

NAVIGATING AUTISM'S



Homeopathy offers hope for children with autism

by JAMIE OSKIN, ND

“MY 12-YEAR-OLD DAUGHTER NEVER READ OR UNDERSTOOD a book in her life. Now she’s reading a book a week! ... She’s no longer in a special autism class at school, and she’s off all her meds!”

“I was afraid that Jordan wouldn’t make it in regular kindergarten with his horrific tantrums, itchy eczema, and terrible toilet habits. Fast forward 10 months: those problems are gone, he’s doing great in a mainstream classroom, and best of all, he now hugs me goodbye every day!”



Swirling WATERS

The prevalence of autism has skyrocketed in the last 20 years—from an estimated 1 in 10,000 in the 1980s, to 1 in 88 kids today (and 1 in 54 boys). This alarming rise has made autism the most common pediatric developmental disorder in America. Even worse, there is no known cause, and there are no conventional medical cures. Currently, scientists theorize that it results from a genetic susceptibility triggered by environmental factors.

Thankfully, there *is* a ray of hope in this otherwise gloomy picture. Homeopathy can go a long way toward helping kids with autism. We homeopaths see the evidence in our practices every day, and you'll see it, too, in the stories of Sarah and Jordan that I'll share with you below.

Homeopathy is unique in that *it addresses the whole person*, from physical and emotional symptoms to behaviors and environmental factors. This holistic approach results in improvements in all aspects of health, which is especially beneficial for the complex nature of autism.

What is autism?

Autism is shorthand for Autism Spectrum Disorders (ASDs)—a group of neurobiological disabilities that affect a child's development of language, social interaction, and behavior. People with autism tend to handle information in their brains differently than other (neurotypical) people. The autistic child has difficulty socializing and communicating (verbally and

nonverbally), has restricted interests, and displays repetitive body movements or behavior. One clue that a normal-looking child may suffer from autism is that they avoid eye contact and show little interest in faces or facial expressions.

Along with these classic ASD characteristics, an autistic child often has a variety of other symptoms such as hyperactivity, sleep troubles, temper tantrums, rigid routines, finicky eating patterns due to dislike of tastes or textures, and gastrointestinal problems. Many display sensory over-stimulation to lights, odors, noises, and textures, and some have severe tantrums that can lead to injuring themselves or others by biting and hitting or striking themselves on the head.

Each individual who suffers from autism is affected differently, however, and people can vary widely on the autism spectrum with regard to the extent of their challenges—from severely challenged in thinking and learning abilities to extremely gifted.

Homeopathy's role

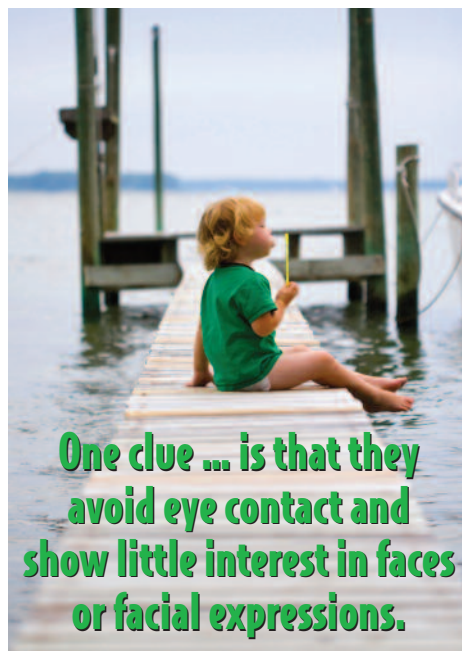
Homeopathy tends to be most effective in helping autistic children make improvements in sensory processing problems, tantrums, and speech delays. It's important to remember, however, that homeopathy, just like autism, is not "one-size-fits-all." Each child may receive an entirely different individualized remedy based on his or her unique symptoms.

