



Hello Friends, and welcome to the Holistic Health Online Podcast. I'm your host Val Robitaille and in this episode my underlying focus is autism. I'm going to give you some basic detox principles to think about, and some autism resources for support and education, but you must research for yourself further if you are managing autism.

Autism is a developmental disorder starting in childhood affecting communication and behavior, often associated with physical ill-health.

That's pretty vague and not inclusive enough. It really should be defined as a developmental disorder caused by the invasion of toxins that destroy cells, tissues and organs. Modern vaccines have the ability to do this.

Autism was first described in the 1930s when 2 doctors discovered specific neurological and developmental behaviors that they named autism. The rate of autism then was virtually zero back then. Today it is anywhere from 1 in 33 children to 1 in 59. The polio vaccine in the 1950s had big problems that were covered up in favor of giving the USA a global outreach. In the 1970s the swine flu vaccine killed and maimed. In 1986 President Reagan signed the vaccine injury act which gave vaccine injured children generous compensation in court and ensured vaccine manufacturers made a profit. The lawsuits came in fast and hard. In some of the cases it was so simple to see the guilty party that cases were being settled on the steps of the courthouse!

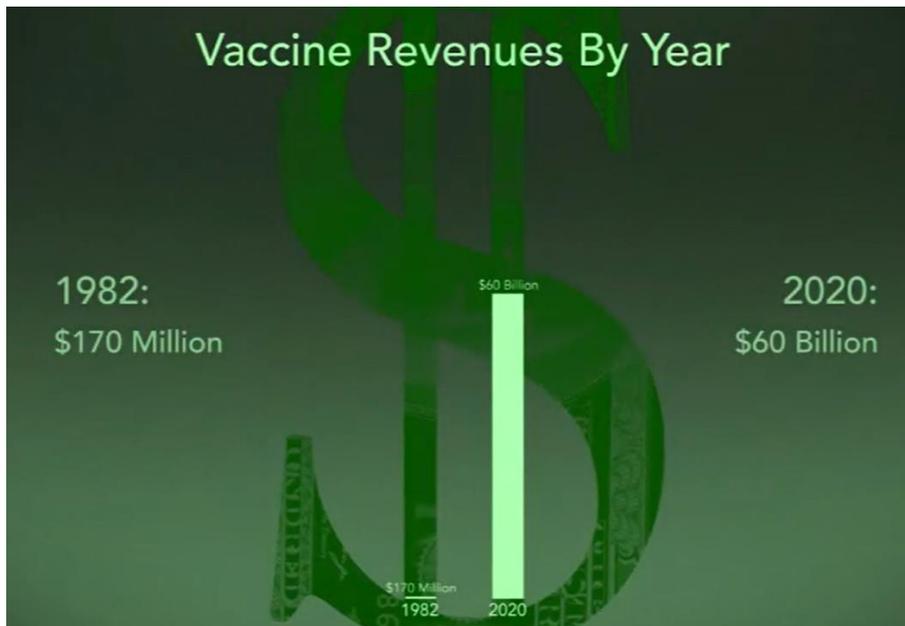
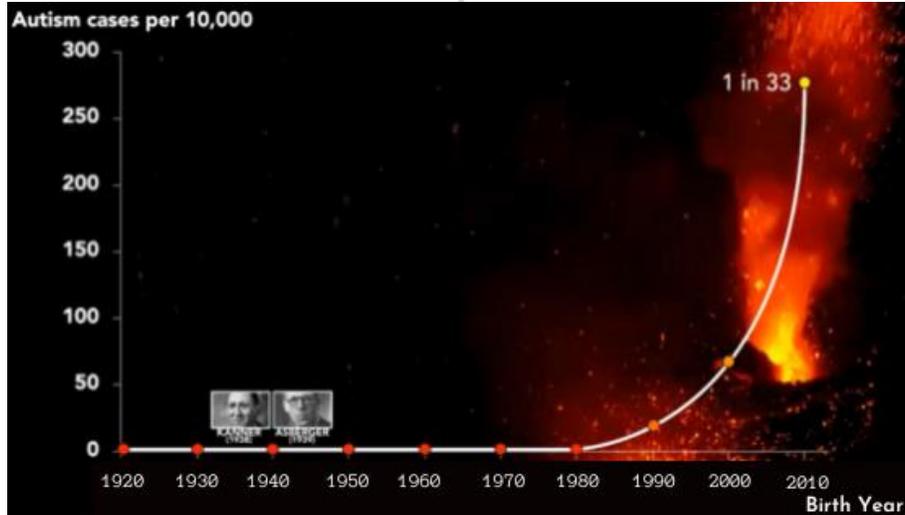
I recommend you watch Dr. Andrew Wakefield's 2021 movie "1986: The Act." You can rent or buy it [HERE](#) You will be astonished and probably outraged at the information presented.

