

## *Autism Recovery Refences and Resources*

### ***Vocabulary List:***

**Bio-Medical Interventions** – Using a combination of therapies to bring healing to the body and the digestive system.

**CF – Casein Free Diet:** a diet completely free of dairy products.

**Chelation therapy** is the administration of chelating agents to remove heavy metals from the body

**D.A.N.** (Defeat Autism Now) doctors

**GF – Gluten Free Diet:** a diet completely free of ingredients derived from gluten-containing cereals: wheat (including kamut and spelt), barley, rye, Malts and triticale, as well as the use of gluten as a food additive in the form of a flavoring, stabilizing or thickening agent. It is the only medically accepted treatment for coeliac disease

**GFCF** – Free of both gluten and casein

**Homeopathic** - A system for treating disease based on the administration of minute doses of a drug that in massive amounts produces symptoms in healthy individuals similar to those of the disease itself.

**Integrated Medicine** – A blend of traditional and homeopathic medical approaches

**Recovery** – Attempting to help an autistic child recover the skills that were once lost. The results of a recovery can vary from small gains to a child who appears fully recovered and no longer exhibits autistic traits. (Amber Fante)

**Screentime** – The combination of television, video games, and computer viewing time.

**Supplements** – A variety of vitamins and minerals to replace deficiencies.

### ***Recommended Books:***

The Relationship Development Intervention (RDI) Program and Education. Steven E. Gutstein. Hannah R. Gutstein & Carlotta Baird. ISBN-13: 978-0-9777186-1-0 (This book is a collection of testimonials and can be somewhat sale-pitchy at times...but there are still some really good strategies.)

Relationship Development Intervention with Young Children: Social and Emotional Development Activities for Asperger Syndrome, Autism, PDD and NLD [Paperback] Steven E. Gutstein. ISBN-13: 978-1843107149 (This is the activity book and is great for therapy sessions)

Mother Warriors: A Nation of Parents Healing Autism Against All Odds [Paperback] Jenny McCarthy. ISBN-10: 0452295602 (A description of different families recovery journys. It does a great job helping you understand the complexity, individual nature, and varying outcomes of recovery efforts.

Healing and Preventing Autism: A Complete Guide [Paperback] Jenny McCarthy. Dr. Jerry Kartzinel. ISBN-13: 978-0452295926 (This is Jenny's guide to bio-medical interventions for newbies. I haven't read it, but have heard it is a good resource. Remember there are lots of things I didn't need to try, but different children require different therapies.)

Understanding Autism through Rapid Prompting Method. Soma Mukhopadhyay. ISBN-13: 978-1432729288. (A great book to help you understand the emotional needs of all autistic people including children that are non-verbal).

***Recommended Websites about Autism Recovery:***

TACA – Talk About Curing Autism <http://www.talkaboutcuringautism.org>

Jenny McCarthy's Generation Rescue- <http://www.generationrescue.org/>

Find a Recue Angel - <http://www.generationrescue.org/recovery/rescueangels> (find a family who has worked on autism recovery and will mentor you through autism recovery.

Judson Center Autism Center - <http://www.judsoncenter.org/template.php?pid=8>

***Resources on Screentime –***

Gavin, M. L. (2008, October ). How TV Affects Your Child . Retrieved from <http://kidshealth.org>

Gayle's Preschool Rainbow. (n.d.). Brain Growth and Development. Retrieved from <http://www.preschoolrainbow.org/brain-growth.htm>

(n.d.). Influence on Children Media – History of Media for Children, General Considerations, Studies of Media Influence, Domains of Influence, Recommendations.

Zero to Three. (n.d.). What the Research Tells Us About The Impact of TV/Video Viewing on Children Under Three.