Chapter 9

The Complete Un-Prescription Action Plan

A Year of Ideas to Keep You Going

Let's start an exciting year for you and your child! I'll take you through a sample year, week by week. At the beginning, I'll start slowly, just as I would in real life, focusing on the basic support protocols, getting organized, and regaining some calm and control in your life. As the weeks and months go by, we'll branch out as your life becomes calmer and everything is more doable as your child calms down, sleeps through the night more, and is less irritable and challenging.

With the exception of Basic GI Support, once I discuss a protocol, I don't list it on each and every week because any given child or adult will need or use different protocols. It would be rare for every child to do every protocol year-round. If you find a particular protocol that works for your child, fill it in on your own personal calendar in your Un-Prescription Organizer and keep it going. Remember to use age-appropriate doses.

Week 1: Getting Started

Monday **Digestive Enzymes with DPP-IV with one meal per day (DE x 1).** Your first goal is to set up your Un-Prescription Organizer this week. Gather your supplies. Order online if you can't get to the office supply store—don't put it off!	Tuesday **DE x 1** Elevate the head of the mattress in case your child has hidden reflux. Do this even if you don't think your child has reflux—you might be surprised! Begin filling out your Organizer: Every time you run across medical records, business and appointment cards, stash them in the binder.	Wednesday **DE x 1** Journal any observations—positive or negative—as you start the enzymes this week. Keep track of mood, sleep, bowel movements, and eating patterns.
Thursday **DE x 1** **Add immune support: Give a Vitamin D3 supplement daily from now on.** Vitamin D3 is made when sunlight hits our skin, but children either don't play outside as much these days, or wear sunscreen when they do.	Friday **DE x 1** Use today to fill out the Medication Log in your Organizer. See Chapter 2 for a sample log.	Saturday **DE x 1** This would be a good week to work on some of the organizing tips in Chapter 2—my favorite trick is the vertical stacking laundry baskets! Stack'n Sort by Rubbermaid can be found online and in Walmart for less than $15 each.
Sunday **DE x 1** Restore is a great gut-healing supplement, and help to close tight gap junctions in the GI tract. It can be found in stores, and online at Walmart and https://shop.restore4life.com	Enzyme Tips: * You aren't likely to notice any changes using enzymes with just one meal a day this week. Relax! * See Week 5 for tips on how to mix the enzymes with food and drink. * You'll find tons of information on enzymes at Houston-Enzymes.com. * You've started your child's journey back to vibrant health—you can do this!	

Week 2: Constipation Tips

Monday **Digestive Enzymes with DPP-IV with two meals per day (DE x 2).** Make that first step of taking back control of your life this week: Go to FlyLady.net and sign up today—you can thank me later! Truly an amazing program and it's free.	Tuesday **DE x 2** George's Aloe Vera Juice is great for constipation—and good news: It looks, tastes, and smells just like spring water. Even the pickiest of ASD kids will accept it in a drink. Suggested dose is 1 ounce twice a day in a drink on a short-term basis.	Wednesday **DE x 2** To get the bowels moving, soak some chia seeds for 10 minutes, then add a spoonful or two to oatmeal, cereal, or smoothies.
Thursday **DE x 2** **Add immune support: Begin low-dose selenium.** If your child catches every cold "coming and going," support immune health with a low dose of selenium 3 times a week for a few months. Suggested dose is 100 micrograms (not milligrams).	Friday **DE x 2** Vitamin C in higher doses is good for a poop! Try 500 mg of Vitamin C twice a day for one day, then 1000 mg twice a day the next. You may continue to increase this dose up to a max of 2 grams twice a day. For short-term use of a few days (not for toddlers or infants).	Saturday **DE x 2** Read the insert and check out the side effects of your child's medications: *Many* of the meds used for ASD have constipation as a potential side effect.
Sunday **DE x 2** Common mistake: Fiber absorbs water. If your child is taking a fiber supplement, but isn't drinking enough water, the fiber may absorb water from the contents of the colon and make constipation worse.	∗ I'm sharing some *temporary* strategies for constipation this week, since it may take another week or two for this problem to lessen with the enzymes. ∗ You might notice a little edginess this second week of enzymes, but most children sail through just fine. ∗ **Nurture Yourself Tip 1**: Stick on a B12 patch for energy and memory. Find them at B12Patch.com. Parents love these!	

Week 3: Calming Tips

Monday **Digestive Enzymes with DPP-IV with three meals per day (DE x 3).** Yo GABA GABA! If you haven't tried GABA yet, this is a great week to start. Try GABA (gamma-aminobutyric acid) three times a day. Dosing range: 250 mg to 750 mg depending on age and weight.	Tuesday **DE x 3** Run a warm bath with 1-2 cups of Epsom salts dissolved in it. Let your child play with plastic cups and bowls in the water for 20 to 30 minutes. The magnesium in the salts is very calming!	Wednesday **DE x 3** Week 3 of introducing the enzymes can be a doozy for irritability. If it's nice weather, have your child play outside as much as possible for this difficult week. Swimming and water play can be especially helpful.
Thursday **DE x 3** Magnesium supplements are very calming. Choose a children's formulation. L-carnitine has been shown to improve behavior.[1]	Friday **DE x 3** Have your occupational therapist (OT) show you a calming sensory brushing technique, followed by compression/distraction of the large joints. YouTube is loaded with how-to videos.	Saturday **DE x 3** Give your child a garden spade and let him dig in a big pile of dirt or sand. This is called "heavy work". It stimulates the larger joints and can be very calming.
Sunday **DE x 3** Try tossing a squishy weighted ball back and forth with your child—the stimulation of the large joints is calming.	* Incoming! Brace yourself and your household this week as you progress to giving enzymes with three meals a day. This is usually the most difficult week, as your child will be majorly coming off of opiates, so I'm sharing my best calming tips this week. * If it's too much to take, switch to the Slow Enzyme Schedule. * **Nurture Yourself Tip 2**: Take some GABA yourself!	

Week 4: Sleep Tips

Monday **Digestive Enzymes with DPP-IV with every meal and snack (DE x all).** Sit quietly in your child's room in the middle of the night. What do you hear? Listen for sounds that may keep your child from a good night's sleep. Don't put your child's bedroom on the side of the house with a noisy heat pump or busy road.	Tuesday **DE x all** Continue to elevate the head of the bed to help with acid reflux. Don't eat within an hour of bedtime.	Wednesday **DE x all** Turn down the thermostat—cool temperatures promote better sleep. Add a small night-light to the room or project a starry sky on the ceiling to calm anxiety. Night-light ceiling projectors are available at Amazon.com.
Thursday **DE x all** Reduce or eliminate caffeine. If you cannot eliminate it entirely, at least consume it early in the day.	Friday **DE x all** Try Essential Oils for sleep and calming—many of my patients swear by them.[2,3] My best sleep hack? The amazing Alpha-Stim (see www.Alpha-Stim.com). Chocolate should be consumed earlier in the day, as it can be stimulating.	Saturday **DE x all** Do not get in the habit of giving Benadryl for sleep—this is not healthy for your child in the long run. Make sure no drafts or vents blow directly on or across the bed. Melatonin may help your child *get* to sleep; but it won't *keep* him asleep. For short-term use only.
Sunday **DE x all** Stop all video games, computer work, TV, and electronic devices at least one hour before bedtime. Switch to low-key activities such as coloring or reading. White noise such as a fan or soft music might be helpful.	* Sleep should be smoothing out some by now. You may still need a little help, so I'm sharing my best sleep tips this week. * Being so sleep deprived years ago was disorienting; I felt like I landed on the Knight Bus from Harry Potter! "When I woke up this morning my girlfriend asked me, 'Did you sleep good?'" I said, 'No, I made a few mistakes.'" Steven Wright	

Week 5: Mixing Enzymes with Food and Drinks

Monday **DE x all** **½ capsule probiotic with the evening meal (dinner)** Enzymes have a slightly "grassy" flavor and pair well with strongly flavored or tart drinks such as lemonade or Welch's grape juice.	Tuesday **DE x all** Liquids activate the enzymes, so keep the drink icy cold and it will last up to 4 hours. (Make the ice cubes out of the same juice as the drink) Keep an enzyme drink handy for "grazers" who just eat a bite or two at a time—no need for a full dose, just shake up the drink and give a few sips and put it back in the fridge.	Wednesday **DE x all** **½ capsule probiotic** Oily nut and seed butters don't activate the enzymes much and are ideal for hiding the dose. Mix up some peanut butter or almond butter enzyme crackers and pack for taking to school, so your child can get the enzymes with lunch and snacks.
Thursday DE x all Try adding daily essential fatty acids this week. ASD children are often deficient in them. Many parents successfully use ketchup and applesauce to with enzymes, probiotics and other supplements. These can be frozen ahead in ice cube trays to go to school.	Friday **DE x all** **½ capsule probiotic** Unless you want to see something really gross, do NOT mix the enzymes with yogurt or pudding—they turn to liquid yuck in less than a minute!	Saturday **DE x all** Dr. Devin Houston has helpful information about enzymes on his website, and actively answers questions on his Facebook page, too. www.houston-enzymes.com
Sunday **DE x all** **½ capsule probiotic** See Dr. Houston's tips for mixing enzymes with food and drinks: https://www.houston-enzymes.com/assets/Uploads/Tips-for-Taking-and-Mixing-Enzymes.pdf	* We're baby stepping in the probiotics this week – *just a half dose every other day.* * Be careful not to inhale the enzyme powder or touch your eyes and nose if you have enzyme powder on them—it may cause irritation. * **Doctor's Appointment Tip***:* If your child gets anxious, upset, or has a meltdown at the sight of a white coat and stethoscope or just hearing the word "doctor," call the doctor's office ahead of time and arrange for staff to lose the white coat for your child's visit. I designed my office to have the look and feel of a living room, and I don't wear a white coat or sling a stethoscope around my neck.	

Week 6: Antibiotic Support Protocol

Monday **DE x all** **1 capsule probiotic with dinner** Don't stop the probiotic just because your child starts an antibiotic.[4] Take it 3 hours after the antibiotic.	Tuesday **DE x all** **Probiotic** Double up on the probiotic during an antibiotic. Give it twice a day with food and continue to double the probiotics for a month after the round is finished.	Wednesday **DE x all** **Probiotic** ALWAYS take 1 to 2 capsules of *Saccharomyces boulardii* (Sac b) twice a day *during* an antibiotic, and for a month *afterward*.[5,6] Sac b is the beneficial yeast I discussed in Chapter 5.
Thursday **DE x all** **Probiotic** Avoid candy, excess juices and high-sugar foods while on an antibiotic. Don't pile your plate with high-carb "white foods" like white bread, pasta and refined cereals; focus on whole grain, high fiber foods instead.	Friday **DE x all** **Probiotic** Be sure to do a daily antimicrobial rotation *during* and for a month *after* the antibiotic. See Chapters 5 and 6 for details. Take the antimicrobials at a different time than the Sac b.	Saturday **DE x all** **Probiotic** Support healthy liver function with milk thistle[7] during the round of antibiotic and for a week afterward.
Sunday **DE x all** **Probiotic** Here's a great product to take during a round of antibiotic: Try ABx Support by Klaire Labs.	* All three components of the Basic Immune Support Protocol are now on board—probiotics, Vitamin D3, and selenium. * **Nurture Your Spouse**: Leave a short love note for your spouse. If you aren't feeling the love right now, leave a note thanking your spouse for something.	

