

# HOW CAN WE END AUTISM FOR GOOD? A POSITIVE AND HOPEFUL SOLUTION



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<http://www.autismatabbasplace.com>

**Autism can end if everyone has the truth shown to them of how important it is to have the child's liver healthy before the vaccination load is given.**

# The Liver – Central to Autism

- The liver serves as the body's great filter. It cleanses and purifies the blood stream. It is of vital importance
- Processes carbohydrates, fats, proteins and hormones.
- Stores vitamins, participates in digestion
- Detoxifies medicines and harmful chemicals
- Critical part of the immune system

# The Liver – Central to Autism

If autism is to be ended, two realities must be recognized by all:

- I. The liver is usually laboring in a state of overload much greater than most people realize.
- II. The central role of the liver in children with autism –and really in all of us-- is poorly recognized and poorly understood, even by professionals who treat persons with autism.

# Words of Wisdom

Dr. Sandra Cabot, an internationally recognized physician and author from Australia wrote:

*“In life, real solutions are generally simple, logical, practical, and must be easy to follow. It took me more than 20 years of medical practice to realize that the liver, the supreme organ of metabolism had to be the missing key. It seemed so simple and so obvious and yet so incredible. Why hadn't someone thought of this before?”*

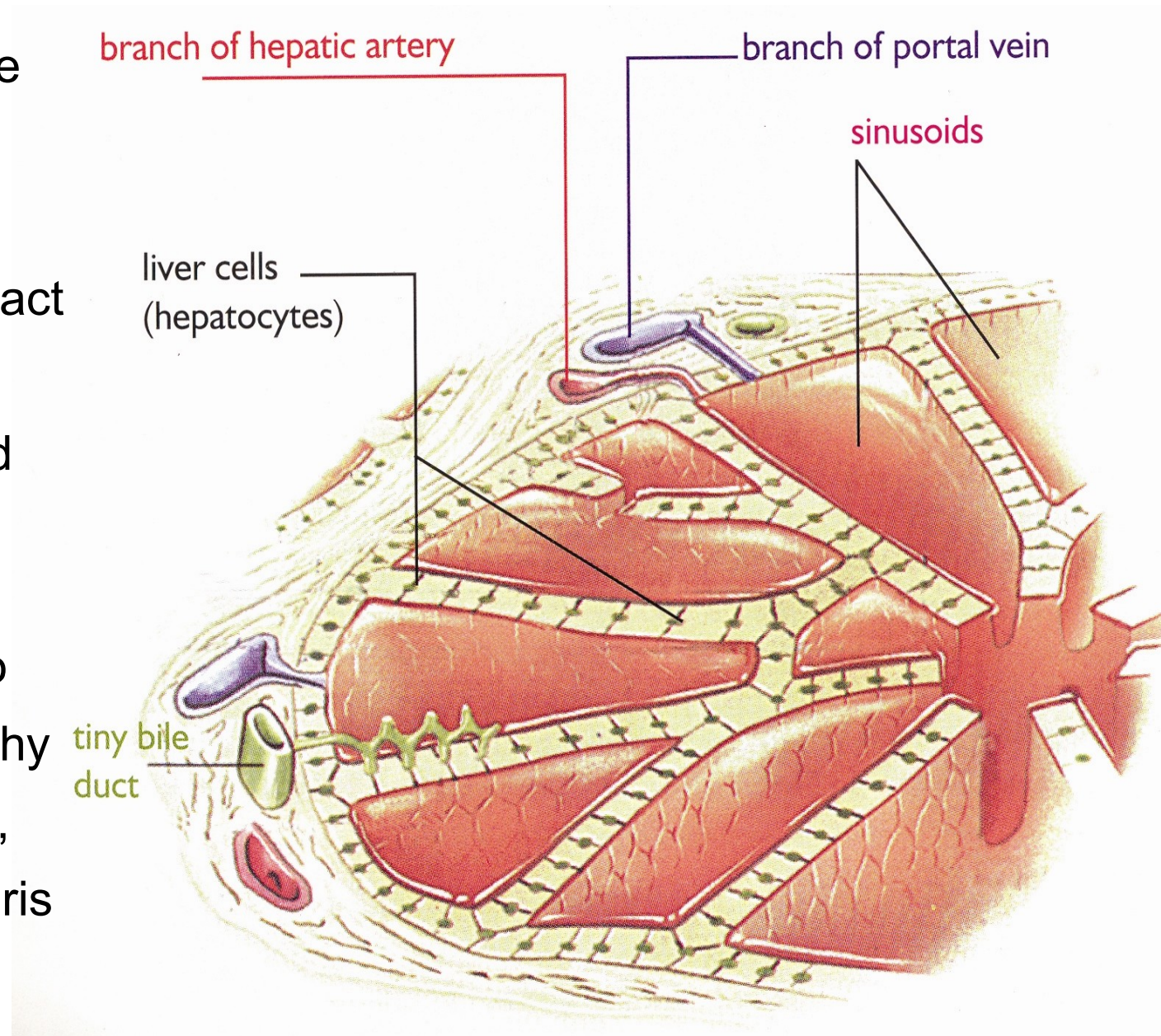
# The Liver, the Body's Great Filter

- No matter what kind of contaminants enter the body and no matter how they enter, whether through water we drink, air we breathe, through our skin, our food, or the medicine we take -both prescription and over the counter- they enter the blood stream and end up in the body's filter, the liver. There they are trapped, inactivated, and prepared for elimination.
- The liver is the gateway to the rest of the body. It is the Grand Central Station, like Rome in the ancient world to which all roads led.

# The liver is the mechanical filter of the bloodstream

Under a microscope, we see rows of liver cells separated by spaces called sinusoids; these act like a filter or sieve, through which the blood flows.

This filter is designed to remove dead & unhealthy cells & microorganisms, chemicals, drugs & debris from the blood.





