

Autism

What Is Autism?

Autism is a neural development disorder with symptoms of impaired verbal and non-verbal communication and social interaction, as well as repetitive, restrictive behavior. Symptoms must be present in a child before the age of three for a diagnosis to be made.

What Causes Autism?

Autism alters nerve cells and their synapses to disrupt information processing in the brain. However, this process is not fully understood. Autism is one of three main disorders on the autism spectrum, including Asperger's Syndrome marked by cognitive and language developmental delays and Pervasive Developmental Disorder that may be diagnosed when Asperger's and autism criteria are not met.

Autism FAQ

Q: Hi Robert, I have a son with autism. He is already doing the diet without milk and gluten-free, but continues his gut dysfunction (sometimes diarrhea, sometimes constipation)—also did not sleep well and of course has many other problems associated to ASD. He is only three years old and about 20 kg...Any suggestions?

A: Your son needs this initially to clear up his digestive problems and start his recovery process.

- Prescript-Assist - Take 1 capsule opened and mixed with a little food x 2 times per day.
- Once he is stable, he needs 1 capsule every 2-3 days.

If you want my help to clear his autism, then come back to me any time.

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“I have followed your health plan for my autistic son for the past few months and have been amazed by the difference I’ve seen in him. He is taking the Prescript-Assist once a day and the Relaxwell twice daily. Along with the Organic Coconut Oil and following a really healthy diet, I have noticed some small improvements in him. It’s still early days but I have faith that if I persist with this plan, he will begin to improve.”

- Julie, Lincolnshire

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Follow the Health Plan as recommended for the best results:

AUTISM HEALTH PLAN

The following health plan is designed to provide relief for autism. By following the plan below which includes a supplement regime and a naturally healthy lifestyle, it's possible to improve autism symptoms, so as to achieve overall good health in the long-term.

*Your 4-8 Week Plan, From my eBook, Robert Redfern
Supplements to support a healthy brain and mind - in order of priority:*

- **[Prescript-Assist - 29 Super Strain Probiotic](#)** - This is the next-generation, clinically-proven vegan probiotic supplement. Studies show the brain is affected positively by this. Take 2 capsules for the first 30 days. Then take 1-2 capsules for maintenance. **(See www.Probiotic29.com/studies.)**
- **[Serranol](#)** - Serrapeptase/CurcuminX4000/Ecklona Cava/Vitamin D3 are awesome ingredients for digestive and brain health that can be opened and mixed with apple puree if needed. Studies show the brain is affected positively by this. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **[Nascent Iodine](#)** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **[Active Life Capsules](#)** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.
- **[Relaxwell](#)** - Helps with the anxiety that change causes and provides a more relaxed sleep. Take 1-2 capsules per day. The last one can be taken at bedtime. Open and mix with a little apple puree.
- **[Organic Virgin Coconut Oil](#)** - Use in your cooking daily. It has effective MCTs (medium-chain triglycerides) renowned for their immune benefits and energy enhancing effects. Mixing with avocado and cacao (chocolate) powder is best.
- **[Hemp Oil](#)** - Contains concentrated Omega 3, 6 and 9 oils that support brain memory and the learning process. Take 1 teaspoonful in the mouth or in food, 2-3 times daily.
- **[Ancient Minerals Magnesium Lotion Ultra](#)** - Restores cellular magnesium levels and alleviates stress while improving mood. Massage into head and main muscles daily or bathe in ULTRA Bath Crystals.