



In This Issue

- Epsom Salts
- The Polar Express
- Readers Recipe – From Christie Rhoades
- Rocky Mountain Christmas Fest
- Food Fight Results

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.rmchristmas.com
Dec. 7th-8th Rocky Mountain Christmas Fest at the Salt Lake County Fairgrounds ~ visit their website for coupon

For more info call (801) 964-2008
Dec. 12th A workshop on Detoxification presented by the Hyperbaric Healing Systems located at 2520 W. 4700 S #2A, Taylorsville

www.autismcouncilofutah.org
Jan 16th 7:00-9:00PM Autism Council of Utah Presents a workshop – Successful Adult Lives for Students with Asperger Syndrome and High Functioning Autism- Lecture Hall at the Division of Services for Deaf and Hard of Hearing 5709 South 1500 West, Salt Lake City

Contact Us

<http://www.marblesformiracles.org>
brooke1@marblesformiracles.org
tim1@marblesformiracles.org

Epsom Salts

Many studies have shown that most people with autistic conditions show some form of deficiency in detoxification. There seems to be impairment in the sulfation or transsulfuration and methylation or transmethylation of the body. It has been stated that many children may have 15% of the levels of what is seen in “typical” children.

Methylation and sulfation are required for many systems and processes we all need daily, and are often the same systems that are impaired with ASD's. Detoxification, Heavy metal elimination, digestion, immune function, cellular/metabolic function, gut integrity and microbial balance are all processes performed by sulfation and methylation. Low levels of sulfates make the conversion of compounds to sulfate difficult, which can lead to problems handling some medications, diet, environmental chemicals and even some chemicals produced within the body.

What are they?

Epsom Salts are magnesium sulfate. Salts are simply molecules that form because the parts have opposite electrical charges which bind them together. Magnesium has a positive charge, Sulfate a negative charge. Sulfate performs many unique biological functions like detoxifying.

What do they do?

We can enhance the detoxification process by supplying more sulfates. This will increase the amount of toxins being processed out. When looking at the ways to increase the sulfates it is important to keep in mind that different formulas work for different individuals.

Gut formulas do not always work, so simply giving more sulfur through swallowing supplements may not produce satisfactory or any results. There have also been many creams brought into the market, methylsulfonylmethane (MSM) creams, these do not work in all cases. One of the reasons these products may not produce favorable results is that the body must turn the sulfur into the needed sulfate form.

Epsom salts break apart and separate or dissolve in liquid, and the magnesium and sulfate in the salts can then be absorbed into the body through the skin. Because it is already in sulfate form the body does not have to convert it as it does with other sulfur forms.

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
- Floortime
- Hyperbaric Oxygen Treatments
- *Coping with OCD
- *Setting a routine in place to benefit child and family
- GI issues the minds connection
- Environmental Toxins
- *Sibling Issues
- Music Therapy
- Sensory Integration
- Melatonin
- *Toilet Training
- Aggression
- Total load theory
- *Epsom salts

**Covered in past issues*

References from this issue

~<http://www.enzymestuff.com/epsomsalts>
~Dr. Rosemary Waring ~Information taken from the Heber Valley Railroad Website
www.hebervalleyrr.org ~ Ener-G Foods

In addition to sulfate you are also supplying additional magnesium; many people suffer from insufficient magnesium levels as well. Some symptoms of insufficient magnesium are hyper activeness, irritability, anxiety and muscle twitches or spasms. Epsom salts supply magnesium in a highly available form. Epsom salts for some will provide two-way assistance.

It is thought that sulfate will circulate in the body for approximately nine hours. Epsom salts left on the skin can continue to be absorbed, offering a time-release input into the bloodstream- similar to medications given through skin patches.

There are several ways to use Epsom salts; the most common would be through a bath. You can start with as little as one tablespoon and work your way up to one to two cups per tub. The amount that works best may depend on the individual's tolerance, water temperature and amount of water. Epsom salt baths are calming for most and recommended just before bed.

