Holistic Approach to Autism with Sensitivities

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Main Ideas

- The raising of the autism as well as related diseases, asthma, autoimmune conditions, allergy and sensitivities (the Four As)
- The cause of the immune dysfunction and the root issues for inflammatory diseases
- The challenge of treating autism
- Holistic approach and integrative treatment protocols

Three Major Systems Affected

- Nervous system
  - Hypoperfusion (lack of circulation) in brain spec
  - Neuroinflammation (depletion of nutrients and oxygen)
  - Neurotoxins and Blood-Brain Barrier disruption
- Digestive system
  - Food indigestion/intolerance
  - Candida/bacteria/parasite (issue damage and toxins)
  - Leaky Gut (toxin recycling and nutrient mal absorption)
- Immune system
  - Allergies, sensitivities and autoimmune responses
  - Frequent infections

Factors Involved in Autism

- Neuroinflammatory autoimmune responses
- Blood-Brain Barrier disturbance by neuroinflammation
- Increased oxidative stress, suppressed methionine synthetase and decrease glutathione level
- Neurotoxin (heavy metal) possibly triggers autoimmunity
- Vaccination (thimerosal, live virus or possibly immune stress)
- Gastrointestinal dysfunction (dysbiosis and Gut-Blood Barrier disturbance or Leaky Gut)
- Allergy, sensitivity and food intolerance
- Infections (chronic Lyme disease, co-infection and PANDAS)
- Genetic predisposition (gene mutation related to liver detoxification, nervous system and immune system)
- Prenatal exposure of toxins and infections as well as maternal autoantibody attack to the fetal brain proteins
- Mitochondria dysfunction (possible autoimmune attack)

The Missing Link in Treating Autism

- Dysfunction of the immune system
  - Inflammatory responses (autoimmune responses)
  - Allergies and sensitivities
  - Chronic infections
    - Chronic Lyme disease
    - PANDAS (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal infections)
    - PANS (Pediatric Acute-onset Neuropsychiatric Syndrome)

Challenges in Treating Immune Dysfunction for Autism

- Lack of a deep understanding of the controlling mechanism for inflammatory immune responses, which may be the root issue for allergy, sensitivity, autoimmune response and chronic infection
- Lack of reliable techniques to detect immune dysfunction that leads to allergy, sensitivity, autoimmune response and chronic infection
- Difficult to address toxin, chronic infection and inflammation due to allergy and sensitivity
- Difficult to address sensitivity issues with common supplementation approach
WHAT IS WRONG WITH THE IMMUNE SYSTEM?

Immune system is controlled by nervous system and endocrine system. Dysfunctional neuroimmune and neuroendocrine control is the major cause for neuroinflammatory response.

Neuroimmune Response - Axon Reflex

Stimuli
- Infection
- Toxin
- Allergen
- Mechanical factors (heat/cold/UV)
- Inflammation

Sensory signal
- Sympathetic activation and neurogenic sensitization reflex (NSR)
- Activation of mast cell

Vasodilatation
- Plasma extravasation

Central nervous system

Sensitized neurons

Systemic reaction
- Neurogenic switching
- Asthma or sinus blockage
- Migraine headache
- Seizure or brain inflammation

Local reaction
- Hives or eczema
- Bloating, abdominal pain, constipation or diarrhea
- Urticaria

Stimuli
- Stressors
- Long working hours, irregular sleeping, emotions, toxins, chronic pain, allergies and other chronic diseases

Stress
- Sympathetic Dominance and Low Vagus Nerve Tone
- Hypervigilance, nervousness, anxiety, panic attack, restlessness, sweaty palms and soles, poor sleep, increased blood pressure, and fast heart rate, poor digestion (stomach and constipation), weak immune system (more infections), dry mouth and eyes, and low sexual activity.
Saliva Cortisol Level for Adrenal Fatigue Syndrome

![Graph showing cortisol levels over time]

Pathogenesis of Inflammatory Diseases (Epigenetic Programming)

- Neurogenic Sensitization Reflex (axon reflex and neurogenic switching)
- Sympathetic Dominance
- Low Vagus Nerve Tone
- Adrenal Fatigue Syndrome
- Th1/Th2 Shift in Favor of Th2

Holistic Perspective of Disease Development

![Diagram showing stages of homotoxicology]

