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DEVELOPMENTAL DELAY RESOURCES

The **ONE** Resource Network Integrating Conventional & Holistic Approaches

Hyperbaric Oxygen: Healing the Gut and the Brain

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Have you heard about **Hyperbaric Oxygen Therapy (HBOT)**? It is a powerful, safe, non-invasive alternative to antifungal medication. HBOT is being used for allergies, autism, auto-immune disorders, brain injury, candidiasis, drowning, hypoglycemia, heavy metal poisoning, infections, multiple sclerosis, stroke and more.

What is Hyperbaric Oxygen Therapy? It is a treatment mode, during which a patient is entirely enclosed in a chamber and given oxygen to breathe at a pressure greater than one atmosphere. Both the enclosed chamber and the pressure are necessary for HBOT.

How does HBOT work? A patient just sits in the chamber and relaxes, naps, or even watches a movie or video. HBO diffuses oxygen throughout the body, even into damaged tissues. Pressurized oxygen has tremendous healing capabilities. Oxygen expands and enlarges restricted capillaries and blood vessels in the body, even to the speech and language centers of the brain. Some non-verbal patients begin speaking and have improved articulation.

HBOT heals the brain by activating idling neurons, thus enabling cognitive function. Outcomes include improved attention, concentration, and the ability to follow directions, along with a reduction in hyperactivity. HBOT also improves muscle tone because oxygen increases muscle mass.

The International Hyperbarics Association, Inc. (IHA) is a coalition of doctors, parents and patients dedicated to the integrity and dissemination of modern hyperbaric medicine. Members of **IHA** include medical centers treating the hyperbaric needs of their patients, individual hyperbaric chamber users, and corporate chamber manufacturers.

The **IHA** distributes and publishes data, articles and papers regarding the latest hyperbaric news and strides. Their monthly newsletter, "The Pressure Point" keeps readers abreast of the latest research in hyperbaric medicine. The Association also grants funding to those in need of hyperbaric therapy.

At the recent Defeat Autism Now! Conference in Long Beach, CA, Shannon Kenitz, Executive Director of the **IHA**, met with physicians, researchers and Dr. Bernie Rimland of the Autism Research Institute. Together, they are planning to do a multi-center study to evaluate the effects of HBOT on well over 100 patients with autism. Those in the study will come from participating centers. In the next couple of months researchers

will be setting up criteria for subjects, and seeking approval from the institutional review board. The study is scheduled to begin sometime early next year.

Already, many DAN! doctors, including some DDR Professional Advisory Board members, are recommending HBOT for their patients. Why? Because HBOT delivers oxygen deep into the tissues of the body where it attacks and kills yeast overgrowth, fungus, mold, and toxic pathogens—all with an intense and short-lived die off, and without a negative effect on the liver. You will see notable improvements more quickly than by using anti-fungals alone.

Treatments last one to two hours. The more treatments, the greater the improvement. Some see significant benefits with as few as five; forty to sixty treatments are more common. HBO chambers vary among manufacturers; some are very large, others portable. An individual assessment, including a patient's age, severity of the gut problems, and consideration of other therapies being done simultaneously, determines the proper number of treatments and which type of chamber is appropriate. Insurance sometimes covers HBOT with a pre- and post- treatment SPECT scan.

To find out more about hyperbaric oxygen and whether it can help someone you love, visit <www.ihausa.org> or call 877-IHA-USA1.

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Executive Director's Column

by Patricia S. Lemer, M.Ed., NCC, M.S. Bus.



Preventing Autism and Other Developmental Delays

DDR's mission statement has two parts:

- 1: Assisting those with developmental delays, including autism, and
- 2: Preventing additional children from becoming affected.

So far, our focus has been on assisting families, with minimal attention to prevention. It is now time to educate prospective and new parents about the roles of hormones, stress, environmental toxins, vaccines, nutrition and reflexes in developmental delays. Healthy babies are our goal.

At the Defeat Autism Now (DAN!) Conference in April, Drs. Stuart Freedenfeld and Nancy O'Hara spoke on this subject. I thank them for their medical contributions.

Before Conception: Miscarriages occur when too many components are not "just right." To increase fertility, assure the viability of a fetus and the health of a baby:

Screen thyroid function – Low levels of T4 or marginally elevated levels of thyroid-stimulating hormone (TSH) can affect the unborn baby. Environmental toxins are endocrine disrupters. Insufficient levels, or even a mild drop of thyroid hormone in the mother, at critical stages of brain development, can affect a baby's cognitive function. Order the BioSafe home saliva test online, or test through your doctor. Once you know your levels, take natural measures to normalize thyroid function.

