



Natural  
Autism  
Support

# 5

# Things Autism Parents Must Know

And Much More...

# **5 THINGS AUTISM PARENTS MUST KNOW**

**and much more.....**

**BY WARREN GOUIN**

Thank you for taking the time to read this ebook. When you read this as well as my blog posts, you help me reach my short term goal of helping 100 children with autism exceed expectations in their development.

By providing this document and writing blog posts, I'm able to reach more people and hopefully find the right people. Parents that want to open their mind to new ways to help their children.

I look forward to the day that I meet someone I haven't worked with directly, that tells me I helped them exceed their's and their therapist's initial expectations.

# 5 Simple Yet Powerful Tips You Can Use To Reverse Some Common Autism Symptoms – Even If You Don't Know Where To Start

Seeing your child with Autism amaze your therapists with progress is one of the greatest feelings you can experience as a parent. There is simply nothing else like it. That's because when you help your child thrive, you get to enjoy the feeling of knowing that your child with autism will grow into an independent adult.

However, there are many obstacles you have to overcome before you can get there. Not only do you have to help your child overcome challenges with speech, repetitive behaviour and noise sensitivity – but you also have to overcome your own emotional turmoil following the news that your child has autism, which can be the most difficult challenge of all.

All of this can leave you feeling helpless and stop you from ever being able to change your own routines and habits enough to be able to help your child.

Fortunately, though, helping your child to improve their speech or to be happy and comfortable outside your home doesn't have to be as challenging as you think. Far from it, in fact. Simply by implementing the right tried-and-tested techniques, you can help your child catch up with their delayed skills without experiencing as many of the common frustrations.

How would we know?

Because, at Natural Autism Support, we've helped our own child overcome these challenges, while improving our own lives at the same time. You see, before autism entered our lives, we were like you.

Age was slowly catching up with us, we weren't as sharp as we used to be, but we just put that down to our hectic lifestyle of full-time work and three kids.

After just a few months of beginning our lifestyle changes, we were shocked to experience our brain turning back on. We had more energy, and were more able to cope with life, despite those challenges and three kids, with one on the spectrum. I must admit though, that it had a lot to do with seeing our son improve so quickly.

There's nothing like seeing some symptoms of autism fading after just a couple of weeks.

We've written this e-book to share some of the powerful secrets we've accumulated during our time learning and experiencing family life with autism.

The information you're about to read will help you improve the life and prospects for your children and yourself while

making sure you avoid spending time and money on things that don't work and just drain more from your already low tank.

You're about to discover:

- 5 simple tips you can use to help your child reverse some key autism symptoms – even if you don't know where to start.
- How to avoid the 4 most common mistakes made by most parents – making even 1 of these errors could cost you hundreds of dollars and set your child back months.
- 3 rarely known secrets that can help your child shock his occupational therapist in as little as 4 weeks.
- The TRUTH about autism and why the standard approach to early intervention will only get you so far.

By the time you've finished reading, you'll have all the information you need to kick-start your journey to successfully seeing your child catching up to his peers. Let's get started!

**Keep your eye out for how you can save money, while supporting us at the same time. At the end of this document – Genuine win-wins for both of us.**

# 5 Simple Tips To Help Your Child Reverse Some Key Autism Symptoms

Some days, reversing autism might seem like a faraway dream. But, if you implement the right strategies, you can get there far sooner than you think. We've outlined 5 simple, tried-and-tested techniques you can use to add to and outperform standard early intervention.

## **#1 Remove gluten from your child's diet**

If you're serious about reversing symptoms of autism, one of the first things you absolutely must do is to remove gluten from your child's diet.

Removing gluten from your child's diet means that your child will avoid one of the most common sources of inflammation in the human diet. Gluten is contained in some grains, including wheat and barley.

The problem with gluten is that in many people, it creates inflammation in the body, particularly the brain. Since one of the most commonly studied physical symptoms of autism is inflammation in the brain, it makes sense to try removing gluten to see if it will help your child.

Gluten also can contribute to a condition called leaky gut, whereby the gut wall loses its ability to keep certain toxins away from the bloodstream. Many people with leaky gut also have a leaky blood brain barrier, which means toxins may more easily enter the brain. Toxins in the brain don't help anyone, let alone a child with autism.

I don't make this recommendation lightly. It pains me somewhat to make this recommendation. Not just because I loved bread, but because I grew up on a farm producing wheat and barley, and my parents still earn their income from growing and harvesting those grains.

