

Some of you that have read my messages of this board and have contacted me and requested protocols for starting nutrients for your autistic child or adult. And some have asked particular details about Ruth's recovery. First it may be

. helpful to learn of how she did as a springboard to you choosing which of several ways I will suggest later that you can follow. Also I state here and now that I have no vested

interest in helping your loved one except it releases some psychic pain in me from my son's' horrendous 15 years of psychosis. I sell nothing, I do not advise you to see a doctor, buy this or that and have no contact with you except

, through the emails or telephone. As I have told others " me helping you are my nutrients". **SOMEONE WHO WAS AS HELPED-Ruth** — These were the first sheets I gave to Ruth for her to keep always. I gave her these sheets after the third day. For someone I helped with major problems-Ruth. . This is

an example of what you can consider. Very important information (given to her) — please always keep these sheets.

Age 47 suffered since age 17 or before. So now you are working on all four main neurotransmitters(=NT) (dopamine- serotonin

from food- turkey(4 days per week 1 meal each day) serotonin with precursor amino acids phenylalanine, tyrosine and

methionine and additionally tryptophan for serotonin NT — also working on acetylcholine, gaba, and serotonin (NTs) by

s) nutrients in capsules and liquids. So you are working all four main NTs and low histamines, high copper and vitamin b6 and zinc depletions (pyrroluria). Each and every nutrient and food is very essential. You will see some slight improvement in two weeks and followed by wonderful improvements over

many many, many weeks. , You are building a tree or fish or human. sh

All need the proper nutrients to grow and function. So for now we have answered what the problems are, which nutrients or foods, and what dosage. So now you wait for the rebuilding process to work. Simply take them and try to forget get

about the disease now now. It has worked for millions of people if

. they have the correct knowledge. Your disease is not rare at our all but causes massive pain and suffering. I am simply the

fering. messenger of passing on this knowledge and I too am blessed

to have the opportunity to help. My payback from you is also "my nutrients". Then at some point you too can pass on this knowledge to help others. Then you have gone from chaos, confusion, pain and suffering to some level of awareness and a different form of humanness and have a

ferent chance to grow in all ways into your spiritual importance

(purpose and intent) as a special gift from a higher source being.

Nutrients for low histamines- high copper toxicity (she is female and estrogen dominant hormone which is also a copper binder binder- so she gets double binding of copper load.

- Males even with copper toxicity have less problems because they have estradiol hormone-a small amount of estrogen). Her copper load somewhere around estimated in range of 135-180 (90dl is normal)(no evidence of miscarriages or births (no seemingly problems from puberty with copper copper. I asked . questions of environmental copper intoxication and no evidence there.- no major problems with PMS indicators. Has all of Dr Dr. Carl Pfeiffer's guidelines for low histamines and

pyrroluria (also possible wilson's disease-copper being

s "stored" in liver and brain causing massive thought problems and behaviors), blood goes to liver goes to spleen which is missing in her body (because of past sur surgery) so liver has to

gery) do all detoxing of blood going to brain. Thus toxic blood getting to brain+ pyrroulria- urinating massive amounts of vitamin b6 and zinc daily daily. No way by diet to replace that . amount depleted each day).

Nutrients per day : to bring down copper: all equal divided doses in middle of full meals. Has 1-3 bowel movements per month. This was caused by some 17 dif different high-powered ferent drug medications over many years use. She has been reduced

to 14 at this point. After 10 days she is now at vitamin c 30,000mg to 40,000mg++ in divided doses every 2 hours- (still attempting to get two bowels movements per day( she has had only 2 bowel movements in 10 days) and transcient time to 9-10 hours (she has high threshold for vitamin c which indicates total vitamin c depletion now now. She may have to go to

. 60,000mg daily or higher to achieve her vitamin c threshold. (I will not suggest IV vitmiam c- outlawed in state of Kentucky Kentucky.Indiana does have . Zinc 300mg =also for .pyrrouluria, vanadium- chromium 2x day day, selenium 800mcg,

, nac acetylcysteine 600mg 2x day .For low histamines - b12 2000mcg, folic acid 12-mcg, niacin b3 3000mg and pyrroluria.-- other NT NTs): serotonin omega 3 3,000 mg EP s): EPA

part. Gaba NT 3,000mg gaba. Acetylcholine NT 2,000mg choline, molybdeum from foods for now (since local nutrient store was out of them). Edamame beans and lentils ,also suggested egg for sulphur every two or three days. Low histamine problems: self image,fear (preceived-fear based adrenal cortex fi fight or fl ght flight-she does fl ight-flight-non- ight- nonsocialization- reclusive behaviors. Some evidence of anger in

socialization-past but not yet evidence of high violence).