We should not expect a child with autism to become neurotypical magically overnight. Certainly, the brain is plastic and can change with good, ongoing homeopathic treatment from an experienced professional, but we expect slow, steady progress over time. Autism is a deep-seated chronic illness that often has several layers. Homeopathy will help peel away the layers, so that with each sequential prescription, the child regains a better state of overall health. How much improvement the child can ultimately gain will depend, to some degree, on the age of the child when they start homeopathic treatment, the severity and longevity of the child's symptoms, and the skill of the homeopathic practitioner. Homeopathy can be used safely concurrently with other useful conventional therapies for ASD, such as applied behavior analysis, speech therapy, and occupational therapy.

Let's take a look at two real-world examples of children with Autism Spectrum Disorder—Sarah and Jordan (not their real names)—to see how they fared with homeopathic treatment.

SARAH'S STORY: "Different since birth"

Emily first brought her 11-year-old daughter Sarah to see me in November 2011. "From the moment she was born, I knew Sarah was very different," Emily said. "I've been to so many doctors over the years. At first they thought she was deaf. Then she was diagnosed with the worst case of Attention Deficit Disorder the specialist had ever seen. At age 4, they



One clue ... is that they avoid eye contact and show little interest in faces or facial expressions.

told me she had the brain of a 2-year-old and no comprehension skills." Emily recited a litany of medications her daughter had been prescribed, including Ritalin, antidepressants, and sleeping pills.

Autism was Sarah's most recent diagnosis at age 10 and an antipsychotic drug (risperidone), prescribed by her psychiatrist to address irritability, had caused Sarah to gain 60 pounds over the previous year. Even after stopping the medication, Sarah's appetite remained insatiable and her cholesterol level was sky high. Emily was skeptical that natural medicine could help Sarah, but she had come at the referral of one of her daughter's therapists. Emily thought that I might be able to help her daughter lose weight, never realizing that homeopathy could address Sarah's deeper issues as well.

Incoherent & argumentative

Emily reported that Sarah would cry alone in her room every day since her grandfather's death three years ago. Although she was relatively "high functioning" in relation to daily self-care, Sarah could not really converse or answer questions coherently. Her responses to questions were generally unrelated and illogical. For example, if I asked about her favorite food, she would say that she liked wearing pink clothes. In addition, Sarah was obstinate and stubborn, frequently arguing with Emily and others. The two problems compounded each other, as her incoherent way of speaking made it even more difficult to reason with her. Sarah would argue non-stop with her parents and siblings in this illogical manner, causing sig-

nificant distress and frustration in the home, which often escalated to Sarah having full-blown tantrums typical of a much younger child. Despite many different prescription pharmaceuticals, years of various types of therapy, and participation in assorted social skills groups, Sarah was not making much progress.

Grief-stricken over grandfather

In choosing a homeopathic remedy for Sarah, I paid particular attention to her grief over her grandfather, as it still seemed raw after three years. I prescribed *Natrum muriaticum* 30c, once daily, because it addresses the symptoms of ailments from grief, dwelling on the past, aggravation from consolation, and desire to be alone. Within a month, Sarah was no longer crying alone in her room and dwelling on her grandfather's death; her mood seemed lighter overall. This was a great start! Unfortunately, her symptoms related to developmental delay and autism showed no change. Because she had made some significant improvements, I asked Emily to continue to give her daughter a daily dose of *Natrum muriaticum* but now in a higher potency, 200c.

About two months into homeopathic treatment, Sarah's grief symptoms remained largely absent but she still showed no improvement in her other symptoms, so I realized I needed to reassess her treatment plan. Autism is a very complex chronic condition, and some trial and error is involved in finding an optimal homeopathic prescription. Emily's patience during those first few months was key to her daughter's long-term positive prognosis.

Insatiable eating, provocative clothing

At our March 2012 follow-up, Sarah began telling me about a delusion that her dead relatives would visit her at night in her bedroom and talk to her. This seemed to be a particularly noteworthy (characteristic) symptom that could point us to a useful homeopathic remedy. Emily was also concerned because Sarah was hiding her older sister's low-cut shirts and short shorts in her backpack and changing into them at school. Knowing that her daughter was developmentally delayed made Emily very concerned that someone might

take advantage of Sarah based on her provocative dress.