# Cartoon of Kupffer Cells in the Liver





# Much More than a Big Lymph Node.

The liver's filtering process resembles the entrapment of foreign substances as infectious agents or cancer cells that occurs in lymph nodes. But, besides entrapping the foreign material, the liver also processes it for elimination.

The bowels are primarily a channel of elimination. They cannot cleanse, filter, or remove toxic wastes from the blood stream.

However, the health of our liver, lymphatic system, and immune system are greatly affected by the state of our intestines.

# **Many Five-Sided Bolts**

**In this chemical age, the liver's detox systems are easily overwhelmed. Synthetic chemical contaminants resembling 5-sided bolts become trapped in the liver and remain there for years because the liver lacks the proper “wrench” to inactivate and eliminate them. So the liver's other 499 functions suffer, such as the processing of carbohydrates, fats, proteins, and hormones. Fat accumulates because the liver has no time to deal with it. A fatty liver develops. The liver begins to function like an overloaded truck.**

# **Liver Detoxification**

**Inside the liver cells there are enzymes that break down toxins and drugs. Many of the toxic chemicals are fat-soluble.**

**The liver converts fat-soluble chemicals into water-soluble chemicals; only then can they be easily excreted from the body via watery fluids such as bile, urine, sweat & saliva.**

**Many fat soluble chemicals (pesticides, plastics etc.) are carcinogenic and have been implicated in the rising incidence of cancer.**

**If the liver does not breakdown these fat-soluble toxins they build up in fatty parts of the body such as the brain, endocrine glands and fat tissues.**

**This may result in symptoms of brain and endocrine dysfunction.**

# **No Room for You. Go Next Door.**

Chemical contaminants can easily slip past an overburdened, overloaded liver and enter the blood stream to be deposited throughout the body, especially in organs of high fat content, as the hormonal (endocrine) glands and the brain. Most contaminants are of a chemical make-up that gives them affinity for these high fat tissues. The deposited contaminants cause all kinds of mischief. The developing human brain is exquisitely sensitive to these chemicals And they are attracted to it as nails to a magnet.

