

STRAUSS ACADAMIA

21 April 2020



**JACQUES
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.

Healing the biology of the autistic child. Cleaning the gut, detoxification, and healing the body is of most important.

What are the roles of zinc and copper? Why you don't want to load up or detox on them when the levels are low or high through medication.

Zinc deficiency may lead to children becoming irritable, gaze look in the eyes and feelings of crying. A deficiency can also lead to infections and inflammation in the bowl, loss of appetite and poor wound healing, decrease in T cell count (A T cell is a type of white blood cell that helps the immune system fight infections) and growth delay. When Zinc is low it leads to a low immune system that leads to low absorption of nutrients. Gastrointestinal disorders can also cause zinc deficiency, due to diarrhea that goes with having a leaky gut, which is common in autistic children. Healing takes place at night, zinc can be given at night before bed with a probiotic. Foods with high levels of Zinc can improve and assist the immune system, enzymatic processes, sensory function, cell growth and higher appetite. Zinc is an important nutrient for cognitive function. Keep in mind to take small steps in introducing new foods to their diet.

Copper helps with iron regulation. Copper is a co-factor for a number of enzymes. Copper is also needed for neurotransmitters. A high copper to zinc ratio can cause many health issues such as mental problems, diabetes, decreased digestive enzyme activity as well as food sensitivities and allergies, and autoimmune diseases, IBS, and chronic candida. Very high levels of Copper leads to hyperactivity, academic underachievement, learning disabilities, emotional meltdowns and frequent anger, ringing in ears and sensitivity to food. When copper levels are very high, more norepinephrine and epinephrine (adrenaline) are synthesized from dopamine, which causes feelings of agitation, anxiety and panic, overstimulation, restlessness, and insomnia. These mentioned symptoms can be seen in children with autism.

How do we balance the ratio between zinc and copper in the body in a healthy manner?

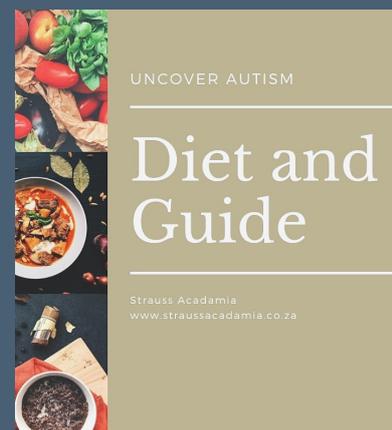
STRAUSS ACADAMIA-
UNCOVER AUTISM:
PHASE 1- DIET.
FOR MORE
INFORMATION ON
THIS SERIES, PLEASE
CONTACT US AT
INFO@STRAUSSACADAMIA.CO.ZA

JOIN THE JOURNEY
AND TAKE PART IN
LIFE CHANGING
EXPERIENCE.

#YESYOU CAN
#MAKEITHAPPEN
#AUTISM
#MORETHANALABEL

EXTRA SUPPORT

YOU CAN ALSO
SUBSCRIBE TO
RECEIVE THE FULL
DIET PLAN,
SUPPLEMENTATION,
VIRTUAL
CONSULTING
MEETINGS AND
MUCH MORE.



Zinc and copper have an intimate relationship. First we need to look at where does the copper come from through the foods we eat, the water we drink and bath in. After the elimination of the source, this is the first and most important step in the copper elimination process. Increase the intake of zinc rich foods. Zinc is what removes excess copper in the body most naturally and efficiently. Increase other copper antagonists, including molybdenum, sulfur, manganese, B vitamins and vitamin C. Drink lots of water to keep the copper moving. Steam baths or anything that increases sweating will help. Epsom salt baths. Epsom salt pulls out heavy metals. This is a key ingredient to add to bath water!

Please let us know if you would like to know more about how to use diet as a way to lower metals in the system as well as how to detox metals through following our diet and resources.

**STRAUSS ACADAMIA-UNCOVER
AUTISM: PHASE 1- DIET.
FOR MORE INFORMATION ON THIS
SERIES, PLEASE CONTACT US AT
INFO@STRAUSSACADAMIA.CO.ZA**

**JOIN THE JOURNEY AND TAKE PART
IN LIFE CHANGING EXPERIENCE.**

**#YESYOU CAN #MAKEITHAPPEN
#AUTISM
#MORETHANALABEL**

EXTRA SUPPORT

**YOU CAN ALSO
SUBSCRIBE TO
RECEIVE THE FULL
DIET PLAN,
SUPPLEMENTATION,
VIRTUAL CONSULTING
MEETINGS AND MUCH
MORE.**