Sarah's insatiable appetite and weight gain continued relentlessly, with a strong sweet tooth for cookies and cakes. "One day I brought home four extra large cookies, one for each of my kids," Emily reported, "but before the others even had a chance to eat their cookies, Sarah had scarfed down every last one! Another night, Sarah almost burned the house down cooking eggs in the middle of the night when she caught a dishrag on fire."

Sarah was overly sensitive to loud noises (diagnosed as sensory processing disorder) and also very afraid of crowded places. She was intensely affected by sad stories, and she told me repeatedly how upset she was that pop star Whitney Houston had died. I noticed that she had sweat beads on her forehead and nose, and when I asked to feel her palms I found

them quite clammy. All these symptoms—delusions of hearing voices, visions and dreams of dead people, ravenous hunger, excessive appetite for pastries, craving for eggs, excessive clammy perspiration on head and palms, high sexual desire, sensitivity to noise, sensitivity to hearing cruel stories, fear in narrow places, and obstinate behavior fit the indications for *Calcarea carbonica*, which also happens to be a very common remedy for children with developmental delay. For example, Hering's *The Guiding Symptoms of Our Materia Medica* says of *Calcarea carbonica*: "Mind is confused, so that what is read or heard is not understood or comprehended. ...Intellect dull; unable to progress in her studies. ...Thinking is difficult. ...Child has been slow about teething and walking." So I prescribed a daily dose of *Calcarea carbonica* 30c.¹

Starting to read...

One month later, Sarah's mom was beaming when I greeted them in the waiting room. Within the first month on *Calcarea carbonica*, Sarah had begun speaking coherently most of the time and engaging in conversations with ease. Her arguments and tantrums had significantly decreased. For the first time in her life, Sarah had begun reading books, albeit very slowly. Emily reported that on a recent trip to an amusement park, Sarah was able to go on rides without her former sensory problems with loud noises and fear of crowds. This would have been unimaginable only one month earlier. She also completely stopped hearing the voices of dead relatives, saying, "They stopped coming to visit me."

Off meds, losing weight, making friends

Over the course of the next year, Sarah continued to respond positively to several ascending potencies of *Calcarea carbonica*, given in daily doses as before. (When her progress stopped on a certain potency, I went up a potency to keep the improvement going.) Over the summer vacation of 2012, we were able to wean Sarah completely off Ritalin for the first time in many years. In fact, she performed better in the following 2012–2013 school year—off all her conventional medications—than she had in any previous year. She was able to mainstream in many classes and had friends that were her peer age for the first time in her life. Emily cried when she told me that Sarah was having her first sleepover party with girls her own age. Sarah even started writing her own novels about dragons. Within six months of starting *Calcarea carbonica*, Sarah's appetite diminished to normal levels, she began to lose her excess weight, and her cholesterol levels normalized.

It's been about 21 months now that Sarah has been receiving homeopathic treatment, and she continues to do well. This is still early in the course of treatment for such a complex case, and she still has a ways to go, but I expect Sarah will continue to make significant strides with long-term help from homeopathy.

Gets her life back!

About a year into treatment, Sarah's mother wrote: "We have been coming to

Recommendations for Parents

◆ Amy Lansky, PhD, (former NCH Board member) wrote a wonderful book called *Impossible Cure* that explains how her son recovered from autism with homeopathic treatment. You can also find an excellent essay on her website that offers valuable information for parents seeking a skilled homeopathic practitioner to treat their child, as well as what to expect from the process of homeopathic treatment. www.impossiblecure.com/autism.php

◆ *Facing Autism: Giving Parents Reasons for Hope and Guidance for Help*, by Lynn Hamilton, is an excellent book for parents of a newly diagnosed autistic child. It explains the various treatments and services available and also offers guidance on how to emotionally handle the life changes that come with a new autism diagnosis.

