


  
**Stillpoint Center**  
*Integrative Medicine*

**“Biomedicine for Autism 101 –  
 Troubleshooting, Pitfalls, and Solutions”**

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## Temecula, CA. – Just North of San Diego County Border





*Integrative Medicine*

## SERVICES

**Complementary and Natural Medicine**  
**Options for:**

- Autism-Spectrum Disorders
- ADD/ADHD
- Cancer Prevention
- Chronic Fatigue and Fibromyalgia
- Digestive Disorders
- Food Allergies
- Genetic Profiling
- Hormonal Imbalances
- Immune System Imbalances
- Lyme's Disease and Related Disorders
- Neurological Disorders
- Thyroid and Adrenal Dysfunction
- ...and other chronic health conditions

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# Video Dictionary



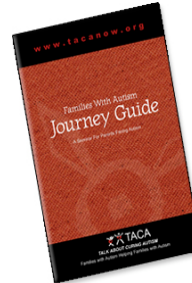
## Lecture Overview

- Common problems seen with children on the Autism-Spectrum.
- Troubleshooting these problem areas.
- Natural remedy suggestions that can help overcome certain behavioral and physical issues.

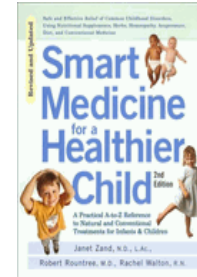
## Troubleshooting List

- Abdominal Bloating
- Anxiety
- Aggression (hitting, kicking, self-injury behavior)
- Constipation
- Diarrhea
- Eczema
- Gluten Intfraction
- Hand-Flapping
- Hyperactivity
- Irritability, Tantrums, etc.
- Regression
- Sleep Issues
- Stimming
- Toe-Walking

## Book Recommendations

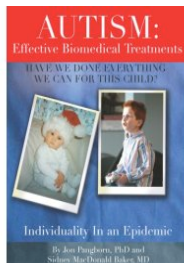


[www.tacanow.org](http://www.tacanow.org)

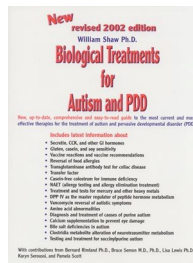


[www.amazon.com](http://www.amazon.com)

## Book Recommendations



[www.amazon.com](http://www.amazon.com) or  
[www.autismresearchinstitute.com](http://www.autismresearchinstitute.com)



[www.amazon.com](http://www.amazon.com) or  
[www.greatplainslaboratory.com](http://www.greatplainslaboratory.com)

## Abdominal Bloating

### Distended Abdomen

- Gas – yeast, bacteria
  - Yeast in bread = expansion
- Stool Compaction
  - Constipation, backed up stool.
- Lack of digestive enzymes
  - Peptizyde, Zyme-Prime – 1 to 3 with meals, snacks.
  - HCL deficiency.
- Chronic inflammation
- Lack of intestinal motility

## Constipation

- Ideally, should have bowel movement for every meal we eat.
- Children – 2 bowels per day is great!
- Need to get the stool out!
- Any health program or detoxification program should emphasize stool elimination.
- Lack of stool evacuation will lead to toxicity.
- Stool should pass easily – not as hard “log” but soft in consistency without effort.

## Constipation

- **Rule Out:**
  - Yeast, Bacteria, Parasites
  - Worms (pinworms, round worms)
    - Vermox 100mg chewable tablet – 1 twice daily for 3 days, wait 2 weeks and repeat dosing.
- **Remedy Options:**
  - High dose vitamin C (ascorbic acid) – 1000 to 20,000mg per day may be needed – dose to bowel tolerance.
  - High dose probiotics – VSL#3 (1/4 to 1 packet daily), or give ever increasing amounts of regular probiotics – ProBiotic Support Formula, TherBiotic Complete, etc.

