

**Transforming Autism  
Workshop 2.0:  
A Live, Interactive Event**

**Real Help for Challenging  
Moods and Behaviors**

By Luminara Serdar



# Real Help for Challenging Moods and Behaviors

By Luminara Serdar

**Moods and Behaviors in autism can mean many things. Typically, there are underlying issues with toxicity, inflammation, the gut, and neurotransmitter imbalances. These are all connected.**

**Some of the strategies below may help in the short term. In the long term, you'll want to decrease gut and brain inflammation and detoxify the child's body in a safe, gentle, effective way.**

## HELP THE GUT – TO SHIFT ANGER, ANXIETY, STIMMING, CRYING

1

### Just Thrive Probiotic



Helps the gut microbiome.

2

### MegaIgG



Helps the gut microbiome.

3

### Glycine from Vital Nutrients



Helps heal the gut lining.

Disclaimer: The content in this document is provided for educational purposes only. It is not intended to give medical advice, diagnosis or treatment and is not a substitute for medical or professional care. We have gathered information here so that you can make an informed decision in partnership with your health care provider. No statement in this document has been evaluated by the Food and Drug Administration. No product mentioned or described in this document is intended to diagnose, treat, cure or prevent any disease.

## HELP THE GUT – TO SHIFT ANGER, ANXIETY, STIMMING, CRYING

### 4 MegaMucosa



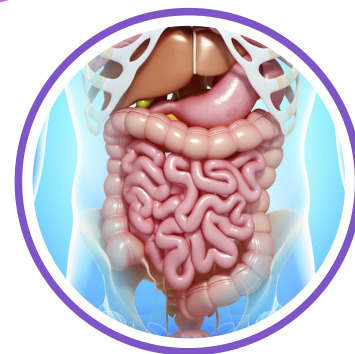
Helps heal the gut lining,  
helps with inflammation.

### 5 GI Detox Binder



Helps bind and remove  
toxins from the gut.

### 6 Eliminate Constipation



See 12 Strategies to  
Improve Gut Health.

## HELP FOR THE BRAIN – TO SHIFT ANXIETY, ANGER, HYPERACTIVITY, SLEEP

### 7 Pharma GABA



Calming neurotransmitter

### 8 Super Serotonin Support



Helps feed the 'feel good'  
neurotransmitter.

### 9 Zen from Allergy Research Group



Calming neurotransmitter

### 10 Cortisol Calm



Supports relaxation and positive  
mood while under stress.

### 11 Neural Balance by Anandanol



Supports less aggression, and  
more focus, calm, and happiness.

## HELP FOR STRESS AND CALM – TO SHIFT ANXIETY, ANGER, UPSETS

### 12 Zen from Allergy Research Group



Calming neurotransmitter

### 13 Deep Breathing



Inhale for 4 counts, exhale for 6 counts. If you can't do 4 counts, do 2 or 3. Make sure to exhale 2 counts longer than the inhale.

If your child doesn't understand how to do this, you do it next to him and he will begin to co-regulate, or breathe, just like you.

## HELP FOR AGGRESSION - CALMING SUPPLEMENTS THAT AFFECT THE BRAIN HELP WITH AGGRESSION

### 14 Vitamin B6



Helps the brain calm.

### 15 Fish Oil from Barlean's



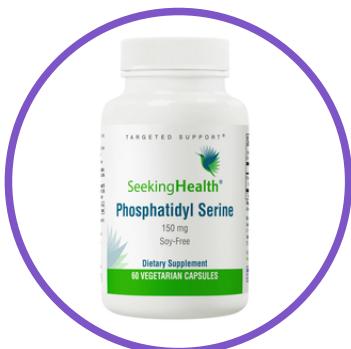
Helps the body  
and brain calm.

### 16 Vitamin B12



Helps fuel the brain.

### 17 Phosphatidyl Serine



Helps rebuild the brain cell  
membranes to improve calm.

### 18 Brain Boost from Jigsaw Health



Helps hundreds  
of biochemical  
reactions and  
crosses into the  
brain to help with  
many functions,  
including calm.