



What Doctors have Learned in the Past 15 years

Sidney McD. Baker, M.D.

- Autism is not in its own little diagnostic box. Rather, it is part of a global and interconnected pattern of pathology resulting from the impact of the environment on everyone.
- The underlying theme of the environmental impact is inflammation, oxidative stress and problems with detoxification – factors common to most major diseases affecting modern industrialized societies.
- We can only understand and treat the causes of this impact from a “systems biology” perspective, not from the linear “Name-it, Blame-it, Tame-it Prescription Pad Medicine” of current mainstream medicine.
- The most effective treatment strategies are those that:
 - a. alter the toxic burden coming from gut flora abnormalities that have been engendered by the use of antibiotics.
 - b. rid the body of toxins, particularly heavy metals
 - c. return vicious cycles to the virtuous cycles in the biochemistry of detoxification/inflammation/oxidative stress that sustains Nature's strong impulse toward healing.
- Some children can recover. Unfortunately, we still have an imperfect capacity to pick the winners in advance. Intention and cultivation of a child's strengths are extremely important, and assessment tools that emphasize only a child's weaknesses may mislead us.
- The Defeat Autism Now! model drives individual decisions to answer the easy question: “what to do next?” and the hard question: “have we done every thing we can for this child?”

Richard E. Layton, M.D.

Evaluating and treating children with autism and other developmental delays are the most difficult medical problems I face as a Board certified pediatrician. For me:

- History is key; observing each child carefully is very helpful in determining which treatments will be most effective.
- Each child is unique; a cookie-cutter approach does not work. I recommend changing the term “Autism Spectrum Disorder” to “Autisms” given the varied presentations of these children.
- Weigh benefits of any medical intervention versus the risks.

Interventions that I find invaluable are:

- Dietary modification, including the Casein-Free/Gluten-Free (GF/CF) diet, Specific Carbohydrate Diet(SCD), Body Ecology Diet (BED), Low Oxalate Diet, and Feingold Diet.
- Evaluating and treating the gut; methyl B12 injections
- Auditory, vision and other sensory therapies
- Nutritional supplements
- Anti-fungals, anti-virals and anti-inflammatories

Other interventions I use that can be “miracles” for as many as 10%-20% of children with developmental delays are Chelation supplementation with vitamin B6, DMG/folinic Acid, cod liver oil, and phosphatidyl choline.

I believe that the United States spends too little money and is doing too little research on underlying causes for autism and other developmental delays. We need at least one billion dollars annually to look beyond finding the autism gene. Without good research, I am practicing in a vacuum.

John H. Hicks, M.D.

Over the years I’ve seen treatments introduced, modified and re-introduced. Because autism has become a new industry with many companies eager to increase their bottom line, new gimmicks, without benefit to many, are showing up daily.

The basic medical approach is still improving biochemistry, which is now moving to include energy work. Doctors need to shift their focus away from a war against “things.” We need to gain insight into our patients’ strengths. When we lock our perception into what is wrong we lose sight of individuals’ gifts and beauty.

Once we shift our own mindsets, we can help parents shift their perceptions and thought patterns about what they are creating. This paradigm shift benefits everyone. Through thought and emotion we can create the reality that we want for ourselves.

Anju Usman, M.D.

- Patients with developmental delays oftentimes have underlying medical issues that are ignored, and attributed to their mental condition. When I treat the medical issues, the developmental issues get better.
- A healthy gut is the key to a healthy, happy individual. Sleep issues are often related to gut issues. Self-injurious behavior is often related to gut pain.
- Always rule out heavy metal toxicity from mercury, lead or aluminum and/or chronic infections as causative factors.
- Avoid contamination from additional toxins.
- Diet plays a huge role. Eat organic and preservative free.
- Minimize and eliminate exposure to electromagnetic fields from microwaves, cordless and cellular telephones.

Lawrence B. Palevsky, M.D.

In the 25 years since I attended medical school, the number of children with chronic illness, the number of doses of vaccines we give children, and the number of diseases we vaccinate against, especially at early ages, have all increased exponentially. Is there a connection? I believe so.

Are children’s immune systems weaker today? Are today’s couples genetically passing down their own weakened immune systems to their infants? Is further exposure to toxins from food, water, air, antibiotics, medications, pesticides, plastics, flame retardants, cosmetics, heavy metals, electromagnetic radiation, sonograms, epidurals, C-sections, formula, AND vaccines in utero and early infancy playing a role in impairing optimal function in everyone? I think so.

Even though an association between today’s practices and the onset of chronic childhood illness is denied by the mainstream medical community, whose studies are funded predominantly by vaccine manufacturers, scientific evidence from independent studies supports it. Physicians must ask uncomfortable questions, and as we discover the answers, we need to keep asking questions until we have sufficient science to support today’s vaccine policies.

It’s time for us to do due diligence around the subject of vaccines and to practice better science. Today’s children depend on us. I believe that the truth about the dangers of injecting vaccines and their toxic ingredients into children will soon be exposed.