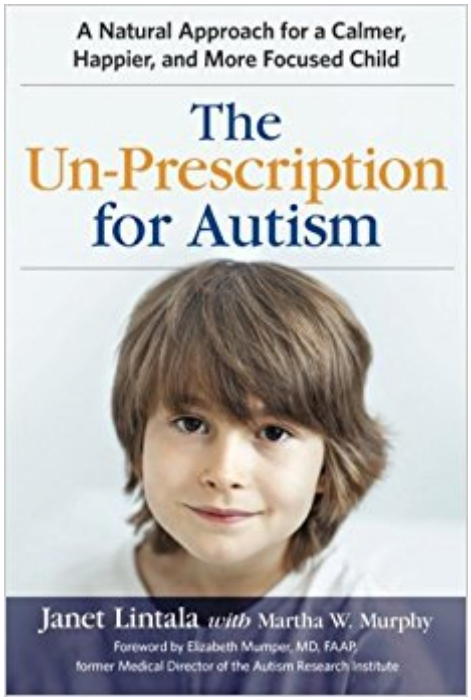
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The Un-Prescription For Autism: A Natural Approach For A Calmer, Happier, And More Focused Child



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Synopsis

Each year, more than 50,000 U.S. families receive an autism diagnosis. On top of turmoil and worry, they share the same urgent question: What can we do to help our child? The answers parents find can be contradictory...even dangerous. The conventional approach (employed by too many pediatricians) is to medicate difficult behaviors into submission--suppressing symptoms while leaving underlying health challenges untouched. Surfing the Internet for alternatives just leads to confusion. Now, Dr. Janet Lintala, founder of the Autism Health center and an autism mom herself, shares the natural protocols used in her practice to dramatically improve the function and well-being of children on the spectrum. Drawing on the latest research developments, as well as personal and clinical experience, she targets the underlying issues (chronic inflammation, oxidative stress, gastrointestinal dysfunction, immune dysregulation) associated with the behavior, bowel, and sleep problems so common to autism. Correcting these overlooked conditions with digestive enzymes, probiotics, antifungals, and other nonpsychiatric treatments brings transformative results: less pain, less aggression, and a child who is more receptive to behavioral and educational interventions. While the medical profession is slow to change, autistic kids need help immediately. The Un-Prescription for Autism provides clear explanations, detailed protocols, and examples to help parents act quickly to restore their child's health, self-control, and language--paving the way for reaching their full potential.

Book Information

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Customer Reviews

"It is without reservation that I suggest that anyone involved in the care of someone with more

severe ASD pick up a copy of The Un-Prescription for Autism, read it cover to cover, and talk about the program laid out by Dr. Lintala with their pediatrician." --Geekdad Ã¢â ¬Å“Any parent who reads The Un-Prescription for Autism will be intrigued with Lintala's assertions about probiotics and gastrointestinal imbalances and find lots of valuable information to incorporate into their child's therapies.Ã¢â ¬Â• --Cyberlibrarian Ã¢â ¬Å“Ã¢â ¬Â|common sense approach to developing an action plan that the author has seen work to help move persons with ASD to a higher level of health behavioral and physical.Ã¢â ¬Â• --Blog Critics Ã¢â ¬Å“Ã¢â ¬Â|user friendly resource and gives the reader another option to try in helping a child or adult with autism.Ã Â Ã¢â ¬Â• --Support for Families of Children with Disabilities Ã¢â ¬Å“Ã¢â ¬Â|wealth of informationÃ¢â ¬Â|Ã¢â ¬Â• --PsychCentral Ã¢â ¬Å“Ã¢â ¬Â|empowering, informative and motivationalÃ¢â ¬Â|Provides readers with the insights to understand what autism is, the symptoms to look for, and powerful, effective ways to improve your childÃ¢â ¬â„¢s condition.Ã¢â ¬Â• -Ã¢â ¬â œ Huffington Post Nautilus Book Award Gold Award in Psychology Best Book Awards winner in Health: Alternative Medicine

A safe and simple action plan for autism parents. Each year, more than 50,000 U.S. families receive an autism diagnosis. On top of turmoil and worry, they share the same urgent question: What can we do to help our child? The answers parents find can be contradictoryÃ¢â ¬Â|even dangerous. The conventional approach (employed by too many pediatricians) is to medicate difficult behaviors into submissionÃ¢â ¬â •suppressing symptoms while leaving underlying health challenges untouched. Surfing the Internet for alternatives just leads to confusion. Now, Dr. Janet Lintala, founder of the Autism Health center and an autism mom herself, shares the natural protocols used in her practice to dramatically improve the function and well-being of children on the spectrum. Drawing on the latest research developments, as well as personal and clinical experience, she targets the underlying issues (chronic inflammation, oxidative stress, gastrointestinal dysfunction, immune dysregulation) associated with the behavior, bowel, and sleep problems so common to autism. Correcting these overlooked conditions with digestive enzymes, probiotics, antifungals, and other nonpsychiatric treatments brings transformative results: less pain, less aggression, and a child who is more receptive to behavioral and educational interventions. While the medical profession is slow to change, autistic kids need help immediately. The Un-Prescription for Autism provides clear explanations, detailed protocols, and examples to help parents act quickly to restore their childÃ¢â ¬â„¢s health, self-control, and languageÃ¢â ¬â •paving the way for reaching their full potential.