One side effect is the drying that the salts cause to the skin; if it is too dry, itchy or irritated, you may rise with clean water after the bath and/or apply lotion to moisturize. Another side effect may be diarrhea or loose stool which can result if the bath water is ingested. **Please contact your healthcare provider or local poison control if you believe your child may have ingested Epsom salts.**

Epsom salts are available at most grocers or health food stores, or inexpensively in bulk at both warehouse bulk good stores and agricultural supply stores.

***DISCLAIMER:** All content is for information purposes only and not intended to be used as medical advice or in place of professional advice. Marbles for Miracles does not indorse any particular treatment. Our goal is to provide as much information so you can make informed decisions.*

The Polar Express

All Aboard! The Polar Express, come aboard the Heber Creeper train for a ride inspired by the award winning book by Chris Van Allsburg, read along with the story of "The Polar Express" as the train makes its magical journey to the North Pole. Enjoy hot cocoa, cookies and a special treat from Santa for those "who believe." Don't miss this wonderful family experience. The Heber Valley railroad offers this ride each year between the day after Thanksgiving and Christmas Eve. The train ride is approximately an hour long. For more information visit their website at www.hebervalleyrr.org.

Reader's Recipe

Savanah playing outdoors at age 4, she also loves pie, so we found it fitting to honor her with a pie



This is Savanah, she has not been diagnosed professionally with Autism but has many autistic tendencies. Her mother, Christie Rhoades is currently in the beginning stages of diet intervention, trying to help her daughter by using the GFCF diet.

Pumpkin Pie (GFCF)

Gluten-Free Pie Crust. Recipe courtesy of [Ener-G Foods](#).

- 1/2 cup shortening
- 1 1/2 cups rice flour
- 4 tbsp cold water

Preheat oven to 400 degrees.

Preheat oven to 400 degrees. Cut shortening into rice flour until a crumb like texture forms. Add water. Work dough with hands until soft and form into ball.

Place dough in 9 inch pie pan and press it into the bottom and sides, use the back of a spoon or fingers.

Use fork to prick the bottom of the crust to prevent buckling. Place crust in oven and bake for 12 to 15 minutes, or until edges are golden brown.

Pie Filling

- 1 can pumpkin
- 3/4 tsp. ground cinnamon
- 1/2 tsp. ground nutmeg
- 1/4 tsp. ground ginger
- 1/4 tsp. ground cloves
- 1/2 tsp. sea salt
- 1 cup milk substitute (coconut milk, rice milk, etc.)
- 1 cup maple syrup
- 2 eggs (or flax seed egg replacement)

Preheat oven to 425 degrees. Mix the pumpkin and spices together. Add the remaining ingredients and stir slowly until just mixed. Pour the mixture into the pie crust.

Bake at 425 for 15 minutes and then reduce heat to 350 degrees and bake for another 30-40 minutes.

Allow pie to cool completely before serving. Refrigerate any left-over's.

Rocky Mountain Christmas Fest 2007

Be sure to visit the Marbles for Miracles booth at the Rocky Mountain Christmas Festival. The show will be held at the Salt Lake County Fairgrounds in South Jordan, on December 7th from 10-8 and December 8th from 10-6.

Admission is \$5.00 per person but if you visit their website there is a family pass coupon which will allow the whole family to attend for just \$10.00. Visit their website at www.rmchristmas.com. Santa will be onsite so bring the family and have your picture taken.

Marbles for Miracles will be there with art work by Tim Wilson including marbles, glassware, sculptures, ornaments and jewelry. Autism Awareness items will also be available. All proceeds will go to help families affected by autism.

Marbles for Miracles also has a limited number of tickets available for free admission to the festival, if you would be interested in receiving tickets so you can attend please email Brooke at brooke1@marblesformiracles.org.

Food Fight Results

The second annual Marbles for Miracles Royal Food Fight was held November 17th. It was a huge success. If you missed it we will do it again next year, watch the upcoming events section of our newsletter to find out when and where.

Congratulations to the King Steve Persels and Queen Alex Larsen.

A special thanks to the US Autism and Aspergers Association (USAAA) who donated 6 tickets to individuals who other wise would not have been able to attend.

Thanks to all who came and made our 2nd go around a huge success. Be sure to check the website for pictures and video footage from this year's event. See you all again next year.

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