Many parents hate this recommendation. That is until they see the amazing and fast results that come after removing gluten.

Yes, gluten-free alternatives are more expensive, but I'm not asking you to try gluten-free replacements for the food you're already providing. Gluten-free alternatives aren't always healthy foods. I'm suggesting, at least for a month, just eat real healthy food that is naturally gluten-free.

My hope is that you revamp your family's diet a little to have more nutritious food. More on that later...

## **#2 Remove dairy from the diet for one month**

As well as removing gluten from the diet, you also need to remove dairy for a month if you're ever going to see fast improvements in your child. This is really powerful because it can help reduce inflammation in a much shorter timeframe.

While you have removed gluten from the diet, and your child's leaky gut is starting to heal, it will speed up the improvements, so that you and your wider group of family and friends won't be able to deny the difference in your child.

Does your child go crazy for cheese? Many children on the spectrum, including ADHD, can't get enough of cheese. One of the reasons is that a protein in dairy that would normally not enter the brain, can do so when there is leaky gut and leaky brain.

That is the gut allows larger proteins through into the bloodstream, and the blood brain barrier lets some of them through into the brain. When this happens, the proteins can stimulate an opioid receptor, resulting in a mini high. It can become like an addiction in some kids.

At least until your child has been off gluten for a month, remain off dairy. After that time, you may slowly re-introduce dairy, starting with butter for a week, then cream, then milk and cheese. Each step is a week long, and starts slowly in small amounts. Keep a close eye on how your child responds to each step, then make adjustments if needed.

### **#3 Take the ION supplement (formally restore).**

We are still on the same theme here, but now dipping our toes into supplements. I'm not a big supporter of supplements any more (I was in the early days of our autism journey, but now realise we wasted too much money on supplements).

I prefer to use a good healthy diet as much as possible, but sometimes we need some more help.

In general, I would not recommend many supplements, and I am a big believer in seeking advice from a trained medical professional that has experience in testing for individual needs, and recommending supplements based on test results.

ION Biome is great for accelerating the healing of the gut lining, resulting in a reduction of leaky gut and leaky brain. It's not something that will cause side effects if you have too much.

So the first three tips are a three-pronged approach to healing leaking gut and leaky brain to quickly reduce inflammation. The reason I see these as so important, is that doing these three things will give you more than hope. It will convince you that you can heal your child from the symptoms of autism!

#### **#4 Eat real food**

Eating real food is another straightforward strategy you can use to improve your child's health and therefore reduce their autism symptoms.

We live in a world that is full of processed food. To make matters worse, we have developed the belief that food has very little to do with disease, let alone a 'disorder' such as autism.

We all know on some level that food affects how we feel. We know that after eating a lot of processed foods with poor quality fats and low in fibre, we slow down. This makes it more difficult to have our normal energy at work and play. We just don't join the dots and relate long term poor eating habits to chronic disease and lower performance.

As adults, and as the years go on, we attribute our slowing down physically and mentally with ageing. When we take longer to solve problems at work, or it takes longer to remember things, we laugh it off as "I'm just getting old".

The people that have transformed their diet to eat real food rather than processed foods realise that it's not just ageing, it's years of eating poorly.

It's the same for our kids, but nutrition is even more important during the years of fast development.

Ideally, the diagnosis of autism should be made without other health effects complicating the diagnosis. The health effects of a child not having adequate nutrition to develop normally are getting in the way.

The effects of consuming anti-nutrients and toxins can mimic symptoms that can add to a diagnosis of autism. Anything at all that affects development can contribute to a child being seen as having a developmental delay.

The good news is that even if your child had been diagnosed with autism, you can help them overcome some challenges by cleaning up their diet, so that they have what they need to speed up their development.

### **What is real food?**

Real food is food with minimal or no processing. These include:

- ✓ Vegetables.
- ✓ Grass fed and grass finished meats (small amounts).
- ✓ Fruits (small amounts, with a bias towards colourful berries).
- ✓ Nuts (if tolerated).

Real food is not:

- Most packet chips and snacks.
- Pre-made dinners from a supermarket.

- Soft drinks and sodas full of sugar.
- Most breakfast cereals.

I also put bread and pasta into the not real food group. Well-made traditional bread and pasta may be considered real food if they are free of processed additives, but most have additives.

