

STRAUSS ACADAMIA

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STRAUSS**

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Owner of Strauss
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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.

In the last article we touched on the topic of liver health and how it assists in healthy detoxification. Today we are going to cover a bit more on the liver and the physiological implications of the liver and Autism.

The liver consists of different phases to detox or clean the liver. Step 1 is the starting phase that prepares the liver for detoxification. Step 2 is the phase where the substance binds with the toxin to counteract it and excrete. One example of the substance mentioned above is glutathione. Glutathione is usually low in children with Autism and is important to take note of their levels as these levels will influence the biochemical pathways to excrete the toxins. Foods that can assist in increasing the glutathione levels are garlic, aloe and dandelion to mention a few.

Preparation for starting a detox is of utmost importance. You can change the dietary aspects, add Epsom salt in bath to improve the salvation process and different types of diets for specific reasons like yeast overgrowth, mold, parasites, bacteria and viruses. Supplementation with probiotics will improve the micro flora which assists in the immune system function.

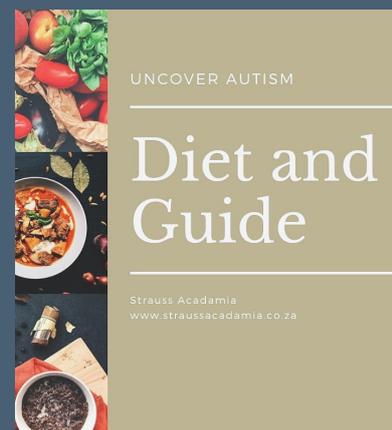
STRAUSS ACADAMIA-
UNCOVER AUTISM:
PHASE 1- DIET.
FOR MORE
INFORMATION ON
THIS SERIES, PLEASE
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We all know that detox and children with autism is a great challenge. We have talked about foods and supplements that can be used to aid in detox.

Children with autism struggles with the following: Vitamin and Mineral deficiencies, poor Gut health, impaired Methylation and heavy metals. Detox helps the biochemical pathways to function more efficiently.

Here are a few ways to help your child detox:

Clay baths- Clay have the ability to pull toxins out the body.

Infrared Sauna-Sweat can be another tool to excrete toxins.

Epsom Salt baths- Raise plasma sulfate levels.

Chelation-Removing heavy metals from the body.

Ionic Foot Baths- Detox method through the feet in water.

Each of these methods must be used with precaution. As the body heals from toxins they become more healthier, they begin to think more clearly and also start to feel better. That is the main goal.

Please let us know if you would like to know more about the topic or any questions you might have.

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