## Constipation

### ■ **Remedy Options (continued):**

- Magnesium Citrate – 250 to 500mg (preferably at bedtime)
- Epsom Salt (orally) – follow labeling directions.
- Aloe vera juice – 1 tablespoon (or more) of liquid with juice or apple sauce – 1 to 2 times daily.
- **Bowel Stimulants:**
  - **Lower Bowel Formula** – Dr. Christopher Herbals ([www.stillpointcenter.meta-ehc.com](http://www.stillpointcenter.meta-ehc.com)) – Start ½ dropperful with dinner. Increase by ½ to 1 dropperful every evening until bowels normalize.
  - **Kid-e-Reg** – 1 to 2 dropperfuls 2 to 3 times daily. Can take along with Lower Bowel Formula

## Constipation

### ■ **Remedy Options (continued):**

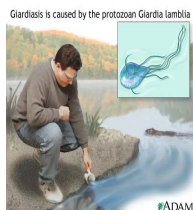
- Fiber (flax seed, psyllium seed)
  - Flax seeds – can add to smoothies, baked goods.
  - Psyllium seeds – can mix in smoothies.
- Keep hydrated – lots of fluids
- OxyPowder – [www.oxypowder.com](http://www.oxypowder.com).

May need to use a combination of remedies on a consistent basis to keep bowels moving.

## Diarrhea

### ■ **Need to look for cause:**

- Yeast, bacteria, parasite
- What is its pattern?
  - Continuous
  - Intermittent
  - Cyclical
  - Alternating diarrhea & constipation
- Usually a sign of underlying infection, inflammation, allergy, etc.



## Diarrhea

- Continuous
  - Chronic inflammation, bacterial infection
- Intermittent
  - Food related
- Cyclical
  - Parasitic? Every 7 – 10 days, every 14 to 21 days
    - **Flagyl 35-50mg/kg** – split dose 3x/day for 7 to 10 days.
    - **Alinia** – 100 to 200mg 3x/day for 3 to 7 day.
- Alternating diarrhea & constipation
  - Chronic inflammation, Stool impaction

## Diarrhea

### ■ **Rice water formula:**

- ½ cup of brown rice in 1 quart spring water.
- Cook rice until soft.
- Pour off liquid.
- Let child sip the brown rice broth throughout the day.

Ultimately, need to find the source. Abdominal examination using intestinal scoping may be needed in addition to medications.

## Anxiety

- Not an easy condition to treat – so many causes.
- **Natural Remedy Options:**
  - **Gaba 500mg capsules** – 500 to 5,000mg. Usually, do not go above 3000mg per day.
  - **Theanine 100 capsules** – 100 to 400mg per day.
  - **Inositol Powder (700mg per dose)** – 1 to 4 doses 2 to 3 times per day – this is also helpful for Obsessive Compulsive Disorder (OCD) as well.
  - **Magnesium (citrate)** – 250 to 500mg per day

## Anxiety

- **5-HTP 50mg** – precursor to serotonin. Usually dose 1 to 2 capsules 1 to 3 times daily.

### Medication:

- **Oxytocin Nasal Spray (40 units/ml)** – 1 to 4 units/spray – given twice daily
  - Can help with anxiety, as well as socialization issues.

## Eczema

### Check for Food Allergies:

- Wheat
- Eggs
- Dairy products
- Soy
- Citrus...oranges, grapefruit
- Nuts...peanuts, almonds
- Chocolate

### Check for Environmental

#### Allergies:

- Animal dander
- Molds
- Pollens
- Grasses

Skin prick or scratch test kit



#ADAM

## Eczema

### Herbs:

- **Oolong Tea** - 1 cup three times daily

Liquid Herbal Blends - Blood Stream Formula and Kid-e-Soothe - can be purchased from [www.stillpointcenter.meta-health.com](http://www.stillpointcenter.meta-health.com).

- **Blood Stream Formula (Dr. Christopher Glycerine Extracts)** - 1 to 3 dropperfuls 2 to 3 times per day. Can mix in juice. Can use more if needed.
- **Kid-e-Soothe (Dr. Christopher Kid-e-Line)** - 1 to 3 dropperfuls 2 to 3 times per day. Can mix in juice. Can use more if needed.