# A Strong Recommendation

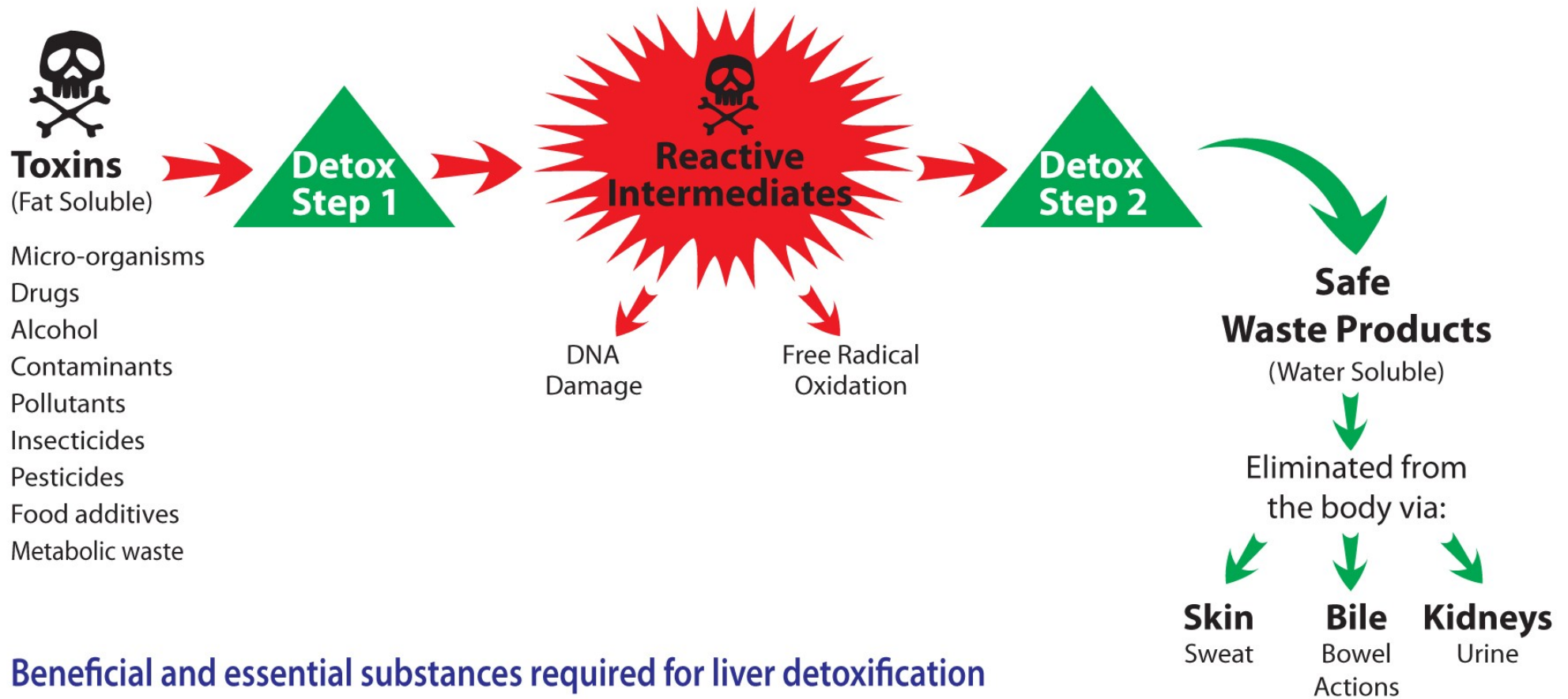
Dr. Cabot, mentioned above, has developed an effective regimen that includes juicing, eating raw foods that help the liver burn fat, and taking liver-supporting herbs and nutrients. This regimen is presented in her many books, especially in *The Liver Cleansing Diet*. It especially fits children with autism, ADHD, and their mothers. Fathers, of course, also benefit.