Remove any mercury-containing amalgams – Even one or two "silver" fillings off-gas into the mouth with brushing, chewing and drinking hot liquids. Mother's mercury load crosses the placenta, landing in the liver and kidneys of the fetus. Infants' levels correlate with the number of amalgams in the mother. Later, mercury may show up in the breast milk, which could provide better absorption of mercury in the nursing infant. Be certain to have amalgams removed safely by a biological dentist. (See *New Developments* 8:1)

Eat organic foods and take supplements – Contraceptives and medications deplete minerals. Even with healthy food choices, eating adequate amounts of required pre-natal nutrients is simply impossible. Calcium, essential fats, iron, folate and B vitamins are vital now and for growing babies. Work with a health care professional to determine the right amounts for you.

Detoxify the body – Mothers dump a good part of their body burden into their unborn babies. Consider a homeopathic detox program that clears out chemicals, metals, parasites, bacteria, viruses and radiation. (Contact Mary Coyle: wellnessny@aol.com or 917-133-8473.) The lower your toxic load, the lower the baby's.

Check for retained reflexes – The Spinal Gallant and asymmetric tonic neck reflex (ATNR) assist the baby in maneuvering through the birth canal. Mothers who retain either of both of these reflexes may have difficulty giving birth naturally. The baby may not "drop," be breech, or require a Cesarean section. Simple reflex integration activities for a month prior to birth can help the birth be smoother.

While Pregnant: Carrying a healthy baby requires:

Eating healthy food – Remember you're eating for two. Make nutrient rich, not high caloric choices. Say "yes" to 75-100 grams of protein, organic fruits, vegetables, beans, lentils, asparagus, spinach, nuts and free-range, antibiotic-free animals. Say "no" to sugar and its substitutes, wheat, dairy and hydrogenated fats. Say "once-in-a-while" to small, cold water fish and soy products. Take the time to sit down and eat slowly, chewing well.

Watching what you drink – At least eight cups of good quality water. No alcohol, sodas (especially diet), caffeinated tea or coffee.

Deep relaxation & sleep – Learn meditation. Take a yoga class for expectant mothers. Practice daily, breathing deeply. Oxygenation of cells enhances their function. Releasing stress allows the body to put its energy into growing a healthy baby. Turn in before 10:00 p.m. and sleep at least nine hours.

Exercise – Stretch to increase flexibility. Walk or attend a class two or three times a week.

Avoiding toxic exposures – Now is not the time to paint the baby's room, install new carpet or spray for termites. Spruce up the house only with "green" products. Do you work with hazards such as chemicals, pesticides, textiles, beauty products or radiation? No vaccines with thimerosal, including the flu shot. Watch those cosmetics! (See p. 6)

DDR is launching an educational program entitled "Having Healthy Babies" in January. Initially, we will offer a one-day workshop in Pittsburgh and New York City. Our goal is to hold it in other locations throughout the year. Eventually, we will sponsor a six-part series with a lecture devoted to each step from before conception through the second year of life.

In Pittsburgh, I will co-present with Dr. Franne Berez, a homeopathic physician and family practitioner. The New York program is with Dr. Lawrence Palevsky, President of both the American Holistic Medical Association and the Holistic Pediatric Association. See Upcoming Events or go to <www.devdelay.org> for more information.



Birthing Babies After Autism

Know anyone who is afraid of having another baby, had a miscarriage or having trouble getting or staying pregnant? Want to know how to avoid toxins before, during and after pregnancy? Looking for ways to treat illnesses naturally and to enhance toddlers' development? Attend a day-long workshop in New York or Pittsburgh! DDR has put it all together with the Squirrel Hill Family Wellness Center and Northport Wellness Medicine. What a great gift for someone you love! For dates and details, see Upcoming Events and contact DDR.

Elaine Gottschall Passed Away

On September 5, our community lost a tireless crusader for natural approaches to digestive problems. Elaine's book, *Breaking the Vicious Cycle: Intestinal Health Through Diet* (see Booklist) was way ahead of her time, ten years ago, when first published. It is **the** guide for applying the specific carbohydrate diet (SCD). Thanks Elaine for making such a difference in the lives of our children.

DDR Board Member Changes

The DDR Board held its annual meeting in September. Welcome to new members Stacy Denoyior and Jim Lager, parents, Robin Mumford, a lighting expert, Jayme Lewin Rich, occupational therapist in NYC, Esther Weinstein, an administrator from Lifespire, a NY agency supporting independence for adults with disabilities, and Lynn Williamson, parent, nurse, and DAN! practitioner in CT.