Week 7: Clean Up the Diet

Monday **DE x all** **Probiotic with dinner** **1.5 billion CFUs Sac b before or with breakfast** Your child may surprise you and begin eating new foods in these early weeks as he is freed from the grip of opioid neuropeptides—so be sure to offer lots of veggies. He can't try anything new if you don't offer.	Tuesday **DE x all** **Probiotic** Fave book: *New York Times* bestseller, *The Sneaky Chef: Simple Strategies for Hiding Healthy Foods in Kids' Favorite Meals* by Missy Chase Lapine	Wednesday **DE x all** **Probiotic** **1.5 billion CFUs Sac b** Great website: www.thesneakychef.com
Thursday **DE x all** **Probiotic** Another helpful book: *Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food* by Jessica Seinfeld (Yes, Jerry's wife!)	Friday **DE x all** **Probiotic** **1.5 billion CFUs Sac b** Microwave popcorn is a chemical shitstorm—make your own instead.	Saturday **DE x all** **Probiotic** Green and orange make brown—puree green beans and carrots and mix into hamburger patties before grilling.
Sunday **DE x all** **Probiotic** **1.5 billion CFUs Sac b** If your child won't eat vegetables and fruits, be sure to give a prebiotic and a multivitamin.	* We're starting Sac b this week—just ½ capsule every other day * Food is the best medicine, and no health plan is complete without a healthy diet. **Great Quote:** "In our fast-forward culture, we have lost the art of eating well. Food is often little more than fuel to pour down the hatch while doing other stuff—surfing the Web, driving, walking along the street. Dining al desko is now the norm in many workplaces. All of this speed takes a toll. Obesity, eating disorders, and poor nutrition are rife." Carl Honoré	

Week 8: Driving Tips

Monday DE x all **Probiotic with dinner** **3 billion CFUs Sac b (1 capsule)** **before or with breakfast** A study shows that those who have driving goals inserted into the Individualized Education Plan (IEP) have a higher chance of successfully becoming a driver.[8]	Tuesday **DE x all** **Probiotic** **1 capsule Sac b (1SB)** My Miracle Referral: Get a thorough exam from a *developmental* optometrist, especially if your teen is clumsy or has problems knowing where he is in space. This will help with parallel parking, lane changes, and judging distance and speed.	Wednesday **DE x all** **Probiotic** **1SB** Get an occupational therapy (OT) assessment. Some hospitals have a driving program for teens with autism as part of an OT program. You will usually need a referral from Vocational Rehabilitation Services (see next tip) or check with the American Occupational Therapy Association (www.aota.org).
Thursday **DE x all** **Probiotic** **1SB** Some states offer services like vocational rehabilitation and may fund specialized driver's education classes. Check with your state Division of Rehabilitation Services (DRS) agency.	Friday **DE x all** **Probiotic** **1SB** Drive an automatic transmission. The authors of a study at the University of Virginia felt that a manual transmission was not a good fit for those with ASD due to problems with multitasking.[9]	Saturday **DE x all** **Probiotic** **1SB** Hire the driver's ed teacher for private lessons after school. Ours knew the exact routes the student drivers would take on their driving test, practiced parking at the DMV after hours, and knew the top reasons why teens failed their tests. You may even get a discount on insurance.
Sunday **DE x all** **Probiotic** **1SB** Review the language of honking (e.g., a polite toot vs. an angry honk). It's one "social cue" your teen should understand.	* Give Sac b all this week, and the next two weeks. * See my article *Double Take: Developmental Optometry and Autism Spectrum Disorder* at https://www.emaxhealth.com/12087/autism-and-optometry-double-take **Funny quote:** "The best car safety device is a rearview mirror with a cop in it." Dudley Moore	

Week 9: How should I Phrase That? Words *Not* to Use

<table>
<tr>
<td>Monday
DE x all
Probiotic with dinner
3 billion CFUs Sac b (1 capsule) before or with breakfast

Autistic people prefer if we don't use terms like:
* Defeat
* Cure
* Prevent
* Treat
Recover</td>
<td>Tuesday
DE x all
Probiotic
1 capsule Sac b (1SB)

It's a poor choice to say:
* Mental illness
* Disorder
* Tragedy
Catastrophe</td>
<td>Wednesday
DE x all
Probiotic
1SB

And please don't say:
* Sufferers</td>
</tr>
<tr>
<td>Thursday
DE x all
Probiotic
1SB
Some prefer "people first" language such as:
* An adult with autism
* A child on the spectrum
* He has autism
(They are typically parents, family members, employers and friends of an autistic child or adult.)</td>
<td>Friday
DE x all
Probiotic
1SB

And some prefer "identity first" language such as:
* Autistic person
* ASD individual
* "I am autistic"
(They are typically autistic people.)</td>
<td>Saturday
DE x all
Probiotic
1SB

Here is a well-written article on the person first vs. identity first debate:

http://autisticadvocacy.org/home/about-asan/identity-first-language/</td>
</tr>
<tr>
<td>Sunday
DE x all
Probiotic
1SB

And FYI, autistic adults tell me they hate puzzle pieces!

Autism parents tend to love the puzzle pieces, but please use another symbol for your social media posts or autism events.</td>
<td colspan="2">* Many autism parents have shared with me that they detest the negative terms on this page. Adults with autism tell me these words make them feel broken, angry, and sad.</td>
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Week 10: Sensory Week

Monday **DE x all** **Probiotic with dinner** **3 billion CFUs Sac b (1 capsule) before or with breakfast** Sensory processing disorder is when the brain doesn't process sensory information properly.	Tuesday **DE x all** **Probiotic** **1 capsule Sac b (1SB)** Good resource: Tossing a weighted squishy ball, or doing a brushing routine is *very* calming for many autistic children.	Wednesday **DE x all** **Probiotic** **1SB** You might recognize your child in the pages of this book: *The Out-of-Sync Child* by Carol Kranowitz
Thursday **DE x all** **Probiotic** **1SB** If you suspect your child has SPD, make an appointment with a good occupational therapist who uses a sensory integration approach. Tip: Modulate your voice and always keep it calm.	Friday **DE x all** **Probiotic** **1SB** Set up a sensory diet throughout the day for your child. Good resource for this: *The Out-of-Sync Child Has Fun: Activities for Kids with Sensory Processing Disorder* by Carol Kranowitz	Saturday **DE x all** **Probiotic** **1SB** Here's an app to help you manage your child's sensory diet: Sensory Treat - Sensory Therapy
Sunday **DE x all** **Probiotic** **1SB** STAR (Sensory Therapies And Research) Center is a great place to start looking for treatment: www.spdstar.org	* We're continuing good GI support this week, just keep it going! * Make an appointment with a chiropractor. It's great for overall health, neurological and immune health, and sensory issues. "You can't punish a child who is acting out because of sensory overload." Temple Grandin	

Week 11: Favorite Books

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #1 with or before breakfast** *NeuroTribes: The Legacy of Autism and the Future of Neurodiversity* by Steve Silberman *All Cats Have Asperger Syndrome* by Kathy Hoopmann	Tuesday **DE x all** **Probiotic** **AM #1** *Look Me in the Eye* by John Elder Robison *101 Games and Activities for Children with Autism, Asperger's, and Sensory Processing Disorders* by Tara Delaney	Wednesday **DE x all** **Probiotic** **AM #1** *Rules* by Cynthia Lord *The Autism Revolution* by Martha Herbert, MD *Ten Things Every Child with Autism Wishes You Knew* by Ellen Notbohm
Thursday **DE x all** **Probiotic** **AM #1** *Uniquely Human: A Different Way of Seeing Autism* by Barry M. Prizant *Ten Things Your Student with Autism Wishes You Knew* by Ellen Notbohm and Veronica Zysk (this one I share with teachers)	Friday **DE x all** **Probiotic** **AM #1** *Be Different: My Adventures with Asperger's and My Advice for Fellow Aspergians, Misfits, Families, and Teachers* by John Elder Robison *Thinking in Pictures: My Life with Autism* by Temple Grandin	Saturday **DE x all** **Probiotic** **AM #1** *House Rules* by Jody Picoult *The Glass Castle: A Memoir* by Jeannette Walls (this book has nothing to do with autism, I just love it!)
Sunday **DE x all** **Probiotic** **AM #1** *The Curious Incident of the Dog in the Night-Time* by Mark Haddon *Simplify Your Life* by Elaine St. James *The Reason I Jump* by Naoki Higashida	* You're starting a new antimicrobial this week—you may go through "die-off" symptoms again (see Table 5-6 in Chapter 5). You can do this! * The No.1 book app for the iPad in 80 countries and voted Best Educational App in the 2015 BETT Awards: Book Creator for iPad by Red Jumper Limited. This app lets your child create e-books and pdfs and publish to iBooks. Awesome Quote: "I know of nobody who is purely autistic or purely neurotypical. Even God has some autistic moments, which is why the planets spin." Jerry Newport	

Week 12: Bullying

Monday **DE x all** **Probiotic with dinner** **Stop using Antimicrobial (AM) #1 and begin using AM #2 before or with breakfast** Nearly half of children on the spectrum are bullied,[10] especially high-functioning kids in mainstreamed classrooms.	Tuesday **DE x all** **Probiotic** **AM #2** Amazing website for information and resources is the National Autism Association (www.autismsafety.org). Check out the awesome Bullying Resources!	Wednesday **DE x all** **Probiotic** **AM #2** Donate a copy of this book to your school library and volunteer to read it on Read Aloud Days: *The Bully Blockers: Standing Up for Classmates with Autism* by Celeste Shally
Thursday **DE x all** **Probiotic** **AM #2** Coolest response to verbal bullying: Each and every time the bully says something, your child responds with "So?" (and nothing else). Eventually, the bullies get bored and wander off.	Friday **DE x all** **Probiotic** **AM #2** Get the Special Needs Anti-Bullying Toolkit at www.AutismSpeaks.org.	Saturday **DE x all** **Probiotic** **AM #2** October is National Bullying Prevention Month. Go to www.pacer.org and get involved. They have a newsletter and events to sign up for.
Sunday **DE x all** **Probiotic** **AM #2** Martial arts can help with self-confidence and self-advocacy. See Week 35.	* We're starting a new antimicrobial this week—you may see "die-off" symptoms again. * **Nurture Your Relationship:** Get the book *The Five Love Languages* by Gary Chapman.	