After 1990 vaccine injury skyrocketed and the 1986 act was severely manipulated to favor the vaccine industry, regardless of the evidence, proof and human suffering the vaccines had caused.



HOLISTIC HEALTH ONLINE

FORCES WITHIN ARE THE TRUE HEALERS



Now I try to stay objective when reporting on health issues because in the past when I got emotional about the corruption of the medical industry it served no one. But with the topic of autism the emotions cannot be held back. The information I've been researching and the documentaries I've watched have turned me into a crying, hurting mess.

<https://www.holistichealthonline.info>



Here are some statistics from 2021:

- Approximately 1 in 44 children in the U.S. is diagnosed with an autism spectrum disorder (ASD), according to 2018 data. Other sources state 1 in 59 and 1 in 33. Compared to virtually zero before 1970, that's significant.
- ASD is more than 4 times more common among boys than among girls.
 - 1 in 27 boys identified with autism
 - 1 in 116 girls identified with autism
- Autism can be reliably diagnosed as early as age 2.
- ASD is reported to occur in all racial, ethnic, and socioeconomic groups.
- Early intervention affords the best opportunity to support healthy development and deliver benefits across the lifespan.
- There is no medical detection for autism (which is why it's unfortunate that modern medical doctors have lost the knowledge of diagnosis – they always need a test!)

So first I'd like to establish the lens through which I'll be speaking and that is: that the vaccines given to children are causing the unacceptable rise in autism. Period, end of that story.

I don't have a vaccine-injured or autistic child but I have a burden on my heart for people who do. There is hope! There are success stories but it takes a big commitment.

What needs to be done is to get the detox organs working. This is a big problem for the autistic community. There are 5 main eliminative organs, 2 accessory organs, and physiological systems which need to be functioning well to move the toxins out of the body.

The detox (eliminative) organs/systems are:

Lungs
Liver
Kidneys
Bowel
Skin
Lymphatic system
Tongue (a furred tongue is a detox sign)

The first place to start a detox program is to plan for a detox lifestyle, mainly through food. Adherence to a healthy diet will give you tremendous leverage.

Think about how you are going to prepare the ground, so to speak, for life-giving nutrients to be absorbed into the intestines and ultimately, into circulation to begin healing cells, tissues and organs.



Phase 1 – We must prepare for detox, for the release of heavy metals that have been stored in the cells, by setting the stage in the digestive tract. This is where nutrients are partitioned away from waste during digestion and transported through the intestinal wall into the circulation.

- Heal the gut and digestive system so that beneficial nutrients can be absorbed in the intestines. Start the right diet to stop the bacteria from coming into the body that ultimately clog the organs
- Constipation and/or diarrhea - Cleanse the colon to allow for proper digestion, assimilation and elimination. Don't give insoluble fiber and if you give soluble fiber use start with a ridiculously small amount. The acacia itself is safe and well tolerated but especially for the little ones, start with just a few grains and give sufficient water (read instructions on label. If fiber is given improperly it may clog things up worse. You can also take electrolytes, aloe vera juice, flax seed and herbs like dandelion, milk thistle, slippery elm, licorice, fennel and marshmallow)
- If symptoms are worse after eating digestive enzymes can help.



Dysbiosis is an imbalance in the intestinal flora where good bacteria are overrun by bad bacteria, preventing assimilation of nutrients into the rest of the body. And oftentimes people have what is called a leaky gut which is when the tight junctions of the intestinal cells aren't so tight anymore, and molecules that aren't normally able to pass through the intestinal wall can and do re-enter circulation.