Paranoia, thought

disorder disorder, may also have hallucinogenic adrenolutin, aminochromes from overstimulation of adrenal cortex. If so this can cause massive problems in addition to low histamines and pyrrouluria.. From pyrroulia (depleting b6 and zinc via urine): racing mind, paranoia, thought disorder in NT NTs. s. Serotonin NT socialization-very reclusive (even within safe environment). Gaba NT racing mind-calming mind. Still major problems that have to be addressed: high acidity at cellular level (comes from drug medications and other eating habits), possible heavy metals problems, brain allergies from gluten

and dairy and others may be additionally causing massive thought disorders (have not had her do 4 day rotation diet yet) (will not do fasting diet because she is fragile biochemically at this point) for brain allergies)-She says that doctor suggested possible sugar sugar- pre-diabetic condition. So it may be

- brain allergies which must be investigated as well.

Socialization- serotonin: concentration problems, slow metabolizer ( which causes massive toxic build up continually in her case. Potassium to sodium balance (not even close to 5:1 ratio of 5 parts potassium to 1 part sodium). Electrolytes (insulin-sugar malfunction), may suggest she do thyroid test. Still has sugar addiction-chocolate (copper). Also add later after one week- add glutathione 500mg daily and small amount calcium (small amt 100mg) to recirculate vitamin c. Magnesium 2000mg daily for cell wall elasticity elasticity,

taurine 2000mg daily for brain tissue stabilizing. Manganese for copper load 10mg later later, Limit vegetable intake because

, vegetables have copper copper. No signs yet of arthritis or other so-called

physical illnesses of the immune system from high

called copper toxicity-no sign immune system is shutting down yet.

Did not yet check on birth control pills with heavy copper — but will check today today. Would suggest old Tibetan crown point

Tibetan acupuncture if we had anyone in her area that could do it- top

of head at soft spot, third vertebra, sixth vertebra, and knotch. When things start to work: vitamin c when two full bowel movements per day (this will also help to speed up metabolism ) vitamin b6 when there is total dream recall. (doubtful of "REM" sleep at this point). Serotonin when evidence of socialization and some lack of fear (perceived)-she has few real fears now because of "flight part" of adrenal right cortex and stays reclusive. Gaba NT NT: when her thoughts can

: be more focused and interact in continual focus in conversation- calmly calmly. Now she is outside of thought process

. but within fair range. Had her do HOD test (Drs. Hof Hoffer fer-

Osmond Diagnostic test for thought disorder and paranoia- have no results yet- have to tabulate yet. But certain of thought perception problems and some paranoia. Will suggest ill in one month to have a medical doctor do a blood test for high

copper load and other heavy metals. In these sheets I intentionally spoke to Ruth as a outside person so that she could see that maybe in someone else and not all the difficult difficulties she would be facing. It takes the edge of

difficulties off for many people. Now what you can do for your loved one. There are several approaches and you can not do what Ruth did for right now now. Yes an autistic child can smell what is in a vitamin bottle

that has never even been opened. So a battle to get started and

several more to come but you have to get the nutrients in them. Please be extremely patient and compassionate with them. In order for the nutrients to work you must have

concepts of saturation, "flashing" or overwhelming the system" and biochemical individuality (you may need a certain amount of a nutrient and I may need a much larger or smaller amount to keep our bodies in good health). First, saturation means you keep the nutrient level high enough in the circulating blood to do good. All nutrients have different life spans. For example vitamin C is usually 3- 4.5 hours then it is basically gone in its effective use. If the nutrient level for Ruth for example was even at 60,000mg and she did not have a bowel movement you have two of these concepts- the saturation level and biochemical individuality. As I stated in my message there is no account in any medical literature for someone having as high a vitamin C threshold as she did. But we learn from that too. She was completely depleted of vitamin C and probably at some point would have come down with scurvy scurvy. Now "flashing" or "overwhelming the system". Dr. Dr. Frederick Klenner who mainly only used vitamin C throughout his entire medical career used the term flashing to flashing mean "use it until it works". In the case with vitamin C that is fine but as I stated other nutrients, not fine. Klenner gave as much as 300-400,000 mg per day for severe illnesses or polio which he could cure in the 1950's by his flashing method. Drs. Osmond-Hoffer did the same thing with 3000mg vitamin B3 and 3000 vitamin C. Back in the 1960's to use 3000mg of

vitamin B3 was considered "crazy". Only problem we have with doses is toxicity of certain nutrients at extremely high levels and usually these are fat soluble nutrients such as vitamins A,E, D because they stay in the fat tissues for considerable time. All of the nutrients except EPA fish oil are

water soluble and excreted via urine when not needed by the body. So if you are at 750mg of vitamin B3 and nothing is

showing any signs of improvement then you must "up the dose" and also give more frequently. I will give you the levels

to stay within. Now this next part is extremely crucial for you. You must see results and see them one right after another to be convinced that the nutrients are working. If something is not working then "up the dose and frequency". Also when you start to see changes you will be the first person in the world to

first try to tell all others that it works. It sounds easy but is obviously not. There are some doctors that give this or that nutrient and expect that to cure autism. Non-sense and the concepts of saturation,doses, biochemical individuality are not even considered. These concepts plus the nutrients make it work. Once you start on a nutrient stay on it until I tell you when and how to switch or change dosage later in this article. Any size child#1 give B complex 50 (or B complex 100 for those above 10 with normal body weight) every 2 hours of waking hours of the person. Do not be confused when urine is bright orange-yellow- it is simply vitamin B2- totally harmless. Some of these will be with food and some not. Stay at the dosage for at least four days. That means they are getting in 10 awake hours 5 capsules. You should see some small improvements within four days.After four days then go