◆ Temple Grandin, PhD, has some excellent books based on her experience as a successful adult living with high-functioning autism. An excellent HBO movie was made about her that is now available on DVD—see her website at www.templegrandin.com. I especially recommend her books: *Thinking in Pictures: My Life With Autism*; *The Way I See It: A Personal Look at Autism and Asperger's*; and *Developing Talents: Careers for individuals with Asperger Syndrome and High-Functioning Autism*.

◆ Seek homeopathic treatment: Search for a practitioner who has extensively studied homeopathy and who has experience helping children with autism. To find a homeopath near you, visit the National Center for Homeopathy at www.NationalCenterForHomeopathy.org, or check Amy Lansky's online referral list for homeopaths who are experienced with treating children with autism: www.impossiblecure.com/referrals.php.





EVIDENCE: Homeopathy Helps Autistic Kids

Homeopaths often report that autistic children make great strides under homeopathic treatment, and now a small but growing number of research studies backs them up. A 2008 pilot trial in Brazil, for example, found that homeopathic treatment had positive effects on cognitive, motor, and behavioral performance in children with autism. More significant improvements occurred in younger children than in older children, reinforcing the idea that early intervention is best. Even so, teens treated with homeopathy also experienced positive effects, including lower aberrant behaviors and improved social and family integration.

A 2011 paper by Praful Barvalia also showed promising results for 60 autistic children treated with classical homeopathy at Spandan Holistic Multidisciplinary Institute in Mumbai, India. The group included a cross-section of girls and boys of various ages, suffering with mild, moderate, or severe autism. ATEC (Autism Treatment Evaluation Checklist) scores were assessed for each child at various intervals: six months prior to treatment, when beginning treatment (baseline), and every three months up to one year after the onset of homeopathic treatment. ATEC scores improved almost 34% after three months and 60% by six months into treatment. [See footnote on page 41 for more about the ATEC assessment tool.] Most impressive was that after only one year of homeopathic treatment, 9 of the 60 children were assessed as non-autistic, according to the standard autism diagnostic tool, the Childhood Autism Rating Scale.

The study also sheds light on the timeframe in which we might expect to see measurable improvements in symptoms; the children continued to get better at 12 and 18 months, which indicates that long-term homeopathic treatment of a child with autism reaps rewards. Additionally, the study showed that about one-third of the children needed sequentially different homeopathic remedies over time, as their pattern of symptoms changed (this mirrors what I see in my practice, as demonstrated in the accompanying cases of Emily and Jordan).

Barvalia's paper also identified common subtypes of children with autism who might benefit from certain categories of homeopathic remedies. They found groups of remedies that were valuable for autistic children with sensory problems (including *Carcinosinum*, *Nux vomica*, *China*, *Stramonium*), hyperactive and violent behaviors (including *Tarentula*, *Stramonium*, *Tuberculinum*, *Medorrhinum*, *Nux vomica*), regressive or inappropriate sexual behaviors (including *Hyoscyamus*, *Baryta carbonica*, *Bufo*), problematic moods (including *Phosphorus*, *Carcinosinum*, *Lycopodium*), intense fears (including *Opium*, *Borax*), autistic savant abilities (including *Coffea*, *Calcarea phos*, *Belladonna*, *Agaricus*), and strong causation in the child's history for the onset of autism (e.g., if the autistic symptoms began after illness, vaccination, suppressive medication, or emotional trauma, a remedy appropriate to the causation may be needed). Collating and sharing this type of clinical information can be invaluable to the practicing homeopath, and more such research is needed.

References:

1. Geórgia Regina Macedo de Menezes Fonseca, et al. Effect of homeopathic medication on the cognitive and motor performance of autistic children (Pilot study). *Int J High Dilution Res* 2008; 7(23); 63–71.
2. Barvalia, P. Autism Spectrum Disorder: Holistic Homeopathy. *Homeopathic Links* Spring 2011, Vol. 24: pp. 31–38.

you since November of 2011 and have only been to see you once a month and my daughter is off all her medications and only takes your natural homeopathic remedies and fish oils and Vitamin D and she is getting As in some subjects at school. I never thought I would see this day. We are so excited for her. How do I ever thank you or repay you for giving my child her life back?"