Since gluten is inflammatory in most people, particularly until health is regained, stay away from bread and pasta, at least for a while to know how good things can be without them.

## **#5 Eat quality fat**

A lot of people don't know about this one – which is crazy because we think it's an absolute MUST-DO when it comes to improving brain health. Actually a lot more than brain health. The problem is that people were told to do the opposite because of gossip masquerading as science.

To most people's surprise, there is such a thing as good fat, and it's not cholesterol-lowering margarine.

You see, fat is a nutrient that our body needs. Around 60% of the brain is fat. Every cell in the body has fat. Many of our hormones are made from fat.

Fat is not just this substance that clogs up our arteries and makes us overweight. It's essential for life.

A significant problem in the modern world is the fear of saturated fat. Most people today still believe the myth that saturated fat is bad for us in any amount.

This is despite the fact that the United States Heart Foundation no longer see's cholesterol (a saturated fat) as a nutrient of concern. They didn't make this assessment

lightly. It's based on real scientific evidence, rather than the gossip that set the fear of cholesterol going around 50 years ago.

I could go on for hours about the evidence for saturated fat, but time to get to what you need to do to help your child with autism. The issue of fat is important for autism, as the developing brain needs stable fat to develop normally.

The key is that our body and brain functions better if the fats that remain in our body as parts of our cells and our brain are stable. Stable fats are ones that are much less likely to oxidise.

Unsaturated fats are unstable, and are often already oxidised before they enter the body, especially if they are used to fry foods. Quality polyunsaturated are more stable than monounsaturated fats, and they are needed by the body.

If the diet is high in unstable fats, and low in stable fats, the building blocks for your brain and cells are poor quality - resulting in poor function.

Here are some examples of quality fats with a higher proportion of saturated fats:

- ✓ Butter
- ✓ Fats from grass-fed animals
- ✓ Eggs
- ✓ Coconut oil

Here are some quality fats with a higher proportion of polyunsaturated fats.

- Walnuts
- Sunflower seeds

- Pine nuts
- Flaxseed oil (I prefer to avoid flaxseed oil from a quality source and is still fresh)
- Flaxseed
- Pecans
- Salmon
- Mackerel fish
- Almonds
- Tuna fish

Other quality fats include:

- Olive oil
- Avocado oil

Fats to avoid:

- safflower oil
- sunflower oil
- canola oil
- peanut oil
- corn oil
- vegetable oils
- margarine

# The 4 Most Common Mistakes Made By Parents Of Children With Autism And How You Can Easily Avoid Them

Unfortunately, when it comes to parenting a child with autism, too many parents make simple mistakes which can have long term consequences. If you're not careful, you could follow in their footsteps and end up slowing the development of your child, while making it harder for yourself.

But don't worry – we're here to help.

We've put together a list of the 3 most common mistakes made by parents– as well as easy-to-follow tips on how to avoid them.

## #1 Rewards and Consequences

Far and away the most common mistake parents make is rewards and consequences. It's not surprising. It's ingrained in us. We were parented that way by our parents, and teachers teach that way. Even our managers at work do it. You see, it's human nature that we want to do the right thing. Kids are especially driven by their desire to impress their parents. That is until they've had enough of trying and failing. Kids have a breaking point that they reach when they feel that they aren't good enough.

*Kids will do well if they can.*

Rather than motivating them to do 'the right thing' by threatening a consequence, it's better to find out why it's hard for them to do the thing that we want them to do.

We need to be in the mindset of - "there's always a reason." Particularly with children on the spectrum, there's usually a reason as to why they aren't doing what we want them to do.

Threatening a consequence creates stress, which makes their ability to cope with life and their environment more difficult.

Rewards aren't always the answer either. Yes, rewards are great sometimes, but we need to be careful...

Rewards and consequences teach children that life is full of right and wrong. When we do the 'right thing', we get rewarded and are valued. When we do the 'wrong thing' we are punished and lose some of our worth.

If we think that a child should be able to do something, we often don't realise that it can be difficult for them. We often think that a child should have known better. What if they can't do something? What if they don't know the rules of society that they have been born into?

If a child can't do something, there's a reason. Introducing rewards and consequences just adds stress to your child. If it continues, the child loses the feeling of self-worth. They lose confidence and don't believe they are worthy of love.

Instead, encourage your child by example. Look with an expectation to find the reasons that it's hard for them. Help them and encourage them.

