

# From Meltdowns, Moods, Misery To Calm and Cooperative

**Type your questions into the chat**

# *Why are you here? You feel...*

- Confused about your next steps for helping your child
- Overwhelmed by all the information available on Dr. Google, Facebook groups, supplements, protocols from your doctor
- You've tried lots of things with varying degrees of success and can't seem to get beyond a certain point.
- You don't want to medicate.



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# From Meltdowns, Moods, Misery To Calm and Cooperative

1. Review yesterday's Detective Work
2. Why meltdowns and moods?
3. Crying for 'no reason'
4. Anxiety – what it looks like and how to dismantle it
5. Working at the Foundational Level
6. How to help ALL autism behaviors by 'fertilizing the soil' of the body



# Be a Detective

- Look in your pantry

- Sauces
- Box mixes or packets of flavorings
- Mac and cheese, pasta
- crackers, cookies, jars, cans, bottles

- Look in your fridge

- Ketchup (sugar)
- Mayo (canola or soy oil?)
- Condiments
- Salad dressings
- Prepared foods
- Lunch meats, cheese, meats

- Identify 5 things that have the 'bad' ingredients in them and that are the easiest for your family to do without. Eliminate/replace one of them today.
- Bring your list to the workshop tomorrow.
- Suggestions for replacements, what to eat instead

# The Origin of Meltdowns and Moods

- Overwhelm in the body (Think toxic load, then something tips your child over the edge.)
- Food sensitivities/allergies
  - More toxin overload for the body
  - Creates an inflammatory state – in gut, brain, body
- Constipation = toxins get reabsorbed into body
- Neurotransmitter imbalances, dysfunction



## Work at the Foundational Level\*

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# Crying for No Reason Isn't "No Reason"

- What is your child trying to tell you?
- What is your child's body trying to tell you?

**Work at the Foundational Level\***



# Anxiety – What It Looks Like

- Rigidity in how things need to be in the house – shoes, furniture
- Rigid behaviors, timing, route to school, etc
- Tightly holding on to objects
- Having a hard time separating from mom, past age 1-2
- Irrational fears of things (lizards, numbers, people, doors or other objects)
- Not wanting to go near a certain area of the house
- Fearful of going out of the home – school, the store, etc

