



## DEVELOPMENTAL DELAY RESOURCES

### The ONE Resource Network Integrating Conventional & Holistic Approaches



**I**t is with great pleasure that we introduce a strategic relationship with **Life Health Choices (LHC)**, a new organization devoted to informed choice advocacy. Founder, Louise Kuo Habakus was a Stanford-educated senior executive for one of the world's largest investment management firms when she left the fast track. From mainstream Corporate America to mainstream motherhood, Louise's world changed when her children showed damage from vaccines. Louise confronted orthodoxy, found answers, and recovered her kids. Along the way, she became a health practitioner specializing in homotoxicology and integrative nutrition.

Louise helps families proactively seeking wellness and prevention, and those injured by environmental toxicity and unintentionally harmful habits. She challenges us to break unconscious patterns and avoid the "what everyone else has always done" comfort zone. Through **LHC**, Louise is helping similarly Main Street audiences to find their answers, connect the dots, and use these connections to inspire people to make active, informed choices for themselves and their families.

The debate between government intervention and personal freedoms has rapidly become the defining issue of our time. In the past two years, Louise has placed herself squarely at the center of the national dialogue, by:

- lecturing widely at workshops and conferences,
- appearing on national and local TV, radio and in print media,
- testifying at public hearings, roundtables, and protests,
- organizing Freedom of Choice rallies in her home state of New Jersey, and
- creating alliances with likeminded national groups.

Louise is a catalyst; people listen, challenge, open their minds, and do their own research after hearing her speak. **LHC** advocates for clean, green, organic and sustainable, for our energy, air, water and food. **LHC** seeks to preserve our choices, including the right to fluoride-free water, homebirth, selective vaccination, alternative medicine, and home-schooling, by mobilizing us all in support of our multiple, shared causes. **LHC** delivers:

- **Education:** Newsletters, workshops, webinars, training, and classes on our many choices about food, birth, vaccines, schooling, environment and politics. With knowledge, we are armed and powerful.
- **Health Options:** Effective wellness and healing alternatives that include DDR's 15 years of practical lessons and hard-earned wisdom.

- **Community:** Life-affirming support around crucial issues, affecting our lives and our health. We have no geographic limitations. We join with DDR and others in linking health practitioners, educators, other professionals and organizations that support exciting emerging treatment modalities with people seeking your services through an online Directory. We will work with you in backing our shared advocacy, education and health goals.

Many thousands have surfed Louise's site, read her newsletters, blog and e-mails, rallied with her, and attended her talks in New Jersey and across the country. Louise reminds us that polite society instinctively refrains from the controversial. Our neighbors are proud Democrats and Republicans, government officials, medical doctors, Wall Street stars, and Pharma scientists. Awkward doesn't begin to describe our hesitation. But continued failure to engage will become the unspeakable... a monumental, collective failure.

**LHC** seizes the opportunity to push ahead because of an unwavering commitment, that our legacy to the next generation will be one of progress. It's time to demonstrate the applicability of these important insights and resources to a larger audience deeply concerned about staving off chronic and autoimmune disease, cancer and neurological disorders that today affect ever increasing numbers, in some cases approaching a majority.

Our numbers are greater than we realize. With your passion, determination and commitment, what we can accomplish has no limits. Join us. It's time.

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## Executive Director's Column

by Patricia S. Lemer, M.Ed., NCC, M.S. Bus.



# Making Healthy Choices for You and DDR

Every day, we make hundreds of choices that affect our own personal health and that of our families. Go to bed at 11 or stay up and watch that movie; buy fluoride toothpaste, or opt for one without; catch dinner on the way to soccer practice, or sit down for some home-made soup; take that cell phone call without a headset, or let it go to voicemail; refresh your make-up with old stuff in your purse, or go to the meeting “au naturel;” take a pain reliever for that headache, or hold neurovascular points instead?

I'm sure you can think of many more. How do we reach that level of consciousness that Life Health Choices is demanding when life is happening so fast?

Let's start with “What?”

- **Food** – Organic, local, seasonal, whenever possible.  
Home-cooked at the table, at least once a day. Vegetables!
- **Air** – Outdoor is less toxic than indoor, even in allergy season. Filter at home and school.
- **Water** – Pure from a mineral spring or filtered with added natural electrolytes, in glass or stainless steel instead of plastic.
- **Sleep** – At least seven hours for adults, ten for school-age kids. Keep a consistent schedule.

Now for “Where” and “With whom?”

- **Neighborhood** – Where we live speaks volumes.  
Who lives next door? What is important to them?  
Safe play areas or pristine pesticide-treated yards?
- **Home** – Give each room a purpose. Make your kitchen the gathering place for talking, cooking, eating, studying. Your bedroom should be a sanctuary for sex and sleeping ONLY. No EMFs! Ban TV, computer, wireless equipment, including telephone, iPod, cell phone.
- **Car** – How much time are your kids spending there?  
Too much? Could you walk or bike instead of driving?
- **Office** – Work Green! At the **Green Festival in DC** I learned about green ink cartridges, toners, and becoming paperless. Are you green?
- **School** – Our choice of school reflects our values. Look beyond academics. What are the snack and lunch options? Do they have a garden? Public school is most folks' first choice. Have you investigated Magnets, Charters, or private schools in your area?

