

STRAUSS ACADAMIA

10 June 2020



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STRAUSS**

Written by:

Owner of Strauss
Academia

AUTISM EDGE SERIES

I am very excited to share this series with you. Autism Edge was born through the journey I have embarked gathering insight and knowledge along the way. I would love to share what I have learnt in the last 6 years with you.

We are covering the topic of yeast and how overgrowth of yeast influence autistic behavior. What is yeast?

Yeast is a micro-organism found in the human body in areas like the intestines. An imbalance between the number of probiotics is and yeast overgrowth can happen. It's said that toxins from the excess yeast enter the bloodstream, which causes negative effects that can imitate characteristics of autism or worsen the characteristics of autism.

It has been years that scientists proposed and accepted that an overgrowth of yeast can worsen the symptoms of Autism in children and adults. This overgrowth in the body is very harmful in people, but becomes particularly sensitive in regards to autism as it could hinder overall development.

Treating yeast overgrowth and restoring the balance in the body between yeast and probiotics, removes the toxins (through various ways) from the body, lessening the characteristics of autism. Probiotics are good bacteria; they promote a healthy balance in the intestines and prevent yeast overgrowth.

So, what would be the possible signs or symptoms that my child might have high levels of yeast? We can look at some behaviors that show us that the yeast levels might be high.

These behaviors includes: Hyperactivity, flapping actions of arms or legs or toes, fits of laughter, sleep troubles and difficulty to focus. There are also medical sign to look out for.

They include bed wetting, upper respiratory infections, bloated belly, rashes and craving of sugar and carbohydrates. How and what can you do to lower yeast in the body. We have mentioned probiotics earlier in the article, the good bacteria, but we can also change the diet.

Food like garlic and grape seed extract can help in lowering yeast levels.

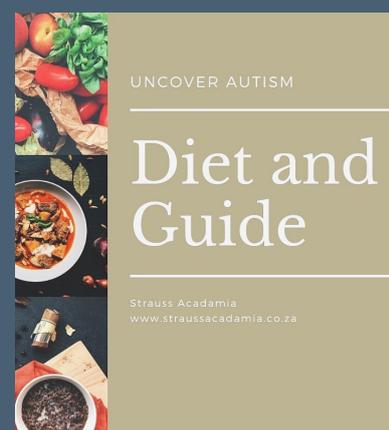
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UNCOVER AUTISM:
PHASE 1- DIET.
FOR MORE
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THIS SERIES, PLEASE
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Probiotics like acidophilus and lactobacillus can help with balance in the intestines. Lastly we have dietary changes like excluding sugars and carbohydrates. They can also follow a high in raw nutrients, low in yeast and processed foods. Bringing in fermented types of foods can also increase the levels of good bacteria. Always contact your healthcare professional before starting with a specific diet.

Candida is also important to have in mind as it is a genus of yeasts. Candida levels in children with autism has been tested and shows almost twice the levels of typically developing children. The relationship between candida and children with autism is even stronger when you think that candida promotes inflammation in the body.

From our previous articles we know that inflammation in the body causes a low immune system function as well as digestive difficulties.

Studies have shown that children with developmental difficulties have trouble with the digestive system. This also increases different behaviors around food intolerance and food sensitivities.

Excessive number of yeast or candida in the GI track causes gas, nausea, stomach pain and cravings. . The big number of proliferation of candida in the GI system can lead to toxic sugar production. The effects on the nervous system is harmful. This can cause blocking the centers in the brain that develops speech capabilities and focus.

What can be done to assist lowering the levels of Candida? We have made a list of foods to avoid and foods to include. To receive the full list, register for our Uncover Autism Series. Any sugar and carbohydrates should be avoided, foods containing dairy should be excluded as well as certain fruits.

Keep a lookout for the article on our Facebook or Instagram account.

Please let us know if you have any questions about today's article.

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