LEAKY GUT

And Why We Must Start Our Program There

- * Toxins from inside the intestine leak out and flow to The Liver (the rest exit the body via the feces).
- * When The Liver is healthy these toxins are transformed into an intermediary substance (Phase I Detox) and excreted through the urine and bile (Phase II Detox).
- * A situation that is common in people with digestive issues is leaky gut.
- * Naturally, we want to repair a leaky gut. We do this by cleansing, protecting and nourishing our digestive tract.
- * Leaky Gut or not, the intestinal wall must be in tact and flourishing with beneficial bacteria that help us digest our food and absorb nutrients from what we eat.

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Please listen to how Colon Therapists help: [Colonics and Enemas to Assist Detoxification in Autism](#)



PHASE 2

Prime

Focus: Liver, Kidney & Lymph Systems

Co-infections (Biofilms)

Mitochondrial Dysfunction

Magnificent Liver

Phase 2 – The liver has a ridiculous amount of jobs to do, constantly separating substances and putting together substances. Here, we're just going to talk about its detox tasks.

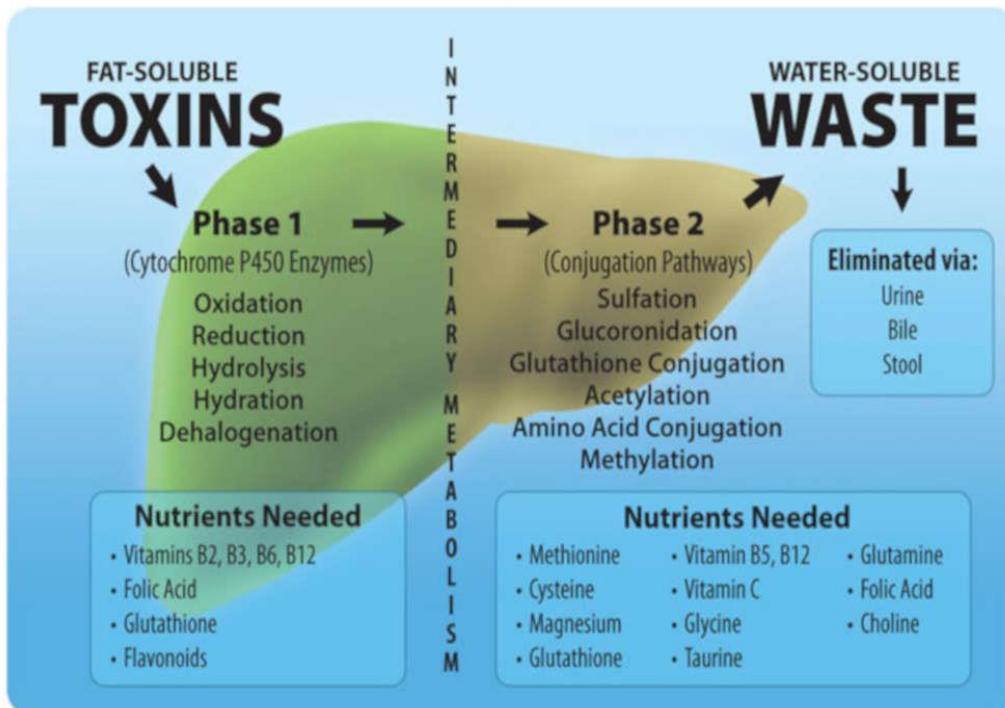
The liver filters toxins from the blood and changes these into harmless substances to be eliminated out of the body. There are 2 phases of detoxification that happen in the liver.

In Phase I, fat soluble toxins are burned using oxygen and enzymes. This forms metabolites, which are water soluble and can be excreted via the kidneys through urine, and intestines via bile, this is Phase II.

Phase II must be set up to properly process the substances that are coming from Phase I. This includes the presence of adequate quantities of amino acids, organic acids and sulfur.

Because individuals with autism have congested organs, including the liver, it's essential to assist this important detox organ. To assist the liver to detox heavy metals and other toxins, you will need binders. Binders stop your body from recirculating toxins as they bind to the toxins and ready them for elimination.

Please listen to Karen Thomas: [Liver Support During Detoxification For Children With Autism](#) and [Why Both Phase I and Phase II of Liver Detoxification Are Necessary](#)



These detoxification pathways need specific nutrients to move the toxins along which are present in the liver under healthy circumstances (such as enzymes, amino acids, vitamins, minerals, anti-oxidants, etc.)

There are foods to consume which naturally cleanse and prime the liver. These foods are:

Beets & Carrots – high in flavonoids and beta-carotene.