Week 13: Minecraft for Autism

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #3 before or with breakfast** Awesome post! Go to https://learningworksforkids.com and search for *Reasons Kids with Autism Love Minecraft* by Dr. Randy Kulman.	Tuesday **DE x all** **Probiotic** **AM #3** Same website, same author: *Using Minecraft as a Learning Tool for Children with Autism*	Wednesday **DE x all** **Probiotic** **AM #3** *Minecraft: Essential Handbook: An Official Mojang Book* by Stephanie Milton, Paul Soares Jr., and Jordan Maron
Thursday **DE x all** **Probiotic** **AM #3** *Minecraft: Construction Handbook: An Official Mojang* by Scholastic	Friday **DE x all** **Probiotic** **AM #3** *Minecraft: Redstone Handbook: An Official Mojang Book* by Scholastic	Saturday **DE x all** **Probiotic** **AM #3** Check out the Minecraft Facebook page—very engaging!
Sunday **DE x all** **Probiotic** **AM #3** Best Halloween costume idea: One of my sons and two of his friends wore suits plus the green, gray, and black creeper box heads to school—very fun. Available on Amazon.com	* Heads-up—you're starting a new antimicrobial this week; you may go through "die-off" symptoms again. Put away AM #2 and begin AM #3. "Minecraft opens up a world of limitless possibilities, driven by the player and created by the fans who love it." Rob Manuel	

Week 14: Things You Never Say to an Autism Parent

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #1 before or with breakfast** "He looks so normal, are you sure it's autism?" "He's just being a boy, you're imagining things."	Tuesday **DE x all** **Probiotic** **AM #1** "I'm sorry." "God gave her to you for a reason. I could never raise a child like that."	Wednesday **DE x all** **Probiotic** **AM #1** "You're just saying he's autistic because it's a fad right now."
Thursday **DE x all** **Probiotic** **AM #1** "Stop using autism as an excuse." "It's your parenting style that made her like that."	Friday **DE x all** **Probiotic** **AM #1** "You should be thankful—it could be worse." "He's not autistic, he's just being a little jerk."	Saturday **DE x all** **Probiotic** **AM #1** "You just need to spank him harder." "He just needs a good slap."
Sunday **DE x all** **Probiotic** **AM #1** And my favorite (not!): "You should medicate him."	* Whew! No new "die-off" this week. Stop using AM #3 and go back to AM #1. **Amusing Quote:** "I won't insult your intelligence by suggesting that you really believe what you just said." William F. Buckley Jr.	

Week 15: Swimming

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #2** Swimming can actually improve social skills.[11]	Tuesday **DE x all** **Probiotic** **AM #2** Get the book: *Swimming with Autism* by Tammy Anderson-Lee and Cathy Ball	Wednesday **DE x all** **Probiotic** **AM #2** Go to: www.swimmingwithautism.com to find an instructor near you. Another great resource: www.sensoryswim.com
Thursday **DE x all** **Probiotic** **AM #2** When it's difficult to leave your house, a home pool is great for social opportunities. People will actually want to come over.	Friday **DE x all** **Probiotic** **AM #2** A locking key-coded safety cover is a must for peace of mind.	Saturday **DE x all** **Probiotic** **AM #2** A saltwater or UV light pool system helps avoid toxic chemicals.
Sunday **DE x all** **Probiotic** **AM #2** I LOVE these guys! Find a Surfers for Autism event near you: www.SurfersForAutism.org	"Swimming is normal for me. I'm relaxed. I'm comfortable, and I know my surroundings. It's my home." Michael Phelps	

Week 16: Environmental Makeover Project #1

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #3 before or with breakfast** Children with ASD are sooo sensitive to chemicals and toxins, especially those in processed foods. You may be surprised at what is considered toxic. Use hand sanitizers sparingly, or switch to natural ones. They contain hormone disrupters.	Tuesday **DE x all** **Probiotic** **AM #3** Don't have the time or interest to make your own cleaning products? Go to Norwex.com and learn how to clean your house using only water with this line of special cleaning cloths.	Wednesday **DE x all** **Probiotic** **AM #3** Get rid of your artificially scented plug-ins, tart warmers, potpourri, and candles—use only ones scented with natural essential oils. This is a biggie, so do it!
Thursday **DE x all** **Probiotic** **AM #3** Our energy-efficient homes seal us in with our toxins—open up the windows and let some fresh air blow through on a regular basis.	Friday **DE x all** **Probiotic** **AM #3** Take the plastic off your dry cleaning and air the clothes out on a covered porch for a few days before bringing inside. Better yet, find a green dry cleaner: www.greenearthcleaning.com	Saturday **DE x all** **Probiotic** **AM #3** Put a big basket by the front door and have everyone take their shoes off as soon as they enter—this will stop a significant amount of pesticides, dirt and toxins from getting tracked into your home.
Sunday **DE x all** **Probiotic** **AM #3** Switch your laundry products to natural and fragrance-free. Use white vinegar instead of fabric softener for clothing that is going into the dryer. (This saves money, too.)	* I'll be sharing ways throughout the year to make your home less toxic, a few baby steps at a time. * **Organizing Fun**: Start a Pinterest Organizing board and start pinning great ideas.	

Week 17: Inflammation and Oxidative Stress Strategies

Monday **DE x all** **Probiotic with dinner** **Sac b before or with breakfast** Cod liver oil is a natural anti-inflammatory.[12] Suggested dose is ¼ tsp or one small gel cap twice a day.	Tuesday **DE x all** **Probiotic** **Sac b** Serralase by ProThera works against inflammation: www.protherainc.com	Wednesday **DE x all** **Probiotic** **Sac b** Essential fatty acids[13] should be in everyone's daily routine.
Thursday **DE x all** **Probiotic** **Sac b** Ever hear of redox signaling molecules? ASEA cell signaling molecules positively influence the gene pathway for inflammation, digestion, the immune system and more! It also increases glutathione from 500-800%	Friday **DE x all** **Probiotic** **Sac b** Mild hyperbaric oxygen therapy (HBOT) reduces inflammation.[14,15,16]	Saturday **DE x all** **Probiotic** **Sac b** Children with autism have been found to be low in Vitamin C.[17] I like to give 250–500 mg of Vitamin C twice a day for antioxidant support.
Sunday **DE x all** **Probiotic** **Sac b** Try some Pycnogenol:[18] www.pycnogenol.com	ASEA is the only supplement that has been able to stabilize redox signaling molecules outside of the human body. To order wholesale: Go to autismhealth.teamasea.com 1. Click "Join Here" on the top menu 2. Click "Next" 3. Enroll as a Preferred Customer 4. Choose Enrollment products for your first order 5. Choose your monthly auto ship products 6. Enter your information 7. Enter your payment information 8. Submit order 9. Drink 2 ounces twice a day on an empty stomach.	

Week 18: Apps

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #2 before or with breakfast** What You Need to Know About Apps for Autistic Kids http://www.squidalicious.com/2013/04/what-you-need-to-know-about-apps-for.html	Tuesday **DE x all** **Probiotic** **AM #2** 11 Expert-Recommended Autism Apps for Kids https://www.parenting.com/gallery/autismapps?pnid=634351	Wednesday **DE x all** **Probiotic** **AM #2** Find autism-friendly businesses, organizations, and services with the Autism Village app.
Thursday **DE x all** **Probiotic** **AM #2** "In the future we might not prescribe drugs all the time—we might prescribe apps." Daniel Kraft	Friday **DE x all** **Probiotic** **AM #2** Go to www.squidalicious.com and click on "Autism Apps Spreadsheet" for a list of great apps.	Saturday **DE x all** **Probiotic** **AM #2** Can't get your child to use his index finger to swipe? Try having him wear thin gloves with the index fingertip area cut off when using the iPad.
Sunday **DE x all** **Probiotic** **AM #2** Birdhouse is a top-rated app that manages all of your child's health needs, with portals so that doctors, therapists, and teachers can participate, too (www.birdhousehq.com).	* You're deep into GI support now, and have possibly added other protocols such as immune support and strategies to support a healthy response to inflammation and oxidative stress. Let's keep going! **Nurture Yourself Tip 2**: Order the book *The Happiness Project* by Gretchen Rubin.	

Week 19: Speech Language Pathology/Feeding Specialist

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #1 before or with breakfast** Vickie Pullins, SLP, owner of LinguaCare and Associates, shares her best tips, books, and websites for speech language pathology this week.	Tuesday **DE x all** **Probiotic** **AM #1** Apps for children who are nonverbal and need an alternate method of communication: * Proloquo2Go * Touch Chat HD-AAC with WordPower * See Week 33 for more ideas	Wednesday **DE x all** **Probiotic** **AM #1** Vickie says this book is her "bible": *Teaching Language to Children with Autism or Other Developmental Disabilities* by Mark Sundberg and James Partington
Thursday **DE x all** **Probiotic** **AM #1** Great resources for apps and all kinds of materials for speech and language: Super Duper, Inc. www.superduperinc.com LinguiSystems, Inc. www.linguisystems.com	Friday **DE x all** **Probiotic** **AM #1** Feeding specialists: Speech pathologists who have had advanced training in pediatric feeding and pediatric dysphagia are able to treat feeding disorders. Feeding specialists are a great resource for those who have sensory issues with food.	Saturday **DE x all** **Probiotic** **AM #1** Great source of information and publications on swallowing and feeding disorders: www.asha.org
Sunday **DE x all** **Probiotic** **AM #1** For the Sequential Oral Sensory Approach to Feeding, contact STARCenter: www.spdstar.org	**Picky Eaters vs. Problem Feeders:** Another good resource for behavioral feeding disorders: www.educationresourcesinc.com Don't wait—get started early! The Birth to Three organization and local speech language pathologists are a great resource in every state.	

Week 20: Language Support Tips

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #3 before or with breakfast** Purified cod liver oil[19]: ¼ tsp twice a day We use Nordic Naturals and Kirkman Labs cod liver oil at my office: www.nordicnaturals.com www.kirkmangroup.com	Tuesday **DE x all** **Probiotic** **AM #3** Many patients report increases in language and cognition with the prescription Methyl B12 shots some autism doctors give. Some patients swear by the B12 Pops that are available from www.revitapop.com.	Wednesday **DE x all** **Probiotic** **AM #3** B6/Magnesium combo. This supplement is available at www.kirkmangroup.com. Patients report gains in language with the use Charlotte's Web extract. www.cwhemp.com
Thursday **DE x all** **Probiotic** **AM #3** Parents report that dimethylglycine (DMG) improves communication, language, behavior, and eye contact for some children on the spectrum. Try "speak" by SpeechNutrients. It comes with a very specific dosing schedule and instructions: www.speechnutrients.com	Friday **DE x all** **Probiotic** **AM #3** In studies, L-Carnosine improved behavior, socialization, and communication in children with autism.[20] The children were ages 3–12, and researchers used 400 mg twice a day.	Saturday **DE x all** **Probiotic** **AM #3** Digestive Enzymes with DPP-IV, with or without the GFCF diet, are tops in my center for restoring language skills, likely due to eliminating the opiate effect on the brain. See Chapter 3.
Sunday **DE x all** **Probiotic** **AM #3** Hyperbaric oxygen therapy (HBOT) reduces inflammation, including brain inflammation. More research is needed, but it is a great tool for improving or restoring language for some people on the spectrum.	Evidence for these supplements are mainly anecdotal. Translation: Don't expect every supplement to help every child, but these are relatively safe over-the-counter supplements and it won't hurt to give them a trial in conservative doses. Only try one new thing at a time, or you won't know which one is responsible for the improvements! **Favorite Quote:** "Kindness is the language which the deaf can hear and the blind can see." Mark Twain	