JORDAN'S STORY: Starting kindergarten at a disadvantage

Catherine first called me in September 2012, worried that her 7-year-old son "wouldn't make it in his new kindergarten classroom." He was extremely restless with many behavioral problems. His preschool teacher had urged them to start Jordan on conventional stimulant medications, the kind used for kids with Attention Deficit Disorder, so he could better handle kindergarten. But when Jordan responded to the very first dose of Vyvanse® (lisdex-amfetamine) with dramatic head and stomach pain, his parents decided it was not the right option for him.

Jordan was born two months prematurely. He was delayed in speech and didn't walk until he was 17 months old. At age 3 when he was still delayed in other areas of development, his pediatrician recommended a specialist, who diagnosed him with autism. At the time of our first consultation, Jordan was cognitively about a year and a half behind the norm. He struggled with eye contact and didn't understand social cues. For an autistic child, he was extremely outgoing, but he would inappropriately get in people's personal space causing children and adults to distance themselves from him. He had trouble making friends—not surprising given that he had tried to hurt other children on multiple occasions.

Terrible tantrums & toileting

His mom was most concerned that his problematic behaviors were interfering with his social life. He had horrible meltdowns every day in school and at home. For example, when told to come in for dinner, he would fall to the ground, screaming and yelling, "I'm not going!" He would throw whatever was close by and defiantly shout, "No I don't want to!" Alternatively, he would run out of the house and reck-



When excited, he exhibited hand flapping, a common symptom in autism.

lessly cross the street without first checking whether any cars were coming.

Toileting was a major problem that would lead to tantrums and fights. He still wasn't toilet trained with bowel movements, and he was afraid to sit on the toilet. His parents tried endless behavioral therapy reward systems without any improvements—he still frequently soiled his pants. When his mother would notice he was starting to have a bowel movement, she would grab him and rush to the toilet while he kicked and screamed. This never ended well and rarely resulted in stool making it into the toilet. Jordan was so stubborn and, oddly, he didn't mind soiling himself. Sometimes he would even put his hands into his pants to smell the stool or play with it. To make things worse, his stools were extremely foul-smelling.

Garbled speech, poor comprehension

Jordan's speech remained developmentally delayed; he would talk hastily in garbled speech and often in the third person when referring to himself, such as "Jordan goes to school." He frequently repeated words (known as "echolalia"), such as "tractor, tractor, tractor." When excited, he exhibited hand flapping, a common symptom in autism. His reading comprehension was poor, and handwriting was delayed. He had some sensory processing symptoms including sensitivity to loud noises and to odors. Jordan's ATEC (Autism Treatment Evaluation Checklist) score was 46, which placed him roughly in the 25th percentile with regard to his autistic symptoms (where the 0 percentile = no autistic symptoms and the 99th percentile = severe autism).²

History of earaches & eczema

Jordan's history of physical ailments included recurrent ear infections as well as ongoing eczema; the eczema rashes were worse with a warm bath. Since he was 18 months old, he'd had an episode of croup (inflammation of the voicebox and windpipe with cough, hoarseness, and difficult breathing) every year; twice, he had to go to the ER for nebulizer treatments, and his doctor put him on a bronchodilator (albuterol). During his last episode, however, Catherine had successfully treated him with *Spongia*, an over-the-

counter homeopathic remedy well-known by moms for helping kids with croup, and it was this success that led her to seek me out for homeopathic treatment for Jordan's autism.

Jordan was generally bothered in a warm room and preferred open air with the windows down. He was a very sweaty kid with offensive-smelling perspiration on his head, hands, and feet. He also had a few warts on his feet.