Broccoli, Cabbage & Cauliflower (Cruciferous vegetables help out the liver by flushing out toxins, even carcinogens. Produces a substance called glucosinolate which add to the liver's enzyme production.)

Lemons & Limes (For Vitamin C which is well-know to be a powerful antioxidant and turns toxins into substances which can be safely eliminated. Important: don't give store bought juice as it's boiled and this process kills the important enzymes in the fruit. The enzymes are the healers! Make your juice from fresh fruit. This taken in the morning stimulates the liver.

Avocado – helps the body produce glutathione

Turmeric – assists enzymes that flush carcinogens out of the body

Leafy greens – powerful natural liver cleanser. High in chlorophylls which attach to environmental toxins in the blood making them ready for elimination.

Olive oil (use in moderation – takes some toxic load burden off the liver)



Other foods which naturally cleanse the liver:

Spinach
Garlic
Apples
Grapefruit
Arugula
Walnuts
Cabbage
Cauliflower

Green tea is also good because it contains polyphenols called catechins. For example, epigallocatechin gallate, or EGCG which is the catechin with the most potent antioxidant power.

While green tea does contain some caffeine, about 1/9 of that found in coffee, it also contains theanine which is an amino acid that balances the caffeine effect by creating a calming effect.

Catechins have been shown to help arthritis sufferers due to their strong anti-inflammatory effects. They are also antiviral and antibacterial, including the bacteria that cause plaque formation, cavities and tooth decay.

Catechins prevent stomach, colorectal, breast and prostate cancers.

Catechins improve brain function and central nervous system function by protecting neurons from damage, and thereby reducing the risk of cognitive disorders, Alzheimer's and Parkinson's Disease.

Catechins also support the heart and the bones, and benefit both the immune and digestive systems.

Catechins are also found in St. John's Wort and Cinnamon and probably other foods but I only know of the green tea leaf which contains the clinically significant EGCGs

Clearing co-infections, for example, biofilms.

Biofilms are a problem in many illnesses and indeed for autistic children and adults.

Produced by bacteria that are living in the digestive system, biofilms are a conglomeration of mucopolysaccharides that stick together. This creates a film allowing



bacteria to hide underneath and form a colony. Autism research is showing the bacteria communicate with each other in the colonies.

The biofilm protects the bacteria from the body's immune system by not displaying the protein that says it is a foreign invader. Without this signal the immune system doesn't even see the threat. The bacteria can now live safely and colonize the complete digestive system, secreting toxins, driving inflammation and creating gut dysbiosis, with problems like tummy aches, diarrhea and constipation.

The colonies of bacteria continually produce toxins that can significantly affect the nervous system (neurotoxins), learning, development, cognition, focus, concentration and more – particularly in autistic children.

Biofilms contain heavy metals and chemical toxins, and bind minerals such as calcium, magnesium and particularly iron, into the biofilm matrix.

The best way to get rid of biofilms/bacteria colonies is through diet and lifestyle, your detox lifestyle which should include supplements, not antibiotics.

Coffee enemas have been known to remove biofilms and plaque that has built up on the bowel wall.

Gut-Brain Connection

The brain and the gastrointestinal (GI) tract are intimately connected. Millions of nerves and neurons run between your brain and your gut and are in constant communication. Ever got a tummy ache because you were anxious about something? I have. This is because your gut reacted to what was happening in your brain. This happens because of neurotransmitter communication; contrary to what some people may think, the gut has as many neurotransmitters as the brain. Knowing this helps you understand that vice versa, chemicals that are produced in your gut directly affect your brain.

Again, nutrition is ultimately the most important aspect of your detox program. What you are putting in has to be processed. Are you putting in food and drinks that are hard to digest? Educate yourself about nutrition and experiment, paying close attention to symptoms.

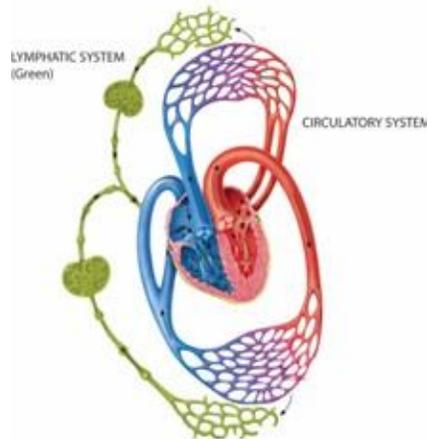
The gut is known as our 'Second Brain' and is a huge factor in helping autistic children.

