



News From The Spectrum – June 2010

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Adverse Reaction, Sensitivity, or Healing Crisis? What to do when a supplement makes things worse?

Recently I have received phone calls from several parents concerned that new supplements are causing side effects. The symptoms were new, or their child regressed in their improvements. The reactions are not necessarily unheard of, but the on-going nature of them is concerning to parents and doctors alike.

In case these are not isolated incidents, I will mention the supplements in question: Vitamin B6 (in the P5P form), Folic Acid (as 5-MTHF) and/or Methylcobalamin injections. The common symptoms are gagging, nausea and vomiting, as well as hyperactivity or altered behaviour. If you have noticed any of these symptoms in your children continuing for more than five days, please contact Touchstone to arrange a consultation as soon as possible.

Possible explanations for these reactions are as follows:

1. Known side-effect: Vitamin B6 is known to cause nausea in many people, as well as headaches, paresthesias (tingling), and neuropathy (pain/numbness). Hydrochloric acid (HCl) is complexed with Pyridoxine in B6 supplements and causes this nausea. Solution: Switch to Advanced B Complex by AOR, which has eliminated the HCl.
2. HCl is not found in P5P and yet many children taking it (the dominant form of B6 prescribed for ASD) still struggle with it. Their reaction may be caused by a bitter taste associated with B6 and P5P. The smell (odour) of the supplement bothers some children. Solution: Mix the supplement in a small amount of liquid, and squirt the liquid into their mouth with a syringe or child's medicine spoon. If the liquid gets past the front of the tongue (where the taste buds are) they are less likely to gag from it. Using a syringe also hides the smell of the supplement.
3. The supplement/treatment is stimulating detoxification in such an aggressive fashion that increases toxins in the bloodstream, causing changes in behaviour or mood. The extra toxins may



950 Southdown Rd, Unit B5
(Clarkson Crossing Shopping Plaza)
Mississauga, ON L5J 2Y4
Phone: (905) 822-2046
Fax: (905) 822-6228

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upset the digestive tract and stomach too. In naturopathic terms this would be classified as a “healing crisis”. Such reactions should be short-lived, lasting 4-5 days and up to 1 week. Solution: The herbal medicine, Milk Thistle (note: not a dairy product), often improves elimination through the liver to lower the toxic burden in the blood stream, and stop the side-effects. Bentonite Clay (e.g. Liquid Bentonite by InnoVite) or activated charcoal also absorbs excess toxins if they originate in the intestines.

Other possible suggestions include: being sensitive (or allergic) to B vitamins; reflux or inflammation of the stomach (gastritis); or a stomach flu (viral infection) may be present. Some children can have undiagnosed or misdiagnosed problems with swallowing, which could be aggravated by a reaction to Vitamin B6. Further testing or diagnostic testing is strongly recommended.

A few parents have questioned if the dosing of B6 is too high, noting that if the dosage is lowered the symptoms reduce or disappear. This is logical in one way, but the dosing recommended by James Adams, PhD of the Autism Research Institute is for 6-8 mg/kg body weight. If your child weighs 20 kg the dose could range to 120-160 mg of B6 (dosing for P5P is not specified in the same manner). Doses above 200 mg/day in the past 4-5 years usually have not caused any difficulties. This is a good opportunity for me and the families I work with to review the amount of B6 in your child’s daily regimen. Check multivitamins, folic/foinic acid, TMG and of course B6 itself. Be sure your son or daughter is getting adequate magnesium: it’s needed to activate B6 and its absence or deficiency could be part of the cause of the symptoms.

Finally, eliminate the B6 for 4-5 days, and re-introduce it. If the symptoms disappear and then return with the change in supplementation, this is an adverse reaction and should either be reported to Touchstone or to Health Canada. This same suggestion applies to any other supplement in use.

Parent Support Meetings & Biomedical Treatments Lecture Series:

Looking for a cool place to hang out with other parents of ASD children, and learn a few handy tips for Biomedical treatments? Then come out to the Toronto Biomedical & Hyperbaric Centre (TBHC) on Wednesday nights. Every month, Dr. Clack will meet with parents at this new Centre (also known as Ontario HBOT) from 6:45 to 8:00 pm. He will lecture for 20-30 minutes on various topics (see the schedule below), followed by an open Q&A (Question & Answer session) for 30 minutes. TBHC is located at 136B Cartwright Ave, Toronto – west of Yorkdale Mall, off Dufferin Street. Please call Lara at 416-789-4268 to reserve your seat. The cost for each session is \$10 per person. Please bring a friend or family member.