It's more important to connect with your child, then to teach them with rewards and consequences. When your connection is strong, your child will respond and naturally learn and grow.

Encourage qualities rather than behaviours. Encourage calmness, resilience, persistence, curiosity, care for others and connection.

## **#2 Not looking after yourself**

Not looking after yourself is another common mistake, and is right up there with rewards and consequences in terms of the amount of it can set you back. It's such an essential mistake to avoid, but it happens WAY more often than it should.

It's easier than you think to look after yourself, and if you do, you will have more to give your family.

It's a trap that most parents fall into. It's obvious that your child on the spectrum needs extra support from you, so you give, give, give. You were already giving so much to your family before autism entered your world, but now you have to give even more.

Giving too much to others results in you giving less! Unless you spend time looking after yourself.

The best way to get the best of both worlds, by giving to your kids, while also giving to yourself, is to create a lifestyle that promotes energy and health.

That means eating well yourself. Taking some time to meditate and exercise. Taking time to meet with friends, and talk about things that you love.

Removing foods that zap your energy, while adding nutritious foods will help you more than you can imagine. You will be amazed with how well you can feel if you adjust the eating habits of your whole family.

Most of us will not have a ready-to-go circle of friends that understand what it's like to parent kids with challenges. You will probably feel like you have no-one to really talk to about autism.

Make sure you join a social group, whether in person or online, so that you can connect with other parents of kids with autism. This will help you get things off your chest. You will learn new ideas to try, and it will inspire you and give you hope.

Accept help from others. Some of your family and friends may not be able to understand or be the shoulder to lean on for the more difficult challenges, but they will want to help in whatever way they can.

You may be hesitant to have a few hours off, leaving your children in their care, but accept as much help as you can.

### **#3 Not being there for all of your kids**

This mistake might not be as common as the first two we've outlined – but that doesn't make it any less important. You may think that your other kids are fine, and need less of your time and help, but they also need to feel important and loved.

Getting the first two mistakes corrected, makes this one so much easier. Your kids that aren't on the spectrum are still affected by rewards and consequences. Rewards and consequences can hurt them. They also want to do the right things, and sometimes they just don't know what the right thing is.

The only difference is that they may not let you know how much it hurts them. They may push the hurt deep down inside themselves, then little by little, they struggle with life more and more.

Looking after yourself will mean that you have more time and energy for all of your kids. Just make sure you're conscious of the need to be there for everyone, including yourself and your neurotypical kids.

Spend some time one-on-one with all of your kids. Spend some time having fun with them. Help them to understand the challenges of their sibling on the spectrum, and encourage them to also be a support.

## #4 Putting all of your faith in one professional

This one is very common, and somewhat related to the other three. When you get this one wrong, you'll probably get the other three wrong too.

You see, any of the professionals that you are referred to as a result of the diagnosis won't talk about the other three. That is because their expertise is from their profession.

Professionals have a certain scope and expertise. They are not the one-stop-shop. They are one tool of many.

If your family was a business, the parents would be the board and the CEO's. The professionals would be hired contractors. You will use the contractors for their particular expertise. You would consult with them and listen to what they have to say, but they do not run the company.

Unfortunately with autism, we often don't look at it this way.

Just like with almost anything in the modern world, we don't want to do the work required to make our own informed decisions. We just follow what others tell us to think and do. It takes more than a Psychologist, Occupational Therapist and a Speech Pathologist to make profound differences in a child with autism.

In fact, those three professions are very important in autism, but they cover only a narrow portion of what's required to really make a difference in the life of a child on the spectrum. What makes matters worse, is that these professionals will tell you that diet and lifestyle won't help. They'll say that it's a waste of time and money.

Even though diet and lifestyle choices, as well as other interventions such as primitive reflexes, and noise sensitivity training may be out of their expertise, we may still take their opinion as fact.

Even a Paediatrician will try to convince you that your child's chronic diarrhoea is not contributing to autism, despite science indicting possible ways that it can be affecting autism symptoms. Many parents (including us) have reported profound improvements in autism symptoms after healing the gut and restoring normal bowel movements.

Please widen your scope and keep an open mind.  
Understand that it's unlikely to find a professional that's a one-stop-shop for autism.

*Gather views and opinions and make your own call!*

# 3 Rarely Known Secrets Which Can Help Your Child Wow Their Occupational Therapist In As Little As 4 Weeks

At Natural Autism Support, we've looked at many ways to help children with autism, and we've picked up a secret or two during our time. Here are just a couple of gems that you can use to shock family and friends in as little as 4 weeks.

