

CHICHESTER OBSERVER
MARIA GRIFFITHS LIFESTYLE COLUMN
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Dear Maria, Our son is on the Autism Spectrum. I have read that Nutritional Therapy can help in a huge way. Is this true?

Nutritional therapy is part of a broad range of diagnostic and treatment protocols for Autism, which are customised to each patient. When combined this method is referred to as Biomedical Intervention, and has a huge following worldwide especially in the States where it was originated by Dr Bernard Rimland at the Autism Research Institute. From treating his own son, he realised that autistic children are treatable and recoverable by systemic means that address the need to restore imbalanced biomedical immunological processes.

The Institute believes that autism is treatable.

Results vary from child to child but every patient has at least one form of improvement. Diet and supplementation of nutrients is crucial to the programme, and is determined by results from laboratory tests. I test for heavy metal toxicity, vitamin and mineral deficiencies, intolerances to foods, gut function and parasitic infestation levels, and gut flora. Other tests indicate inflammation, damage to the gut, and can flag up digestion problems. Unfortunately, none of these tests is available on the NHS.

Most children on the spectrum have a very limited diet. They are picky eaters and as such can suffer depleted levels of essential nutrients.

In the UK there are practitioners like myself who have studied the DAN (Defeat Autism Now) protocol and are seeing wonderful improvements in behaviour and social integration. The philosophy is 'get the most potential from the child'. There are various organisations that do splendid work helping children on the spectrum but do not use the biomedical approach, therefore this alternative therapy has to be funded privately.

I work with an enlightened charity in the UK which funds a huge part of nutritional therapy for autistic children.

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