Vaccine Stories: Flu Shot Loaded with Mercury FDA Approves 4-in-1

How is it possible that the government has approved a flu vaccine with thimerosal? Fluarix, Fluoxin and Fluvirin all contain mercury! Tell family members who are considering getting flu shots. Instead of a shot strengthen your immune system by eliminating sugar, exercising, sleeping enough, eating garlic, and watching your stress levels. Go to www.mercola.com for more.

Proquod, the vaccine combining measles, mumps, rubella AND the chickenpox is ready for marketing to kids 12 months to 12 years. Tested against other vaccines and not against a placebo, on only 5000 children, it combines five live viruses. When three live viruses cause some genetically susceptible children to regress, what short- and long-term adverse effects will we be seeing? Stay tuned.

Give a DDR Membership to Teachers and Therapists for the Holidays

Want a gift that lasts year long? Buy an Educator or Professional membership in DDR for your favorite teachers and therapists. Teach them about new areas you are interested in. Your children's supports will appreciate your thoughtfulness, and so will we. Happy holidays!

AutismCares Aides Katrina Families with Autism

One day, everything is normal, and the next day, you have no home, job, money, food, or belongings. You still have a child with autism, confused that he can't go to school or therapies. Turn to AutismCares, a coalition of national autism organizations, who can help. They offer crisis counseling, relocation support and job placement. They need vehicles, airline tickets, furniture, computers, fencing, play equipment, and more. AutismCares is accepting corporate donations as well as gifts from individuals. To learn how you can help, go to www.autismcares.org.

Ear Tubes Don't Help

Young children with fluid in the middle ear, who are otherwise healthy, are no better off with the insertion of tubes, according to a study at Pittsburgh's Children's Hospital. Dr. Jack Paradise, the study's chief investigator found that most ears cleared up spontaneously, with no demonstrable developmental advantage in any area, with tube insertion. These findings are consistent with those of a study done 15 years ago that found most ear infections cleared when certain foods were eliminated from a child's diet. Guess which ones? Dairy, wheat, eggs, peanuts, corn and soy.

David Kirby gets an "A" on "Meet the Press"

One Sunday morning in August, the author of *Evidence of Harm* debated the President of the Institute of Medicine (IOM), Dr. Harvey Fineberg. They agreed that researchers must study autism from biological, toxicological and epidemiological standpoints. Kirby repeatedly commented that the IOM study which concluded "no relationship exists between thimerosal in vaccines and autism," was only epidemiological, not biological.

As Dr Fineberg stated, not all studies are equally valid...and epidemiological data... may not show an association between a vaccine and an adverse outcome. According to the IOM report, depending upon the frequency of the genetic defect, "a rare event caused by genetic susceptibility could be missed even in large study samples." Unfortunately, many of us know some of those children with genetic susceptibility.

Auditory Processing Panel in NYC

Mark your calendar for December 14, 2006. DDR is sponsoring a lecture featuring top experts on Berard, Tomatis, SAMONAS and Therapeutic Listening®. Speakers include Dorinne Davis of the Davis Center, Jane Madell of Beth Israel Medical Center, and Valerie Dejean of the Spectrum Centers. See Upcoming Events.

New Developments is a quarterly newsletter published by **Developmental Delay Resources (DDR)**, a 501c3 not-for-profit organization whose mission is connecting families, professionals and organizations and disseminating the most current information about possible causes, interventions and preventions for developmental delays. Members of DDR support the inter-relationship of physical, cognitive and social-emotional development in children whose delays include, but are not limited to, sensory-motor deficits, speech-language disorders, attention deficits, learning disabilities, pervasive developmental disorders and autism. DDR seeks to educate the public about treatments that: address sensory-motor processing, including occupational therapy, vision therapy, auditory training and perceptual-motor therapy; boost the immune system, including dietary modification, nutritional supplementation, homeopathy, and detoxification; address structural integrity, including osteopathy, CranioSacral therapy and chiropractic; and encourage positive social-emotional relationships, such as communication therapies, FloorTime and family therapy. **DDR is the only organization that integrates all these disciplines.**

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MOVEMENT



The Dancing Dialogue: Using the Communicative Power of Movement with Young Children

by Suzi Tortora, Ed.D., A.D.T.R., CMA

“Mommy, dance...please,” begs Sean, a 10 year-old with autism, as he gleefully takes his mother’s hands. To rock music, they shake, twirl and laugh. Dancing has become one of his favorite activities since he started therapy. As a result, he is more aware of himself and his environment and the relationship between the two. His eye contact is increasing, and his verbal interactions are more appropriate.