## Eczema

### Herbs:

Herbal Creams - Itch and Comfrey Ointment - can be purchased from [www.stillpointcenter.meta-health.com](http://www.stillpointcenter.meta-health.com).

- **Itch Cream (Dr. Christopher Ointments)** - Apply liberally 3 to 4 times daily. Helps to decrease inflammation and keeps skin moist and prevents drying.
- **Comfrey Ointment (Dr. Christopher Ointments)** - apply liberally 3 to 4 times daily. Helps to promote healing.



## Eczema

### Essential Fats:

- **Evening Primrose Oil (New Beginnings - [www.nbnus.com](http://www.nbnus.com))** - 1 capsule twice daily. Capsules can also be opened and rubbed into skin to help with inflammation.
- **Fish Oil (Carlson's, Nordic Naturals)** - 1/2 to 1 tablespoon daily.

## Eczema

### Vitamins & Minerals

- **Betaine HCl (tablets or capsules)** - 1 to 2 with meals (must be swallowed. Cannot chew HCL as it will damage the teeth).
- **Biotin** - 3 to 10mg daily. Many capsules of biotin come as 8 mg capsules. Capsules can be split and mixed in juice or food.
- **Lactobacillus GG (aka. Culturelle)** - 2 to 3 per day. New Beginnings - [www.nbnus.com](http://www.nbnus.com).

## Eczema

- **Vitamin A** - 25,000 to 50,000 units/day and taper done with improvement. Can purchase vitamin A drops from New Beginnings. Each drop = 5025 IU of vitamin A. You should begin to taper down dose by 1-2 drops every 2 to 3 days after being on high dose for 2 to 3 weeks.
- **Zinc Picolinate (or liquid zinc)** - 15 to 30 mg 3x/day.

## Eczema

- Try to prevent scratching as it irritates the skin and can lead to infection. Clipping fingernails short will help prevent skin damage.
- Keep skin moist.
- An oatmeal bath is an option. Wrap a cup of oatmeal in a wash cloth, run it under bath water from the faucet and squeeze onto the skin. After the bath apply non-allergenic lotion.
- Avoid things that dry the skin - chlorine swimming pools, Jacuzzi, or long-showers and baths.
- Sun exposure. Exposing the skin to sunlight can be energizing and healing. Take precautions to not sunburn, i.e. get morning sun.



## Gluten Infracation (casein too!)

- **Pepcid AC (over-the-counter)** – ¼ to ½ tablet immediately after known ingestion. Does contain some dye.
- **Epsom Salt Cream (New Beginnings)** – 1 to 2 teaspoons applied to skin every 30 to 45 minutes for the first 2 hours after known ingestion.
- **Epsom Salt Bath** – highly concentrated – 2 to 5 cups in small amount of bath water 3 to 4 inches. Let child sit in water for 5 to 10 minutes.



## Gluten Infracation (casein too)

- **Peptizyde (or other DPP-IV enzymes)** – 1 to capsules or 2 to 4 tablets immediately after known ingestion.
- **Activated Charcoal** – 1 to 2 capsules with juice immediately after exposure.

## Hand-Flapping

- **Difficult to assess completely:**
  - Situational – only at times of excitement.
  - Toxicity
  - Diet
  - **Ammonia:**
    - **Alpha-ketoglutaric acid (AKG)** – 1 to 3 capsules daily.
    - Activated Charcoal – 1 to 2 capsules twice weekly.
    - Enhance bowel function, i.e. constipation
    - Magnesium Citrate – 250 to 500mg along with AKG

## Hyperactivity

- Almost anything can cause hyperactivity in a child with ASD.
- **Diet:**
  - Wheat, dairy, soy sensitivity
  - Sugar – juice, sweets, soda
  - Artificial coloring & flavorings – [www.feingold.org](http://www.feingold.org)
  - Salicylates & Phenols – [www.feingold.org](http://www.feingold.org).

