

## **A Place to Start for Biomedical Treatment of ASD**

If you are waiting for your initial appointment with Dr. Wu, and you would like to get started with some proven biomedical interventions for ASD, here is a good place to start.

1. Gluten-free, Casein-free diet, Soy-free diet. I have also included soy, because many kids on the autistic spectrum do better without soy. This diet can be challenging at first but it helps a lot of children and it can have a huge impact. For the best recommendations, Click on “GFCF Diet” on <http://www.talkaboutcuringautism.org> (TACA is a great support resource)

2. Start reducing over-all sugar intake and foods with artificial coloring. Many kids on the autism spectrum may crave sweets because of intestinal yeast overgrowth. Reducing or eliminating foods with added sugar can sometimes improve certain behaviors. It is possible that behaviors may worsen before they improve so you may want to gradually reduce the sugar. Detecting intestinal yeast overgrowth may be part of the initial testing. Eliminating foods with artificial ingredients such as food coloring has also been found to be helpful.

3. Read about Methyl-B12 Therapy on <http://www.drneubrand.com>. This is another very effective therapy for children on the autism spectrum. Please bring with you any questions that you may have about this therapy to your child’s initial visit.

4. Epson-salt baths- 1 cup of Epson Salt (magnesium sulfate) in warm bath water, soak for at least 10 minutes, 2-3 times a week. This assists in detoxification and parents have reported improvements in certain behaviors after these baths.

5. Read one (or more) of the following books:

Children with Starving Brains 4<sup>th</sup> Ed. Jacuelyn McCandless, MD  
Healing the New Childhood Epidemics (The 4 A’s) Kenneth Bock, MD  
Healing and Preventing Autism Jenny McCarthy and Jerry Kartzinel, M.D.  
The Autism Book Robert Sears, M.D.