Parents-to-be who wish to avoid these illnesses in their children should also use this regimen.

These measures can –and should- begin prior to conception.



# Liver Detoxification Pathways



## Beneficial and essential substances required for liver detoxification

The herbs Milk Thistle, Turmeric (Curcumin), Dandelion & Globe Artichoke.

Antioxidants e.g. Vitamin E, Vitamin C, Selenium, and Carotenoids.

B Group Vitamins and Folic Acid.

Sulphur Bearing Amino Acids: Taurine, Glutamine, Glycine, Cysteine, Glutathione and Methionine.

Sulphurated phytochemicals eg. (found in garlic & cruciferous vegetables)

## Detoxification Pathways in the Liver

# Phase One Detoxification

- This pathway converts a chemical into a less harmful chemical.
- The detoxification processes involved can produce free radicals and damage the liver by oxidative stress.
- Antioxidants such as vitamins C and E and natural carotenoids (vitamin A precursors) can reduce this damage.
- Too many contaminants themselves can disrupt the system, hurt cytochrome P-450 enzymes.

# Phase Two Detoxification

- Here liver cells add another substance as sulfur to a chemical or drug and make it less harmful.
- The substance then becomes water-soluble so it can be eliminated in the urine or bile.
- Drugs, toxins, and hormones are treated thus.
- In Phase Two, liver cells need sulfur (taurine, cysteine). Also glycine, glutamine, choline, and inositol. -and foods containing these nutrients.
- Such foods have a liver-cleansing action.

# Liver Overload and Hyperimmunity

- Toxins build up in the body if Phase I and II fail.
- Brain dysfunction, allergies, and physical exhaustion are some of the consequences.
- Many of these chemicals can cause cancer.
- Their buildup in the bloodstream increases the work-load of the immune system which then releases inflammatory chemicals and makes autoantibodies against body tissues.
- All this is worsened by nutritional deficiencies inherent in processed foods and high fat diets

# Liver Dysfunction Causes Immune Problems

If the filtering and/or detoxification systems within the liver are overloaded or inefficient, this will cause toxins, dead cells and microorganisms to build up in the blood stream. This will then increase the workload of the immune system, which will become overloaded and irritated.

**Symptoms of immune dysfunction include:**

**Autism**

**Allergies & chemical sensitivities**

**Increased inflammation**

**Recurrent infections**

**Chronic fatigue syndrome**

**Autoimmune diseases**





# Food for Thought

*“Rarely does anyone think about the liver, which seems incredible to me, because it is such a powerful organ and its functioning is easily improved.*

*“Indeed the simplest and most effective way to cleanse the blood stream and thus take the load off the immune system is by improving liver function.”*