Week 21: Hyperbaric Oxygen Therapy Week

Monday **DE x all** **Probiotic with dinner** **Sac b before or with breakfast** Studies show that hyperbaric oxygen therapy (HBOT) significantly reduces inflammation.[21,22]	Tuesday **DE x all** **Probiotic** **Sac b** One study in Thailand showed improvement in children on the spectrum across 5 areas after 10 HBOT sessions:[23] * Social development, * Fine motor and eye-hand coordination * Language development * Gross motor development * Self-help skills	Wednesday **DE x all** **Probiotic** **Sac b** A U.S. study showed significant improvements in these areas after 40 sessions:[24] * Overall functioning * Receptive language * Social interaction * Eye contact * Sensory/cognitive awareness
Thursday **DE x all** **Probiotic** **Sac b** Many of my patients have reported huge leaps in spoken language with HBOT.	Friday **DE x all** **Probiotic** **Sac b** There are soft-sided models available with a prescription from your doctor for home use.	Saturday **DE x all** **Probiotic** **Sac b** Angiogenesis, the growth of new blood vessels, begins at around 40 treatment hours.[25]
Sunday **DE x all** **Probiotic** **Sac b** Although more controlled research studies are needed, hyperbaric oxygen therapy is showing promise as a tool to reduce inflammation and improve various areas of function on the spectrum.[26]	* The cost of an HBOT session in a soft-sided model ranges from $25 to $150 per hour and is usually not covered by insurance for autism spectrum purposes, as this is considered to be an off-label use. “Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure.” Oprah Winfrey	

Week: 22 Safety Week

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #4 before or with breakfast** Notify your local 911 center, plus your police, fire, and ambulance stations, that you have a child who may be nonverbal or may respond differently when approached.	Tuesday **DE x all** **Probiotic** **AM #4** Be part of the change that needs to happen: Here is an awesome website with videos, conferences, and training so that emergency personnel will know how to react with individuals on the spectrum: www.autismriskmanagement.com	Wednesday **DE x all** **Probiotic** **AM #4** A clothing line that is seamless, tagless, buttonless, zipperless, either two- or four-way reversible, *and* hides a small GPS device? Now that rocks! It's available at Independencedayclothing.com.
Thursday **DE x all** **Probiotic** **AM #4** Create a flier with your child's photo and information that you carry with you at all times. Stash a few in the car, and give some to the daycare and babysitter, too. The fliers can be handed out at a moment's notice if your child wanders.	Friday **DE x all** **Probiotic** **AM #4** According to the National Autism Association, 91% of deaths in children with ASD ages 14 years and younger are due to drowning. Teach your child to swim; see Week 15 for resources.	Saturday **DE x all** **Probiotic** **AM #4** I don't care what anyone says—if you have a young child who is a known runner, it is perfectly reasonable to use a body harness with a leash-type arrangement at busy places like amusement parks and carnivals.
Sunday **DE x all** **Probiotic** **AM #4** GPS technology makes finding our loved ones easier: www.angelsense.com www.pocketfinder.com www.traxfamily.com www.ProjectLifesaver.org	* This might be controversial, but I also think nanny cams with audio are a good idea. We just can't be too careful with this vulnerable population. * If your child is nonverbal, sew ID labels in all clothing items. Include your home and cell phone contact information. * This would be a good week to call the manufacturer of your stove and order the anti-tip kit, if applicable. * Visit nationalautismassociation.org for safety facts about autism.	

Week 23: Applied Behavior Analysis/Mito Support

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #8 before or with breakfast** Applied behavior analysis (ABA) looks at how behavior is affected by physical and social surroundings. It is endorsed by the U.S. Surgeon General and various government agencies.	Tuesday **DE x all** **Probiotic** **AM #8** ABA can improve: * Communication * Social skills/relationships * Learning/participation * Play skills * Self-care skills	Wednesday **DE x all** **Probiotic** **AM #8** ABA usually involves 25–40 hours per week of intensive, one-on-one therapy, for anywhere from 1 to 3 years, not throughout a lifetime. It is typically done with very young children, but can be used for teens and adults with autism.
Thursday **DE x all** **Probiotic** **AM #8** You can download this helpful guide at www.autismspeaks.org: *ATN/AIR-P Parent's Guide to Applied Behavior Analysis*	Friday **DE x all** **Probiotic** **AM #8** Mitochondrial support often comes in the form of a "mito cocktail" containing: * CoQ10[27] * L-Carnitine[28] * N-acetyl cysteine (NAC)[28] * Alpha-lipoic acid[30] * Antioxidants[31] * B vitamins[32]	Saturday **DE x all** **Probiotic** **AM #8** Ideally, a mitochondrial cocktail will support the critical functions and energy pathways of the mitochondria, protect against free radical and oxidative damage,[33] and keep membranes fluid and functioning.
Sunday **DE x all** **Probiotic** **AM #8** Our go-to product for mito support is MitoThera by ProThera, Inc. It is available through healthcare professionals.	"The attitude is very important. Because your behavior radiates how you feel." Lou Ferrigno, actor, *The Incredible Hulk*	

Week 24: Environmental Makeover Project #2—The Kitchen

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #6 before or with breakfast** Ditch your toxic nonstick cookware for greener toxin-free materials. Look for the newer ceramics, stainless steel, glass, porcelain, and enamel finishes.	Tuesday **DE x all** **Probiotic** **AM #6** Stop cooking and storing food in aluminum foil. Our children often do not flush metals from their bodies very well, so we should not be putting any in. Use parchment paper to line baking trays.	Wednesday **DE x all** **Probiotic** **AM #6** Replace your plastic wraps and plastic storage containers with nontoxic glass storage containers. They are often available right in the grocery store in the kitchen aisle.
Thursday **DE x all** **Probiotic** **AM #6** Quit microwaving in plastic. This releases a horde of toxins into your child's food. It takes longer, but warm foods in the oven or toaster oven instead.	Friday **DE x all** **Probiotic** **AM #6** Replace your aluminum bakeware with ceramic, glass, porcelain, or terra-cotta.	Saturday **DE x all** **Probiotic** **AM #6** Filter your drinking water. The Environmental Working Group (ewg.org) can help you find the best filter.
Sunday **DE x all** **Probiotic** **AM #6** Stop drinking out of plastic bottles and aluminum cans. Use stainless steel or glass instead.	* Remember, as you restore and support metabolic and GI health and balance to an ASD child, he often begins to naturally flush toxins and metals from his body more efficiently, and no detox or chelation is needed. * A good test for detox status is a Red Blood Cell Elements or a Porphyrins Profile. Consider such testing more as an indicator of "detox status," not necessarily "body burden" of metals and toxins. * **Detox Test Tip**: I don't like to use the "hair test" when testing your child's detox status. If your child is great at excretion, there may be a lot of metals in the hair, but not the body, and vice versa. "The best way to detoxify is to stop putting toxic things into the body and depend upon its own mechanisms." Andrew Weil, MD	

Week 25: Clean Up the Diet and Go Organic Week

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #7 before or with breakfast** Toxins are stored in fatty tissues, so focus your dollars on organic grass-fed meats and dairy products first.	Tuesday **DE x all** **Probiotic** **AM #7** Talk to your farmer. I bought eggs and chicken from a lady who used no chemicals on her entire farm for years, but didn't bother to go through the organic certification process. It significantly lowered my cost to buy from her.	Wednesday **DE x all** **Probiotic** **AM #7** Can't afford to go totally organic? Just go organic for the "Dirty Dozen" when it comes to produce. (Easy to Google!)
Thursday **DE x all** **Probiotic** **AM #7** It's okay to go nonorganic for the "Clean 15" In produce. (Easy to Google!) Blueberries are in a super toxic class all by themselves – be sure to buy them organic!	Friday **DE x all** **Probiotic** **AM #7** Amazon.com sells everything under the sun, you can easily compare prices, *and* you can often get free shipping.	Saturday **DE x all** **Probiotic** **AM #7** Use the Eat Well Guide when you're on the road to find organic restaurants and stores! Find it at: www.eatwellguide.org
Sunday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #7 before or with breakfast** Use the freezer and stock up when items are on sale. Did you know that milk, butter, and cheese freeze beautifully?	∗ **Nurture Yourself Tip 3:** Drink only organic coffee, since coffee is a crop that is traditionally very high in pesticides. If you drink decaf, use coffee made with the SWISS WATER Process to avoid the chemicals used in the decaffeination process. ∗ **Money-Saving Tip**: Many stores carry organic products under their own private label and offer significant savings.	

Week 26: American Camp Association Week

Monday **DE x all** **Probiotic with dinner** **Sac b before or with breakfast** You will find everything you need—a *wealth* of information—at the American Camp Association: www.acacamps.org	Tuesday **DE x all** **Probiotic** **Sac b** Search tip: For specialized information on the American Camp Association website, just enter "autism" into the search box.	Wednesday **DE x all** **Probiotic** **Sac b** Attend a camp fair! You can find one in your area at acacamps.org. A heads-up: Camp fair season starts as early as January.
Thursday **DE x all** **Probiotic** **Sac b** Be sure to check out the Grant Opportunities for Camps on the association's website.	Friday **DE x all** **Probiotic** **Sac b** You will find packing lists and safety tips right on the website.	Saturday **DE x all** **Probiotic** **Sac b** Great article on acacamps.org: *Assessing Youth with Autism Spectrum Disorders for Their "Fit" at Camp* by Linda Erceg, RN.
Sunday **DE x all** **Probiotic** **Sac b** Hidden gem of a book: *Cabins, Canoes, and Campfires: Guidelines for Establishing a Camp for Children with Autism Spectrum Disorders* by Jill Hudson	Why ACA camps? The association's website says: "ACA Accreditation means that your child's camp cares enough to undergo a thorough (up to 300 standards) review of its operation—from staff qualifications and training to emergency management. American Camp Association collaborates with experts from the American Academy of Pediatrics, the American Red Cross, and other youth-serving agencies to assure that current practices at your child's camp reflect the most up-to-date, research-based standards in camp operation. Camps and ACA form a partnership that promotes growth and fun in an environment committed to safety."	

Week 27: Air Travel

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #4 before or with breakfast** Autism Inclusion Resources (AIR) is helping organizations design, implement, and assess inclusion programs. If you would like to participate in an AIR travel program or bring one to your town, go to: www.autismir.com	Tuesday **DE x all** **Probiotic** **AM #4** At least 15 airports now host a Rehearsal Program in cities including Atlanta, Seattle, Boston, New York, Newark, Detroit, Phoenix, and more.	Wednesday **DE x all** **Probiotic** **AM #4** Some of these programs include mock flights, including going through security, boarding and finding your seats, and circling the airport on the runway (no actual flying).
Thursday **DE x all** **Probiotic** **AM #4** Here is a great blog article, packed with tips and information: *A Special Needs Pre-Flight Checklist: 16 things you need to do before heading to the airport.* Check it out at: https://www.friendshipcircle.org/blog/2012/01/09/a-special-needs-pre-flight-checklist/	Friday **DE x all** **Probiotic** **AM #4** Call the Transportation Security Administration hotline, TSA Cares, for tips on navigating security. For example, if your child never lets a favorite item such as a teddy bear out of his grasp, you can ask security to use a wand to check it in his arms. Call 1-855-787-2227.	Saturday **DE x all** **Probiotic** **AM #4** Pay attention to seat selection; the aisle seat isn't a good choice for wanderers.
Sunday **DE x all** **Probiotic** **AM #4** Use videos, books, and social stories to prepare for your trip. Include scenarios where the flight is delayed or canceled.	* Don't forget the enzymes, extra batteries and power packs when you travel. * Carry a letter from your doctor discussing any special accommodations your child might need. * Travel with prescription medications in their original containers.	

