



A Holistic Journey for Parents of Kids with Developmental Disorders

Parents of children with pervasive developmental disorders (PDDs), face a daunting and lifelong challenge. There are no known cures for this group of conditions that includes autism, Asperger's syndrome, childhood disintegrative disorder and Rett syndrome. Yet the heartbreak is real. These conditions involve delays in or lack of the development of many basic skills, most notably the ability to socialize and/or communicate. Oftentimes children diagnosed with PDD are unable to cope with the world around them and may get "stuck" in repetitive patterns, behaviors or interests.

Autism, Asperger's and Rett syndrome all affect the normal development of social interaction and brain function. PDD is often diagnosed around the age of two or three, when verbal, visual and name recognition do not appear to be developing.

Dr. Andrea McCreery, founder of Life Sources[®] Inc., has found a way to aid the health of such children. Her work has been confirmed in a 2010 double-blind, randomized, placebo-controlled study that found a reduction in seizures, increased mental functioning, increased digestion abilities as well as heightened eye contact, improved language function, reduced aggression and increased interest in the surrounding environment after the patients were put on a vitamin, mineral and enzyme therapy regimen.

Life Sources' proprietary line of inflammation support products, namely its flagship proprietary product Immuzyme[®], and digestive enzyme formulas, contain all of the vitamins, minerals and cofactors shown to help support the health of children facing these health challenges. To be clear, these dietary supplements are not cures or diagnostic tools. But they are specially designed to help support underlying metabolic functions and keep these within normal range. And if parents of such children can help them to stay healthy, that is a big deal, as the medical evidence is showing ever more clearly.

Supplementing with B complex nutrients including thiamine, vitamin B₁₂ and biotin (all found in Life Sources' Daily Health and Daily Health Plus Formulas) has proven remarkably effective in supporting the health of children with PDD. Of the nutrient regimens that have undergone controlled trials, the most successful and best studied has been pyridoxine, or vitamin B₆. Several well-designed studies have shown the beneficial effect of this vitamin; the effect is potentiated and prolonged by coadministration of calcium and magnesium, both found in Life Sources' Immuzyme proprietary blend. Vitamin B₆ has not been proven to reverse or completely treat the symptoms of autism; however, it has been reported to improve social behavior, language and eye contact, as well as reduce aggression.

Calcium in high doses, 1,000 mg and above (as found in Immuzyme), has in several cases brought about immediate improvement in language, eye contact and coordination.

With products like Immuzyme, Life Sources is able to help further the research utilizing a specific protocol and, therefore, the healthy support of such children. A consistent regimen of Life Sources proprietary blends could deliver the needed dosage of the crucial vitamins, minerals and enzymes found to help provide optimal healthy support for those suffering from a wide variety of pervasive developmental disorders.

Free-radical damage is another symptom plaguing those affected with PDD, especially autism. According to University of California, Los Angeles neurologist George Bartzokis, "The brain is especially vulnerable to damage from free radicals." It has been speculated that this increase in free-radical damage comes from the lack of glutathione. Glutathione, one of the body's critical master antioxidants, neutralizes free radicals.

By analyzing blood samples from living blood, similar to the methods used by Dr. McCreery at Life Sources (which specializes in vital hematology), researchers at the University of Arkansas determined that levels of this protective antioxidant were ab-



Resources

Each of the supplements detailed in this report is available at www.life-sources.com. In addition, Dr. McCreery offers individualized programs and support for such conditions. She can be reached at 916-536-9930 or via email at info@life-sources.com. Her Wellness Center is located at 5006 Sunrise Blvd., Ste. 101, Fair Oaks, CA 95628.

normally low in many autistic children. Boosting the intake of antioxidants decreased seizures and aggression, as well as increased eye contact. Life Sources OPC-165®'s potent combination of pine bark extract, grape seed extracts and quercetin delivers important health support so the body can defend itself from free-radical damage.

Life Sources OPC-165 has long been recognized as the most potent combination of pine bark extract, grape seed extracts and quercetin available anywhere. These powerful antioxidants deliver important health support so that the body can defend itself from free-radical damage. Naturally occurring antioxidants have been reported to possess a broad spectrum of biological, pharmacological and therapeutic activities against free radicals and oxidative stress.

Glutathione is also crucial for neutralizing toxic heavy metals such as mercury, researchers have found exponentially higher levels of heavy-metal toxicity in those suffering from autism, so supporting healthy detoxification is critical to helping children maintain healthy neurological function. Dr. McCreery has been witnessing this phenomenon by having current and past patients presenting with both autism and heavy-metal toxicity. Autistic children placed on a protocol to help them chelate (or excrete) the metal found in their blood have experienced notable improvements in eye contact as well as decreased seizures. L-glycine and N-acetyl-cysteine (both found in Life Sources' Daily Health® Formula) have been proven in a double-blind study to ease irritability, agitation, anxiety and social behavior.

Approximately 40 to 60 percent of autistic individuals are noted to have chronic diarrhea, while 43 percent show increased intestinal permeability or leaky gut syndrome, says Dr. McCreery. The most often-cited significance of increased gut permeability is the passage of toxic substances from the gut into the circulatory system. "Leaky gut syndrome allows bacteria to enter the bloodstream, this being of particular significance to autistic individuals due to the newly discovered link between autistic symptoms and constant underlying bacterial and viral infections." Once viral and bacterial infections are medically treated, children show some permanent improvements in language, socialization, behavior and cognitive ability. As for natural pathways, two preliminary investigations using supplements with immune-support properties, such as Argentyn 23, olive leaf extract, vitamin C and high doses of calcium, found in Immuzyme, show clear-cut health benefits in aiding the body's quest to defend, against viruses and bacteria.

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HEALTHY PRESCRIPTION

New health support plans, also known as biomedical approaches, are addressing the digestive disorders and metabolic problems that many practitioners believe literally starve the brains of kids with autism. Heavy-metal toxicity is now being looked at as an underlying cause of or contributory factor for these conditions.

Health support is highly individualized due to the array of ages and severity on the autism and PDD spectrum; however, all practitioners use a variation of the same regimen, one that Life Sources Inc. has been using and perfecting over the years. Metabolic support for autism can be highly effective when the program targets specific health needs. Much is still unknown about the origins of autism and PDD, and many studies are still needed. However, the metabolic approach detailed in this report seems to offer a strong prospect in supporting health of children with autism and other PDDs.

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