Next: “How” is for Health

- “Illness” is the body's way of regaining balance.  
A fever, rash, headache or sprain all demand our attention. Instead of treating to suppress these warning signals, listen to them. Rest, hydrate, eat sparingly. Approach sickness as an opportunity to learn how your body works and how it can heal itself.
- **Vaccinations**. Traditional wisdom says they have saved the world from disease. At what cost? Maybe chronic debilitating illnesses, such as allergies, asthma, multiple sclerosis, chronic fatigue and fibromyalgia. Educate yourself about what's in vaccinations, how they trick the immune system, and some healthier alternative approaches.

## DDR is Making Choices Too

What?

**The Newsletter** – This issue of *New Developments*, completes our 14th year. That's 56 issues of five articles apiece; almost all are available at [www.devdelay.org](http://www.devdelay.org). Four times a year I have culled through materials to choose what I think might interest you.

“Where?”

**On the Internet!** – A year ago, we moved from snail-mailing a paper newsletter to emailing an electronic one. With the ease of the Internet, we can communicate with you more than four times a year. We have thus made the choice to use my blog “After the Diagnosis, Then What?” to bring you frequent news, including all aspects of the newsletter.

We will alternate among sensory, language, nutrition, vaccines, emerging therapies, energy, social-emotional, reflex, vision and other themes, with entries as often as guests and I can write them. Each will be categorized and printable, just as the newsletter articles are.

Right now, while you are thinking about it, switch your subscription from *New Developments* to “After the Diagnosis” by clicking on <http://ddrblog.wordpress.com/comments/feed/> and hit “Subscribe to this feed” in the yellow box.

Remember to visit the DDR website at [www.devdelay.org](http://www.devdelay.org) frequently for Upcoming Events and News and Comments.

“With whom?”

**Sponsors and other like-minded organizations!** – For 15 years, loyal sponsors have supported us with their great products and services. That's over 50 companies! Instead of newsletter Sponsors, we will be soliciting website Sponsors.

Devdelay.org now gets over 4000 hits per month. With this new arrangement our readers and those selling products and services get to know each other well.

In this issue we introduce you to Life Health Choices. LHC and DDR are having a conversation about how to combine our efforts in order to reach both of our audiences most efficiently. I am excited about working with Louise, and happy that we are saving paper and communicating with more people more often.

Last year we eliminated paid membership for Families, Students and Retirees. We are still enrolling Professionals and Organization members. The benefits of the small fee are a categorized link as a part of our online Directory and a listing of an unlimited number of Upcoming Events.

If you are a Professional or Organization with a link, please use the attached form or go to [www.devdelay.org](http://www.devdelay.org) and use PayPal to continue your support. And pass on the word to other good folks who you think should be a part of our network.

Finally, “How?”

Please choose to go to bed by 11, buy only organic food, natural cosmetics and non-fluoride toothpaste, eat homemade soup, use your cell phone only with a headset and hold those **neurovasculars!** We must all stay healthy to do this work!

## Vision Article in Autism Asperger Magazine

Want to learn more about the role of vision issues in autism spectrum disorders? Then get your copies of the Sept/Oct and Nov/Dec issues of *Autism Asperger's Digest Magazine*. Patricia Lemer explains the difference between eyesight and vision, and how behavioral optometrists can diagnose and treat underlying visual issues. She explains how vision problems can interfere with language development, social skills and academics. If you are a practitioner, order a free subscription to this magazine for your office by contacting Veronica Zysk, at [editor@autismdigest.com](mailto:editor@autismdigest.com). Parents can receive single copies free of charge.

## CARE Clinics Close

Agents from the FBI and the Internal Revenue Service raided CARE Clinics in Austin, TX, this summer. Unfortunately, the clinic has been closed, perhaps permanently. Kazuko Curtin, CARE Clinics Founder, has not explained what problems led to the lockout. However, an article reported that CARE was being investigated by insurance companies over billings. We are sorry to hear about this turn of events and wish Kazuko the best in the work she does to help children with autism.

## Remembering Optometrist Antonia Orfield

The world of behavioral optometry lost one of its most accomplished members recently. Dr. Toni Orfield of MA was a long-time friend of DDR and a supporter of a trans-disciplinary approach to helping children with learning and behavioral issues. Like many in her field, she entered optometry after experiencing a stunning lessening of her own severe myopia by optometrist Amiel Francke. Toni's legacy is her book, *Eyes for Learning: Preventing and Curing Vision Related Learning Problems* is available from the DDR website.

## NVIC Commits to Vaccinated-Unvaccinated Study

"Show Us the Science and Give Us the Choice" was the rallying cry of the 700 attendees who traveled from 44 states and 11 nations to VA for the groundbreaking Fourth International Public Conference on Vaccination sponsored by the National Vaccine Information Center (NVIC) Oct. 2-4, 2009. This historic conference featured presentations by more than 40 world experts in the areas of vaccine science, policy, law, and ethics, and raised more than \$100,000 to launch an international fund raising campaign for scientific research to investigate health differences between vaccinated and unvaccinated children and identify those at risk for suffering vaccine injury. Congratulations to Barbara Loe Fisher on this remarkable accomplishment!

## Dokedo Play Putty

Have you heard about this colored, scented non-toxic, gluten- and casein-free mood enhancer and stress reliever? Squeeze, stretch, break, twist, play, smell, even yell at it for natural pain management. While in the dentist's chair, post-surgery or during labor and delivery. Try some to calm a child during a temper tantrum. Dokedo is also a fantastic fidget toy. Perfect to use while studying, at a meeting, or while presenting a speech. To learn more and order, go to [www.dokedoputty.com](http://www.dokedoputty.com).



