



In This Issue

- Total Load Theory
- ABC's of autism
- Readers Recipe – Sydni Knowles

Links

www.utaharts.org
connecting you to art

www.timwilsonglassart.com
View the Co-founder Tim Wilson's art

www.usautism.org
US Autism & Aspergers Association

Upcoming Events in Utah

www.carmenbpingree.com
April 8th The Pingree Center ~ Spring Parent Training conference ~ \$15 individual \$20 a couple ~ Contact Marin Bywater at (801)581-0194 for registration information

www.sedc.k12.ut.us
April 25th 9 am – 3 pm Pre-conference workshop ~ Transition~ Presented by the Utah Parent Center to be held at the Iron County School District office, Cedar City UT. For more information contact SEDC at (435)586-2865

www.sedc.k12.ut.us
April 25th & 26th Southern Utah Autism Conference. To be held at Canyon View High School, Cedar City UT ~ For more information contact SEDC at (435)586-2865

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Total Load Theory

With a diagnoses comes questions and doubts, Why me? Why my child? What went wrong? Did I cause this? And on and on. Some families have multiple children with autism spectrum disorders (ASD) while other families have multiple children and only one affected by an ASD. There is no answer as to why, no known cause or cure.

Total Load Theory is the idea that there are multiple underlying reasons which caused a child to develop an ASD. Not one thing specifically but a combination that in the particular child caused them to develop differently. Each individual has a threshold which keeps them balanced, some may have a predisposition and be closer to crossing the threshold than others. Our bodies regulate the balance and when certain systems within the body are triggered without the proper time to heal it pushes us closer and closer to crossing over the threshold. When we look at the factors that can trigger the onset it gives us a better understanding of the complicated system as a whole.

Environmental toxins and changes are often thought of when looking into the total load theory. Most illnesses and diseases are on an incline, even the treatable, curable or well managed illnesses in recent years have increased. So what is different within our environment from say ten years ago? There are more toxins within the air we breathe, Industries have grown and changed, there is more pollution. We have developed pesticides and chemicals which are deadly to bugs and rodents but we too are breathing them in. The technology has changed, progressed and put up satellites and towers for communication which send off radio waves and signals which may too have some effect on the human body.

Our diets over history have changed significantly; we consume processed foods more often than not. Fifty years ago the amount of processed foods consumed by an average person was only 10%, today that same person is consuming 80%. It is a convenience, prepackaged, prepared and "fast foods" are easy and time saving. The ingredients that must be used as preservatives also harm the body. We tend to lean towards time efficiency rather than the healthier option, frozen rather than fresh and prepared rather than whole foods. Farming, growth and the raising of animals has changed as well, hormones and antibiotics are given to livestock. Fruits and vegetables are treated with pesticides and chemicals to produce a healthier (larger) crop. What is put on our foods in "production" is also consumed by our bodies.

Immune System deficiency is also common within the ASD population, 70% of the immune system function is stored within the gut. Children have frequent ear infections, sinus issues, colds, pneumonia all which are typically treated by an antibiotic which in turn causes a double blow to the body's system. The body is now trying to fight off the infection and process the medications.

Genetic predisposition is also a factor; yes some of us carry a genetic makeup

Topics for Upcoming Newsletters

*Diet change the first steps
Services you are entitled to
Alternative therapies
Education options
*Stress relief for parents
*Support groups for family
Organic food choices
GFCF, SCD, LOD Which diet does your child need.
*Going GFCF
DAN! Doctors
Biomedical treatments
Supplements
Speech therapy
Occupational Therapy
The Star Program
Floortime
Hyperbaric Oxygen Treatments
*Coping with OCD
*Setting a routine in place to benefit child and family
IEP process
GI issues the minds connection
Environmental Toxins
*Sibling Issues
Music Therapy
Sensory Integration
*Melatonin
*Toilet Training
Bullying
Aggression
*Total load theory

**Covered in past issues*

that makes our children more likely to develop an ASD. We also carry a toxic load within our own bodies which can be passed along to our children. Autism has not been proven hereditary but some of the tendencies that come with an ASD can be traced throughout the family history (examples: speech delays, behavior issues, food intolerances).

Vaccines can be an extremely controversial topic within the disability world, the current immunization schedule states; children are to have thirty six (36) shots prior to entering kindergarten. These are children who have an underlying illness; their body may not metabolize or properly process medications. Doctors recommend the first shots within 72 hours of birth, whether your child is sick including common cold illnesses and giving multiple dose vaccines without individual consideration. **While we do not promote nor discourage from the proper vaccination of children or adults**, consider looking single vile doses, spread out over a period of time when the body is healthy and is better able to handle the shock.

Total Load Theory is simply looking at everything and contributing all factors to the outcome of Autism Spectrum Disorders. The environment, diet, immune system, any predisposition and medical treatment can all be factors into the outcome. It is not one thing that caused or lead to the diagnosis of autism but instead a combination of everything on a body that could not process and cope. The world is filled with triggers which individuals process differently, some can handle and regroup others get closer and closer to the threshold until they are pushed across the line.

ABC's of Autism

Too many, autism is a completely different world often misunderstood, but for those of us who live in the world of autism, we speak a different language. I put together the ABC's for those who understand. Enjoy!

Autism is EVERYDAY

Behavior issues

Casein free

Defeat autism NOW (DAN)

Environmental toxins

Fear little

Gluten free

Hand flapping

Intolerance to some foods

Jolts away quickly

Kids at heart

Loved by many

May not make eye contact

No known cure or cause

Obsessive Compulsive Disorder

Pervasive Developmental Disorder

Quite mysterious

ROUTINE

Self stimulating behaviors (STIMMING)

Therapies needed

Unique individuals

Very curious

Without communication
X-tra loveable
Yearn to be accepted
Zero downtime

Reader's Recipe

Thomas Bennett Knowlton III



Thomas is an 8 year old boy who lives with autism and ADHD. He is fascinated with origami and the military. He is not on a special diet yet however they do restrict sugars. His mother Syndi says "he is a good child and very smart, too smart for most people to believe he has any problems." He was diagnosed with autism in May 2007.

GFCF Macaroni & Cheese!

Macaroni & cheese is a tough one to do GFCF. It is suggested you try this recipe about 3 months into the diet – as it may not taste anything like the "real thing."

1 to 1 ½ cups GFCF Pasta (rice and corn pastas taste best)
2 tablespoons CF margarine (available at most stores in UT)
¾ cup CF milk substitute
2 slices Tofutti brand American slices

Add: Salt, pepper, onion powder and garlic powder to taste. (Note: Lawry's seasoning salt will make the recipe appear more "yellow" like the Kraft Mac & Cheese.)

Boil pasta until desired doneness or per the package directions and drain. Return pasta to warm pot, add GFCF margarine and milk substitute. When milk is warm, add one or two slices of cheese. Stir occasionally over low heat until cheese is melted. Season to taste and serve.

**Instead of milk substitute, try Imagine Foods Creamy Squash soup!

Recipe from Talk About Curing Autism (TACA) Please visit their website for more yummy recipes www.talkaboutcuringautism.org

Disclaimer: Marbles for Miracles does not lobby or promote any one treatment or therapy. Our goal is to provide you with as much information as possible, so that you can make an informed decision. This is purely for information only and is not intended to substitute medical advice.