Add these to the 5 simple tips and the things to avoid, and you'll see fast results.

## **#1 Balance gut bacteria fast**

Not many people know this – but it can drastically reduce the amount of time it takes you to balance gut bacteria.

When it comes to balancing gut bacteria, most just think probiotics. You see, probiotics are advertised and talked

about, so they must be the best way to balance gut bacteria, right?

Wrong. When your gut microbiota is biased towards harmful microbes, probiotics are a drop in the ocean. The bad microbes are well established. Even one tooth can have between 1000 (very clean mouth) and 1 billion bacteria on it. Now consider the whole mouth, plus the gut with trillions of microbes.

One capsule of a probiotic may have 65 billion bacteria, without a guarantee that they are active and able to survive digestion. Considering that your body has around 100 trillion microbes already established, 65 billion have their work cut out.

To shift the gut from bad to good microbes you need a more focused approach. You should consider getting the help of a health professional to guide you through the microbe shift. They can test the status before and after and be more specialised in the approach.

The approach should include these three steps;

1. Starve and kill bad microbes
2. Rebuild beneficial microbes
3. Maintain and add to healthy microbes

### *1. Starve and kill bad microbes*

This can be done a few different ways, which you could discuss with your health professional.

A popular way is the GAPS diet. The GAPS diet modifies the diet by removing foods that the bad guys love.

Carbohydrates are lowered in various stages so that the bad microbes are starved, and therefore they die out. NO SUGAR!  
NO FRUIT!

The GAPS diet can be too restrictive for many people. I love my hacks and shortcuts, so below is one...  
Adding it to a version of the GAPS diet that is right for you may be a good option.

Monolaurin (Lauricidin) is my preferred supplement to help remove unwanted microbes. It tends to kill a broad range of bad guys, while maintaining the good guys.

With the help of a doctor, you can also have them test for the microbes that have taken over the gut, then prescribe the antibiotic to match. This will get the fastest result in most cases. You could see improvement in a matter of weeks doing this with the help of a good doctor.

The problem with the antibiotic approach is that it won't address all the bad microbes, especially the yeasts. You may consider combining the antibiotics with a version of the GAPS diet. Then follow the course of antibiotics with monolaurin.

In either case, it's important to follow this first phase with the building up of good microbes, so let's go to step 2.

## *2. Rebuild beneficial microbes.*

To ensure that you don't lose the benefits of phase 1, make sure you build up a good environment in the gut that lasts.

To do this, you need to eat high fibre vegetables and take prebiotics (not to be confused with probiotics). This enables the natural beneficial microbes that are still there in the gut to build up their numbers.

Prebiotics are components of foods that good gut bacteria use as food. Providing these will help them grow and thrive. This will greatly speed up the gut healing process.

Look for prebiotics that contain things like inulin, guar gum, acacia, larch arabinogalactan and resistant starches. If there are specific microbes that are low, a good doctor can advise a specific one to focus on.

### *3. Maintain and add to healthy microbes*

This phase is to ensure the gut maintains balance and even improves diversity. In this phase, you maintain a longer term healthy diet, full of vegetables and natural food. In this phase you could add more fruits and not be so concerned with their sugar content.

You can also add probiotics in this phase. I recommend keeping the prebiotics going, especially if you're adding in probiotics.

Ideally, you would add probiotics based on the advice of your doctor.

Some probiotics to consider are spore based, such as JustThrive. Others that help restore a good base of microbes, while helping the overall community of microbes, are Ultimate Probiotic and Latero-Flora.

## **#2 Primitive Reflexes**

This is something parents are amazed that they were never told about – but once they do, they are amazed how many improvements can be made.

Getting help to integrate primitive reflexes works well with existing therapies and particularly works well in connection with diet changes.

Primitive reflexes are often not integrated in children with autism, mainly due to their nervous system inflammation, which is also what slows brain development. That's why combining primitive reflex integration exercises with diet and lifestyle changes works well.

Ideally, you can find an occupational therapist that's knowledgeable and experienced with primitive reflexes. This way you get the best of both worlds. You get the expertise of an occupational therapist that's experienced with autism, and also able to combine the expertise with techniques to integrate reflexes.

Sure, you can buy books, programs and watch YouTube videos about it, but having a local person that you can visit in person is much better. They will give you homework, but at least the homework will be targeted to your child.