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The series will run as follows:

June 16 – Introduction to Biomedical Treatments (1)

- Testing overview
- Special Diets review
- Basic Supplements
- Antifungal & Antibacterial Treatments
- Preparation for Heavy metal detoxification – MethylB12, Folinic Acid, TMG, and Vitamin B6
- Optimizing your home environment

July 17 – Treating infections: Yeast, Bacteria, Parasites and Viruses

Aug. 11 – Introduction to Biomedical Treatments (2 – Advanced Topics)

- Advanced testing & when to have them done
- Heavy metal detoxification and Chelation therapy
- Treating Immune Dysfunction + How to identify this in your child
- Treating Parasites and Viruses
- Will another special diet help more?
- Improving Social function

Sep. 15 – Heavy Metal Detoxification

Oct. 13 – Introduction to Biomedical Treatments (1)

Nov. 17 – Immune Support for Acute and Chronic infections

Dec. 8 – Introduction to Biomedical Treatments (2)

You will note that the core topics (Introduction to Biomedical Treatments 1 & 2) are being repeated – this is to help the many families who are still learning about Biomedical. Please come out because your input will help others, and you'll learn new information for yourself.

BLOG – “Genetic Finding Paves Way For Controversial Autism Testing”

This title is taken from an article in the Globe & Mail. An announcement was released on Wednesday, June 9 that genetic researchers from 11 countries have identified a series or group of “genetic variants” related to brain function. The benefit of this research is from the possibility such testing could diagnose autism at an earlier age in a child’s life. This could in turn reduce the impact or expression of autistic traits by knowing the specific genetic mutations that each child has.

On the other hand, these findings only apply to ten (10) per cent of children with ASD. Also the research indicates that each child will have a different pattern of genetic mutation(s). In modern times, medicine has endeavoured to find a single treatment to address a single condition. If each child is found to have their own mix of mutations, a single treatment is unlikely to be found or to be



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effective, and then many medicines would need to be developed. Sounds very much like the Biomedical Approach to me!?

Special Diets – Tip for the Month

As you will learn next month, treating yeast overgrowth can be a complicated process. How parents plan a child's diet can make a big difference to the success or struggle of an Anti-Candida treatment program. The following are some findings reported by our resident nutritionist, Kim Gaule, after working with one of the families we support here:

- Limit Rice Milk because it is higher in natural sugars than other substitutes. It can be diluted with water. Hemp milk is a great option, and potato milk would be acceptable on a rotation diet. A good brand of potato milk is Vance's Dari-Free (which can be ordered on-line from www.vances.com).
- Eliminate all dried fruit. Limit fruit intake to 1-2 servings a day. Give fruit that is low in glycemic index (lower amounts of natural sugars) such as apples, pears, peaches, and berries. Avoid bananas, pineapple, and watermelon.
- Dilute fruit juices with water at least 50:50. The more you can dilute juice (say 75% water, 25% juice), the better. Use Stevia extract to increase the sweetness level of the diluted juice; Stevia doesn't add calories as other sweeteners will
- Limit Rice intake. Other grains to consider are millet and quinoa.
- Look for organic unsweetened cereals with no added sugars (including fruit juices, honey or maple syrup). Plain organic rice crisps, corn flakes or millet flakes are better options
- Limit natural sugars in the form of honey and maple syrup; use agave and molasses cautiously.
- Limit starchy foods such as corn, potato, sweet potato, and carrots
- Eliminate vinegars, pickled vegetables, mushrooms, and high-sugar condiments such as ketchup, shrimp cocktail sauce, soy sauce, chilli sauce or BBQ sauce.
- Limit the use of some gluten-free products (e.g. crackers). If the GF food has a shiny coating, it probably is from a natural sugar, that will increase sugars into the digestive tract.

If you recognize that you may be making some of these mistakes and aren't sure how to modify the diet to help with yeast treatment, consider booking a consultation with Kim Gaule, RHN.

Next Newsletter: July 2010

- Parent Feedback from the lectures at Ontario HBOT
- Why isn't the yeast infection going away?

If you would like to have a topic discussed in this newsletter or a future lecture, please let us know!