Remedy for a smelly, sweaty kid

In considering a remedy for Jordan, I thought that Jordan's most characteristic or distinctive symptoms were his tantrums, his very offensive-smelling discharges (body odor and stool), his eczema rashes that got worse after warm bathing, and his dirtiness (e.g., playing with his feces). These symptoms led me to choose the homeopathic remedy, *Sulphur*. Other symptoms that helped confirm my choice included his warm-bloodedness, chronic susceptibility to croup, and developmental delays. *Sulphur* was one of the three most successful prescriptions in Swiss investigator Heiner Frei's Attention Deficit Hyper-

GET
EXTRA
HELP—

*the Earlier
the Better!*



Kids with autism need extra help to communicate and get along in the world, and this is where parents, teachers, and therapists can assist. Studies show that applied behavioral therapy can help to teach children complex communication as well as social, play, and self-help skills (e.g., how to take turns, play in a group, eat in a school cafeteria, etc.). Speech therapy can be very useful for problems with language development, which are some of the main challenges that children with autism face. A kid might also be taught sign language, for example, or encouraged to point to pictures to get their message across. Many children with Autism Spectrum Disorders have low muscle tone and difficulties with fine-motor skills like writing, so occupational therapists can be very helpful to improve these functional skills. And remember, early intervention yields the best results, so seek help as soon as you suspect your child might be in need of it.



He started hugging me on his way out to school or play—for the first time in his life!

activity Disorder homeopathy research (along with *Calcarea carbonica* and *Lycopodium*).³ This is not surprising given that, in the homeopathic provings, *Sulphur* produces restlessness with desire to move and many cognitive symptoms such as difficulty thinking. It is also a remedy very commonly indicated for patients with skin rashes that are worse from warm applications. The combination of Jordan's mental/emotional symptoms plus his physical symptoms led to this prescription, based on Hahnemann's directions to use the *totality* of characteristic symptoms described in aphorism 153 of the *Organon of Medicine*.

Getting good grades

I asked Catherine to give Jordan one dose of *Sulphur* 6c each day. She called one week later, with some excitement in her voice: "He had a pretty good week in school. He even went to a big birthday party over the weekend ... and behaved himself! I was worried that all the noise and chaos would get him so worked up that he'd play too hard and end up hurting someone—but not this time. He seemed less restless this week, too. He actually sat through a few meals without running away from the table!"

At Jordan's one-month follow-up visit, his mother reported more positive changes. His tantrums were not nearly as intense as before, and he wasn't fighting as much about toileting. "For the first time *ever*, he told me when had to go to the bathroom to have a BM," she exclaimed. "And at school, he got 100% on his last 3 spelling tests." He'd had a mild worsening of his eczema

right after starting the remedy, but then the rashes completely disappeared. He had been less sweaty over the last month, too. Overall, a very good report!

More mature at school & home

Over the next few months, Jordan continued his daily dose of homeopathic *Sulphur*, but I increased the potency at a few junctures—typically whenever his improvement plateaued for more than a few weeks. The tantrums became less frequent. Jordan's parents even took him on a trip to Disney World, which they wouldn't have attempted before. "His behavior was amazing—he had only one tantrum," Catherine reported. "We never had a vacation that was this stress-free! Jordan's kindergarten teacher is amazed, too. When I last talked to her she said, 'Wow, Jordan's really matured! He's not acting up, and he sits still for extended periods.'" Although he was still using his own name when talking about himself (i.e., talking in the third person), he was speaking much more intelligibly and with improved vocabulary and sentence structure. "His math scores aren't great, but he's excelling at English and spelling," Catherine said. "And he came up two levels in reading!"

Even better, Jordan's toileting problems had completely resolved—which was a

huge step toward family harmony. He was now using the bathroom on his own with no more sanitation problems. His eczema outbreaks had disappeared, too. He wasn't sweating as much on his head, hands, and feet, and the odor was barely noticeable.

Tantrums return

After about five months of steady improvement with homeopathic treatment, Jordan began to relapse. First, he came down with hives all over his body, on and off for a couple of months. Then the eczema rash returned on his back between his shoulder blades. Even worse, his behavior tanked, and he started throwing massive tantrums over little things, even in public places like the grocery store when he didn't get something he wanted. Twice, he dumped two large soap bottles on the living room carpet just to be defiant. He also started wetting the bed, which was something he had not done since the beginning of his homeopathic care. And he still had the warts on his feet that he'd had at the start of treatment.

