-step, inside-out approach to supporting children with Autism by targeting the root drivers of neuroinflammation and developmental disruption—starting in the gut, moving through detoxification, and culminating in brain repair. Step 1 is focused on the gut microbiome and nutrient deficiencies, using stool, blood, and urine testing, we begin with antifungals like itraconazole, Folinic acid (Leucovorin), targeted vitamins and nutrients, and a 60-day gluten-free, dairy-free, low-sugar, additive-conscious nutrition and environmental detox plan to lower inflammation and stabilize the gut–brain axis. During Step 2 we then support safe detoxification of mold, metals, and environmental chemicals with specialized lab assessments, gentle chelation (DMSA), topical glutathione and Thioguard, and home tools like detox foot baths to reduce toxic burden without overwhelming the child. And finally in Step 3, we Reboot the Brain Reboot with Neurofeedback therapy, Hyperbaric Oxygen therapy, Red Light therapy, and TruDose IV therapy—along with ongoing mitochondrial and nutrient support—to calm brain inflammation, improve connectivity, and enhance cognition, behavior, sleep, and emotional regulation. Throughout, additional testing (bloodwork, genetics, immune markers, infections, food intolerances) and supportive therapies for sleep, constipation, ADHD, mitochondrial health, leaky gut, and appetite help build a precise, individualized care plan that addresses each child’s unique biology rather than treating Autism as a one-size-fits-all diagnosis.

Having a child with special needs can be challenging and at times feel both exhausting and overwhelming. Engaging in a program as outlined here should feel hopeful, but can feel daunting as well. At EVND we are dedicated to the care and development of your child, We understand that healing is a process, which is why we will walk with you every step of the way through our carefully crafted autism program. Just start where you can, one step, one change at a time. We will guide you. We know that each child is different and each family has their own unique needs and challenges. We do not want your family to feel alone in this journey. We will listen to you and your child, and work with you to give them the best care possible.

Yours in health,



Dr. Jason Porter and the EVND Team