Observe and Identify Non-Verbal Cues

Trained as a dance therapist, I have become fascinated by the connection between mind and body. Observing children’s non-verbal cues helps me uncover critical information about their physical, social-emotional, cognitive and communication skills. All nonverbal acts have the potential to be communicative.

The body and its sensations are the reference point from which non-verbal children decode experiences. Body awareness, posture, and movement style are all reflections of emotional expression. By paying attention to rhythm, tempo, muscular tension, effort and use of space, I gain insight into how children like Sean organize and experience their world.

In my work, I observe a dancing dialogue between child and adult, as well as between the child and the environment. Dance is the communication between the self and the other, drawing from the principles of sensory integration, developmental vision and language, all put to music.

Expanding Individual Communication and Emotional Bonds through Movement

First I develop an awareness of a child’s feelings and the messages behind them. Then, I determine a child’s level and style of relating. by looking at visual, auditory, olfactory, gustatory, tactile, proprioceptive and vestibular sensitivities. Which senses are hyper- or hypo-reactive?

Next, I choose therapeutic techniques and activities that enhance relating and make interactions fun. My goal is to expand all aspects of abilities by engaging a child in movement, dance, play and music. Children learn how to regulate their senses through body and spatial awareness. I match a child’s actions and then modify them. For example, running transforms into leaping, then into fast marching, and lastly, into slow marching, with a strong, focused beat. Verbally narrating actions during the interaction provides the child with symbolic verbal cues that label and follow the experience.

When following a child’s lead, I watch for fragmentation, disorganization and chaotic behavior. If our dancing dialogue does not include mutual, sharing movements, affective reactions, and expressivity, then I must look for new avenues with which to connect to a child.

Elements to Include in Group Movement Sessions

Groups help develop a sense of self and others by increasing body awareness and control. The improvisational nature of group sessions supports free expression, while, at the same time, encouraging greater social relatedness. The following elements, which encourage social interactions, can be adapted to any dance or movement session.

- **Intersperse periodic moments of relaxation, stretching, breath awareness.** Start and end each session with relaxation activities.
- **Shift between free individual movement explorations and structured group movement explorations.** Alternate activities with individuals, dyads, small and large groups.
- **Identify a child’s “signature” action for the day.** Individual non-verbal expressive movements may vary each session or may be similar for a period of time.
- **Ask each child to lead.** Visualizing and carrying out a specific movement requires a great deal of organization. Mimicking the movements of a peer incorporates both attention and motor planning.
- **Focus children on a specific movement activity.** Simultaneously be ready to change focus, if necessary, and to keep children engaged and interacting.
- **Keep the group moving together, whenever possible.** Relating to others builds group cohesion. Allow for spontaneous breaks from relating, that individual children may need.
- **Use music and/or props.** Relating to something outside of self helps foster individual expression.
- **Use variations in music beat, style, rhythm and volume** to redirect and/or reconnect children. A strong, clear rhythm with a moderate tempo enhances internal organization and creates full body-body part coordination.
- **Create a theme to dance to.** Animals, space, the beach or a holiday, will all do fine.
- **Try some group dance games.** See the DDR booklist for CDs that are especially geared for this purpose.
- **Include movements requiring gradually more complex body control.** As children gain better body awareness and control they are ready for challenges.

Suzi Tortora is a dance movement psychotherapist with practices in New York City and Cold Spring, NY. Her new book, The Dancing Dialogue: Using the Communicative Power of Movement with Young Children is available from DDR. Suzi will present an interactive workshop on this subject on November 17, 2005 in Hasting-on-Hudson, NY. Call DDR at 412-422-3373 for details. For her classes and other talks see her schedule at <www.suzitortora.org>

VACCINES



Collaborating with your Pediatrician on a Vaccination Schedule

by Lawrence P. Kaplan, Ph.D.

Parents of children diagnosed with autism, and others questioning a link between vaccines and autism, are meeting resistance from pediatricians who refuse to treat their children. Why? These parents reject the “one-size-fits-all” vaccine schedule recommended by the American Academy of Pediatrics (AAP).

According to the October 2005 issue of the Archives of Pediatrics & Adolescent Medicine, more than one-third of pediatricians say they would dismiss a family from their practice for refusing all vaccinations. Some doctors state such policies with signs in their waiting rooms.

