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Autism And Supplementation

By Rachel Evans

Supplements have become an important part of the health industry. There are literally thousands of products on the market that can give your body the added nutrients it needs. People with autism are especially prone to nutritional difficulties and it is important that they take supplements to achieve a balanced nutritional state.

The first step toward addressing autism and supplementation is to adopt a gluten and casein free diet. These proteins have been found to potentially worsen the symptoms of autism. In fact, gluten and casein, in many autistic children, have been found to help the brain produce natural opiates, making foods that contain them practically addictive!

Another important step is the implementation of a balanced and healthy diet. Remember, autistic children are influenced by routines, so if a healthy diet is instituted early and followed, autistic children will likely adhere to it.

It is also important to have the input of a doctor to determine if your autistic child is absorbing the proper amount of nutrients. Simple blood tests can determine nutrient levels and from this data a diet can be successfully adjusted to address any shortfalls. Defeat Autism Now! (DAN!) medical professionals are a good place to start because they have been especially trained to understand the challenges facing autistic children.

There is a list of common supplements that autistic children are often lacking or simply do not have at optimum levels. Selenium, calcium, magnesium, zinc, folic acids, vitamins C and E, essential fatty acid, cod liver oil, taurine, and various amino acids.

When beginning a regiment of supplements, it is important to work them in slowly. It is equally important to document changes in behavior. Pay close attention to the effects of supplements on your child. Note any differences and prepare to discuss them with your doctor or nutritionist.

In terms of positive and negative effects that can result from the use of supplements, and a change in diet - they will not be easy to miss. Positive changes can include a reduction in the severity of

behaviors. Many autistic children can show improvement in managing behaviors and social interaction. It is equally important to note regressions in behavior. If negative behaviors are observed, the supplement added should be reduced or eliminated. For the most part, negotiating the diet and supplementation of an autistic child is a trial and error undertaking. It is recommended that when first purchasing supplements you start with small packages. Buying in bulk can save you money in the long run, but if you buy a ton of a supplement that produces undesired results, you are stuck with useless product.

Should you chose to add supplements to your child's diet, you will need to d so in a controlled manner. Don't just dole out supplements on an experimental basis. Work with a doctor or a nutritionist to come up with a specific plan that is geared toward your child's success. This regiment should include frequent tests for metal toxicity, stool analysis, and tests for various amino acids and peptides.

There is a lot to consider when choosing supplements for your child. This process is very important

and can improve the overall quality of their life. Do not rush into the process and make sure you cover all the bases before proceeding. Give supplements time to work. Oftentimes, it takes time for the body to accurately process nutrients and for you to see any changes in behavior.

For information on nutritional supplements and natural remedies for autism please visit the following website: Native Remedies –

" target="_blank"><http://www.nativeremedies.com/autism-aspergers-rett-pdd.shtml?img=47&kbid=3592>

There are many more resources and information about diagnosing, controlling and treating Autism in my e-book, The Essential Guide To Autism –

<http://www.essential-guide-to-autism.com/autism.html>

Rachel Evans has an interest in Autism. For further information on Autism please visit

<http://www.essential-guide-to-autism.com/autism.html>

or

<http://www.essential-guide-to-autism.com/blog/2006/07/21/autism-and-supplementation/>

Understanding Autism In Children

By Rachel Evans

Do you know autism affects male children four times more than female children? The characteristic feature of autism in children includes non-verbal and impaired verbal communication. In addition to this the autism in children creates imaginative social interaction and activity. Infantile autism in children

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develops at about 30 months of age. Autism in children is a condition in which they find it difficult to build normal relationships with others. This can easily be diagnosed by disturbances normal characteristic behaviors.

It has been found that autism in children is occurring at a rate of 4 in 10,000 children. Moreover, autism in children is considered a lifelong disease. The occurrence of the disease ranges from mild to severe. In mild form, the child with autism can live independently, whereas in severe form the autism requires medical supervision and support throughout his/her life.

The risk factors and causes of autism include viral infection. Viral infection, mainly rubella virus during the first term of pregnancy, may predispose the occurrence of autism in children. Genetic, traumatic and infectious factors are the physical bases considered to be the main culprits for the occurrence of autism in children. In early stages, it has been considered that the autism in children is mainly induced by the parents, but it is not true.

Autism in children can occur in two forms: Patients exhibit the symptoms of autism within the first few months of life, or the child would be apparently normal up to 18 to 24 months of age, and then the symptoms would occur suddenly.

The symptoms of autism in children include nonverbal and verbal communication skills, along with odd facial expressions and speech difficulties. The language used by the children in the autism is often immature, unimaginative and not concrete. The language will be stilted in nature. Keep in mind that all of these symptoms may not be present in all children with autism.

Children with autism can also be less aware of stimulus in the external environment. In some cases, they are unable to recognize their parents after the first few months of life. Autism in children can lead to toilet training problems. The autism in children can hamper the child's ability to smile and show emotion and can end with behavioral abnormalities, such as walking on tiptoe, tantrums, unpredictable behavior, strange postures, staring at hands, and rocking.

They may also prefer playing alone, remain aloof, and become segregated from other children. Autism in children may cause the affected child to become obsessed with one action or topic, and extreme confrontation to change of any kind. The children with autism may want to set a separate environment for themselves and also may establish their own behavioral patterns.

Rachel Evans. Get information & sign up for a Free Autism Newsletter at

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