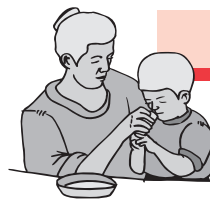


What I Have Learned: Mothers Talk



MOMS' STORIES

Teresa Badillo

Mother of Marco (age 17)

Marco turned 17 this month. I've been on this journey for over 15 years. Then, there was no Internet! The moms' telephone network was the only way to learn about new therapies. It was really slow. Finally, I connected with DDR, and in 1995, attended their first conference that suggested a possible immune system, vaccine, yeast, and antibiotic connection.

Fifteen years ago autism choices were limited. Doctors blamed moms. No one gave me any hope, so I went on a mission for answers. Medications and ABA were my only choices! Today's world of instant information and computers is a miracle! The more knowledge you acquire, the more power you have to help your child. It's amazing how you can turn something as negative as autism into a positive journey along which you meet the most incredible people. Since then, Marco has had endless hours of OT, vision therapy, cranial, Tomatis, energy work to rebuild his sensory foundations and over 150 dives of hyperbaric oxygen.

Don't wait. An untreated child does not outgrow autism. Lingering toxins trigger unruly behaviors with the raging hormones of puberty. It's far easier to treat a toddler than an adult-sized teenager.

Become your child's case manager. Make sure your whole team is on the same page with an approach that interconnects.

Marco is not recovered; rather he's a work in progress. He can read, write, type, and do math despite his severe language and auditory processing deficits. He has amazing ball skills and bowls with Special Olympics. He is currently following a protocol to normalize foundational biochemistry and as well as weekly neurobiofeedback. My learning and his healing process will never stop. If Marco were born today, chances of recovery would have been far greater because of what we know now.

Mary Coyle

Mother of JP (age 17) and Tommy (age 13)

- Go slowly at first. Use homeopathy to open channels of elimination before instituting deeper, cellular detoxification. A solid month of draining, eliminating and rebuilding is time well spent - as it will enable a child to move through cellular detoxification without experiencing extreme healing reactions.
- Utilize low-potency homeopathic detoxifiers and energetic supports, which are easier on the body than some of the other biomedical therapies. Combine homeopathy with a tailor-made nutritional program to maximize the healing process. Understand that the body works to gain and maintain homeostasis through expressing symptoms.
- Consider therapies that assist the body in detoxification: footbaths, saunas, cranial-sacral, BIOSET, chelation, HBOT. Verify everything you do with lab tests and non-invasive assessment tools.
- Don't re-tox your child. Pay close attention to what goes in and out. Once the child has detoxed and is doing well, find a practitioner who understands neurotransmitters.

Sue Clark

Mother of Patrick, (age 14)

- Follow research, especially from Defeat Autism Now!
- Improve diet, detoxify; behavioral improvements will follow
- Find a support network, either on-line or in person
- Take pride in being a fish swimming upstream
- Change professionals every few years for a fresh perspective
- Know that the dairy and pharmaceutical industries have very deep pockets
- Balance therapeutic interventions with old-fashioned outdoor play. Don't wait until a new intervention is proven to try it
- Let go of the guilt about what you're not doing and focus on what you are doing
- Sometimes progress comes slowly. Compare your child to where he was four years ago instead of to other kids
- Keep focused with a vision of future success; remember that without your interventions, things would have been worse

Melissa McNeese

Mother of William (age 10) and Claire (age 7)

When I went to well-baby check-ups with questions about my son's behavior, I never came away with useful answers. I was told, "Don't worry." I thought my OT was crazy when she suggested William had allergies and that we eliminate dairy and gluten. Since modern medicine had nothing to offer, I listened; I only wish I'd been more open-minded sooner.

She set us on a path where suddenly things made sense and William began to HEAL. My whole family has since become much healthier and wiser. We now look at everything in a new analytical light and I am so grateful to her. I know that I am in charge of my health and the health of my family, and that I need to trust my gut and think outside the box.

Betsy Hicks

Mother of Joey (age 15)

I have learned that it's not about the fight or giving life to the anger. It's not helpful looking at our children as broken. What autism has brought to me are gifts of health and acceptance. I have learned how to nutritionally support a body which has brought outstanding health to my whole family. I have learned that when I feel trapped and scared, I must follow my own intuition and allow answers to flow to me. But mostly, I have learned that my son lives in peace and most "normal" people would pay anything to be there.

Everyone agrees that:

- You need to make a plan and follow it. Don't jump from one therapy to the next.
- NO one has all the answers. Parents are sometimes their children's best doctors. A mother's intuition counts more than many professional opinions.
- Moms must take care of themselves so they have the energy to help their children
- Our children are gifts. While we relentlessly pursue new ways to help and support them tomorrow, we need to relax, accept and enjoy them today.