What Is the AAP Vaccine Schedule? Under the guise of “prevention,” the pediatrician’s black bag contains a newly accelerated vaccination schedule that reads like a diary developed by profit-hungry pharmaceutical companies. For 2005, the Centers for Disease Control and Prevention (CDC) recommend more than 25 pokes before age six. Most vaccines, a pediatrician’s instrument of well-child care, have undergone little research on efficacy and none on safety. Some, like the flu vaccine, still contain the mercury-based preservative, Thimerosal.

What’s a Parent to Do? Parents of children with mercury toxicity, attributed, in part, to Thimerosal-containing vaccinations, may hesitate to vaccinate. In my book *Diagnosis Autism: Now What? 10 Steps to Improve Treatment Outcomes; A Parent-Physician Team Approach*, I empower parents by encouraging healthy relationships with their pediatricians. Though developing a pediatric partnership can take years, due to resistance on both sides, benefits outweigh disadvantages. The kind, recognizable face of a familiar doctor is superior to an unfamiliar emergency room, should an accident occur.

- **Find a pediatrician who views parents as partners.** William Crook, MD, a pediatrician for over 50 years, said that he learned from parents every day. The patient-physician relationship is a two-way street, not a dictatorship. Ideally, a doctor is open to, flexible and knowledgeable about, complementary and alternative therapies. Share what you have learned with your doctor. Listen to what he/she has to say. The best ones will integrate your knowledge into their care.
- **Ask your pediatrician about possible risks, as well as benefits, of all vaccinations.** Doctors are required to share both sides of the story. Your questions should promote a dialogue where you can express your concerns, and the pediatrician can relate his/her clinical experiences. Compare the risks of contracting a disease to those of a possible vaccine reaction. Discuss ways to reduce vaccine reactions by strengthening immunity. Together, you should reach consensus about what action to take.

- **Discuss delaying and spacing out vaccines.** Start with The “User Friendly Vaccine Schedule” recommended by Dr. Donald Miller, a condensed version of which is in the Winter ‘04-’05 (10:2) issue of this newsletter. Dr. Miller’s recommendations are both conservative and sensible.
- **Draw titers to show immunity.** If your child has had some vaccines, but not all the boosters, ask your doctor to test for antibodies. Drawing a blood titer can be more expensive than having a booster shot. Still, it may be worthwhile if you are concerned about possible vaccine side effects. School entrance requires proof of immunity, not of shot completion. Most doctors are satisfied to forgo more shots if your child already has immunity.
- **Learn about vaccine exemptions in your state.** Exemptions are permitted for religious, philosophical and medical reasons. Go to <www.909shot.com>, and click on “State Information” to find out your state’s laws.
- **Become an activist.** Future legislative action depends on your voice. Empower yourself and become an advocate for your children and others. Join the great groups of parents who have already challenged the politics of vaccination.

Forced Vaccination in America?

With the Biodefense and Pandemic Vaccine and Drug Development Act of 2005 now headed for legislation, we may be witnessing forced vaccinations in a democracy. According to DDR Professional Advisory Board member, Barbara Loe Fisher, President of the National Vaccine Information Center (NVIC), “This bill means that, if an American is injured by an experimental flu or anthrax vaccine that he/she is mandated to take, that citizen will be banned from exercising the Constitutional right to a jury trial, even if the vaccine maker engaged in criminal fraud and negligence in manufacturing that vaccine.”

What will you do if your pediatrician fires you for refusing to vaccinate your child? Not an easy question to answer. As long as you have a choice, be sure to seek an integrated partnership with your pediatrician. Finding a supportive doctor takes time and research. DDR can help you locate one.

*Dr. Lawrence P. Kaplan is the founder and Executive Director of US Autism & Asperger Association, Inc. <www.usautism.org>. Attend their conference in Park City, Utah, August 10-13, 2006. His book, *Diagnosis Autism Now What: 10 Steps to Improve Treatment Outcomes — a Parent – Physician Team Approach*, is available from DDR.*

TOXICITY



Personal Care Products: Watch Those Phthalates!

Phthalates? Yes, another family of toxic chemicals, pronounced, THAY-lates. Phthalates are plasticizers used to add texture and luster to hair spray, deodorant, nail polish, lipstick, perfumes and many other products. These ubiquitous chemicals can be absorbed through the skin, inhaled as fumes, and ingested if children mouth toys made out of plastic.

Hundreds of studies have shown that phthalates can damage the liver, kidneys, lungs and reproductive system. In pregnant women, phthalates pass through the placenta to be absorbed by the fetus. Later, they show up in the breast milk of nursing mothers, whose babies ingest them. In male fetuses and infants, phthalates can cause testicular atrophy, leading to a reduced sperm count.