## Hyperactivity

### Nutritional:

- Lack of B-vitamin.
- Lack of Essential Fatty Acids – cod liver oil.
- Lack of anti-oxidants.
- Yeast overgrowth

### Remedy Options:

- New Beginnings Starter Package.
- **Folinic Acid 400mcg** – 1 to 2 twice daily.
- Methyl-B12 therapy.
- Epsom Salt Cream
- **No-Fenol Enzymes (New Beginnings)** – 1 to 2 with meals.

## Irritability & Tantrums

- Continuous versus Intermittent
- Situational
- Age appropriate
- Sibling rivalry
- **Diet:**
  - Wheat, dairy, soy sensitivity
  - Sugar – juice, sweets, soda
  - Artificial coloring & flavorings – [www.feingold.org](http://www.feingold.org)
  - Salicylates & Phenols – [www.feingold.org](http://www.feingold.org).

## Irritability & Tantrums

### Nutritional:

- Lack of B-vitamin.
- Lack of Essential Fatty Acids – cod liver oil.
- Lack of anti-oxidants.
- Yeast overgrowth – but more commonly *bacterial*. Also, consider worm infections.

### Remedy Options:

- New Beginnings Starter Package.
- Theanine, GABA, Inositol – see previous recommendations under “Anxiety”
- Methyl-B12 therapy.
- Epsom Salt Cream
- No-Fenol Enzymes (New Beginnings) – 1 to 2 with meals.

## Aggression (hitting, kicking, self-injury behavior)

- Continuous versus Intermittent
- Situational
- **Diet:**
  - Wheat, dairy, soy sensitivity
  - Sugar – juice, sweets, soda
  - Artificial coloring & flavorings – [www.feingold.org](http://www.feingold.org)
  - Salicylates & Phenols – [www.feingold.org](http://www.feingold.org).
- Allergies – food & environmental

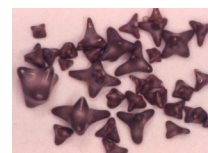
## Aggression (hitting, kicking, self-injury behavior)

### ■ **Rule out clostridia overgrowth**

- Great Plains Laboratory – Organic Acid Test
- HPHPA Marker elevated
- Culturelle – 1 to 3 per day
- *Saccharomyces boulardii* – 1 to 3 per day
- **Antibiotics may be necessary:**
  - **Flagyl 35-50mg/kg** – split dose 3x/day for 7 to 10 days.
  - **Alinia** – 100 to 200mg 3x/day for 3 to 7 days???
  - **Vancomycin** – 125 mg TID for 10 to 14 day. (\$\$\$)
  - **Rifaximin (Xifaxan)** – 200 to 400mg TID for 3 to 10 day.
    - Approved for Traveler's Diarrhea
    - Is a non-absorbable antibiotic that affects small bowel bacterial overgrowth (SIBO) including clostridia-species.
    - Researcher's at Cedar's-Sinai in Los Angeles showed had significant IRS symptom reduction (bloating, gas, incomplete evacuation, pain, diarrhea) for up to 10 weeks post antibiotics.

## Aggression (hitting, kicking, self-injury behavior)

- Constipation
- Chronic Gut Inflammation
  - Specific Carbohydrate Diet
- **Oxalate Issue**
  - Low Oxalate Diet
  - VSL #3 – 1/4 to 1 packet per day
  - Cal/Mag Citrate with meals



## Sleep Issues

- When kids do not sleep, parents do not sleep – everyone is miserable.
- Lack of sleep is “high priority” on my list of issues to fix.

### Diet:

- High sugar or carbohydrates in evening – need more protein.
  - High carbs can help induce sleep, but child may be more prone to night-waking.
- Peptide issue from gluten, soy or dairy.
- Phenol & salicylates
- Food sensitivities in general – particularly at dinner.
- Avoid large meals at night – particularly high in carbohydrates.

## Sleep Issues

### Supplements:

- B-vitamins in the evening, i.e. B6
- I had one child who zinc was the supplement culprit.

### Activity:

- Too much activity before bed.
- T.V., video games, DVD’s – violent or excitable images.

### Light:

- Full-spectrum light bulbs – can suppress melatonin.
- Summer – stays lighter longer. Natural tendency for kids to stay up longer.