Fantastic! I have 3 kids on the spectrum, one very high functioning and a set of autistic twins. The twins are nonverbal, although one has been babbling for a couple months. We are just about to begin week 3 of the enzyme protocol and I can see so much difference in the twins! They're interacting with each other more, they're giving me better eye contact, my babbling twin has been babbling more and with more varied syllables, and my completely nonverbal one has started babbling. I'm not seeing as drastic a change in my high functioning one in terms of behavior, which makes sense, but the persistent rash he's had on his face is almost cleared out. I have this book on kindle, but bought a hard copy to lend out. I highly recommend to everyone!

So many books on Autism offer only false hope of a quick fix, dangerous advice, unattainable protocols, and pseudoscience. This book does the opposite. Grounded in actual science and clinical experience, Dr Lintala offers easy to follow protocols to address some of the underlying factors that keep our autistic loved ones from achieving their best quality of life. This needs to be on the nightstand of every person who loves someone with autism.

This book is more than I had hoped for. In such a trying time, as we're just learning what's going in with my son, this book has given me so much hope. It's funny! It's so informative. It's helping me change my whole family's health for the better. We're in a team effort for my son and this book, I feel, has been our first, most important step in the right direction.

This book was recommended to me by a pediatrician. I love the simple and straight forward style. I'm tired and busy, so I need an easy read with a clear cut plan-- this is it! I didn't think my child had digestive issues, constipation, diarrhea, or any of that. However, he is a very frequent night waker--up for 2-4 hours a night at least 2-3 nights/week. So, I decided to implement her GI protocol. We just finished 4 weeks of Sac B, gutpro probiotic and Trienza digestive enzymes two times a day. HE HAS SLEPT ALL NIGHT FOR 2 WEEKS NOW!! I'm so excited! We switched to the next round of antifungals recommended off of her list. Thank you for this easy to follow and successful protocol. As my husband says, "this stuff you're doing works, I'm a believer."

My grandson is a 4 year old non verbal autistic little boy. He has suffered a lot with colds, bronchitis, pneumonia, allergies, etc. I was looking for a way to help get to the root issue. I think this book may very well be leading us in that direction. It is very informative and helpful. We are now just starting at

the 1st step, putting him on digestive enzymes. I look forward to seeing the progress he makes as we implement these ideas. I look forward to seeing him have a happy and healthy year.

I have to start off by saying I have the most caring, brilliant, loving son on the Autism Spectrum. But for the last few years he goes from being the sweetest kid ever to "who is this child" on the drop of a dime. I kept telling myself there is a piece of the puzzle we just haven't found yet. I cut out all artificial dyes and flavors a couple of years ago, which made a difference, but I just knew I still didn't have the whole picture in sight. I started reading this book, it somehow popped up on my FaceBook news feed, and I ordered it a couple of weeks ago. I was skeptical at first... as a Mom that has read numerous books on Autism, I wasn't sure if what I would find would pertain to me and my family situation.Quite frankly, I couldn't bare walking on eggshells around my son anymore, afraid he would snap and just apologize seconds later for his behavior. He hated that he behaved this way, yet it was so out of control... We have applied things we have found in this book to our son and our situation, and let me tell you... we have a new child!! People around us have noticed too and I couldn't be HAPPIER to share in his joy to a newfound inside that is helping us all have a better life on the outside. This book is my new Bible and you can count your blessings, I will be telling everyone I know about it!!! Thank you Janet for your dedication to helping families outside of your own! You are a saint!!

This book is fantastic! I have 4 year old twins that have high functioning autism and doing research through the internet was overwhelming. This book tugged at my heart as the author really connects with you. It has wonderful information and gives you so many different approaches to help your child as one size does not fit all when it comes to ASD. Im in the process of trying the probiotics with my kids as she suggested.I highly recommend this book as you don't feel alone when reading it.

This book is filled with useful information and recommendations related to using natural products to help you help your child. The book is easy to read and written in a manner that makes charting a course simple. What I found in this book I couldn't get from my child's pediatrician. I read the book in one day, and I'm so glad I got it.

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