Week 28: Go Screen Free

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #5 before or with breakfast** Get rid of screens this week, and try to have a screen-free day several times a week. This website has enough ideas for a year without screens: www.screenfree.org	Tuesday **DE x all** **Probiotic** **AM #5** Fun at Home with Kids is a creative website/blog by Asia Citro with tons of screen-free activities and ideas for spending quality time with your children. Go to: www.funathomewithkids.com	Wednesday **DE x all** **Probiotic** **AM #5** Idea-packed books by Asia Citro: *150+ Screen-Free Activities for Kids* *The Curious Kid's Science Book 100+ Creative Hands-on Activities for Ages 4–8*
Thursday **DE x all** **Probiotic** **AM #5** Put up a tent in the yard and have a campout without the travel. Add a bonfire and invite a friend. Too cold to camp outside? We had many "campouts" in the living room and had a blast.	Friday **DE x all** **Probiotic** **AM #5** Fun at Home with Kids has recipes for regular and gluten-free play doughs that look and behave beautifully. Search for natural GF play doughs online at Amazon.com	Saturday **DE x all** **Probiotic** **AM #5** Explore your state and national parks. Pack a picnic, go fishing and paddle boating, and discover peaceful walking trails. Identify wildflowers and leaves, wade in a creek, and explore caves.
Sunday **DE x all** **Probiotic** **AM #5** Horseback riding can be for pleasure or for therapy. Trail rides can provide hours of calm, even after the ride is over. One young patient was very empathetic with horses, which surprised the stable personnel.	"My father always said, 'Never trust anyone whose TV is bigger than their book shelf'—so I make sure I read." Emilia Clarke	

Week 29: Ear Infections

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #6 before or with breakfast** Being in a house with smokers increases ear infections.[34] The American Academy of Pediatrics has guidelines on ear infections and antibiotic use: www.aap.org	Tuesday **DE x all** **Probiotic** **AM #6** Many ear infections are viral and antibiotics are useless.	Wednesday **DE x all** **Probiotic** **AM #6** Up to 80% of ear infections resolve within a few days on their own—without an antibiotic. So practice "watchful waiting" and provide pain relief.[35,36]
Thursday **DE x all** **Probiotic** **AM #6** You can provide pain control with: * Warm compresses * Rx numbing drops * Ibuprofen Some nurses and doctors claim that a few drops of rubbing alcohol in the ear canal will clear up pain and infection.	Friday **DE x all** **Probiotic** **AM #6** Bottle-feed or breast-feed with baby in a more upright position during an ear infection.	Saturday **DE x all** **Probiotic** **AM #6** Use oral care products sweetened with xylitol[37-42] and a nasal spray called Xlear (pronounced "clear") to help prevent ear infections.
Sunday **DE x all** **Probiotic** **AM #6** Did you know? Chiropractic care is great for ear infections. If you must use an antibiotic, use the Antibiotic Support Protocol (see Week 6).	**Tips for fevers:** * Acetaminophen is hard on glutathione status. Use ibuprofen instead (but not for infants younger than 6 months). * Never alternate ibuprofen and acetaminophen every three hours. This is outdated advice and is hard on the liver and kidneys. * Some level of fever is okay. You don't have to lower a fever of 100 degrees. * Lukewarm baths are excellent for lowering a fever.	

Week 30: Developmental Optometry

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #7 before or with breakfast** If you do nothing else in this book, have your child evaluated by a developmental or behavioral optometrist, especially if your child is struggling with school, clumsiness, or learning to drive. This is the "miracle referral" in my office!	Tuesday **DE x all** **Probiotic** **AM #7** The College of Optometrists in Vision Development (COVD) has an extensive list of signs and symptoms on its website, plus you can locate a doctor who specializes in vision therapy at: www.covd.org	Wednesday **DE x all** **Probiotic** **AM #7** You can also find a developmental/behavioral optometrist near you at the website of NORA, the Neuro-Optometric Rehabilitation Association. https://noravisionrehab.org/
Thursday **DE x all** **Probiotic** **AM #7** You'll find focused, helpful information at P.A.V.E., or Parents Active for Vision Education: pavevision.org	Friday **DE x all** **Probiotic** **AM #7** Some children will need "prism lenses" (don't worry, they look just like regular glasses usually), and some may need computer-based vision therapy.	Saturday **DE x all** **Probiotic** **AM #7** This is not about 20/20 vision; this is about how the brain coordinates the two eyes to work together. Some children see blurry words or double images. For some, objects in the peripheral vision look like colors.
Sunday **DE x all** **Probiotic** **AM #7** Vision therapy can help your child be less clumsy on the stairs, better able to catch a ball, and make better grades in school. This helps lift self-esteem and increases the child's chances of success and independence as an adult.	* Share this book with your school and your child's doctors: *Seeing Through New Eyes: Changing the Lives of Children with Autism, Asperger Syndrome, and Other Developmental Disabilities Through Vision Therapy* by Melvin Kaplan "Real life was something happening in her peripheral vision." Rainbow Rowell, *Fangirl*	

Week 31: Comprehensive Stool Testing

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #1 before or with breakfast** Comprehensive stool analysis doesn't just test for yeast. It can assess digestion and absorption, inflammation, short chain fatty acid status (important food for the cells that line the colon), and opportunistic and pathogenic bacteria.	Tuesday **DE x all** **Probiotic** **AM #1** Testing for parasites usually isn't included in the stool analysis and requires an add-on test (which I recommend for ASD). Treat appropriately, wait 1 month, then reorder just the parasitology test to see if the parasite is gone or if another round of treatment is needed.	Wednesday **DE x all** **Probiotic** **AM #1** If an infection is discovered, the laboratory can test to see which prescriptive and natural agents will inhibit or kill the invader. This gives your treatment protocol a precise direction.
Thursday **DE x all** **Probiotic** **AM #1** Regular stool testing can also tell you if your GI health approach is effective or not. Word of the Day: **Poopsters**: Autism parents who knew about poop before it was cool!	Friday **DE x all** **Probiotic** **AM #1** I usually run a stool test if my patient has had an inexplicable explosion in irritability and difficult behaviors or an unexplained disruption of sleep patterns. Good companies for this are Doctor's Data, Genova Diagnostics and Great Plains Laboratories. (See Resources)	Saturday **DE x all** **Probiotic** **AM #1** Many of my patients are low in beneficial short chain fatty acids. This means they need to add vegetables, fruits, and prebiotic fibers to their diet, or take a prebiotic supplement such as Biotagen by Klaire Labs.
Sunday **DE x all** **Probiotic** **AM #1** A lab may request stopping enzymes, probiotics, and AMs anywhere from several days to several weeks before obtaining the sample. In the meantime, I suggest you go GFCF. As soon as you get the sample, you can restart the enzymes. You don't have to wait for the results to restart.	* **Today's Laugh**: Ladies, try this test: Have a *big* glass of wine and then watch the video "Girls Don't Poop" by PooPourri on YouTube (the one with the British chick in the bright blue dress—it's a little over 2 minutes long). You will scream with laughter. Now show the same video to any male (you know, those delightful man-children that burp, fart, and scratch), and he will think it is the most disgusting thing he's ever seen and cannot comprehend why you find it funny. Hilarious! "Things are called shit for a reason, dear." Chloe Jun	

Week 32: Nutritional Status Testing

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #2 before or with breakfast** T he NutrEval FMV Profile by Genova Diagnostics looks at over 100 biomarkers in 5 key areas of nutrition: antioxidants, B vitamins, digestive support, essential fatty acids, and minerals. It collects both urine and blood samples.	Tuesday **DE x all** **Probiotic** **AM #2** An amino acids test is a valuable addition to your child's nutritional testing. It is a urine test.	Wednesday **DE x all** **Probiotic** **AM #2** An organic acids test (OAT) is useful for nutritional markers as well as bacteria, *Clostridia* and *Candida* species, and fungal metabolites, revealing general markers of dysbiosis. It is a urine test.
Thursday **DE x all** **Probiotic** **AM #2** My go-to test is the Organix test by Genova Diagnostics.	Friday **DE x all** **Probiotic** **AM #2** Your results from the Organix test (Genova) will include suggestions for specific nutritional supplementation and will indicate the number of milligrams to give. Couldn't be easier! Be sure to retest on a regular basis.	Saturday **DE x all** **Probiotic** **AM #2** Tip: Never supplement single amino acids alone. Always add a balanced amino acid (AA) blend in addition to the single AA called for. Supplementing one AA can skew the other amino acids.
Sunday **DE x all** **Probiotic** **AM #2** If testing shows your child needs to add a large number of supplements, consider having them compounded at a compounding pharmacy. This will require a prescription from your doctor. Or continue good GI support and give a spectrum multivitamin formula.	"Investing in early childhood nutrition is a surefire strategy. The returns are incredibly high." Anne M. Mulcahy	

Week 33: Augmentative/Alternative Communication

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #3 before or with breakfast** Augmentative and alternative communication (AAC) includes any method other than oral speech.	Tuesday **DE x all** **Probiotic** **AM #3** Top picks for assistive devices/apps: Proloquo2Go www.assistiveware.com Touch Chat HD-AAC with WordPower touchchatapp.com	Wednesday **DE x all** **Probiotic** **AM #3** For literate individuals: Proloquo4Text https://www.assistiveware.com
Thursday **DE x all** **Probiotic** **AM #3** My TalkTools Mobile www.mytalktools.com iCommunicate for iPad www.grembe.com	Friday **DE x all** **Probiotic** **AM #3** Predictable by Therapy Box Limited, available on the App Store on iTunes	Saturday **DE x all** **Probiotic** **AM #3** Some children and adults either can't or won't use an iPad. There is always the classic Picture Exchange Communication System (PECS): www.pecs.com
Sunday **DE x all** **Probiotic** **AM #3** Spend a peaceful Sunday with your child choosing and cutting out pictures to make a Picture Wallet for the PECS system.	"Of all of our inventions for mass communication, pictures still speak the most universally understood language." Walt Disney	

Week 34: Environmental Makeover Project #3—Bed and Bath

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #4 before or with breakfast** Let it wrinkle! Permanent press linens may contain formaldehyde and chemicals. Use only pajamas and bed linens with natural dyes.	Tuesday **DE x all** **Probiotic** **AM #4** Don't use chemically treated flame-retardant pajamas—get the kind of sleepwear that is effective by being cut close to the body instead. Wrap the mattress in a *plastic, waterproof* mattress cover. This will prevent your child from absorbing flame-retardant chemicals from the mattress.	Wednesday **DE x all** **Probiotic** **AM #4** Use only *zero* VOC (volatile organic compounds) paint for the walls. *Low* VOC won't do! No computers, TVs, or cell phones in the bedroom—research shows that low-level radiation and the blue light they emit can disrupt sleep.
Thursday **DE x all** **Probiotic** **AM #4** Scrub the tub and toilet with Borax (the gritty kind) found in the laundry aisle. Clean glass and counters with your Norwex cloth and water.	Friday **DE x all** **Probiotic** **AM #4** Don't use an aluminum-based antiperspirant. Use soaps made from natural ingredients. The hippies had it right! Don't put your child's bedroom over the garage—no toxic fumes from the car!	Saturday **DE x all** **Probiotic** **AM #4** Switch to towels made from organic cotton, which is grown without pesticides. Environmental Working Group's website is a treasure trove of information and tips: www.ewg.org
Sunday **DE x all** **Probiotic** **AM #4** Use natural shampoos and lotions that are free of artificial colors and chemicals. Body lotions and hairstyling products may be a hidden source of gluten. Read the label.	* Install wood flooring in your child's bedroom and limit stuffed animals and pillows, which can hang onto dust and dander and provide shelter for dust mites. * ASEA is a great way to increase glutathione from 500-800%! To order wholesale: Go to autismhealth.teamasea.com 1. Click "Join Here" on the top menu 2. Click "Next" 3. Enroll as a Preferred Customer 4. Choose Enrollment products for your first order 5. Choose your monthly auto ship products 6. Enter your information 7. Enter your payment information 8. Submit order 9. Drink 2 ounces twice a day on an empty stomach.	