## Sleep Issues

### Assess Pattern:

- Difficulty falling asleep.
- Night-waking
- Night-waking with giggling, goofiness or self-stimulatory behavior.

### Natural Remedies:

- Magnesium in the evening
- Chamomile tea, Passion Flower and/or Valerian Root tea, capsules or liquid extract near bedtime – dose to whatever works.

## Sleep Issues

### Natural Remedies (continued):

- **5-HTP (50 mg)** – 1 to 4 capsules 30 to 90 minutes before bed.
- **Tryptophan** – 500 to 1500mg with dinner.
- **Melatonin 1mg (New Beginnings)** – 1 to 3 (or more) 30 to 45 minutes before bedtime.
- **Time Release (PR) + Short-Acting (SL) Melatonin:**
  - Difficulty Falling Asleep – take ½ to 3 (or more) Melatonin SL 30 minutes before bed.
  - Difficulty with Night-Waking – take ½ to 3 (or more) Melatonin PR at bedtime – general peak onset 4 to 6 hours after taking.

**\*\*PR & SL Melatonin Available from [www.emersonecologics.com](http://www.emersonecologics.com)\*\***

<http://www.mystillpoint.com/resourcecenter/>

## Stimming

Are there any known triggers?

### ■ Yeast

- Recent antibiotics
- Recent Illness, i.e. cold/flu, allergies

### ■ Dietary Infractions

- Gluten, Casein, Soy
- Other known allergens
- New food sensitivity undiscovered.
- Food dyes

## Stimming

### ■ Worse or onset after particular situation:

- School
- Swimming
- Gramma & Grandpa’s House

### ■ Worse at particular times of year:

- Winter – more virus illnesses.
- Spring – allergies

### ■ Supplements:

- New supplements added recently.
- Lack of supplements – may need them.

## Stimming

### Remedies:

- Cod Liver Oil – particularly visual stims, i.e. side-glancing.
- Treat Yeast – aggressively if you have to – see my article “Anti-Fungal” parade.
- Taurine 500 to 3000mg with zinc (25 to 75 mg). Can add Glycine 500 to 1500mg.
- GABA 500 to 3000mg - then begin to wean the other amino acids above.
- Reduce Calcium & Vitamin D – have seen this in a few kids.
- Nutritional Lithium – 10 to 30 drops per day
- Theanine 100mg – 1 to 4 per day. Helps to augment GABA.

## Toe Walking

Adapted from the work of Stephen Edelson, Ph.D at the Autism Research Institute

- Common in kids less than 3
- Kids older than 3 – generally associated with neurological immaturity.
- Dysfunctional Vestibular System:
  - Provides the brain with body position & motion info.
  - Therapy such as swinging may help.

## Toe Walking

### ■ Visual-vestibular problem:

- Prism lenses – this displaces the child's visual field up, down, right or left.
- Need to see a Developmental Optometrist who specializes in vision therapy.
- Casting – used to stretch the tendons – 6 to 8 weeks as an example.
  - Surgery can be used – but is considered to be fairly invasive.

## Toe Walking

DAN! observations:

### ■ Constipation

- Pelvic floor contraction and/or pressure.
- Toe walking may be a compensatory posture to help relieve discomfort.

### ■ Yeast

- May be associated with yeast.

### ■ Food dyes/colorings

## Regression

### ■ All the usual suspects:

- Diet infraction
- Yeast, bacteria overgrowth
- New infection
- Seasonal changes
- Situational changes such as new school, new kids in class.
- Detoxification reactions, i.e. dye-off.
- Age transitions

## Final Comments

- Journal
- Keep a spreadsheet of therapies.
- Keep dates of when new therapies, i.e. supplements were started, stopped, what reactions were seen (good or bad).
- Recognize your child's patterns – situational, seasonal, time of day.
- If added new therapies and problems are seen – then cut out some or all new therapies giving before reactions occurred, then reintroduce slowly to isolate which one was the potential culprit.
- You will need to become a detective of your child's particular autism condition.