As we learn more about the role of toxins in disease and developmental delays, reducing our toxic load must be a priority. Discover what toxins are lurking in the most commonly used baby products, cosmetics, deodorants, dental, eye, nail and skin care products, fragrances, and other personal care products, and switch to less toxic alternatives. Visit the Virtual Drugstore of the Environmental Working Group www.ewg.org/issues/cosmetics/virtualdrugstore.php and prepare to be shocked at what is in your shopping cart!

We are grateful to the Environmental Working Group and to www.nottoopretty.com for the following information:

Phthalate-free Products from Popular Manufacturers

www.ewg.org/issues/cosmetics/phthalatefree.php

Deodorants:

Certain Dri Anti-Perspirant Roll-On
Dove Powder Anti-Perspirant Deodorant
Lady Speed Stick Soft Solid Anti-Perspirant
Secret Anti-Perspirant & Deodorant Platinum Protection
Ambition Scent
Soft & Dri Anti-Perspirant Deodorant Clear Gel

Hair gel & mousses:

Finesse Touchables Silk Protein Enriched Mousse
Helene Curtis Thermasilk Heat Activated Mousse for
Fine/Thin Hair
L'Oreal Paris Studio Line: Springing Curls Mousse

Hair sprays:

Helene Curtis Finesse Touchables Silk Protein Enriched
Helene Curtis Thermasilk Heat Activated Firm Hairspray
Suave Naturals Aloe Vera Extra Hold Hairspray

Hand and body lotions:

Curel Soothing Hands Moisturizing Hand Lotion
Eucerin Dry Skin Therapy Original Moisturizing Lotion
Lubriderm Skin Therapy Moisturizing Lotion
Neutrogena Hand Cream
Suave Naturals Sun Ripened Moisturizing Body Lotion
Vaseline Intensive Care Dry Skin and
Advanced Healing Lotion

Nail Polish:

Kiss Colors Nail Polish
L'Oreal Jet Set Nail Enamel and Quick Dry Nail Enamel
Maybelline Shades of Your Nail Color
Revlon Nail Enamel and Super Top Speed

Remember, phthalates are just part of the story. Some of the above products contain other toxins, such as aluminum. To be extra careful, try these excellent brands:

Aubrey Organics: www.aubrey-organics.com, baby soap, shampoo and lotion; hair coloring, shampoo and conditioner; shower gel; lip color, blush and foundation; bath salts, massage oil, bar and liquid soaps; sun screen; deodorant.

Desert Essence: www.desertessence.com baby lotion, shampoo, bubble bath; body wash/cleanser, facial soap, toothpaste, dental floss, moisturizer, shampoo, conditioner, deodorant, bar soaps.

Dr. Bronner's: www.drbronner.com body wash/cleanser, baby soap, body oil, toothpaste, lip balm, liquid and bar soaps and shaving cream.

Pangea Organics: www.pangeaorganics.com bar soaps, hand and body lotions, facial creams, shower gels, liquid soaps.

Terressentials: www.terressentials.com baby soap and lotion, body oil, wash and cleanser; hand and body lotions; facial creams, lip protector, deodorant, liquid and bar soaps; shampoo.

More measures to reduce your toxic load:

- **Use fewer products less often.** Cut down the number of chemicals contacting your skin every day either by totally eliminating use of non-essential products or using them less often.
- **Read labels.** Claims like “organic,” “natural,” “hypoallergenic,” “animal cruelty free,” and “fragrance free” are poorly defined by law. Only by carefully reading ingredient labels can you discover which claims are true.
- **Use mild soaps to reduce need for moisturizers.** Less harsh soaps can remove dirt and grease from the surface of your skin without taking away the body's natural oils. Let your skin do some of the work naturally.
- **Minimize use of hair dye.** Avoid dyes that contain coal tar ingredients, as that have been linked to cancer in some studies.
- **Cut down on use of powders.** Avoid using baby powder with newborns and infants. A number of ingredients have been linked to cancer and other lung problems, when they are inhaled.
- **Choose products that are fragrance free.** Fragrances can cause allergic reactions, and mask odors of some other ingredients.
- **Avoid or reduce use of nail polish.** Paint toenails; skip the fingernails. Polish routinely contains ingredients linked to birth defects. Paint nails in a well-ventilated room, or outside, or avoid using nail polish altogether, particularly when you are pregnant.
- **Join the Safe Cosmetics Campaign.** As of October 2005, over 200 companies have signed the “Compact for Safe Cosmetics,” a pledge to remove chemicals linked to cancer, mutation, or birth defects, and to develop comprehensive chemical substitution plans that lead to safer formulations. Work directly with cosmetic manufacturers to encourage reformulations and safer ingredients. Go to www.safecosmetics.org

