

## In This Issue:

### Autism

1. What it is?
2. What can be done to prevent it?
3. Associations Found
4. Facts

### Facts about Autism

- Autism now affects 1 in 88 children and 1 in 54 boys
- Autism prevalence figures are growing
- Autism is the fastest-growing serious developmental disability in the U.S.
- Autism costs a family \$60,000 a year on average
- Autism receives less than 5% of the research funding of many less prevalent childhood diseases
- Boys are nearly 5 times more likely than girls to have autism
- There is no medical detection or cure for autism

[www.autismspeaks.org](http://www.autismspeaks.org)

# Wilson Family Chiropractic Newsletter

Volume 5, Issue 8 August 7th, 2013

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## What Can Be Done to Prevent Autism Now?

Maureen H. McDonnell, R.N.

*From the Article:*

It's a fact that more and more kids are showing signs of autism spectrum disorders (ASD) than ever before. What's causing this epidemic is still a mystery, but we now have some strong clues about prevention and treatment, based on emerging science and parents reporting the specific treatments that have created improvement (and, in some cases, recovery) in their children.

There are many theories about why the autism rate has exploded. Some think it's due to better diagnosis, rather than a real increase. Other people blame maternal age at the time of conception. Still others suggest that a mix of genetic predispositions and environmental factors (including a dramatic increase in the number of vaccines given before the age of 5) is a more likely cause. But while the experts debate these theories, more and more children are being negatively impacted by this condition. In the meantime, moms of affected children who want to have another child, and women who have never conceived, are asking what they can do to increase the chances of a healthy baby. Instead of waiting for the Centers for Disease Control (CDC) or the American Academy of Pediatrics to issue new guidelines or policy changes, savvy individuals are examining the published scientific research and listening to parents who have improved their children's conditions. They're coming up with new strategies for carrying, birthing and raising healthier children...

About the Author:

Maureen McDonnell has been a registered nurse for 33 years in the fields of childbirth education, clinical nutrition, labor and delivery, newborn nursery and more. Since the late 1970s, she has been a vocal advocate and promoter of whole foods, green living and preventative health measures as the most logical and cost-effective methods for minimizing complications associated with pregnancy and birth and reducing chronic illnesses in children. From 1998 to 2008, Maureen coordinated the Defeat Autism Now! conferences. In 2008, she cofounded Saving Our Kids, Healing Our Planet (sokhop.com), and established the blog Raising Healthy Kids Naturally. Visit her online at [Raising-HealthyKidsNaturally.blogspot.com](http://Raising-HealthyKidsNaturally.blogspot.com).

To Read The Complete Article Ask Mary For A Copy Taken From [Pathways To Family Wellness Magazine, Issue 26, Summer 2010](#)

### RANDOM FACTS ON AUTISM

1. Environmental factors that could trigger predisposed genes to mutate & cause autism are vast and could include certain drugs, chemicals, heavy metal exposure, antibiotics, extensive television viewing, flame retardant, or infections during pregnancy.
2. A study from 3 states suggest that counties with higher precipitation levels have higher autism rates. Higher precipitation rates might carry more pollutants, decreased vitamin D levels and increased television watching that could trigger autism.
3. Across a mere 10-year period (1993-2003) statistics from the U.S. Department of Education revealed a 657% increase in the nationwide rate of autism. Researchers debate whether autism rates are increasing or if broadening definitions of autism allow more people to be diagnosed.

Learn More:

[www.randomhistory.com/2009/09/21\\_autism.html](http://www.randomhistory.com/2009/09/21_autism.html)

## Salsa

Ingredients:

- 2 Large Tomatoes
- 1 clove crushed garlic
- 2 chopped scallions
- 1 tablespoon olive oil
- 2 tablespoons chopped cilantro
- 1 teaspoon fresh lime juice



Preparation:

Combine all ingredients in a bowl.  
Can be used cold as dip or warm up  
as a sauce.

## Autism

*A bit about Autism from Linda Page's Healthy Healing, A Guide to Self-Healing for Everyone...*

"Autism is almost a "mind-blind" condition diagnosed in the first 30 months of a child's life. It is characterized by withdrawn behavior, lack of emotion and speech, extreme sensitivity to sound and touch. Autistic children have a brain malfunction (related to abnormal serotonin metabolism in the brain) that creates a barrier between them and the rest of the world. Children at greatest risk are male with low birth weight, and a family history of diabetes or alcoholism."

Natural Autism Therapy:

- Magnesium
- Black Walnut
- Vitamin C
- Zinc
- A gluten & casein free diet

## Association Found Between Autism Prevalence and Childhood Vaccination

A study published in the May 11, 2011, issue of the Journal of Toxicology and Environmental Health shows that in the US there is a state by state link between the proportion of infants and toddlers receiving recommended vaccines and the autism rate for that state. Interestingly enough, the study was only covered by one news outlet, being reported on in the July 08, 2011, issue of the Baltimore Sun.

The authors of the study start off by noting, "The reason for the rapid rise of autism in the United States that began in the 1990s is a mystery. Although individuals probably have a genetic predisposition to develop autism, researchers suspect that one or more environmental triggers are also needed. One of those triggers might be the battery of vaccinations that young children receive."

The author of the Baltimore Sun article, Margaret Dunkle, is a senior research scientist at the Department of Health Policy at George Washington University and director of the Early Identification and Intervention Collaborative for Los Angeles County. Her article is titled, "*We don't know enough about childhood vaccines. Researcher asks: Are 36 doses of vaccine by age 2 too much, too little, or just right?*" She reports that the federal government recommends 36 doses of vaccine, addressing 14 different diseases, for every US child under age two.

Dunkle reports that the vaccine ingredients could be an issue. She noted that vaccines contain adjuvants designed to boost vaccine potency. One of the more common adjuvants is aluminum. Dunkle also noted that thimerosal, which is almost 50 percent mercury and has been removed from most child vaccines, is still present in flu vaccines. Additionally, the carcinogen formaldehyde is also present in a number of the vaccines. All these are in addition to stabilizers such as gelatin, eggs or other proteins.

Whether the ingredients are the problem, or the sheer number of vaccines given in the first two years of life, the amount of research done on the short and long term effects of the multiple vaccines is negligible. Dunkle states, "While testing is routine for individual vaccines as they are licensed, research on the both short and long-term effects of multiple doses of vaccine administered to very young children during the critical birth-to-2 developmental window is sparse to nonexistent."

The researchers concluded their study by stating, "A positive and statistically significant relationship was found: The higher the proportion of children receiving recommended vaccinations, the higher was the prevalence of autism or speech or language impairment." The researchers noted that neither parental behavior or access to healthcare played a role in the study results. They also noted that no other type of disability was statistically related to the proportion of children receiving recommended vaccinations. From their research, they clearly state, "The results suggest that although mercury has been removed from many vaccines, other culprits may link vaccines to autism. Further study into the relationship between vaccines and autism is warranted."

Each time you look at your child you see something mysterious & contradictory—bits & pieces of other people—grandparents, your mate, yourself, all captured in a certain stance, a shape of a head, a look in the eyes, combined with something very precious—a new human soul rich in individuality & possibility. - Joan Sutton