Week 35: Martial Arts

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #5 before or with breakfast** The American Taekwondo Association (ATA) offers martial arts training to those with ASD at over 1,000 locations in the U.S. and abroad. You can find info here: www.advancemartialartsconnect.com	Tuesday **DE x all** **Probiotic** **AM #5** ASD children do well with the consistency and repetition of martial arts.	Wednesday **DE x all** **Probiotic** **AM #5** A 2012 study in Iran reported less stereotypy in children with ASD who took martial arts training.[43]
Thursday **DE x all** **Probiotic** **AM #5** A 2010 University of Wisconsin study[44] showed improvements in: * Social assertiveness * Social cooperation * Eye contact * Balance * Motor coordination	Friday **DE x all** **Probiotic** **AM #5** Parents report better focus, concentration, and calmness at home.	Saturday **DE x all** **Probiotic** **AM #5** Children with ASD make new friends at martial arts class and develop a sense of belonging.
Sunday **DE x all** **Probiotic** **AM #5** Martial arts training leads to higher self-esteem. Maybe those bullies will learn not to mess with our "karate kids"!	"A lot of times people look at the negative side of what they feel they can't do. I always look on the positive side of what I can do." Chuck Norris	

Week 36: Literal Thinking

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #6 before or with breakfast** If someone says, "That was a piece of cake," a literal person looks around for the cake. Say "Raining cats and dogs" and they start peering out the window with a puzzled look on their face.	Tuesday **DE x all** **Probiotic** **AM #6** Two of my favorite tools for understanding and explaining literal thinking are *Unintentional Humor* Volumes 1 and 2, by Linda Gund Anderson and Brent Anderson. I buy her books 50 copies at a time for my center! Available at: www.unintentionalhumor.com	Wednesday **DE x all** **Probiotic** **AM #6** Teaching both the literal and the slang meanings of phrases will help with social skills for both children and adults, and reduce mocking and bullying.
Thursday **DE x all** **Probiotic** **AM #6** Here's another fun resource in flash card format: *Idioms Fun Deck Cards: Super Duper Educational Learning Toy for Kids* at Amazon.com	Friday **DE x all** **Probiotic** **AM #6** Don't rush through the books or the cards—learning slang is a long-term project over months and years, not a 2-week crash course. (Get it, "crash" course, lol?)	Saturday **DE x all** **Probiotic** **AM #6** It's a myth that individuals on the spectrum have no sense of humor. They may not get the joke because they may be thinking of the literal sense of the word or phrase. Learning the double meaning of slang lets them in on the joke, and their true sense of humor can be appreciated.
Sunday **DE x all** **Probiotic** **AM #6** Put the siblings on "cool patrol"—they are great at teaching and using slang!	**Today's Laugh:** If you want to know how you *really* look in those pants, ask someone on the autism spectrum! —Unknown	

Week 37: Scouting

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #7 before or with breakfast** Join a Boy or Girl Scout troop. My husband's scout troop has had several ASD scouts who went on to become an Eagle Scout. *As of February 2019, the Boy Scouts will be coed, and the new name is Scouts BSA.	Tuesday **DE x all** **Probiotic** **AM #7** Download the *Guide to Disabilities Awareness* at: www.scouting.org	Wednesday **DE x all** **Probiotic** **AM #7** Scouts do not have to join a troop for special needs—youth with developmental (and any other) challenges are welcome.
Thursday **DE x all** **Probiotic** **AM #7** Over 100,000 scouts with disABILITIES have participated in Boy Scouts of America (BSA). (Now Scouts BSA)	Friday **DE x all** **Probiotic** **AM #7** Parental involvement is very important in scouting. Consider making this an activity you share with your son or daughter for years to come, and offer to be a leader or assistant leader if you can.	Saturday **DE x all** **Probiotic** **AM #7** Your Scout can apply for a "time extension" to reach Eagle Scout or Quartermaster ranks. Ask your scoutmaster for details.
Sunday **DE x all** **Probiotic** **AM #7** If developmental delay is severe, youths and adults can apply for "registration beyond the age of eligibility" in Scouts BSA. See the website for more information.	* I originally meant to give equal time here to both Boy and Girl Scouts. I only have experience with Scouts BSA (being a mom to 3 boys). I was shocked to discover that Girl Scouts USA does not have written policies or publications on accommodations for scouts with additional needs. They do, however, have a long history of assisting scouts with disabilities and challenges. * I did find this awesome gem: The Girl Scouts of Colorado (http://www.gscnc.org) offers the *Including ALL Girls Patch Program*, a 45-page resource guide—good job Colorado! * I spent two weeks on staff at the 2013 National Boy Scout Jamboree manning the very busy disABILITIES Awareness Challenge—it was the adventure of a lifetime!	

Week 38: Occupational Therapy

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #5 before or with breakfast** Occupational therapy (OT) can help: * Fine motor skills * Eye-hand coordination * Activities of daily living * Positive behaviors * Coordination * Sensory processing deficits * Focus and attention	Tuesday **DE x all** **Probiotic** **AM #5** 15% of school-age children have sensory challenges; that number is 80% for children with autism.	Wednesday **DE x all** **Probiotic** **AM #5** OT is provided across a variety of settings: schools, homes, private practices, rehabilitation centers, and clinics.
Thursday **DE x all** **Probiotic** **AM #5** Is it ADHD, or is it sensory processing disorder? If your child is struggling at school, don't assume it's ADHD—get an evaluation from an occupational therapist.	Friday **DE x all** **Probiotic** **AM #5** Does your child struggle with handwriting skills? Get an OT evaluation, but also check out the Feingold diet in Week 41 as well. I provide a handwriting sample there that will blow your mind.	Saturday **DE x all** **Probiotic** **AM #5** The American Occupational Therapy Association (AOTA) has extensive autism resources on its website: www.aota.org
Sunday **DE x all** **Probiotic** **AM #5** How to get started? Check with aota.org, the local hospital, or your child's school or doctor for a referral.	Occupational therapists focus on ways to reduce the use of seclusion and restraint: * An OT can develop strategies to reduce behaviors and triggers that lead to the use of restraint and seclusion in school settings. * An OT can work with the school to develop policy and procedure changes such as creating positive behavior management systems.	

Week 39: IgG Food Sensitivity Testing

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #9 before or with breakfast** A food sensitivity is not the same as a food allergy. Food sensitivities may develop when there is increased intestinal permeability (fancy talk for "leaky gut") and repetitive eating. Hmm, sound like someone you know?	Tuesday **DE x all** **Probiotic** **AM #9** The general thinking is that sensitivities to 15 or more foods is a soft clinical sign of a leaky gut.	Wednesday **DE x all** **Probiotic** **AM #9** This means a gut-healing program is what is really needed. Hint, hint: See Chapter 6!
Thursday **DE x all** **Probiotic** **AM #9** As part of gut healing, the offending foods are removed for 90 days, and all other foods are eaten only once every 4 days (a 4-day rotation diet).	Friday **DE x all** **Probiotic** **AM #9** At the end of the 90 days, the offending foods are slowly added back in one at a time, while you watch for reactions.	Saturday **DE x all** **Probiotic** **AM #9** This is a great diagnostic and healing tool, but it is not for beginners, nor the tired and overwhelmed. Note: *Rotating* the foods is more important than just removing the ones on the test.
Sunday **DE x all** **Probiotic** **AM #9** This test involves a blood draw. Ask your doctor for a prescription for numbing cream, and ask the phlebotomist to use a butterfly needle. It's much tinier and won't hurt as much.	* This diet is fairly hard to do, and the IgG food sensitivity test should not be run on your child's first visit to a doctor—it's going to light up like a Christmas tree, and you need to get some calm and sanity in your life first before you will be able to do this diet. * Do the Basic GI Support Protocol in Chapter 6 first, and you will already be restoring and healing the gut. After your child feels better and life is much calmer around your house, *then* you can think about having the IgG test and attempting this diet. * It's worth the work; it's just not that doable in the beginning of your health journey.	

Week 40: ADHD Strategies

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #10 before or with breakfast** Neurofeedback is a decades-old form of biofeedback, is now supported by newer technology and is fantastic for mood, anxiety, and ADHD—all without supplements or medicines.[45] QEEG is my favorite form of neurofeedback.	Tuesday **DE x all** **Probiotic** Interactive Metronome (IM) is a phenomenal therapy that addresses neural timing deficits to achieve improved attention, learning, and processing. It has an engaging, game-like platform and is available in over 30 countries. More information at: www.interactivemetronome.com	Wednesday **DE x all** **Probiotic** **AM #10** Evidence suggests that fish oil and omega-3 fatty acids may help children with ADHD, as well as with organizing activities.[46]
Thursday **DE x all** **Probiotic** For support of attention and focus, the star at my center is the Feingold diet. (See Week 41.)	Friday **DE x all** **Probiotic** **AM #10** A 2006 study suggests that Pycnogenol reduces stress hormones, hyperactivity, and inattention.[47,48] Bonus: Pycnogenol is an antioxidant, which our children especially need. (See Week 17)	Saturday **DE x all** **Probiotic** Zinc is important for attention and focus.[49] Thus the saying, "No zinc, no think!" Be conservative, because more is not better.
Sunday **DE x all** **Probiotic** **AM #10** Although this is not for beginners, IgG food sensitivity testing and the 4-day rotation diet get outstanding results for my patients with ADHD. See Resources for a list of lab companies.	* Is your child on a prescription stimulant for ADHD? Talk to your doctor about a "prescription holiday" in the summer and on weekends—let your child eat, sleep, and play! * We are trying an AM maintenance plan starting this week. Just give the AM every other day for one month. Try to use up your old bottles and then we will switch to blends when those run out.	