Holistic model for development of inflammatory disease

<table>
<thead>
<tr>
<th>Stages</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
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</thead>
<tbody>
<tr>
<td>Neuroimmune response</td>
<td>Local neurogenic response (axon reflex)</td>
<td>Regional response and neurogenic sensitization reflex</td>
<td>Systemic ANS/HPA response</td>
<td>Autoimmune disease</td>
</tr>
<tr>
<td>Neuro-endocrine response</td>
<td>Healthy ANS/HPA system</td>
<td>Sympathetic activation</td>
<td>Sympathetic dominance</td>
<td>Fatigued ANS and HPA function</td>
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<tr>
<td>Pathological change</td>
<td>Homeostasis</td>
<td>Energetic imbalance</td>
<td>Biochemical change</td>
<td>Histological change</td>
</tr>
<tr>
<td>Chinese medicine (Yin/Yang balance)</td>
<td>Balanced Yin and Yang</td>
<td>Blockage and inflammatory stage (Yin deficiency)</td>
<td>Deficiency and degeneration stage (Yin deficiency or both Yin and Yang)</td>
<td></td>
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</tbody>
</table>
Pathogenic/Epigenetic Patterns for Inflammation Diseases

Neurogenic Sensitization Reflex
Sympathetic Dominance
Low Vagus Nerve Tone
Th1/Th2 Shift in Favor of Th2
Adrenal Fatigue Syndrome

Stresses
Toxins

The strategy
CLINICAL APPROACH TO AUTISM WITH SENSITIVITIES

Peeling the Disease Onion

Characteristics of Chaotic Stage
- Chaotic cellular signal communications
  - High toxicity
  - High allergy and sensitivity
  - High inflammatory autoimmune response
  - Low cellular energy/metabolism/regeneration
  - Imbalance of cytokines, NT and hormones due to immune response and polarity switch
- Limited response to any treatment protocols
- Adverse or allergic response to therapies

Therapies to Energetic Imbalance
Balancing meridians and recharging cellular energy with complex homeopathy
Reduce sensitivities with Immune System Reprogramming (ISR)
Individualized Body-Mind Therapy

1. Chaotic Stage (1st layer, 3-6 months)
   - Address allergies, sensitivities and inflammation
   - Recharge cellular energy, correct chaotic communication
2. Detoxification Stage (2nd layer)
   - Intestinal Candida, parasite, bacterial toxins
   - Liver and kidney support, toxin-specific detoxification
   - Chronic infections (chronic Lyme disease and Epstein Barr)
   - Emotional problems and structural issues
3. Regeneration Stage (3rd layer)
   - Help to recover adrenal system and support metabolism
   - Gut-Blood-Brain Barrier and brain tissue regeneration
   - Multiple modalities to reach synergistic effect
   - Homeopathy, Chinese medicine, immune system reprogramming, energy testing, flower essences and nutritional supplementation

Larry’s Case (1)

- Larry, born in March 2000, diagnosed with PDD
- History:
  - Diarrhea for half a year after MMR vaccination around 18 month, indigestion, bloating and irregular bowel movement, better after CF/GF diet and digestive enzymes
  - Server allergies with skin eczema and mild asthma, treated with allergy shot and NAET, but couldn’t solve the root issue; also has family history of allergies
  - No talking until age of 4; at age of 5, talking only words without conversation, doesn’t follow instructions, OCD and hyperactive, emotional, anxious and easily irritated, no social, limited learning ability, disturbed sleeping
- Larry started my treatment from age of 5 (ATEC 112)

Larry’s Case (2)

- During treatment, symptoms gradually under control:
  - Allergies: sensitivities reduced, digestion improved, sleeping better, no skin breakout and asthma, physical growth faster
  - Emotion and behavior: fewer breaking downs, less OCD behavior, listen to instructions better, less anxious and irritable, better relationship with friends, siblings and parents
  - Neurological development: focus better, learning ability improved, finishes school work faster, communications and social ability improved, ability dealing with stress better, gradually moved from autism class to mainstream classroom in school
- Now Larry is 12 year old at 6th grade (ATEC 28)
  - Studying in mainstream classroom full-time with good grades; very few allergy symptoms, better communication skills with some friends, no behavior issue reported from the school. Still works with me every 1-2 months for balancing and detoxifying

Final Words

1. Dysfunctional neuro-endocrine control of the immune system plays a major role in the pathogenesis of autism and sensitivities
2. Sensitivity is a neurogenic inflammatory response; while allergies involve antibody production
3. Center piece of the puzzle for autism and sensitivities is the pathophysiological pattern of neurogenic sensitization reflex, sympathetic dominance, low Vagus nerve tone, Th1/Th2 shift in favor of Th2 and adrenal fatigue syndrome
4. The toxin and stress are the root issues for the condition. Detox and reducing adrenal stress are crucial in the treatment plan
5. Timing is also important. Resolving the first layer of chaotic stage is necessary before detoxification and adrenal support can be successful
6. Integrative approach with synergistic effect from multiple modalities works better than nutritional supplementation alone
7. IBMT is a non-invasive, children friendly and all-natural program. It complements to biomedical therapy as well

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