## Charity:Water

One billion people on the planet don't have access to clean drinking water. That's one in six of us. Charity:Water is a non-profit organization bringing clean and safe drinking water to those in need. 100% of public donations directly fund water projects. We learned about it when a young adult we know asked us to donate for his birthday. In no time flat, he reached his goal of \$5000! Get your school involved in their Water for Schools project, a student-led campaign to raise awareness and funds for water projects at poor schools in developing nations. To learn more, go to [www.charitywater.org](http://www.charitywater.org).

## Great New Snacks

Looking for new source of natural, organic, gluten-, dairy- and soy-free products that are ALSO nutritious? Enter NaturalZing, a certified green business! Since 2003 they have been collecting yummy whole, vegan, organic products. We LOVE their Cosmic Kale Crunchies (in several flavors) and Luna Nori Crackers, made from sprouted almonds and flax seeds, carrots, celery, green onions and ♥. Go to [www.NaturalZing.com](http://www.NaturalZing.com) or call them at 866.RAW.ZING. Trader Joe's, my favorite local grocer, has just added Sesame Seaweed Rice Balls to their snack shelves. Yum!

## FUNdraising for the Holidays

Does your school need an eco-friendly product to earn some money? Try Earth Presents and recycle the spirit of giving! Did you know that most wrapping papers and ribbons are not recyclable because they contain metals that give them a sheen and dyes that damage the environment. Earth Presents products are made from 100% recycled materials, and they are beautiful besides! Best yet, your school or organization makes 45% of sales. Enjoy their spirited collection of colorful holiday and all-occasion papers, bows and tags at [www.earthpresents.com](http://www.earthpresents.com).

## Welcome to Green Chi Café!

Experience the culture of "green" with green living expert Annie B. Bond and her daughter, Lily! We all know Annie from her postings on Care2 and her wonderful books on green living. Sign up for Annie's newsletter at [www.greenchicafe.com](http://www.greenchicafe.com) and receive her free e-book *Beauty and the Bath*. Bring your cup of tea and browse the shelves of more eBooks or flip through Cuppa Green Chi ...

**New Developments** is a quarterly newsletter published by **Developmental Delay Resources (DDR)**, a 501c3 not-for-profit organization whose mission is connecting families, professionals, and organizations and disseminating the most current information about possible causes, interventions, and preventions for developmental delays. Members of DDR support the inter-relationship of physical, cognitive, and social-emotional development in children whose delays include, but are not limited to, sensory-motor deficits, speech-language disorders, attention deficits, learning disabilities, pervasive developmental disorders, and autism. DDR seeks to educate the public about treatments that: address sensory-motor processing, including occupational therapy, vision therapy, auditory training, and perceptual-motor therapy; boost the immune system, including dietary modification, nutritional supplementation, homeopathy, and detoxification; address structural integrity, including osteopathy, CranioSacral therapy, and chiropractic; and encourage positive social-emotional relationships, such as communication therapies, FloorTime, and family therapy. **DDR is the only organization that integrates all these disciplines.**

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All material in **New Developments** is for information purposes only and is not to be substituted for professional advice from your health care provider.

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## Choose Rhythmic Movement Training

by Sonia Story

**A**s parents of children with challenges—such as autism, ADD/ADHD, dyslexia, developmental delay and sensory disorders—we continually seek solutions. We want tangible, noticeable results in better health, easier learning, and greater emotional well-being. Something we can do with our children that is effective, healthy, and enjoyable—Rhythmic Movement Training (RMT) – offers movement instead of medication.

### What is RMT?

It is a system of simple movements that create profound and often surprising changes in the brain and body. It's developer, Swedish psychiatrist Harald Blomberg, MD, says that RMT establishes new neural connections, and helps connect areas of the brain for optimal functioning. He should know. Motivated by his own challenges from childhood polio, Dr. Blomberg spent years studying rhythmic movements with movement therapist Kerstin Linde. Dr. Blomberg saw how rhythmic movement helped people of all ages with balance, learning, development, and emotional, physical and mental health.

When Dr. Blomberg began teaching these movements to his psychiatric patients, he was astounded by improvements he saw. He even had patients recovering from schizophrenia and protracted psychosis. In spite of criticism from fellow psychiatrists who routinely prescribed drugs, he continued using movement in his practice and learned movements for reflex integration as well.

### What are RMT's Benefits?

Dr. Blomberg has a 20-year track record of success in Sweden helping children and adults overcome ADHD and other learning challenges through RMT. According to Blomberg, RMT affects the brain/body system by:

- Establishing links from the brainstem and cerebellum to higher brain centers for impulse control, thinking, and emotional balance
- Increasing nerve nets for faster processing of sensory input
- Balancing neurotransmitter output
- Enhancing coordination between the sensory, motor and nervous systems
- Increasing attention
- Uplifting mood and enhancing health, posture and stamina

### Example:

Dr. Blomberg shares the story of a boy who used RMT to overcome severe ADHD. *"One of my patients had been on medication for six years since he was diagnosed with ADHD at age six. In spite of the medication his symptoms only got worse. He had severe temper tantrums, severe attention problems, impulsivity, etc. He attended school in a special class with seven students and five adults. After eight months of doing RMT, he joined a regular class and after 18 months he functioned perfectly. Recently he went back to the child psychiatric clinic to get his diagnosis cancelled. The diagnostic tests established he no longer had ADHD."*

**Note:** Dr. Blomberg also acknowledges the importance of diet and nutrition in overcoming ADHD and in this boy's case he also recommended nutritional oils and supplements to support the process.