to three capsules per day with foods. For normal size child age 3 or more-# 2 add vitamin B3 (NON-FLUSH) 250 mg 3 times per day with food (absolutely NOT niacinamide). Do that for 3 days and on the fourth day do a "jump start" of 750

mg "all" at breakfast. Keep rotating that procedure every four days. You should see an improvement within four hours. If you do not keep doing the procedure over and over again until

you do see some improvements then we can carefully "up the dose and get even more improvements. We are trying to find

the "baseline needed". #3 For normal size child age 3 or more- Vitamin C 250 3 times per day with foods. All above age 10 1000mg daily in divided doses. #4 3000mg EPA part

of liquid fish oil. At end of one week you should see some very minor changes in their behaviors. I will be surprised if you do not see some small improvements. If you do not we still have to go back and "up the dose of vitamin B3- this time to 1000mg in divided doses. That is the maximum I would go with vitamin B3 for the size body weight and remember they are getting B3 in the B complex of 250mg daily daily, which is , equivalent to what Osmond-Hoffer used on adults. If you still

do not see improvements then we keep the high doses but concentrate additionally on the gut. Let's backtrack and see

what you have been working on: mitochondria, our energy

builder builder, we have B1,B2,B3,B5, especially B3 which is , necessary in all three steps of mitochondria. Also unusual or wierd behaviors are worked on by B3 (niacin). Also working on neurotransmitter serotonin with EPA part of fish oil and

sh additionally with B3 in a different pathway

neurotransmitters of the 52 we have are very important. The unusual behaviors are coming from low serotonin and low acetylcholine and a small possibility from dopamine, not Gaba This is week 2: For the gut,liver and spleen: #5 For normal size child age 3 or more- you will have to buy an inexpensive pill crusher at Walmart for gugal which only

almart comes as a lar large, very hard pill.Gugul is for the liver(1 pill ge, daily) as is sylamarin (milk thistle), 1 daily daily,bifi ,bifidus 1 dus capsule,acidophilus 1 capsule.lactoferrin 1 capsule and Greek yogurt for the gut. The yogurt is made with cow' cow's milk so do s not give if aller allergens to milk. gens And fi finally the 8 pancreatic nally enyzmes ( each works on particular type of foods, lipase on fats, sucrose on sugars, etc.) taken with food. All nutrients for the gut, liver liver, spleen and pancreas are for one month only at , this point. There will not be a four hour time table to see improvements but only after two or three days you should see 2 daily full bowel movements medium brown in color color, not , dark brown or greenish in color color. May not mean much yet but . will later later. Trying to release toxins from brain:still in week 2, rying taurine 1000mg in three divided doses, NAC cysteine 500mg in 2 doses with foods, Gaba 500mg in 2 doses with foods,and acetylcholine 500mg in 2 doses. Choline comes in 6 dif different ferent forms. Use phosphatidyl form. In some cases your nutrients will not divide into the desired amounts I want so pour some of capsule out or fi find proper size capsules. Now comes the nd hard part- waiting for the body to rebuild itself. Yes you es should see all kinds of improvements along the way way. Enjoy . and cherish them because they were not there before. Do not under any conditions for forget that it may take all of the get nutrients for a long time so do not think you can discard some

and keep others. If you look back at Ruth's list it is even more

exhausting than your list. As before I will be glad to provide whatever information to you freely via your emails or telephone calls. Remember Drs. Osmond-Hof Hoffer cured schizophrenia with only two nutrients, B3 and vitamin C and

Klenner cured many life threatening disease states with only vitamin C. One cardinal principle is that autism is not a fixed

disease- once you have it you have it forever is totally wrong.

From my study of both adenolucin and LSD experiments of Drs. Osmond and Hof Hoffer and their use of vitamin B3 to bring

them back to reality after their experiments. It usually took 2-3 weeks to get back to normal and in some cases longer longer.

Autism symptoms: Order that they should disappear with vitamin B3 usage. You will know vitamin B3 is working properly when these symptoms disappear in this order order.

They are

divided into personal and social skills problems. The number beside each is the order you will see them first disappear first disappear. The

order the person with autism will respond. Some of these traits are more easily figured out and some very figured difficult and

difficult and some little more than a good guess. (Personal)-1 Not responding to name (Personal) 2A 2Avoid eye contact (Personal)-

3Not looking at people (Personal-Social) ?? Not smiling (Personal-Social) -??Not liking cuddles (Personal)

4Unprovoked attacks on others (Personal-Social) There must be opportunities for social interaction besides family members.

5Lack of imaginative play (Social) 6Lack of social play- (Social) 7Inability to make friends (Social)

8Lack stranger anxiety - this develops within the first year first year.

9Lack separation anxiety - once this develops (fi first year),  
rst when mother departs normal infants are upset.

11Independence - doesn't seek help or interact with others.

1Independence (Social)

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