*-Sandra Cabot, M.D. The Healthy Liver and Bowel Book. P 16.*

*Her Liver Cleansing Diet is the 5-Sided Wrench*

# Liver Problems are Common

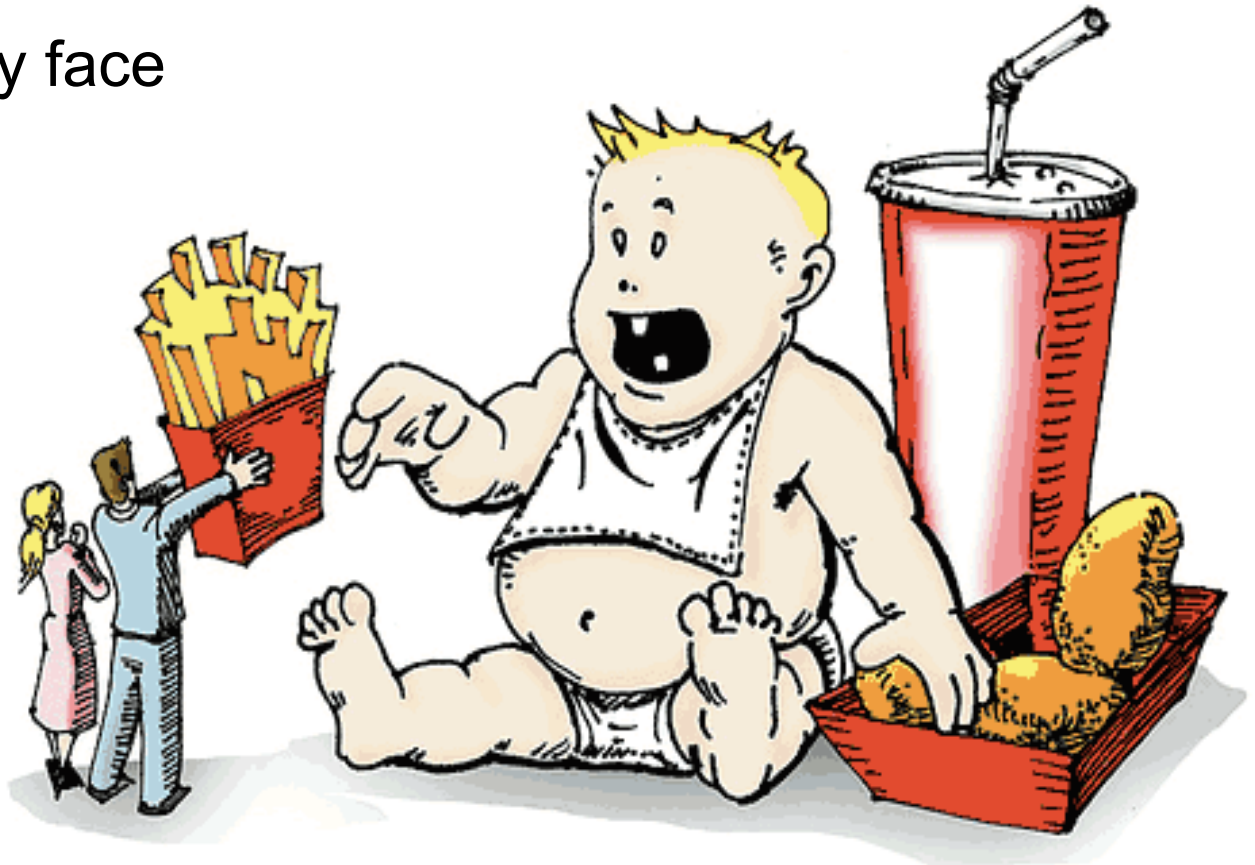
- Non-alcoholic fatty liver disease is the most common cause of abnormal liver function tests.
- As many as one in every three persons has been found to have a poorly working liver.
- Such conditions can go unrecognized and untreated for years.
- Commonly symptoms only get treated with increasingly stronger and more harmful drugs.
- The liver, the General of the Army, becomes more burdened. Personal health also worsens.

# Fatty Liver in the Young

## Approximate incidence:

- Children 3%
- Obese Children 53%
- Teenagers 15%

If this is not corrected they face a future with liver disease and diabetes and its complications.



# How We Harm Our Livers

# **Funnel #1: Environmental Contaminants**



# 2010: EPA Builds List of Potentially Dangerous Chemicals

- Sheila Kaplan ([www.politicsdaily.com](http://www.politicsdaily.com)) wrote that this bold venture was “Risky Business”
- Draft included methylmercury, aluminum, lead, arsenic, cadmium, bisphenol-A, DEET, and phthalates.
- After 1 year, 6 congressional hearings, and 10 “stakeholder sessions” the legislation was dead
- Cogent testament to the combined clout of the 674 billion dollar chemical industry.