### Developmental Delays and Stress

Dr. Blomberg believes that one cause of delays is stress in utero and infancy. Stress can disrupt the automatic rhythmic and reflexive baby movements. Among their many "jobs," infant rhythmic and reflex movements facilitate the growth of brain and nerve networks, develop the sensory systems, and train the body for coordinated balance and movement—all basic building blocks for later learning skills.

Disruption in the rhythmic and reflex system can cause persistent challenges for the growing child. Dr. Blomberg states that if the disruptions are severe enough, the brain is unable to mature properly, causing conditions like ADHD, dyslexia and developmental delays.

Unfortunately for today's children, baby movements can become disrupted in many ways, including: C-Sections; sonograms; electromagnetic pollution; illness; injury; vaccines; environmental toxins; and restricted movement from time spent in plastic carriers, car seats, walkers and swings.

### How Does RMT Work?

RMT involves reflex integration and rhythmic movement exercises. Some are experienced passively by the child, others require active participation. A very basic example is

*"Passive Rhythmic Stimulation from the Feet"* — With the child lying on his back, hold the feet or ankles and rock his body back and forth along the head-to-toe midline. This experience is often quite calming for the child and can be both diagnostic and therapeutic. A lack of flow along the whole length of the body can indicate muscle tension due to under-developed spinal and neck reflexes. The movement helps to mature neural pathways and reflexes.

A Movement Program involves learning various activities through classes or private sessions, and applying them at home on a regular basis. In general, parents do the exercises with their children three to five days a week for 10 to 30 minutes, depending on the severity of the challenges. Consistency on the part of parents and children is necessary for a period of six to eighteen months to obtain solid improvement.

### Worth the Effort

Most parents find that doing RMT is a joyful way to connect with their children. Seeing children blossom into youngsters who are able to focus, learn, get along with others, take on challenges, and enjoy everyday life is well worth the investment in time.

### For More Information

Dr. Blomberg's method is now available in the United States. Movement practitioners, OTs, and parents are reporting tremendous gains in their children and clients. To learn more, or to find a RMT practitioner, visit the Rhythmic Movement Training International website at [www.rhythmicmovement.com](http://www.rhythmicmovement.com). For information about Dr. Blomberg, visit [www.haraldblomberg.com](http://www.haraldblomberg.com).

*Sonia Story is an RMT practitioner and Director of **Move Play Thrive** in Kingston, WA. Join her for one of her trainings. (See Upcoming Events) You can reach Sonia at 360.535.9991, or by email: [sonia@moveplaythrive.com](mailto:sonia@moveplaythrive.com).*

# Parents as Experts

by Scott Shannon, MD

**P**arents walk through my door for many reasons. They come to me because someone they respect has referred them. They're looking for more than solutions; they crave my perceived wisdom as someone who can understand and explain why their child is not doing well.

## Who is the "Expert?"

We live in an age of experts to whom we turn for guidance in an increasingly complex world. I possess an MD degree, over 20 years experience, Board certification in both general and child/adolescent psychiatry. My years of training and experience qualify me as an "expert" who should be able to help almost any parents with their children. Parents feel disempowered because they are not trained in either psychiatry or neuroscience.

In the last century, the beloved pediatrician Dr. Benjamin Spock recognized parents' intuition about their children. His style was to provide basic information and encouragement for parents to booster their confidence and security. Then they could rely upon their own good judgment to solve their children's problems.

Today's parents, hungry for information, turn to books written by "experts" for the "answers," and gravitate toward the solutions closest to their own experiences and history, personalities or philosophies, rather than toward the actual underlying needs of the child they seek to help. Sadly, because recommendations are often contradictory, parents often leave the books on the shelf, feeling confused and insecure about their own judgments, and make an appointment with an "expert" for a more personalized evaluation.

As I sit with families during these evaluations, a surprising insight frequently hits me: parents know more about their kids than I do! They know their birth histories, diets, mood changes, social interactions, academic achievements. They have more information than I could gather effectively in hours of "evaluations." They have all the answers. In fact, the sooner I cut them off, the less I learn about their child, and the more I force my view through a diagnosis or label.

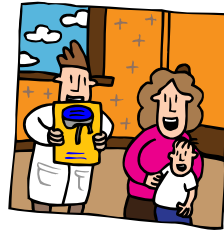
## Pigeonholes and Psychopharmacology

Unfortunately, my profession has been trending toward narrow, artificial, mechanical, one-dimensional, medication-oriented, solutions that neglect to focus on the whole child. Psychiatry often pigeonholes children into neat categories with complex psychiatric diagnoses such as "enmeshed upper-midde-class family with dysphoric child on the autism spectrum." Psychiatrists then treat them with sophisticated psychopharmacological medications such as "dopamine receptor antagonists."

The evidence that many psychiatric medications are safe or effective is clearly inadequate. Most parents have real caution about medicating their child's growing brain. The vast majority of parents that I speak to across the US are ecstatic about using safe and natural approaches like a healthy diet, lifestyle adjustments and proven nutritional supplements before we consider medications.