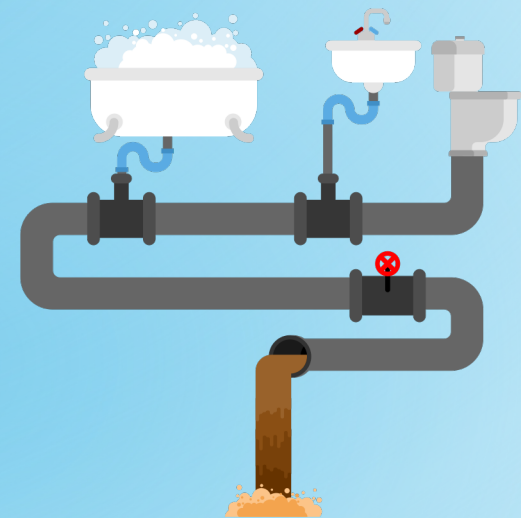
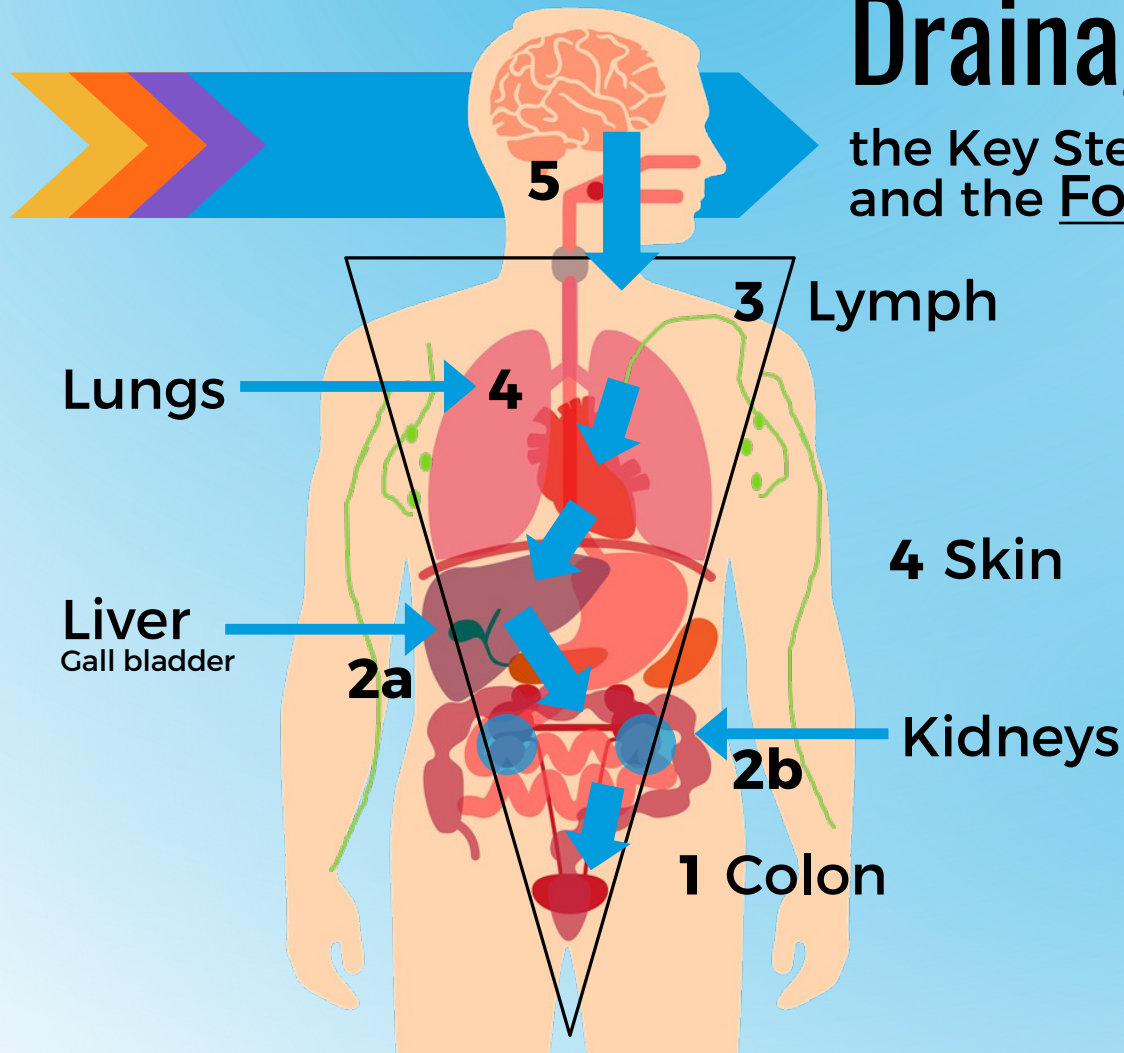
**Work at the Foundational Level\***

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# Drainage

the Key Step Most Practitioners Miss and the Foundational Level





# Anxiety, Moods, Anger, Meltdowns – Decreasing Them

- Supplements – for temporary relief
- Calm the Limbic system, Fight or Flight system



**For Lasting Results: Work at the Foundational Level\***

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# Anxiety – Decreasing It with Supplements

## Pharma GABA



## Passionflower extract



[www.AutismTransformed.com](http://www.AutismTransformed.com)



# Sleep – Calm Formulas



[Insomnitrol](#)



[Theanine Serene](#)



# Help for Neurotransmitter Imbalances and Dysfunction

- 5HTP (5-hydroxytryptophan) ½-1 capsule (25-50mg) without food at mid afternoon and bedtime
- Tryptophan ½ -1 capsule (250-500mg) without food at mid afternoon and bedtime
- DL Phenylalanine ½ - 1 capsule (250-500mg) without food in am, mid morning, mid afternoon
- L Tyrosine ½ - 1 capsule (250-500mg) without food in am, mid morning, mid afternoon
- GABA (Gamma Amino Butyric Acid) – Pharma GABA ½-2 chewable tablets without food during the day and at night
- Taurine, glycine, glutamine\* – refer to the referenced book for doses, or your nutritionist or other qualified practitioner.