### **#3 Slow breathing**

This may seem simple – but it's far from common practice. I'm still amazed at how much information is out there about mindfulness and other techniques about breathing, yet more than 90% of them miss the mark. They don't understand some basic important aspects of breathing.

Before autism entered my life, one of my passions was athletic performance. So I'll start there to highlight an important point, then move on to anxiety and autism.

It amazes me that today, in 2022, coaches and high-end athletes still don't know about the basics of how to improve a

cell's ability to produce energy. They have various training programs to get the best out of athletes, with each coach having slightly different ways to optimise performance.

So I will ask a question - When we sprint for 200m, then walk back to the starting point, we will be puffing and feel like we have to breathe like crazy to catch up. Why is that?

Most people would say to get oxygen in. This is because we believe that we're running out of oxygen due to the high intensity running using so much oxygen. If you put a pulse oximeter on your finger, you'll find that your blood oxygen is still high, even immediately after the sprint. So it's not low oxygen driving breathing.

You're not breathing heavily to get more oxygen into your blood.

So what is it?

It's high levels of CO<sub>2</sub> (carbon dioxide). You breathe heavily during intense and prolonged exercise to breathe the CO<sub>2</sub> out of your body. To reduce CO<sub>2</sub> in the blood. The biggest driver for breathing is CO<sub>2</sub>.

One of the main reasons that exercise improves fitness, is that you're training your body to be okay with high CO<sub>2</sub>, so that when blood CO<sub>2</sub> rises, your body stays calm at higher levels of CO<sub>2</sub>. When you are trained to be okay with high CO<sub>2</sub>, two important things happen.

Your body can train at high intensity before your brain signals to slow down.

Your cells get more oxygen into them from the blood. More oxygen can be offloaded from the haemoglobin in blood to

the cells when CO<sub>2</sub> is high. This means cells can produce more energy without producing as much lactic acid.

Don't worry, I'll stop the exercise stuff soon, and move on to anxiety and ASD, but it's important to emphasise that you can actually improve fitness to some degree while sitting on the couch.

You can even test this for yourself. Whenever you think of it, train yourself to breathe less. Breathe more slowly without breathing too deeply, so that you have a thirst for breathing. In other words, hold your breath more and breathe less so that you feel a sensation that you want to breathe more, but fight that urge a little, so that you breathe less. Don't over do it, just enough that you're not too uncomfortable. If you do this for a few times a day for a couple of weeks, notice the improvement in your ability to climb stairs with less puffing.

Even when walking, train yourself to breathe less so that you have a thirst for breathing more, but resist the temptation to breathe fast. Continue to breathe at a pace that stimulates a slight thirst for faster breathing.

For those interested, you may reach out to me, and I'd love to give tips on athletic performance and increasing VO<sub>2</sub> max with this idea, but for now, let's get back to autism.

When we have a low tolerance for CO<sub>2</sub>, we are stressed chronically. Something as simple as a change in environment, annoying sounds or an angry person for example can put us into 'fight or flight'.

It becomes a hidden reason for a lack of resilience for any change in environment or routine etc. You'll notice increased breathing in an attempt to lower CO<sub>2</sub>.

In some more difficult anxiety causing situations, this can ramp up uncontrollably whereby people hyperventilate and have an anxiety attack, as the body tries to blow off more CO<sub>2</sub>. As a result, CO<sub>2</sub> drops to a point that cells can no longer accept much oxygen (higher CO<sub>2</sub> increases the transport of oxygen from the lung to blood and the blood to cells).

At this point, the drive to breath more is from perceived low oxygen. And we all know the solution to a person hyperventilating in a panic attack is to breathe into a paper bag to increase CO<sub>2</sub>, which allows oxygen to enter cells again.

Training your child to breath slowly will help them to be calmer and more resilient. Even breathing slowly with the diaphragm, and holding the breath out for 10 seconds each out breath, will start to train the body to be calm and relaxed with higher CO<sub>2</sub>.

Like mindfulness classes, I do like starting a breathing, meditation or relaxation session with some big deep breaths to release tension, but it's important to incorporate slow and more shallow breathing with breath holds into the session.

When the body's natural state is with higher CO<sub>2</sub>, cells get more oxygen and mitochondria are healthier. Autistic kids will be happier with more oxygen in cells and better mitochondria.