CHELATION



Chelation on a Shoestring Part 2 Chelating Agents and Monitoring Progress

by Kelly Dorfman, M.S., Nutritionist and DDR Co-founder

In the last issue of “*New Developments*” I detailed how to get started on the chelation process by developing a strong nutritional foundation, balancing the bowels and running a baseline hair analysis. Before moving to the next step, add a basic multi-vitamin such as Kirkman’s New and Improved Super NuThera with P5P (800-245-8282) or New Beginnings’ Basic Nutrients Plus (877-575-2467) to the nutritional mix. Some mineral overlap with the recommended comprehensive mineral supplementation is inevitable, because most children’s nutrients contain small amounts of many minerals, though not enough to support chelation. Even if you decide not to try chelating agents, a good nutrient program alone naturally encourages detoxification and gentle heavy metal displacement.

Why Use Over-the-Counter Chelation?

Over-the-counter chelation is very effective, easy on the budget, and has few side effects. It’s also slow, and progress may not be noticeable on a day-to-day basis. Youngsters often become better regulated and more responsive to therapy; language may improve more rapidly. An occasional child shows dramatic developmental gains.

The Chelating Agents

Many over-the-counter chelating agents are now available online. While several may be useful, I will concentrate on two with good records of safety and efficacy.

- **Chlorella** - Extracted from algae, chlorella contains vast amounts of chlorophyll, nature’s detoxification agent. Sun Chlorella™, available as both a powder and tablets, is considered the purest form, free of metals and other toxins. Downside: the powdered drink looks smells and tastes like pond water, and the tablets could be difficult to swallow.

Dosage: Four pellets or one packet of Sun Chlorella™ twice per day for children over three.

- **METAL-FREE™** - This complex nutritional chelating agent contains chlorella, as well as glycine, algae, hyaluronic acid, alpha lipoic acid and other nutrients in a liquid base that can be sprayed into the mouth or given as drops.

Dosage: One spray (or 4 drops) under the tongue for one week, and then two sprays the second week, until you reach the final dose of 4 sprays (16 drops). Take an hour away from food, such as before bed. If a child becomes cranky or agitated, decrease the dose.

Order METAL-FREE™ from <www.bodyhealth.com> or by calling 877-804-3258.

Monitoring Progress

Any studies on chlorella? The physician who developed METAL-FREE™ has conducted some research showing evidence of heavy metal excretion with his product. In my practice, I have followed dozens of children using follow-up hair analysis tests.

Whether the results are clear or uncertain, run a follow-up hair sample after four to six months on the program. Compare the results with the initial sample. **If heavy metal excretion was low in the first sample**, hair should show higher levels after several months of chelation. Increased numbers document that the child is releasing metals with the extra nutritional support: a sign of progress. **If heavy metal excretion was high in the first sample**, samples should show even higher levels. Those on a strong nutritional support program before starting chelation may see heavy metal levels decrease rapidly. Generally, excretion of heavy metals goes up initially, eventually falling to normal levels when chelation ends. The complete cycle can take one to two years.

Hair Analysis Quirks

Hair analysis has its limits unless we understand the origin of some metals. High levels come from unexpected places. Low levels do not necessarily mean “all clear.”

- **Copper** - Children who swim can collect chemicals from the pool water in their hair, artificially elevating copper levels. Verify high copper levels in the hair with blood testing.
- **Aluminum** - Alarmingly high aluminum levels in those with developmental delays may come from vaccines, all of which contain aluminum to increase the toxicity of the antigen. While mercury has been removed from most vaccines, aluminum has not.
- **Mercury** - Exposure to mercury only within the past three months registers in the hair. Mercury readings before chelation are usually low. Exceptions are when a person has had a flu shot or exposure through other environmental sources.

Sample Over-the-Counter Daily Chelation Program

For children over three:

- **Vitamin C** - 500 mg
- **Super NuThera with P5P** - 1 teaspoon
- **Vitamin E** - 200 IU as mixed tocopherols
- **Minerall** - 1 capsule
- **Coromega (fish oil)** - 1 packet
- **TMG** - 500 mg
- **Methyl B12** - 1000 mcg
- **Folinic acid** - 800 mcg
- **Lipoceutical glutathione (GSH)** - 1/4 teas., 2x/day
- **METAL-FREE™** - 16 drops (4 sprays)

Chelation need not be intimidating. Start with a safe, good quality nutrient regimen, whether or not a child has had heavy metal exposure. A home based program is not a substitute for appropriate, individual medical care. Contact a health care practitioner with chelation experience if questions or problems arise.