## The Path of Wholeness

Fortunately, another path is available. The path of wholeness moves parents back into their rightful role at the center of solutions for their children. It brings Spock's approach into the 21st century.



Let's combine the best of what we know about mental health, ecology, holistic medicine, systems theory, and the innate healing powers of the child. Separating body, mind and spirit is an artifact of today's science and adult thinking; wholeness reconnects them.

A model of wholeness acknowledges parents' deep and profound understanding of their children: an intimate knowledge far greater than any professional could ever have. This wisdom, combined with the gift of sound intuition, gleaned from observing and interacting intimately on a daily basis, defines parenthood. Best of all, this approach prevents symptoms and the need for labels or psychiatric medications.

## Intuition

I believe that, despite no training or preparation, parental intuition is heightened by a child with special needs. Somehow they innately know how to protect and nurture that child so that he/she prospers, grows, thrives and lives life fully. Nature has imbued them with the essentials to guide their children's lives.

While occasionally parents' own personal needs prevent them from seeing their children's strengths, I find that support can foster their confidence and awaken their sound intuition. A model of wholeness catalyzes the development of appropriate parental intuition and confidence, allowing it to grow, develop and guide wise decision-making.

For millennia, mankind has shared wisdom through stories, which represent the only path for learning besides direct experience. Our current society is less wise because it devalues stories and the guidance they convey. Children's stories feed hope and inspiration. Their struggles help adults' intuition flow and grow. My book *Please Don't Label My Child*, uses stories to outline the path to finding wholeness for your child, and provides hope and inspiration, so that you can become the expert that you were meant to be.

## Solving Today's Healthcare Crisis

I feel more confident in a typical parent's ability to guide the healthcare of her children than I do in our current healthcare system. It's a mess. Much of the current dilemma comes from pernicious influences which have contributed to a disconnection from our own intuition. With childhood diseases increasing exponentially, we simply cannot count on the "system."

I love using analogies to explain wholeness. One of my favorites is caring and nurturing children as I would plants in my garden. Both children and plants need good food, water and sunlight, and their beauty comes from variety and balance. Parents must take charge of their children's lives. In the process, they will become master gardeners in the most important garden of all!

*Scott Shannon, MD is a founding member and past-President of the **American Holistic Medical Association**. Currently, Scott works as Assistant Clinical Professor at the University of Colorado, Department of Child Psychiatry at Children's Hospital in Denver where he leads the first university based Integrative Child Psychiatry Clinic in the United States. His website is [www.wholeness.com](http://www.wholeness.com).*

**N**ow that Swine flu is here, what will YOU do?

## What is Swine Flu?

It is a type A influenza virus, with four sub-types. Fifty percent of flu cases are swine flu H1N1 virus. It is spread by air, not by eating pork -- as long as you cook it thoroughly to at least 160 degrees. The current spread among humans is unusual, as it is a mix of human and swine flu viruses. Over 700,000 confirmed cases and over 6000 confirmed fatalities worldwide have been reported.

## What are the Symptoms?

The flu causes respiratory symptoms, coughing, headache, muscle aches, sore throat and lethargy. H1N1 also causes a fever over 101 degrees, and sometimes nausea, vomiting and diarrhea. Symptoms persist for a week or more. Pneumonia is a possible complication.

## Diagnosing Swine Flu

Lab testing for Swine flu is readily available. Most use a test called polymerase chain reaction (PCR). Doctors collect a nasal or throat swab within the first 24 hours, or by day five at the latest, when the virus is shedding. Children may shed virus for 10 days or longer. "Rapid Influenza Diagnostic Tests" performed in outpatient clinics take only 30 minutes, but do not distinguish between the H1N1 virus and other influenzas, and are only 10% - 70% accurate for H1N1 virus.

## The H1N1 Vaccine

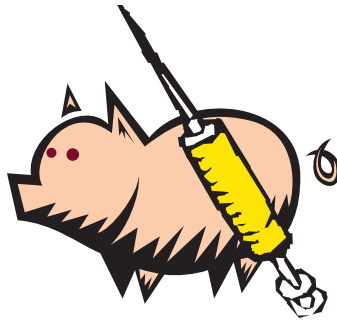
The US government has contracted for 250 million doses of H1N1 vaccine. The CDC recommends this vaccine for: health care workers, children, pregnant women, the elderly, and those with chronic health problems or immune deficiencies. The FDA has approved the use of one dose of 2009 H1N1 flu vaccine for persons 10 and older, and two doses four weeks apart, for children aged six months to nine years.

## H1N1 Vaccine Ingredients

All multiple-dose vials of the injectable vaccine contain up to 25 mcg/dose of mercury - 250 times the EPA safety limit! A limited number of single dose vials will not contain mercury. Nasal spray vaccines do not contain mercury, but are live attenuated viruses, meaning they cannot be sterilized to remove hitchhiker viruses incubated along with the swine flu in egg cultures.

Some H1N1 vaccines also contains squalene, which when injected causes antibodies to our own body's squalene, leading to joint inflammation and disease. The 1976 swine flu vaccine contained the deadly Guillain-Barre virus, which caused neurological disease, leading to paralysis, inability to breath, and death.