The Lymphatic System

When the liver and lymph system are congested and the colon is impacted, toxins can't move out. We've briefly discussed the liver and constipation, and it is the lymphatic system which is integral to the entire body being able to transport toxins out via the kidneys and urine.

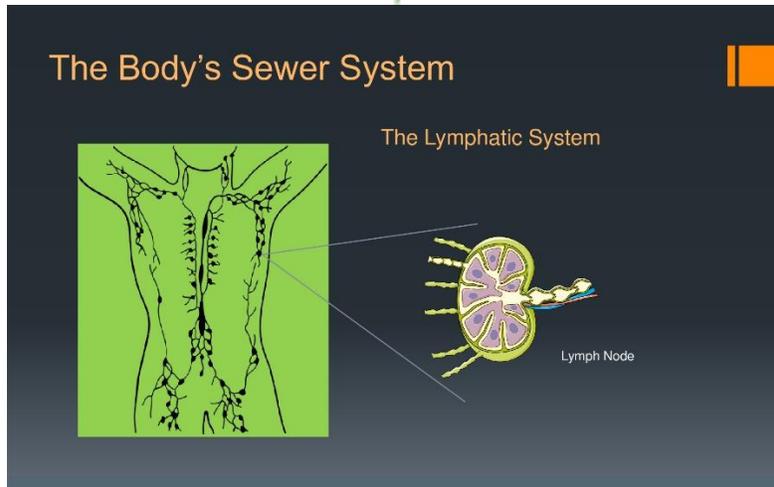
There are 2 major fluid systems in the body: blood (circulatory system) and lymph (lymphatic system). Lymph fluid, nodes and vessels function as the body's sewer system, if you will, taking metabolic waste, toxins and other potentially harmful substances away from the blood.

While the gold standard of medicine has been to focus on the blood in diagnoses, the lymphatic system is largely ignored and this is unwise. For one thing, the lymphatic system and circulatory system work together closely, as is illustrated in the photo:



A lymphatic system that is clogged because toxins are accumulating in the body faster than the body can get rid of them is a big health problem. Many conditions can be cured by assisting the lymphatic system's ability to capture and drain toxins from the cell, and deliver nutrients to the cell as it is designed to do.

The condition of the lymphatic system and consequently the immune system, is one of the first places to treat to allow the body to ultimately do what it was created to do: heal itself.



Mitochondrial Dysfunction

Fifty percent of all children with autism have mitochondrial disease. Mitochondrial disease is usually inherited from one or both parents but even in this case it is usually triggered by something in the environment, e.g., pesticides, and internally such as viral infections, vaccinations and other physiological stressors.

Mitochondrial dysfunction is when the mitochondria aren't working properly. Some of the factors leading to mitochondrial dysfunction, or loss of cellular energy, is the association of toxic environmental exposures and shortages of critical vitamins and minerals from the diet.

When the cells cannot produce enough energy they start to break down, then the tissues, then the organs. The systems that are most affected by the body's ability to produce energy are the brain and central nervous system, the heart, the muscles, the kidneys and the liver.

[MITO COCKTAIL for mitochondrial dysfunction in autism.](#)

I've just barely skimmed the surface of the issues of autism but just to be clear. To me it doesn't matter what the medical industry says about it not being caused by childhood vaccines. I believe the parents when they say their child was vaccine-injured, causing their autism. I've seen the history of the incentives and coverups of vaccine manufacturers and politicians from the Spanish flu over 100 years ago, to the covid pandemic today in 2022; deaths and serious injuries from the poisonous manmade lab concoctions they call a vaccine.



A quote from Barbara Loe Fisher:

“Many of us know the pain of watching a healthy child die or regress after vaccination...The biggest public health emergency in America today is the one being covered up by the government agencies working overtime with industry, medical trade and mainstream media to distract, deceive, stonewall, and restrict the freedom of Americans to take back control of their health. If we don’t get up off our knees, tomorrow we will not be able to get on a bus, a train or a plane, enter a store or a sports arena, obtain a driver’s license or passport, file our taxes or function in society without getting every vaccine that industry creates, and the government orders us to get.”



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