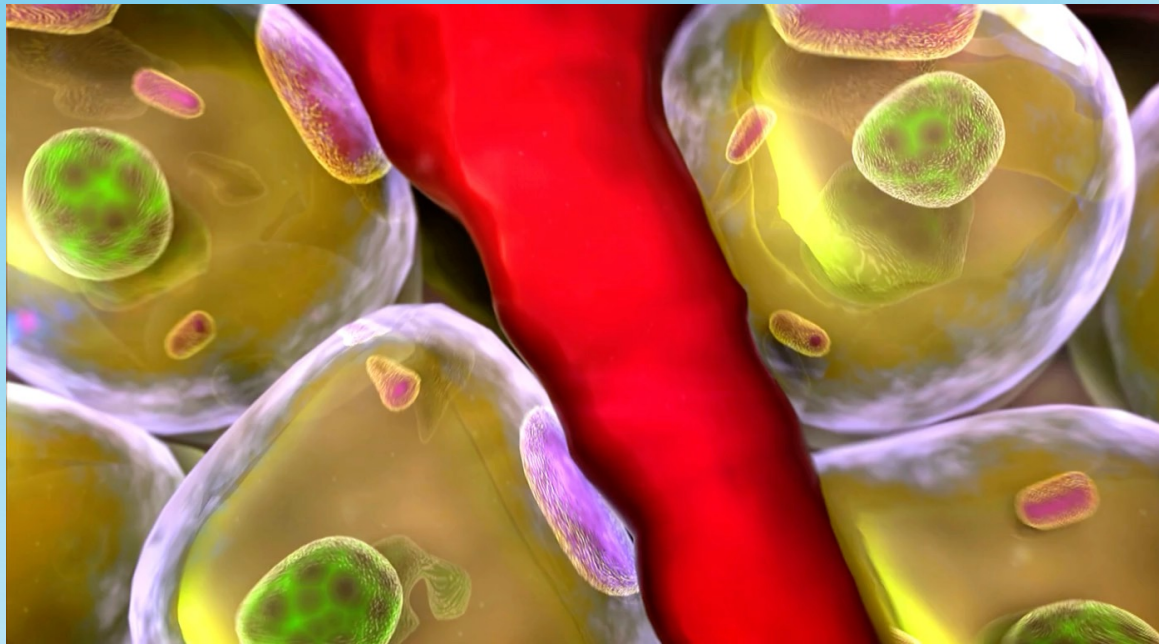
\*Caution: not all amino acids work for all people. See someone qualified to help you out. Start with Julia Ross' book *The Mood Cure*

\*\* Doses given are for children 50+ lbs to adults. Give half or less for younger children. If unsure, always start with 1/10<sup>th</sup> of a dose and build up. And, check a qualified practitioner before giving any supplements.

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# How to help ALL autism behaviors by 'fertilizing the soil' of the body



## Work at the Foundational Level

[www.AutismTransformed.com](http://www.AutismTransformed.com)





# Taking the Next Steps

[www.AutismTransformed.com](http://www.AutismTransformed.com)





# Ask the questions...

- Write some details about the birth process of your child.
  - Was it vaginal or C-section?
  - Did your child have early interventions right after birth?
  - Was your child premature and needed neonatal ICU care?
- Post natal period – after you brought your child home (if hospital birth)
  - Did your baby sleep with a baby monitor nearby or near wifi?
  - Was he breastfed?
  - Was she able to suckle, latch to breast?
  - Did she have formula? If so, was it organic?
  - Did she have colic, reflux, constipation or other digestive troubles?
  - Did he seem to react to anything you ate (see above)?
  - Anything else you noticed about post birth and your baby?

# Be a Detective

- Write down some details about your pregnancy.
  - Did you conceive naturally or use IVF?
  - Were you stressed?
  - Were you exposed to toxins – pesticide spraying near your home, food poisoning, had an injection or antibiotics, took medications, had a surgery or anesthesia for any reason?
  - Did you have a traumatic event occur, or even a scare having to do with you, your relationship, another child, or the pregnancy?
  - Did you have ultrasounds throughout the pregnancy?
  - Did you sleep near a wifi router or suspect 'dirty' electricity?
  - What did you eat – organic fruits, vegetables, 'clean' meats or fast food, processed food, non-organic and GMO food?
  - Did you have mercury amalgam (silver) fillings?

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# Taking the Next Steps

- This is a decision point for you.
- Determine what feels like the right step. What does your gut tell you?
- Working with a knowledgeable practitioner:
  - From MEDMAPS.org
  - Functional Medicine/Naturopath (who can recognize root causes and can order the right lab tests – gut, mold, industrial toxins, heavy metals)
  - Transforming Autism 12-mo Program – follows where the Transforming Autism Jumpstart Program leaves off