Because *Sulphur* had been working so well for Jordan, I tried increasing the potency a few times over the next few months to see if that would have any effect. Unfortunately, Jordan showed no improvement, so I knew we needed to find a different remedy.

Time for a new approach

In considering Jordan's most troublesome symptoms—hives, a new eczema outbreak, warts on his feet, bedwetting, tantrums that were easily triggered—they seemed fairly run-of-the-mill; none stood out as the kind of "keynote" symptoms that would clearly point to a particular homeopathic prescription. In aphorism 153 of the *Organon*, however, Hahnemann explains that the totality of characteristic symptoms should be used to find the remedy that produces the most similar symptoms in a homeopathic proving. Even in the absence of particular "keynote" symptoms, careful

ID	Rubric name (Desktop 1)	Sep.	Calc.	Carb-v.	Sulf.	Caust.	Ars.	Lyc.	Rhus.
451	Urination (micturition), Involuntary (enuresis), night, in bed (nocturna...	3	2	1	4	3	3	2	4
1457	Generals, Skin & externals, Eruptions, Dry {1457}	4	4	3	2	2	2	2	2
1726	Modalities, Temperature, Seasons, Weather, Warm (& warmth), air (...	2	1	2	3			3	1
1510	Generals, Skin & externals, Eruptions, Urticaria (nettle-rash), resembl...	3	4	2	3	4		3	4
1549	Generals, Skin & externals, Warts, Warts (Verrucae simplex, V.vulgari...	3	4	1	4	4	3	2	3
792	Mind (& Disposition), Irritability (anger, aggressiveness, etc.) {792}	3	2	2	3	1	2	3	
799	Intellect, Affection of, in general {799}	4	3	1	3	2	2	4	3
2385	Concordances, Sulf. {2385}	4	4	3		4	4		2
	Rubric count [8]	8	8	8	7	7	7	7	7

study can still allow us to solve these cases by seeing how the symptoms all together form a uniquely identifying totality.

So I repertorized Jordan's symptoms using the *The Bönninghausen Repertory, Therapeutic Pocketbook Method, Second Edition*, edited by George Dimitriadis, as you can see in the chart on page 40.⁴

Because *Sepia* came up in the analysis as a strong possibility, I checked *Hahnemann's Chronic Diseases* and found the following *Sepia* proving symptoms that matched the symptoms that Jordan was exhibiting: *He gets vexed at every trifle. Peevish and disposed to quarrel. Vexatious sensitiveness. Angry, peevish. Very morose and violent. A trifle may produce a violent ebullition of anger... He was distracted, talked incorrectly, using the wrong words. ... in a disagreeable, restless mood. At night he dreams that he is urinating into the vessel, while he allows the urine to flow into the bed. Itching eruption on the back. Warts.*

Big change in autism scores

Jordan began taking a daily dose of *Sepia* 6c in May 2013. One week later, I was happy to receive a positive report from his mom: "Jordan is doing really well! His behavior is much better, he stopped having those terrible meltdowns, and his hives went away completely."

Over the next month, the eczema rash on his back disappeared. He no longer became easily angered over every little thing. He made good progress in his classes and finished the school year with ease.

As of July 2013, Jordan has continued to respond positively to several ascending potencies of *Sepia*. After 10 months of homeopathic treatment, his ATEC score had dropped 56%, from 46 to 20. This was a significant improvement that put him roughly in the 6th percentile on the autistic spectrum (where 0 percentile=non autism symptoms).

Hugs & thanks!

Jordan still shows some autistic traits (e.g., narrow, restricted interests; less eye contact than normal; lower level of fine motor dexterity, etc.) and is delayed in some areas (e.g., math), so he has a ways to go yet. But the progress he has made in ten months of homeopathic treatment has made his parents very happy! They no longer have messy toileting problems to

Conventional Drugs for Autism?