Most flu vaccines also contain: aluminum, phenol, ethylene glycol (antifreeze), detergents, disinfectants, and formaldehyde. By law, patients must be given information in writing about the risks and benefits of vaccination before a vaccine is administered.



## Choose Prevention

Why wait for the flu to hit? Take immune enhancers now!

- **Vitamin C** – Enhances the micro-tubules in immune cells, helping them to extend outward and engulf viruses and bacteria. Dose is 3 – 5 grams daily.
- **Thymus Extract** – Cytozyme-Phy by Biotics, an extract of organic bovine thymus, which provides the four basic hormones to stimulate the immune system. Dose is 3 – 6 tabs daily for adults.
- **Transfer Factor Plus** – Over 1000 scientific papers prove the efficacy of transfer factor. This product is a combination of transfer factors from bovine colostrum and Japanese mushrooms with anti-viral properties. Together they have been shown to elevate natural killer cells 4000%. Dose is 1-2 capsules daily.

## Prescription Anti-Viral Treatments

Four antiviral drugs are licensed in the US for treatment of influenza. The current swine flu virus is resistant to two. Hence the CDC recommends oseltamivir or zanamivir for treatment and/or prevention of swine flu. "Tamiflu" is oseltamivir, which has been shown to cause bizarre behavior and convulsions in children. An intravenous drug Peramivir is also effective.

## Choose Natural Anti-Virals Instead

Alternatives to prescription drugs are available from most health food stores. Doses are for adults. Adjust by weight for children.

- **Lomatium dissectum root** – A powerful Native American herbal remedy that kills viruses by disrupting their genes. Dose is 2 droppersful daily for adults.
- **Monolaurin** – The natural anti-microbial substance in mother's milk, made from lauric acid (a fatty acid). Patented by Ecological Formulas. Adult dose is six capsules daily. Safe and effective for children at lower doses based on weight.
- **Echinacea angustifolia root** – A native American remedy. Multiple European and American studies have shown that this herb can reduce the risk by one-half of catching a cold, and shorten the duration of a cold by 1.4 days. The preferred brands contain all three active compounds: polysaccharides, alkylamides and cichoric acid. Dose is three grams daily. Not recommended for children.
- **Olive Leaf Extract - Modified** – This herbal compound fights bacteria, yeast, fungus and viruses. Only the modified form will last more than 15 minutes in the blood stream. Dose is two-three capsules daily.
- **L-Lysine** – An amino acid that interferes with viral genes, and has been shown to be extremely effective against Herpes viruses. Dose is 3 grams daily.

## More Information

Read *The Vaccine Guide* by Randall Neustaedter, OMD, and go to [www.lifehealthchoices.com](http://www.lifehealthchoices.com) or [www.nvic.com](http://www.nvic.com).

*Laura Power is a nutritional biochemist with 27 years experience in clinical and research nutrition. She is the owner of the Allergy & Nutrition Clinic in northern Virginia. She specializes in nutritional evaluation and therapy for: children with developmental delays and multiple adult conditions. [www.laurapower.com](http://www.laurapower.com).*



# Low Vitamin D & Autism: Is there a Link?

## PREVENTION

**T**he news is full of new research uncovering exciting information about Vitamin D, the “sunshine” vitamin. Dr. John J. Cannell, Executive Director of the **Vitamin D Council** and a forensic psychiatrist in California, is convinced that Vitamin D deficiency plays a role in the autism epidemic.



### What is Vitamin D and How Do We Get It?

Vitamin D is a fat soluble vitamin that is produced naturally as D3 or cholecalciferol (pronounced koh-luh-kal-sif-uh-rawl) when sunlight hits the skin. Most people used to get sufficient Vitamin D3 from sunlight. Today, Cannell believes that vitamin D deficiency is rampant because of increased use of sunscreen to prevent skin cancer, coupled with a move away from an agrarian society. A “perfect storm” for vitamin D deficiency.

With just 10-40 minutes of unprotected summer sun our bodies produce about 20,000 units of vitamin D. That’s the same as 200 glasses of milk! The body makes what it needs, accumulating and storing significant reserves in the tissues, liver, spleen, bones, and brain; it can be then be available during darker months. Vitamin D is fat soluble, requiring sufficient “good” fats in the diet for storage.

In climates lacking in bright sun, people eat Vitamin D rich fatty fish such as mackerel, cod and salmon. Very few other foods contain natural Vitamin D. One, shiitake mushrooms may increase vitamin D levels. Some milk products, orange juice and breakfast cereals are fortified with synthetic Vitamin D, and less easily absorbed.

### What is the Role of Vitamin D?

Vitamin D acts more like a neuro-steroid hormone than a vitamin, directly affecting brain development and regulation of behavior. It is crucial in the functioning of the immune system. Recent research suggests that vitamin D offers neuro-protection, anti-epileptic effects, immuno-modulation of several brain neurotransmitter systems and hormones. It is important in autism because it enhances the body’s ability to fight inflammation and destroy dangerous microbes.

### How Much Vitamin D Is Necessary?

The American Academy of Pediatrics recently doubled the recommended daily vitamin D allowance for children to 400 IUs per day. The Vitamin D Council says the new guideline is still too low, suggesting 1,000 IUs per day for children 2 years old and younger with little sun exposure. Today, many supplement 2,000 IU per day; some believe that we need as much as 5,000 IU daily!

