

Asperger's Syndrome: Thriving at Home

Dianne Craft, MA, CNHP (Certified Natural Health Professional)

Downloadable Notes for Homeschool Solutions Podcast

Autism Symptoms:

- *Anxiety rules their day*
- *Speech impacted*
- *Self-stimming behaviors*
- *Spends much time in own world*
- *Transitions very difficult*
- *Social interactions very difficult*
- *Learning disabilities...can seem low cognitive*
- *Gut Dysbiosis*
- *Immune System impacted...allergies*
- *Nervous System in disequilibrium*
- *Sensory Processing Disorder*
- *Often Dyslexia with Dysgraphia*

Asperger's Symptoms:

- *Anxiety rules their day*
- *Conversational speech affected*
- *Perseveration on topic...narrowed interests*
- *Spends more than average time in own world*
- *Transitions hard*
- *Socially immature or inappropriate (friends)*
- *Academic and learning abilities average or above*
- *Gut Dysbiosis*
- *Immune System impacted...hidden allergies common*
- *Nervous System in disequilibrium*
- *Sensory Processing Disorder*
- *Dysgraphia often present*

"I have always found homeschooling to be a positive option that has literally saved the lives of many children." -
Dr. Tony Attwood, Clinical Psychologist, expert on Asperger's Syndrome

How do we treat?

1. Accommodations (testing, writing, transitions)
2. Speech Therapy (private and home-led)
3. OT and or PT
4. Social groups (best is DVDs at home)
5. Nutrition & diet to improve behavior & learning

Why is Homeschooling Best?

1. Less Stimuli...for SI issues
2. Supervised social interactions
3. More "teaching method" choices
4. Bigger academic gains
5. Dietary needs better met
6. A happier child

Some common ways that parents use to unlock the abilities in children with Asperger's and ASD, using a "Three-Pronged Approach"

1) Brain Integration Therapy (20 minutes a day)

Processing Problems

- Improving "Automaticity of Processing"
- Motor/Spatial/Writing
- Auditory processing...Reading
- Eye tracking, teaming, midline
- Remove learning blocks (dyslexia, dysgraphia)

Social Awareness

- Visualizes better (gets jokes)
- Less perseveration on details and events
Less "data driven" more people driven
- Gaze aversion greatly improved
- Conversational speech easier

2) *Right Brain Teaching Strategies*

- Accessing “whole picture” brain hemisphere
- Train photographic memory for spelling, READING COMPREHENSION
- Teaching them to convert ‘words’ into ‘pictures’ ...making a ‘movie’ while listening and reading
- Helps greatly in understanding jokes, idioms, inferences
- Teaches reading using sight words and phonemes faster than any other method

3) *Targeted Nutritional Interventions*

Izaya’s mom (story shared in podcast) followed this path with her son:

1. *Take a good probiotic. Primadophilus Bifidus by Nature’s Way (refrigerated capsule only) 3 times a day for 3 months. In our experience, chewable and liquid forms don’t work well. We don’t see real change with one time a day, no matter what the bottle says.*
2. *For children 6 years old and above, parents often use a natural anti-fungal like Grapefruit Seed Extract by Nutriotics (125 mg tablets only - no liquid) 3 times a day for 3 months.*
3. *Change diet, greatly reducing sugars and carbs (cereals and juices) that feed the yeast/fungus. Use less processed food, and more fresh food. Have raw fruits and vegetables daily.*
4. *Continue with addition of other supplements, such as magnesium (we use Mineral Rich available at health food stores) to reduce SPD symptoms, noise sensitivity, irritability, racing thoughts.*

Moms typically report:

1. *75% of changes in behavior, speech and memory are due to natural anti-fungal program 3x day for 3 months” (meltdowns, cooperation, attentiveness, “spaciness”)*
2. *Next most powerful...Mineral Rich Liquid, a 4:1 ratio of magnesium to calcium (all SI issues greatly improved, sound sensitivity, widened diet, tags, textures, transitions, etc.) (see notes for Podcast titled “Sensory Processing Dysfunction”*

Life doesn’t have to be so hard for your child! You can make powerful changes with simple, inexpensive steps! Be courageous.

Many parents report that by following the step by step supplement program as outlined in the ‘Biology of Behavior’ CD set, that they see many behavioral and focusing changes in their children. This is especially helpful for a child with ‘SI’ characteristics, moodiness, meltdowns, focusing problems and inconsistent performance! Parents often say that they have a ‘different child’ to work with, after following this program.

Also consider working with a local Nutritionist or an Integrative or Functional Physician in your area. So many things can be done to help a child feel more comfortable in his/her own skin!

Please check with your Health Care Professional before implementing any nutritional supplement program.

www.dianneecraft.org