

STRAUSS ACADAMIA

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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.

Healing the biology of the autistic child. Cleaning the gut, detoxification, and healing the body is of most important. In today's article we will be discussing a new topic regarding how to get a clean and healthy gut!

Secrets about gut health , what to include and exclude in your diet. We have mentioned in the previous article a leaky gut or inflammation, diarrhea or any gastrointestinal disorders that can occur due to an unhealthy gut. Chronic gut health problems like celiac disease, IBS, colitis, SIBO, gastritis, or candida can occur as a result.

When a child with autism is experiencing regular constipation, it could be due to a variety of factors, which can cause inflammation in the small intestinal tract and colon. When there is inflammation in the intestines, it weakens peristaltic action (the movement of food inside the intestines, which is the movement created by your central nervous system that pushes food through your digestive tract). Signals get mixed up and cannot send and received in the right way when there is inflammation in the colon. A diet to assist in lowering inflammation is crucial to start with the recovering of gut health.

The diet needs to consist of foods that hinder any pathogens to grow or develop. Pathogens feed and grow on certain foods along with toxins and heavy metals. The best way to combat pathogens like viruses and bacteria is to starve them of the foods that feed them and make them grow. The reason gluten is a trigger for intestine problems is because gluten is a feeding food for the bacteria. When gluten is consumed and reaches the intestines, transglutaminase (tTG), (an enzyme produced in your intestinal wall), breaks down the gluten into gliadin and glutenin. In children that are gluten sensitive, GALT, or the immune system of the gut, recognizes gliadin as a dangerous substance and produces antibodies. The tTG's role is to keep the lining or the area where nutrients are absorbed healthy and working. The antibodies attack the tTG and the ability of your gut to absorb nutrients decreases.

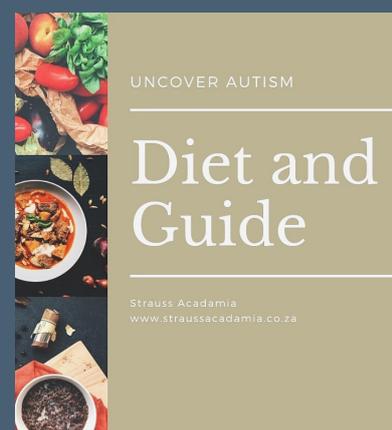
STRAUSS ACADAMIA-
UNCOVER AUTISM:
PHASE 1- DIET.
FOR MORE
INFORMATION ON
THIS SERIES, PLEASE
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When it comes to gut and digestive health, it's important to address the health of the liver. The liver plays a crucial role in gut health issues. The liver absorbs all the medications you take. Your liver absorbs the medication and toxins and takes quite a while to leave the body, not even to mention that children with autism already struggles with the detoxification process. Before it finally leaves after years, it can take up a space in your intestinal tract, causing inflammation and disrupting peristaltic action. Heavy metals are also stored in the liver like chromium, nickel, mercury, aluminum, copper, lead, and arsenic. Most people's livers are loaded down with too much fat from their diet and therefore does not work at a 100% rate. A healthy liver is important in order to heal from a gut-related illness. When our liver becomes influenced due to all the toxins, heavy metals, viruses, bacteria, toxins, and fats, it cannot produce the bile it needs in order to break down the fats.

Food types to increase are fresh fruits, vegetables, and leafy greens, root vegetables (potatoes, sweet potatoes), nuts, beans and gluten-free grains. Lower the protein intake if you are wanting to heal from an illness so you can allow your liver to function properly.

Food types to avoid are wheat-based products, gluten-containing grains, processed foods with MSG, baked goods, sauces, popcorn, chips, cereals, sugar, refined oils, dairy and artificial sweetener.

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.

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