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# Naturally Healing Autism: The Complete Step By Step Resource Handbook for Parents

*By Karen Thomas*



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The definition of “recovery” is to regain health. If you feel that your child’s physical and mental health could improve, then this book is for you. Drug-free recovery is possible. In this step-by-step guide, you will master the three steps that are crucial to recover from autism. In healing your child’s body, you will also improve abilities such as learning, social adaptability, and self control. Here are the three stages you will learn to heal you child from autism: Stage 1: Repairing the gut • Supporting the liver • Testing for and treating pathogenic microbes • The gut healing diet, supplements, and proper nutrition Stage 2: Heavy metal detoxification • Natural clathration Stage 3: Brain repair and support • Natural brain repairing • Natural brain balancing supplementation • Brain scan and volume assessment options



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### Editorial Review

#### Review

I highly recommend this book for anyone, including parents, educators, and practitioners working with someone affected by autism or ADD. After eight years of research, Karen Thomas shares the natural resource guide that she used to heal her own son from the symptoms of autism in this very complete, yet comprehensible book that helps simplify the whirlwind of information out there and empowers the layperson, along with the professionals they are working with, for any individual's specific needs.

**Dr. Daniel Amen**

New York Times bestselling author of *Healing ADD* and *Change Your Brain, Change Your Life*

It often refers you to a web-site, keeping the presentation very concise, then directing you to numerous web-sites for further elaboration. Thus it presents an amazing amount of information, but does so like a reference-manual rather than a mind-boggling endless lecture.

As with my review of *Biological Treatments for Autism and PDD*, to do this book justice I would have to re-print it here in its entirety, for it has an amazing amount of information. Most of what is written above are the things I did not know before reading this excellent book.

**You need this. Definitely in my Top 3. Very highly recommended.**

Shannon Colebank, Autism Book and Movie Reviews dot com

An excerpt from the disclaimer at the beginning warns, "You should not use this information to diagnose or treat any health problems, disease, or illness without consulting your own physician. The Food and Drug Administration has not evaluated the statements regarding the products and services in this book."

With caveats such as this firmly in mind, *Naturally Healing Autism* is a valuable reference and resource.

Chapters describe common food additives that can be especially deleterious to the gut or the brain of autistic children, and offer recommendations for a wholesome, nutritious diet that fosters wellness. *Naturally Healing Autism* is not a magic cure-all; it does not and cannot guarantee that autism will "go away".

*Naturally Healing Autism* also has a very negative view of vaccines, although it does not expressly prohibit vaccination. (It does neglect to inform readers of the fact that the wildly contagious diseases that vaccines prevent kill hundreds of thousands of people annually; for example, the World Health Organization estimates that measles killed 158,000 people worldwide in the year 2011). The recommendations for ensuring the children are not exposed to perilous, brain-destroying toxins such as lead or mercury deserve to be read by parents everywhere.

Clint Travis

Reviewer: Midwest Book Review

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**Anna Thompson:**

Book is written, printed, or highlighted for everything. You can recognize everything you want by a reserve. Book has a different type. To be sure that book is important factor to bring us around the world. Close to that you can your reading proficiency was fluently. A publication Naturally Healing Autism: The Complete Step By Step Resource Handbook for Parents will make you to end up being smarter. You can feel considerably more confidence if you can know about anything. But some of you think that open or reading a new book make you bored. It's not make you fun. Why they can be thought like that? Have you looking for best book or suitable book with you?

**Judith Bode:**

This Naturally Healing Autism: The Complete Step By Step Resource Handbook for Parents book is not really ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is usually information inside this guide incredible fresh, you will get info which is getting deeper you actually read a lot of information you will get. This kind of Naturally Healing Autism: The Complete Step By Step Resource Handbook for Parents without we realize teach the one who examining it become critical in imagining and analyzing. Don't end up being worry Naturally Healing Autism: The Complete Step By Step Resource Handbook for Parents can bring whenever you are and not make your bag space or bookshelves' turn out to be full because you can have it with your lovely laptop even cell phone. This Naturally Healing Autism: The Complete Step By Step Resource Handbook for Parents having fine arrangement in word in addition to layout, so you will not feel uninterested in reading.

**Robert Ryan:**

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**Annie Hiatt:**

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