



Store hours:  
Thurs. 9AM - 8PM  
Fri. 8AM - 8PM  
Sat. 8AM - 6PM

# Autism

Visit our internet store at: [www.shaffervitamins.com](http://www.shaffervitamins.com) We feature over 700 Brand Names Featuring over 14,000 Products! **SAVE at least 30%-40%** on Every Order! **NO COMPUTER - NO PROBLEM!** Call (484) 695-9496 if you need assistance or if you would like us to place the order for you! We are listed at <http://www.fairgroundfarmersmkt.com> listed under Merchants — Specialty Shops. Check out our in store monthly specials!

## Another Look at Autism

By Karen DeFelice

I have been working in the area of enzymes, digestive health, and autism (and related conditions) for about five years now. While much remains the same, some interesting discoveries have emerged.

Autism is regarded as a spectrum or range of possible symptoms. A diagnosis is based only on observed behaviors but doesn't explain the cause of these problems. Symptoms and abilities can vary greatly for each individual. Research does not know how people arrive 'on the spectrum' exactly, although this is continually being studied and refined.

Autism spectrum conditions are complex. I tend to think of the behavioral-educational aspects as one major area, the sensory-neurological aspects as a second general area, and the digestive/nutritional areas as the third chunk. Usually, a combination of therapies addressing the particular needs of the individual in each of these areas produces the best results. And it explains why people can im-



prove with very different therapies.

### Enzyme Therapy Gaining Acceptance

Over the course of five years, enzyme therapy for children has moved from being a 'radical' new idea under much scrutiny to a staple recommendation from many autism biomedical specialists. Enzymes have been written into many prominent autism 'gut healing' protocols due to their proactive efficiency in healing. Parents and specialists are using various digestive enzymes to improve nutritional uptake, heal injured gut tissue, as a complement or replacement for special eating plans, and to assist in reestablishing gut probiotic balance.

*A combination of therapies, addressing the particular needs of the individual... produces the best results*



Enzymes have improved an array of symptoms over the years: from problem behaviors to improved learning to better sleep to more language in children. The key seems to be enzymes' ability to help in many areas of health simultaneously. Healing the intestinal lining improves nutrient absorption while healing a leaky gut. With gut healing, the nerves located in the intestinal lining have a chance to return to optimal

health and function.

*The mounting evidence for enzyme use...continues to be observed, supporting the wonderful results thousands of families already see*

### Enzyme Impact on Viral Issues

One of the newest areas of investigation is the impact of supplemental enzymes on viral issues. This becomes relevant in autism conditions because a significant number of individuals harbor harmful viruses. The virus activity may be pronounced or hiding deep within the body. The range of viruses researchers have identified in those with autism include the stealth virus, herpes virus, measles, chicken pox, and viral encephalitis. There is evidence viruses can cause dysfunction in the brain and damage the protective coating, called myelin, around the nerves. This leaves the nerves exposed and susceptible to damage. Viruses are also suspected as agents in many autoimmune diseases.

Experimenting with anti-virals in autism isn't a brand new area, although it isn't a standardized one either. Coconut oil (monolaurin), oregano, lysine, and other compounds with virus fighting prop-



erties have been tried in both traditional treatment and alternative programs. These anti-virals produce varying amounts of success.

Certain enzyme blends are proving successful in controlling viral problems, both when used alone, and also in combination with other anti-virals. Here is a brief run-down of the current news:

1. If the person seems to be 'less autistic' or exhibits less behavioral problems and more cognitive abilities when they have a fever. he or she may have a viral problem.
2. A virus may be present if the person seems to have a cyclic pattern of getting physically worse and then improving for unknown reasons. This pattern may appear cycling over a certain number of weeks or months.
3. Informal trials and anecdotal reports show taking enzymes designed to assist in controlling viruses can be effective. Usually, you start with a couple capsules and work up to higher doses for a short amount of time (meaning weeks or a few months, not years). Benefits reported include behavioral and cognitive improvements as well as improved physical health. In some cases, medical tests supported what was being observed.
4. Enzymes for viral control in combination with other anti-virals, either over the counter or prescription, may be more effective than either the enzymes or the other anti-viral alone. You may see 'die-off symptoms similar to what occurs with any anti-viral program.

viral include malaise or feverish symptoms, drowsiness, a short-lived and localized rash on the torso or upper body, and localized muscle pains. Not everyone experiences these, and they usually go away in a few days or weeks, depending on your program. These are also common adjustments seen with other anti-viral measures.

In general, digestive enzymes, particularly the proteases, enjoy an excellent history in the treatment of viral diseases. Many viruses are surrounded by a protective protein film, something a protease enzyme can break down. Eliminating this coating leaves the viruses unprotected and vulnerable to destruction by anti-virals. Research into this area of anti-virals and autism spectrum conditions is a welcome bright spot for numerous families.

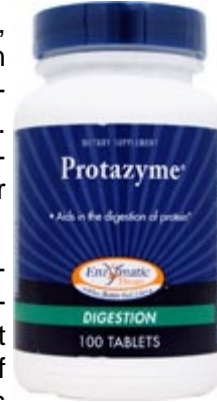


Another key aspect is how enzymes work in conjunction with the immune system. Over the past ten years, health care specialists and researchers have noticed a number of immune system irregularities commonly appearing on medical tests of those with autism. Although the exact parameters and tests in question vary, the results show the immune system is not functioning properly. It is reasonable, then, to look at measures which support and assist the immune system in these cases.

### Protease - Immune System Partner

Advances in research verify that supplemental enzymes can enter the blood stream and go about doing useful work. One unique feature is that protease enzymes can be preferentially

connected to a component of the immune system called Alpha-2-macroglobulin (A2M). The protease connects to the A2M molecule with the A2M molecule wrapping around it. This enveloping protects the enzyme from being indiscriminately deactivated. The enzyme is still functional and quickly shuttled to any part of the body that could benefit.



So the beneficial protease becomes part of the immune system, partnering with it to clean out debris and harmful pathogens, such as viruses! Other types of debris include excess mucus, fibrin, and problematic particles which can cause food intolerances, allergies, and painful inflammation.

This brings us full circle back to the many ways that enzymes can help with autism conditions. Although enzymes are used frequently to help with dietary and digestive problems, the mounting evidence for their use for other systemic problems continues to be observed, supporting the wonderful results thousands of families already see.

*Karen DeFelice is the author of a now book 'Go With Your Gut' as well as her previous books, 'Enzymes for Autism and other Neurological Conditions' and 'Enzymes for Digestive Health and Nutritional Wealth.' She has a M.S. degree in Agricultural Science and a B.Sc. in language arts from the University of Kentucky. Karen frequently speaks at local and national conferences on the benefits of enzymes and enzyme therapy.*

*Karen is the mother of two sons with autism related conditions. This moved her to study the causes symptoms and treatment of this Mindy of disorders. Because of the nature of autism conditions her studios were wide and varied which led to the realization that enzymes and enzyme therapy can have a profound effect.*