One reason why slow breathing helps with calmness is its effect on the vagus nerve. The vagus nerve sends information from the body to the brain. This information can be used to put us in a 'fight or flight' state or a 'rest and digest state'. Breathing slowly, the right way can take you out of fight or flight and move towards rest and digest.

The old tip of taking 5 deep breaths to calm down is better than nothing, but why not improve it even further, so that the vagus nerve comes into play.

I'll outline the basics. The key is to breath with the diaphragm. The upper chest should not move and the breath should be so slow that it can't be heard.

Some people say to do 'belly breathing'. That is close, but not as good as diaphragm breathing where the focus is on moving the very bottom of the rib cage. The signal to move out of fight or flight is stronger with diaphragm breathing.

The act of focussing on the diaphragm and slow silent breathing has the added benefit of increasing mindfulness. It tends to be easier to stay mindful with the breath when doing it this way, rather than just asking your child to take 5 deep breaths.

When your child has experienced the feeling gained from slow breathing training, and they use it in stressful situations, you may be amazed at how well they handle situations that used to send them into the 'red zone'.

# The Truth About The Autism Industry And Why Most Parents Of Autistic Kids Don't See Their Children Catch Up On The Development Curve

Have you ever tried doing something that you knew was impossible to do? You couldn't do it, could you?

Unfortunately that's the situation when parents enter the world of autism. We entered the world of autism knowing nothing about it, but the industry was quick to make sure we understood that there's nothing we could do to meaningfully improve his chances of developing into an independent adult.

We could train him with behavioural therapies to help him cope with life a little better. We can train him to be more

socially acceptable outside the home. But helping him overcome the symptoms that will prevent him from one day having a family of his own and holding down a job are NOT POSSIBLE.

It seemed that the purpose of the early stages of autism support were to set our expectations low.

This is the number one reason why most kids with autism can't seem to catch up to their peers, no matter how hard they try!

In our case, this backfired. All this did was fire us up. We wanted to prove them wrong.

We hit the books, and read everything we could about relevant health topics relating to autism.

From brain health to gut health. We read about doctors that were breaking ground in the healing autism space. We followed leads and rabbit holes, read studies after studies. What this did was convince us that diet and lifestyle choices can make a difference.

On the flip side, many parents do become convinced that there's not much you can do. Parents think that if the experts say that nothing can help, except the behavioural treatments that they offer, then behavioural treatments are all there is to try.

The standard approach to autism that convinces parents to limit the interventions and set their expectations low has to change!

If you want to see your child catch up on the development curve, you need to widen your scope and use more tools.

This doesn't have to be expensive and complicated; it can be done step by step. Even relatively simple things that you can do at home, such as improve diet and eat natural foods, can make a huge difference. Removing foods that trigger inflammation such as gluten and dairy may mean you get more out of your standard interventions.

Once you realise that there are a bunch of tools out there that can help, your view on autism will change. You will have hope. You will have more than hope - you will know.

# Now For The Number One Supplement That The Manufacturer Forced Me To Remove From The Natural Autism Support Site

I get asked multiple times a day via email for the number one supplement that I had to remove from my blog post about [healing autism](#), so I decided to put it in here. It is [ASEA Redox](#).

[ASEA](#) forced me to remove any mention of ASEA Redox from my site.

It helps with so much (many pathways in the body) and the mitochondria directly. It has a huge impact on helping some people with autism.

I recommend focusing on diet as the first thing, but some people can afford and want to use supplements from the start, and for that I recommend ASEA. It helps with many pathways, including those affecting detoxifying, antioxidants

and sleep. It can replace the need for people to take multiple different supplements.

The video in the link below is one of a few that has been recorded with parents talking about their experience with autism.

<https://realredoxresults.com/video-details/rrr8/> (you'll need to enter the password - 'redox').

There's not a lot about ASEA on the internet, but there are some YouTube videos that you can search for.

ASEA is sold only through referrals by members. For that reason, we have signed up as members to help those who would like to try it. Although we don't make any money from ASEA currently, it is possible that we will eventually. If you sign up as a member, you are able to refer others and make some money. If you decide that you want to try it, we are able to help you directly with anything you need.

Here is the link to the ASEA Store. The two main products are a cream and a drink. People with autism have had improvement with both products. A lot of people start with the cream because it's easier to see the healing effect on the outside of the body than on the inside (lessening of wrinkles, healing skin and rash removal). The drink, however, will most likely work better for autism, but it's a personal choice.