While conventional medicine offers no cure for Autism Spectrum Disorders, it is not uncommon for doctors to prescribe various medications for autistic kids aimed at controlling symptoms, such as antidepressants for anxiety, antipsychotics for behavioral problems, or stimulants (e.g., Ritalin) for hyperactivity. According to a systematic review of medical treatments for autism published in the journal *Pediatrics*, there is a general lack of scientific evidence to support the use of such psychiatric drugs for children suffering from Autism Spectrum Disorders. The study did, however, find evidence to support antipsychotic drugs for those children with challenging and repetitive behaviors, yet because of a strong concern about significant adverse side effects, it is recommended that those drugs be limited to patients with severe impairment or risk of injury.

Source: McPheeters ML, et al. (2011) A systematic review of medical treatments for children with autism spectrum disorders. *Pediatrics* 127(5):e1312

contend with. Their son is much easier to get along with—he's stopped throwing tantrums at every turn, and he's no longer excessively restless. His itchy, bothersome eczema is gone. Not only did he successfully navigate his kindergarten year in a mainstream classroom (with some additional tutoring), but also he made great strides in his academics—all without conventional prescription drugs (and their troublesome side effects) that earlier teachers and doctors had urged for him.

"What makes me the happiest as a mom," Catherine said, "is that he's actually becoming affectionate! He connects with me now like he never did before. He started hugging me on his way out to school or play—for the first time in his life! And thanking me for the simplest things, like going out to eat. We are so thrilled at how far he has come!"

Great expectations

We don't know how much progress Sarah and Jordan will continue to make under homeopathic treatment, but they have clearly come a long way! For parents considering homeopathy, it's important to stick with it and give it a chance. Autism is a complex problem that affects the child

on many levels, so your child might even take one step backward before taking two steps forward, as Jordan did. But because homeopathy helps the whole person—physically, emotionally, and behaviorally—it is ideal for the autistic child, and you can expect slow, steady progress over time.

FOOTNOTES:

1. A note on dosing: In chronic cases, such as autism, I typically start with a low potency like 6c or 30c every day, and expect slow, steady improvement over an extended course of treatment. When improvement plateaus, I tend to increase the potency—as long as the symptoms have not changed substantially. This posology method is rooted in the work of Samuel Hahnemann (*Organon of Medicine*, 6th edition, especially paragraph 246, footnote a), Francisco Eizayaga (*Treatise on Homeopathic Medicine*), and Douglas M. Borland (*Pneumonias*), and was introduced to me by Stephen Messer, ND, DHANP.
2. The Autism Treatment Evaluation Checklist (ATEC) is a 77-point symptom checklist that can be completed periodically by parents or practitioners to evaluate a child's response to any therapeutic treatment. The ATEC was not designed to diagnose autism or to compare one child's level to another, so it may not be valid to use it that way; rather, it is most useful as a "before-and-after" comparison tool for an individual's response to treatment. For a wealth of information on autism and the ATEC (including free online access and scoring), visit the website of the Autism Research Institute at www.autism.com and search for ATEC.
3. Frei H, Everts R, et al. Homeopathic treatment of children with attention deficit hyperactivity disorder: a randomized, double blind, placebo controlled crossover trial. *Eur J Pediatr*. 2005 Dec; 164(12):758–67. [Download Heiner Frei's papers at: <http://heinerfrei.ch/>]
4. I was inspired to study the Bönninghausen repertory after hearing George Dimitriadis speak at the Joint American Homeopathic Conference in Virginia in April 2013. He is the foremost authority on the repertorial method of Clemens von Bönninghausen (a contemporary and student of Hahnemann), which is said to be the most accurate repertory because all entries are sourced to primary proving data. For those who would like to study *The Bönninghausen Repertory, Therapeutic Pocketbook Method, Second Edition* (also known as TBR2), I recommend Dimitriadis's book *Homeopathic Diagnosis, Hahnemann through Bönninghausen*, which you can read about on his website: www.hahnemanninstitute.com/publications.php.



ABOUT THE AUTHOR

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