The ideal amount of vitamin D depends upon various factors. Those with chronic and autoimmune conditions could require higher levels. Maybe the high autism incidence among Somalis living in Minnesota is due to the possibility that their bodies are programmed to the extremely high levels from the strong sun in their native land and lacking in their new home. Researchers are looking at this finding closely.

### The “Vitamin D Deficiency Theory” of Autism

Evidence supports a vitamin D deficiency theory of autism. Vitamin D during gestation and early infancy is essential for normal brain functioning. In 2001 researchers concluded that vitamin D deficiencies in pregnant women should be considered a risk factor for neuro-developmental disorders such as autism. The importance of prenatal, neonatal, and postnatal vitamin D supplementation cannot be underestimated.

Calcitriol, a form of D3, is different from all the body’s other steroid hormone systems. While other steroids are produced directly from the body’s natural store of cholesterol “precursor” compounds, the amount of calcitriol is completely dependent on having enough precursor 25-hydroxyvitamin D present in the first place. Brain levels of activated vitamin D directly depend on the amount of vitamin D a pregnant mother makes in her skin or puts into her mouth, to act as a “molecular switch” in brain tissue, turning on genes that influence her baby’s brain development. About 1,000 genes are already known to be targets of calcitriol activity, and that number is growing fast.

Cannell’s dramatic conclusion is that “Human behavior, be it the step into the sun, the step to the supplements, the step into the shade, or the step to the sunscreen, determine brain calcitriol levels.” In the case of the human fetus, brain calcitriol levels are directly linked to very early cognitive development, with tremendous implications for the developing baby’s brain.

### Vitamin D and Flu

Many health care practitioners are suggesting high doses of vitamin D along with probiotics to combat viral infections like the flu. They argue that if one examines the demographics of children who die from the flu, almost two-thirds had epilepsy, cerebral palsy, or other neuro-developmental conditions associated with vitamin D deficiency. Exacerbating the problem further: many of these kids were taking anti-convulsant drugs, known to leach Vitamin D.

### Testing for Vitamin D Deficiency

Know your vitamin D level! Anyone with recurrent or chronic illness should obtain a baseline measurement. Make sure your whole family has blood levels of Vitamin D above 50 ng/ml.

The most common way to have your vitamin D level tested is to see a doctor. But a new \$65 at-home test **is available through the Vitamin D Council**, which has partnered with ZRT Laboratory. The test measures 25-hydroxyvitamin D or 25 (OH) D, an inactive form of vitamin D. Stick a finger or heel to get a few drops of blood and mail the kit back. The results will be mailed to you without involving a physician.

### Prevention is the Medicine

To prevent Vitamin D deficiency, walk with face, hands and arms exposed to the sun, three or more times a week, for between 10 and 20 minutes, depending on skin tone, the season, and the distance from the Equator. Feed your family cod liver oil and shiitake mushrooms! This insidious deficiency is tragically missed in many disease diagnoses. Thankfully, it is the single most cost-effective treatment. Check levels often, replenish and maintain!