Week 41: Feingold Diet and Program

Monday **DE x all** **Probiotic with dinner** Without hesitation, I can say the best intervention for attention issues and hyperactivity for my patients is the Feingold diet. Parents can find information, support and all the materials at: www.feingold.org	Tuesday **DE x all** **Probiotic** **Antimicrobial (AM) #8 before or with breakfast** This is a *temporary* (yay!) elimination diet. Give it a good go for about 8 weeks, and then you can start adding foods back in. Dr. Janet's note: As diets go, this one is not that hard.	Wednesday **DE x all** **Probiotic** It's not just artificial colors, preservatives, and additives that are removed; it also takes away a class of foods that are high in salicylates, which includes favorites like apples, grapes, ketchup, and spaghetti sauce.
Thursday **DE x all** **Probiotic** **AM #8** Here's the thing: Children seem to be drawn to what they are sensitive to. Think about it: What does your child eat or drink all the time? It's probably one of the culprits making it hard to concentrate.	Friday **DE x all** **Probiotic** The Feingold diet helps with attention and hyperactivity and much more: * Behavior * Learning * Health * Outbursts and mood * Headaches and eczema * Handwriting (see Figures 9-1 and 9-2 below.)	Saturday **DE x all** **Probiotic** **AM #8** Hundreds of thousands of families have found relief with this diet and can usually narrow down the problem to just a few foods. These foods can sometimes be tolerated on an occasional basis for a number of my patients.
Sunday **DE x all** **Probiotic** Trust me and try this diet—it has a huge success rate. In West Virginia, "diet" is usually a four-letter word, but I cannot keep the books in stock in my Lending Library. I buy them by the armload.	* The Feingold diet is easier to do in the fall and winter months when there are fewer fresh fruits available. * I *love* research—and you can find all the research on the website (www.feingold.org). "Tell me what you eat, and I will tell you who you are." Jean Anthelme Brillat-Savarin	

These handwriting samples are a great visual for what foods containing salicylates and additives can do to our brains.

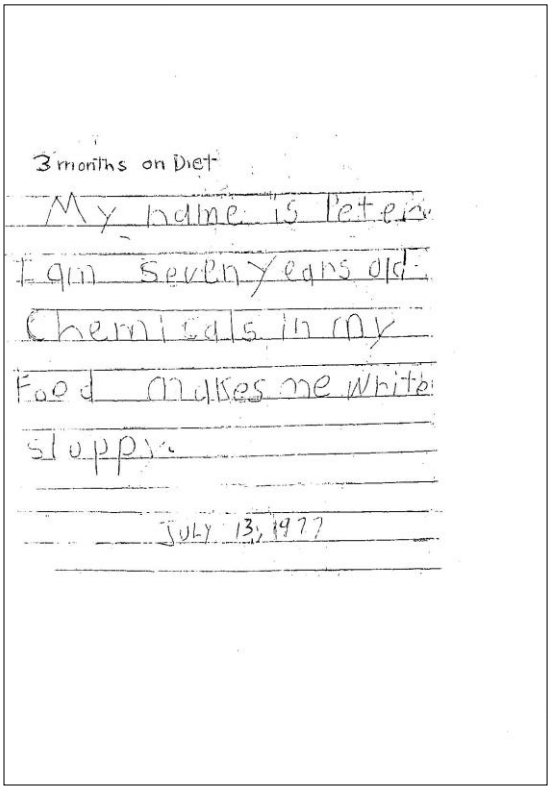

Figure 9-1. Peter on the Feingold Diet
(This is your brain….)

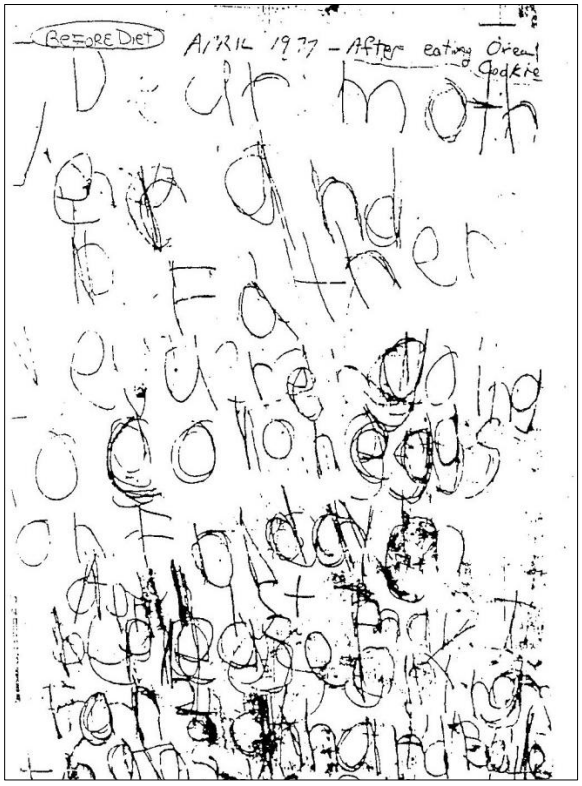

Figure 9-2. Peter Not on the Feingold Diet
(This is your brain on ketchup!)

The brain on the left (Figure 9-1) is calm and clear and doesn't need any ADHD medicine. The brain on the right (Figure 9-2) cannot concentrate, listen, or behave and usually gets put on stimulant ADHD medicine.

Handwriting samples reprinted with permission of Jane Hersey, *Why Can't My Child Behave? Why Can't She Cope? Why Can't He Learn? The Feingold Diet Updated for Today's Busy Families* (Alexandria, VA: Pear Tree Press, 2002).

Week 42: Toilet Training Tips

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #9 before or with breakfast** Resource: *Toilet Training for Individuals with Autism or Other Developmental Issues* by Maria Wheeler	Tuesday **DE x all** **Probiotic** One dad said his daughter would ask for a diaper when she had to poop; he cut a big hole in the back of the diaper, strapped it on, and sat her on the potty. She finally landed one in the throne!	Wednesday **DE x all** **Probiotic** **AM #9** The trick for my boys was to give them permission to pee off the back deck—it just seemed like such a forbidden activity that they couldn't resist.
Thursday **DE x all** **Probiotic** Put blue food coloring in the toilet water—kids love how it turns green when they pee!	Friday **DE x all** **Probiotic** **AM #9** More for boys: Float some Cheerios in the bowl and see who can sink that battleship!	Saturday **DE x all** **Probiotic** Resource: *Ready, Set, Potty!: Toilet Training for Children with Autism and Other Developmental Disorders* by Brenda Batts
Sunday **DE x all** **Probiotic** **AM #9** YouTube has lots of potty-training songs.	**Today's Laugh:** "Uh-oh", I told my husband. "I think the cat has diabetes." I had just discovered an massive splash-shaped "clump" in the litter box, one that pretty much covered the box from front to back. "Uh, that was me," Evan confessed. "I was trying to scare the cat and make her think some huge animal was loose in the house!"	

Week 43: Anxiety Support

Monday **DE x all** **Probiotic with dinner** "No-pill" natural hack for anxiety: Alpha-Stim.com (supported by over 95 papers and studies, see the company website for the research).	Tuesday **DE x all** **Probiotic** **Antimicrobial (AM) #10 before or with breakfast** GABA: Affordable, effective support Suggested starting dose is 250 mg three times a day (t.i.d.) for children at least 5 years of age; 500 mg t.i.d. for ages 10 and up; 750 mg t.i.d. for older teenagers.	Wednesday **DE x all** **Probiotic** Ditch *all* caffeine! Southerners, this includes our beloved sweet tea. Y'all can use decaf sweetened with xylitol.
Thursday **DE x all** **Probiotic** **AM #10** Research reveals essential oils, including lavender and ylang-ylang, may be effective for reducing anxiety.[50,51]	Friday **DE x all** **Probiotic** A study showed that omega-3 fatty acids reduced anxiety in medical students.[52]	Saturday **DE x all** **Probiotic** **AM #10** Chamomile extract is recommended.[53] Epsom salt baths and magnesium supplements can be very calming.
Sunday **DE x all** **Probiotic** My favorite: Not one but two studies say dark chocolate is good for reducing anxiety.[54,55] I'm in! Get moving! Exercise, swimming, and long walks can help support a healthy response to anxiety.	* Okay, how are we doing with the AM Maintenance Schedule? If all is well, continue every other day for another month. If things got worse, go back to a daily rotation. * Music therapy reduces anxiety—see Week 47 for more information. * If anxiety gets out of hand, see your doctor for a prescription. "The opposite of happiness isn't unhappiness or even depression, it's anxiety." Ariel Gore	

Week 44: Vitamin D3 Facts and Test

Monday **DE x all** **Probiotic with dinner** **Sac b before or with breakfast** Half the world is thought to be deficient/insufficient in Vitamin D.	Tuesday **DE x all** **Probiotic** Experts are divided, and there is no overwhelming consensus on what an "optimal level" is—so let's take the middle road and aim for 50–60 ng/mL.	Wednesday **DE x all** **Probiotic** **Sac b** The further north you are, the more likely you are low in Vitamin D. One Alaskan doctor confided that he doesn't even bother to test—*everyone* in his area is deficient!
Thursday **DE x all** **Probiotic** Beyond bone health: Vitamin D behaves more like a hormone than a vitamin and is important for mood, immune function, and reduction of inflammation.	Friday **DE x all** **Probiotic** **Sac b** Use Vitamin D3 and not D2: The D3 form is the kind sunlight makes in our skin and is over 200 times more active than the D2 form.	Saturday **DE x all** **Probiotic** I suggest 400–1000 IU twice a day. Vitamin D is available in drops that even the best food detectives won't reject. Don't put it in a drink; the drop is so tiny it will spread out and cling to the sides of the glass and the dose will be lost.
Sunday **DE x all** **Probiotic** **Sac b** Infant and children's Vitamin D3 drops are available at www.CarlsonLabs.com.	* Word to the Wise: If you have a moody teenager, be sure to include Vitamin D3 in the daily regimen.	

Week 45: Yoga

Monday **DE x all** **Probiotic with dinner** Yoga can get your child out of the fight-or-flight-or-freeze response they so often seem to be stuck in.	Tuesday **DE x all** **Probiotic** **Antimicrobial (AM) #1 before or with breakfast** Yoga improves digestion and elimination, and improves motor coordination and sensory integration.	Wednesday **DE x all** **Probiotic** Yoga is calming to the nervous system.
Thursday **DE x all** **Probiotic** **AM #1** Get the book: *Yoga Therapy for Children with Autism and Special Needs* by Louise Goldberg Better yet, share it with your yoga instructor.	Friday **DE x all** **Probiotic** Take it to school: A 2012 study[56] found that "use of daily classroom-wide yoga interventions have a significant impact on key classroom behaviors among children with ASD."	Saturday **DE x all** **Probiotic** **AM #1** See www.relaxationnow.net to find a 12-hour training course, a "Creative Relaxation" certified instructor, or more information on yoga for autism.
Sunday **DE x all** **Probiotic** According to YogAutism.org, yoga can reduce: * Pain and aggression * Obsessive behaviors * Stimming * Anxiety And it can provide: * More control over emotion * Social opportunities while in class * Chance to make new friends	**Today's Laugh:** "Surely, if God had meant us to do yoga, he would have put our heads behind our knees." Rod Stewart	

Week 46: Preconception /Prenatal Health Support

Monday **DE x all** **Probiotic with dinner** **Antimicrobial (AM) #2 before or with breakfast** These suggestions and tips are thanks to Maureen McDonnell, RN. Maureen's organization is Saving Our Kids, Healing Our Planet (SOKHOP). See her website: sokhop.com	Tuesday **DE x all** **Probiotic** Reduce and eliminate the white foods (sugar, white bread, pasta, pizza, and bagels), chemical preservatives, and processed foods. Use oral care products made with xylitol.	Wednesday **DE x all** **Probiotic** **AM #2** Take a good comprehensive natural and easily absorbed multivitamin with at least 1800 mg of calcium and 800 mcg of folic acid.
Thursday **DE x all** **Probiotic** Reduce or eliminate alcohol, caffeine, and tobacco. Switch to a green dry cleaner, or wear clothes that do not require dry cleaning.	Friday **DE x all** **Probiotic** **AM #2** Take 2000 IU daily of Vitamin D3. Begin or continue an exercise program. Consider a detoxification program such as the one at www.BlessedHerbs.com.	Saturday **DE x all** **Probiotic** Adding a source of animal-based omega 3s is also essential for optimal health. Krill oil is suggested by many or a mercury-free source of fish oil such as Nordic Natural or OmegaBrite.
Sunday **DE x all** **Probiotic** **AM #2** Arbonne personal care products are "green" in the truest sense of the word: The company's health and beauty products are vegan and gluten-free; For more information, contact Maureen@sokhop.com.	* Go organic in your diet and go green in your home for a year before you try to conceive. * Get the *Green This!* series of books by Deirdre Imus. * If a woman has several mercury-based amalgam dental fillings, she may want to have them removed by a dentist familiar with safe procedures for the removal of dental mercury. Choose a dentist associated with the Holistic Dental Association (www.holisticdental.org) and schedule the work at least 6 months before becoming pregnant and not while breast-feeding.	