# How You Can Support Natural Autism Support, While Also Helping Your Own Family

Thanks for reading this document. The purpose of this document is to motivate you to make some small but impactful changes to your lifestyle to help yourself and your child on the Autism Spectrum.

I decided to make this information completely free, so that more lives can be helped. In addition to this document, I have provided more resources at <https://www.naturalautismsupport.com>.

I'm a scientist and engineer, previously from the diagnostic pathology industry. However, I was fired from my job by not complying with the modifications to the vaccine policy that came with Covid-19. Furthermore, promising attempts for re-employment have fallen flat once my vaccine status is mentioned.

Driving Uber Eats isn't as exciting or rewarding as contributing to new methods for cancer diagnosis (yes driving Uber Eats is one of the very few things I'm allowed to do unvaccinated in Australia), so I'm doing my bit to help parents with children recently diagnosed on the Autism Spectrum.

This free document and my blog articles are just some of the ways I'm helping parents.

I also offer coaching for parents of children with Autism. If you are interesting in how I can help you, please book a free call [via this link](#).

## **Book a Free call.**

I have some other simple ways that you can if you would like to, including some win-win options. Any contribution would be greatly appreciated.

- Warren Gouin

# Donate - You Choose The Amount To Donate

[Please click here to choose your amount and donate.](#)

## Support Us By Choosing These Products That We Support

The products below are ways to support yourself while supporting us. Note that we make a small commission for any sales.

**Healy** - Holistic Health - Wellbeing - Vitality. Healy is designed to harmonise the Bioenergetic Field to improve wellbeing. It's a wearable that connects with you smart phone to provide micro-current frequencies designed to improve wellbeing. This technology has been successfully used in clinics, but now it's available in small devices for personal use.

If you get the opportunity to try it (free for 14 days), try one of the short mental balance or stimulation program. For me, the effect is undeniable.

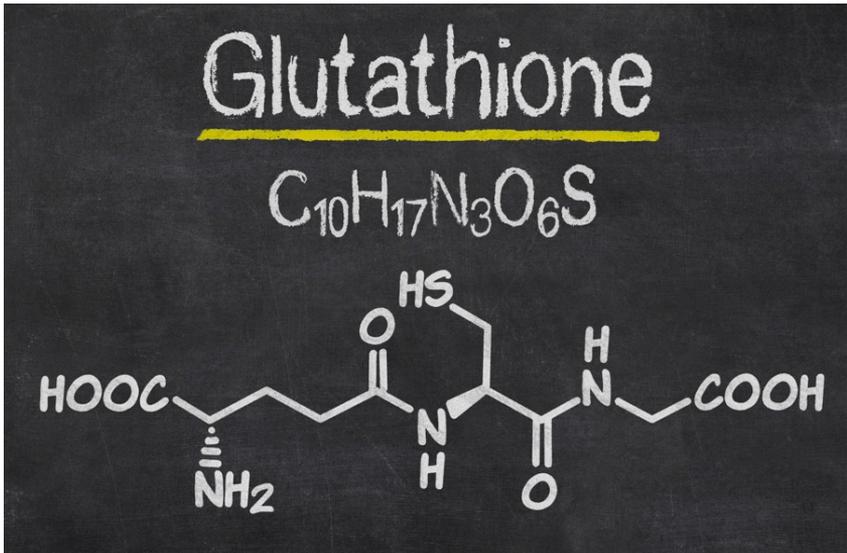


40% off selected models for a limited time!

**Get more information about Healy.**

# Neumi Swish

Neumi Swish is the best Glutathione supplement out there. Many times more effective than other glutathione supplements, and also includes small absorbable particles of curcumin to further reduce inflammation. As you probably already know, glutathione is the master antioxidant and detoxifier that our bodies make to improve health. When are overloaded with toxins and oxidative stress we can't produce enough glutathione to keep up, which results in various health issues and ageing. This problem of toxins, oxidative stress and inflammation is very common in people with Autism.



Neumi Swish has the most noticeable effects of any supplement I've tried. It uses new water encapsulated

technology that is much more absorbable than any other glutathione supplement out there, and it's great value for money.

You may also join as a member to get a significant discount. You may choose to share the product yourself to also make commissions, while also receiving free support from me, **including support to help your children with autism**

**Explore Neumi Swish** and their HydraStat water encapsulated Nanotechnology™