Upcoming Events

Monday, November 14, 2005 – Washington, DC
Sensory Nutrition: How Sensory Integration & Nutrition Interact
Speaker: Kelly Dorfman, MS, LN, LD
For more information or to register, contact DDR at 800-497-0944.

Tuesday, November 15, 2005 – Long Island, NY
Wednesday, November 16, 2005 – New York City
Monday, December 12, 2005 – Washington, DC
Primitive and Postural Reflexes: What are They & What is Their Impact?
Speaker: Mary Rentschler, M.Ed.
For more information or to register, contact DDR at 800-497-0944.

Tuesday, November 29, 2005 – Austin, TX
Thursday, December 1, 2005 – Atlanta, GA
Recognizing and Helping Children with Sensory Processing Disorder
Speakers: Carol Kranowitz, M.A and Paula Aquilla, OTR
For information and other dates and locations, call Sensory Resources at 888-357-5867.

Friday, December 2 - Saturday, December 3, 2005 – Philadelphia, PA
Sensory Integration & Beyond: Power Tools for Treating Children
Speakers: Patricia Oetter, MA, OTR/L and Nancy Lawton-Shirley, OTR/L
To register, contact Professional Development Programs at 651-439-8865.

Thursday, December 8, 2005 – Brooklyn, NY
Holistic Pediatrics for Parents: An Open Forum
Speaker: Lawrence B. Palevsky, MD
For more information, visit <www.holisticmoms.org> and click on Brooklyn Chapter in New York.

Tuesday, December 13, 2005 – Northport, NY
Northport Wellness Center Educational Talk: Autism
Speakers: Alan Sherr, DC and Lawrence B. Palevsky, MD
For more information, contact Northport Wellness Center at 631-262-8505.

Wednesday, December 14, 2005 – New York, NY
Auditory Processing: Experts Talk about Different Interventions
Last of DDR Fall lecture series. Speakers include Dorinne Davis, CCC-A, Jane Madell, Ph.D., and Valerie Dejean, OTR. Learn about Tomatis, Berard, SAMOMAS and Therapeutic Listening. To register, call DDR at 800-497-0944 or go to <www.devdelay.org>

Friday, January 20 – Saturday, January 21, 2006 – Albuquerque, NM
Friday, January 27 – Saturday, January 28, 2006 – Detroit, MI
How Does Your Engine Run? The Alert Program for Sensory Integration
To register, call 877-897-3478 or go to <www.AlertProgram.com>

Friday, January 20 – Saturday, January 21, 2006 – Clermont, FL
Friday, January 27 – Saturday, January 28, 2006 – Naples, FL
The SI Tool Kit: Bringing Sensory Integration to Schools and Homes
Speaker: Diana Henry, OTR/L. For more information on Clermont date, contact Amy Gomes at: 352-394-0212 and for Naples, contact Ann Marie at: 239-591-2939.

Tuesday, January 24, 2006 – Northport, NY
Vaccinations for Infants and Children
Speakers: Alan Sherr, DC and Lawrence B. Palevsky, MD
For more information, contact Northport Wellness Center at 631-262-8505.

Saturday, January 28, 2006 – Greensburg, PA
February, 2006 – New York, NY
Having Healthy Babies. A DDR-sponsored program for prospective & new parents, as well as those with toddlers. Patricia S. Lemer, M.Ed., NCC with Franne Berez, MD, ND in Greensburg and with Lawrence B. Palevsky, MD in New York. For more information or to register, contact DDR at: 800-497-0944.

February, 2006 – New York, NY
February, 2006 – Washington, DC
DDR Spring Lecture Series begins. Topics to include “Holistic Dentistry,” “10 Ways to Improve Attention without Drugs” and “Hyperbaric Oxygen.” Call DDR at 800-497-0944 for dates and speakers.

February, 2006 – Washington, DC
Brain Gym 101 – Intensive introductory 3-day course.
Mary Rentschler, M. Ed. 202-244-8280 or wren@pipeline.com

March 4, 2006 – Chicago, IL
Treating AD(H)D without Drugs
A day-long DDR-sponsored seminar including diet, nutrition, auditory & vision therapies, biofeedback and more. Speakers: Deborah Zelinsky, OD, FCOVD and Patricia S. Lemer, M.Ed. Contact DDR at 800-497-0944 or go to <www.devdelay.org> for more information.

Developmental Delay Resources

www.devdelay.org

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