Week 47: Music Therapy

Monday **DE x all** **Probiotic with dinner** Music therapy is both clinical and evidence-based. Music therapists are professionals trained and credentialed by the American Music Therapy Association www.musictherapy.org	Tuesday **DE x all** **Probiotic** **Antimicrobial (AM) #3 before or with breakfast** Gem of a website: www.musicforautism.org	Wednesday **DE x all** **Probiotic** Music therapy can develop skills and change behavior.
Thursday **DE x all** **Probiotic** **AM #3** Music therapy can increase social interaction and improve social skills.	Friday **DE x all** **Probiotic** Many of those with ASD experience anxiety, so you'll be happy to hear that music therapy reduces anxiety.	Saturday **DE x all** **Probiotic** **AM #3** YouTube has lots of music therapy videos.
Sunday **DE x all** **Probiotic** I think best of all, music therapy is just plain ole fun!	In 2004, researchers from Florida State University published a study in the *Journal of Music Therapy.*[57] They found that all music interventions used with children and teens with ASD improved social behaviors and reduced anxiety; increased focus and attention; increased vocalizations, verbalizations, gestures, and vocabulary; and improved coordination and body awareness.	

Week 48: Dental Hygiene, Tics, and the Xylitol Protocol

Monday **DE x all** **Probiotic with dinner** Look for gum, candy, toothpaste, mouthwash, and nasal spray made with xylitol. 4–8 exposures per day of xylitol in the oral and nasal cavities may help with management of tic disorders if used on a regular basis. Don't expect to see results for two months or so.	Tuesday **DE x all** **Probiotic** I t's no secret that children and adults with autism often have poorer oral health than their neurotypical peers. Consider getting a dental sealant on the molars to help prevent cavities for up to two years.	Wednesday **DE x all** **Probiotic** Studies show that xylitol helps reduce plaque and cavities.[58,59] Bonus: It's good for ear infections and the immune system, too!
Thursday **DE x all** **Probiotic** New moms—you should habitually use xylitol gum to reduce transmission of the bacteria that cause cavities to your child.[60] What the heck—dads should do it, too!	Friday **DE x all** **Probiotic** Sipping sports drinks, colas, and juices *throughout the day* keeps the teeth bathed in sugar for an extended time and causes cavities. Have your child drink them relatively quickly and be done.	Saturday **DE x all** **Probiotic** **Antimicrobial (AM) Blend or AM #4 before or with breakfast** Start probiotics while you're pregnant, and then start your infant on a probiotic at birth.[61] Try PerioBiotic probiotic toothpaste by Designs for Health www.designsforhealth.com
Sunday **DE x all** **Probiotic** **AM Blend or AM #5** A source for probiotic drops, lozenges and tablets, including for infants is www.biogaia.com. The website also lists some research.	* Antimicrobial Maintenance Schedule: If your child's GI symptoms haven't regressed, cut back the AMs to just on weekends for a few months, then try cutting back to every other weekend. * Use an AM *blend* now if you can, otherwise continue to rotate the AMs. When you run out of the first blend, buy a different one for the next round. You can even rotate blends every weekend if you are super motivated.	

Week 49: “Some Angels Have Wings, Others Have Tails” (CCI)

Monday **DE x all** **Probiotic with dinner** There is something magical about companion and service dogs and autism. Often, the child is immediately more connected to the world, feels safer, and can go places and do things that were previously beyond his reach. (Not every child with autism needs a service dog.)	Tuesday **DE x all** **Probiotic** A service dog for autism can: * Improve social interactions * Improve communication * Improve life skills * Calm your child * Decrease stress in the family * Increase safety	Wednesday **DE x all** **Probiotic** Canine Companions for Independence (CCI) is the largest nonprofit service dog organization in the world. CCI is renowned for the attention to detail it gives to matching a dog with its owner. The website is: cci.org
Thursday **DE x all** **Probiotic** How much does it cost? All companion dogs and services are FREE through CCI and are funded by private donations.	Friday **DE x all** **Probiotic** 4 Paws for Ability says it is “the largest organization whose primary mission is to place service dogs with children and one of the only organizations to have no minimum age requirements.” Cost to the family is at least $17,000. The website is: 4pawsforability.org	Saturday **DE x all** **Probiotic** **Antimicrobial (AM) Blend or AM #6 before or with breakfast** Autism Service Dogs of America trains dogs specifically to work with individuals with ASD. Families contribute $13,500 toward the cost of the dog. Go to: autismservicedogsofamerica.com
Sunday **DE x all** **Probiotic** **AM Blend or AM #7** There is often a waiting list of 12 to 24 months or more for a dog, but that time is used for assessment of your needs and personality, plus training and support for you and your child.	* You can be a volunteer puppy raiser! Several organizations use volunteers to raise the puppies for 15 to 18 months before returning them for their specialized training.	

Week 50: Christmas and Holiday Tips

Monday **DE x all** **Probiotic with dinner** December always seemed to take me by surprise. I never had time to decorate or bake. Then I realized that I could start putting up a few things every week starting November 1, and voilà—I was actually ready for Christmas!	Tuesday **DE x all** **Probiotic** Take a leisurely approach: Some children preferred to unwrap gifts over several days or weeks to keep from being overwhelmed.	Wednesday **DE x all** **Probiotic** Give yourself permission to *not* send out holiday cards every year. This was very freeing for me. Personal record for taking down the tree: April 10!
Thursday **DE x all** **Probiotic** www.Choclat.com makes gorgeous holiday-themed GFCF chocolates for all the major holidays. We always ordered ahead and asked the school to use them for those times when children get candy at school.	Friday **DE x all** **Probiotic** Holidays can get loud, bright, and cluttered. Arrange a "safe" room where your child can go to privately calm down, even when visiting other homes.	Saturday **DE x all** **Probiotic** **Antimicrobial (AM) Blend or AM #8 before or with breakfast** Be sure to continue your child's soothing "sensory diet" throughout the day. See Week 10.
Sunday **DE x all** **Probiotic** **AM Blend or AM #9** Build a gluten-free gingerbread house for Valentine's Day, Easter, Thanksgiving, or Christmas. Store leftover candy in the freezer for next time.	∗ Use electric candles. I became the "hottest" hostess in town one year after setting the table on fire (in a big way!) during my husband's annual company Christmas dinner. ∗ One of our earliest Christmas trees went down 9 times before Christmas. On the tenth time being knocked over, Alan put it up in the basement and locked the door. It went down three more times on Christmas Day. Boys - sheesh! ∗ We installed a swivel eyebolt in the ceiling and strung 1500-pound fishing line to the tree to keep it from being knocked over. ∗ Put the tree in a corner to protect it on two sides. ∗ We decorate with (unbreakable) stuffed animals and characters from our favorite children's movies, and it makes a very charming tree.	

Week 51: Yay, LEGO Week!

Monday **DE x all** **Probiotic with dinner** LEGOs are great for: * Math skills * Matching games * Fine motor skills * Learning colors	Tuesday **DE x all** **Probiotic** Resource: *The LEGO® Ideas Book* by Daniel Lipkowitz	Wednesday **DE x all** **Probiotic** Fan the imagination with this awesome book: *LEGO® Play Book: Ideas to Bring Your Bricks to Life* by Daniel Lipkowitz
Thursday **DE x all** **Probiotic** Ready to start your own LEGO Club? Get the book: *LEGO®-Based Therapy: How to Build Social Competence Through LEGO®-based Clubs for Children with Autism and Related Conditions* by Daniel LeGoff, et al.	Friday **DE x all** **Probiotic** International LEGO Therapy Advocacy for Autistic Kids: www.asdaid.org	Saturday **DE x all** **Probiotic** **Antimicrobial (AM) Blend or AM #10 before or with breakfast** Tip: LEGO blocks get dirty, and your child can have some great sensory fun by washing them all in a sink full of soapy bubbles.
Sunday **DE x all** **Probiotic** **AM Blend or Sac b** LEGOs are a great way to spend a Sunday afternoon with your child.	"I'm not sure what to call 'LEGO Star Wars: The Visual Dictionary.' Nonfiction? Movie/toy fiction? But it is any LEGO/Star Wars kid's dream. Call it spectacular." Jon Scieszka	

Week 52: What's on the Radar Screen?

Monday **DE x all** **Probiotic with dinner** Broccoli sprout extract, rich in sulforaphanes, may help reverse the effects of neuroinflammation, oxidative stress, low glutathione, and reduced mitochondrial function.[62]	Tuesday **DE x all** **Probiotic** Fecal transplants to "reset" and restore the microbiome[63,64]—brace yourself, they *are* coming!	Wednesday **DE x all** **Probiotic** Whipworm therapy and hot baths—both seem to trick the immune system into an anti-inflammatory response.[65]
Thursday **DE x all** **Probiotic** Therapeutic cannabis oil[66] for behavior[67], calming, and appetite. Many of my patients feel more connected and social when they use Charlotte's Web hemp extract formulations.	Friday **DE x all** **Probiotic** I was really surprised to see that some researchers are looking into the effects of ecstasy (MDMA or Molly) for the social anxiety component of autism.[68]	Saturday **DE x all** **Probiotic** **Antimicrobial (AM) Blend or AM #1 before or with breakfast** Expect to see a lot more research on the gut-brain-immune connection.
Sunday **DE x all** **Probiotic** **AM Blend or AM #2** The relationship between environmental toxins and ASD will be getting a lot of attention as well.	**Today's Laugh:** When discussing the gut-brain connection, a friend of ours asked, "So we really do have shit for brains?"	

Wow, there are so many ideas it was hard to fit them all into one calendar year. This is a huge change from 1995 when I first had children. As you work your way through the year, if you run into any setbacks or unexpected roadblocks, be sure to check Chapter 10, where I offer some trouble-shooting suggestions. If yours aren't listed, be sure to write to me and let me know what they are.

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The Online Action Plan

A Year of Ideas to Keep You going

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