# UPCOMING EVENTS

- **Monday, October 26, 2009 – Pittsburgh, PA**  
*Staying Healthy the Natural Way*  
Learn some ways to keep from getting sick this winter from DDR Exec. Director, Patricia Lemer, M. Ed., a counselor with over 40 years experience. Hosted and sponsored by the Waldorf School of Pittsburgh 201 S. Winebiddle St. Pittsburgh PA 15224. 7–8:30 pm. Call DDR at 412.422.3373 for more information.
- **Wednesday, October 28, 2009 – Morristown, NJ**
- **Sunday, November 1, 2009 – New York, NY**  
*Are Vaccines Safe and Effective?*  
Speaker: Dr. Larry Palevsky  
For more information go to [www.drpalevsky.com](http://www.drpalevsky.com) or call 917.617.6149.
- **Saturday, October 31, 2009 – Washington, DC**  
*Family, Organizational and Structural Constellations*  
Learn how past–generational pain can influence health and happiness and how a constellation can resolve conflicts and settle issues.  
To register, go to [www.theconstellationsgroup.com](http://www.theconstellationsgroup.com).
- **Thursday, November 5 – Saturday, November 7, 2009 – Madison, WI**  
*Sensory Tools for Tots*  
Speaker: Diana Henry, OTR/L.  
For more information and other dates visit [www.ateachabout.com](http://www.ateachabout.com).
- **Thursday, November 5 – Saturday, November 7, 2009 – Cleveland, OH**  
*Holistic Health NOW!*  
Annual conference of the American Holistic Medical Association. Speakers include Scott Shannon, MD, Sheri Tenpenny, DO and Ben Kligler, MD. For complete schedule and to register go to [www.holisticmedicine.org](http://www.holisticmedicine.org).
- **Friday, November 6 – Saturday, November 7, 2009 – Bayside, NY**  
*Yoga for the Child with Developmental Challenges*  
Speaker, Anne Buckley–Reen. OTR/L.  
To learn more go to [www.educationresourcesinc.com](http://www.educationresourcesinc.com).
- **Friday, November 6– Saturday, November 7, 2009 – Meadowbrook, PA**
- **Friday, November 12– Saturday, November 13, 2009 – New York, NY**  
*M.O.R.E. Integrating the Mouth with Sensory and Postural Functions*  
Speakers: Patricia Oetter and Eileen Richter, OTRs. For more information and to register, contact PDP at 651.439.8865 or go to [www.pdppro.com](http://www.pdppro.com).
- **Friday, November 6– Sunday, November 8, 2009 – Bethesda, MD**  
*Autism Spectrum Disorders: What Works and Why?*  
Developmental, interdisciplinary and comprehensive interventions for children with autism and other special needs. 13th annual international conference of The Interdisciplinary Council on Developmental and Learning Disorders. Speakers include Drs. Stanley Greenspan, Harry Wachs, and Serena Wieder. Register at [www.icdl.com](http://www.icdl.com).
- **Saturday, Nov. 7 – Sunday, Nov. 8, 2009 – Milton, Ontario, CANADA**  
*Get a HANDLE on the Autism Spectrum*  
Sponsored by the Phoenix Centre for Neurodevelopment. For further information, contact The HANDLE Institute at 206.204.6000 or go to [www.handle.org](http://www.handle.org).
- **Saturday, November 7 – Sunday, November 8, 2009 – Fullerton, CA**  
*Autism Spectrum Disorders: Diagnosis and Treatment*  
Regional Clinical Seminar sponsored by the Optometric Extension program for optometrists and other professionals interested in working with individuals on the spectrum. Speakers are Patricia Lemer and Randy Schulman.  
To register, call OEPF at 800.424.8070.
- **Friday, Nov. 13– Saturday, Nov. 14, 2009 – Bainbridge Island, WA**  
*Neurodevelopmental Movement Training*  
Power tools for brain and sensory integration for children with learning and behavioral challenges. Teacher: Sonia Story. For more information, go to [www.moveplaythrive.com](http://www.moveplaythrive.com) or call 360.535.9991.
- **Friday, November 13– Sunday, November 14, 2009 – Lexington, KY**  
*Sensory Integration in the Classroom*  
Speakers: Lee Pennington Neill, PhD and Nikki Rosen–Lieberman, MA, OTR  
For more information and to register, contact PDP at 651.439.8865 or go to [www.pdppro.com](http://www.pdppro.com).
- **Friday, November 13 – Sunday, November 15, 2009 – Charleston, SC**  
*Hope for Autism Bio–Nutritional Training Conference*  
Co–sponsored by Great Plains Laboratory and American Chiropractic Autism Board.  
To register, go to [www.HopeForAutism.us](http://www.HopeForAutism.us)
- **Tuesday, November 17, 2009 – Wichita, KS**
- **Wednesday, November 18, 2009 – Kansas City, MO**
- **Thursday, November 19, 2009 – St Louis, MO**  
*Bully–Proofing Made Easy*  
Speaker: Izzy Kalman  
For more information and other locations and dates, go to [www.bullies2buddies.com](http://www.bullies2buddies.com) or call 650.344.5500.
- **Thursday, November 19 – Sunday, November 22, 2009 – Miami, FL**  
*Food as Medicine Conference*  
Professional training program on nutrition and diet sponsored by the Center for Mind–Body Medicine. Speakers include James Gordon, MD, John Bagnulo, nutritionist from Kripalu and others. For more information, go to [www.cmbm.org](http://www.cmbm.org).
- **Friday, November 20, 2009 – Pittsburgh, PA**  
*Western PA Autism Fitness Initiative*  
Speaker: Eric Chesson, MS  
To learn more, go to [www.aboard.org](http://www.aboard.org) or call 412.781.4116.
- **Friday, November 20 – Saturday, November 21, 2009 – Des Moines, IA**  
*Interventions for Praxis: From Ideation to Execution*  
Speaker: Dr. Teresa May–Benson, OTR/L For more information and to register, contact PDP at 651.439.8865 or go to [www.pdppro.com](http://www.pdppro.com).
- **Friday, December 4 – Sunday, December 6, 2009 – Boulder, CO**  
*Heart of Healing Family Constellation Weekend*  
Includes a “Hands On Workshop” teaching autonomic response testing to uncover hidden mercury. For more information go to <http://stores.homestead.com/klingshardt/StoreFront.bok> or call 303.499.4770.
- **Thursday, December 3 – Saturday, December 5, 2009 – Traverse City, MI**  
*Integrated Visual Learning*  
This is your opportunity to visit a prototype school based on vision development and visual thinking. Don't miss it! Contact the Excel Institute at 888.823.9235.
- **Friday, December 4 or Saturday, December 12, 2009 – Sewickley, PA**  
*Successful inclusion of K–5 students with Autism Spectrum Disorders*  
Speakers: Rebecca Klaw and Jill Lehman. Designed for teachers and other professionals. For information and to register call 412.521.8552 or go to [www.rebeccaklaw.com](http://www.rebeccaklaw.com) or [www.kidaccess.com](http://www.kidaccess.com).
- **Friday, January 22–Saturday, January 23, 2010 – Philadelphia, PA**  
*From Eyesight to Insight: Visual–Vestibular Assessment & Treatment*  
Speakers: Mary Kawar, OTR/L and Carl Hiller, OD, FCOVD. For more information and to register, contact PDP at 651.439.8865 or go to [www.pdppro.com](http://www.pdppro.com).

**Developmental Delay Resources**

5801 Beacon Street ■ Pittsburgh, PA 15217

[www.devdelay.org](http://www.devdelay.org) ■ email:[devdelay@mindspring.com](mailto:devdelay@mindspring.com)



**Fall 2009**

## Membership Renewal Form

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