# EWG 2005: Pollution in Newborns

- Umbilical cord blood of newborn American babies from all social strata contains 287 metals, industrial chemicals and pesticides.
- Of the 2863 chemicals produced in excess of 1 million pounds annually, only 12 -a meager 4%- have been tested for neurodevelopmental toxicity according to EPA guidelines.  
-cited by Martha Herbert, M.D.
- The developing human brain is exquisitely sensitive to damage by environmental toxins. Dr. Phillip Landrigan's window of vulnerability

# Funnel # 2: Medications

# The Autism Epidemic Involves Vaccinations



Important issues in giving shots involves ingredients, when they are given, how frequently they are given, and how many are given together.

But the overriding issue pivots on the ability of the child's liver and related immunity to tolerate a vaccination load. The medical/vaccination community must wake up to this fact and act on it without delay before autism can be brought to its much needed end.



# The Vaccination Load





# Vaccination load – with help



# Funnel #3: Food

# Funnel # 4: Gut Toxins



Hygiene Hypothesis, parasites

Dysbiosis, S. B. I. O.

Leaky gut -Fasano. Sci Amer 2009

Intestinal biofilm Dr. Anju Usman

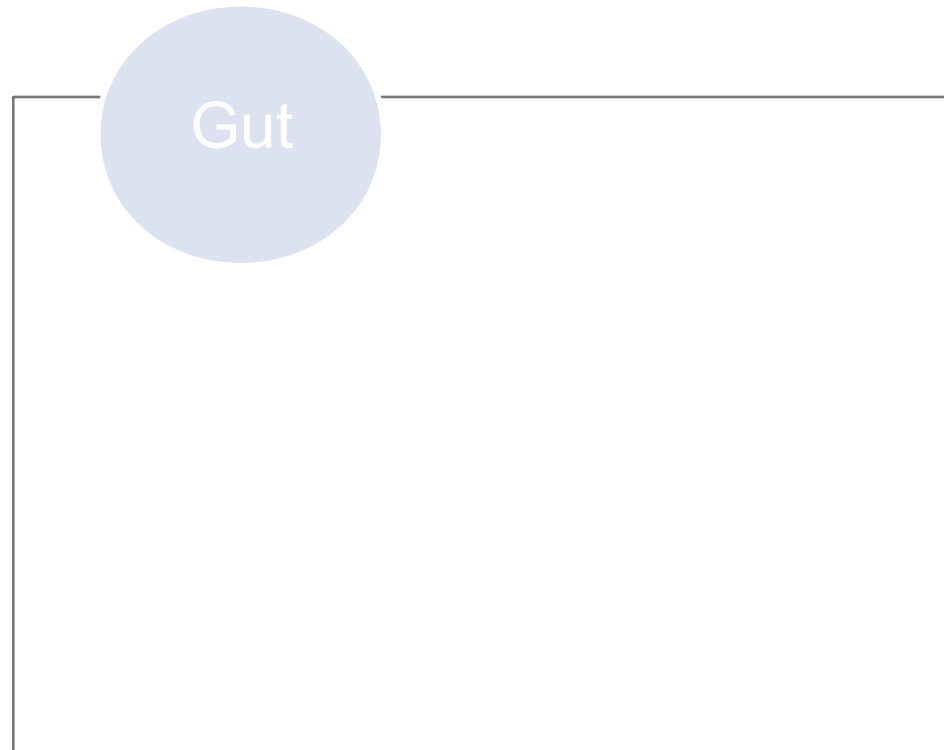
*Candida*, other yeasts, viruses

*Clostridial* species unique to autism, special testing by  
DD labs

Gluten, casein, molec. mimicry

Oxalates

# Autism: No Single Factor



-  
What we as parents & caregivers must do now:

- Avoidance of contaminants. We must distance our children and ourselves as far away as possible.
- Cleanse the liver before conceiving, eat well during pregnancy. Newborn testing and remed.

# **Condition of the Liver is Crucial**

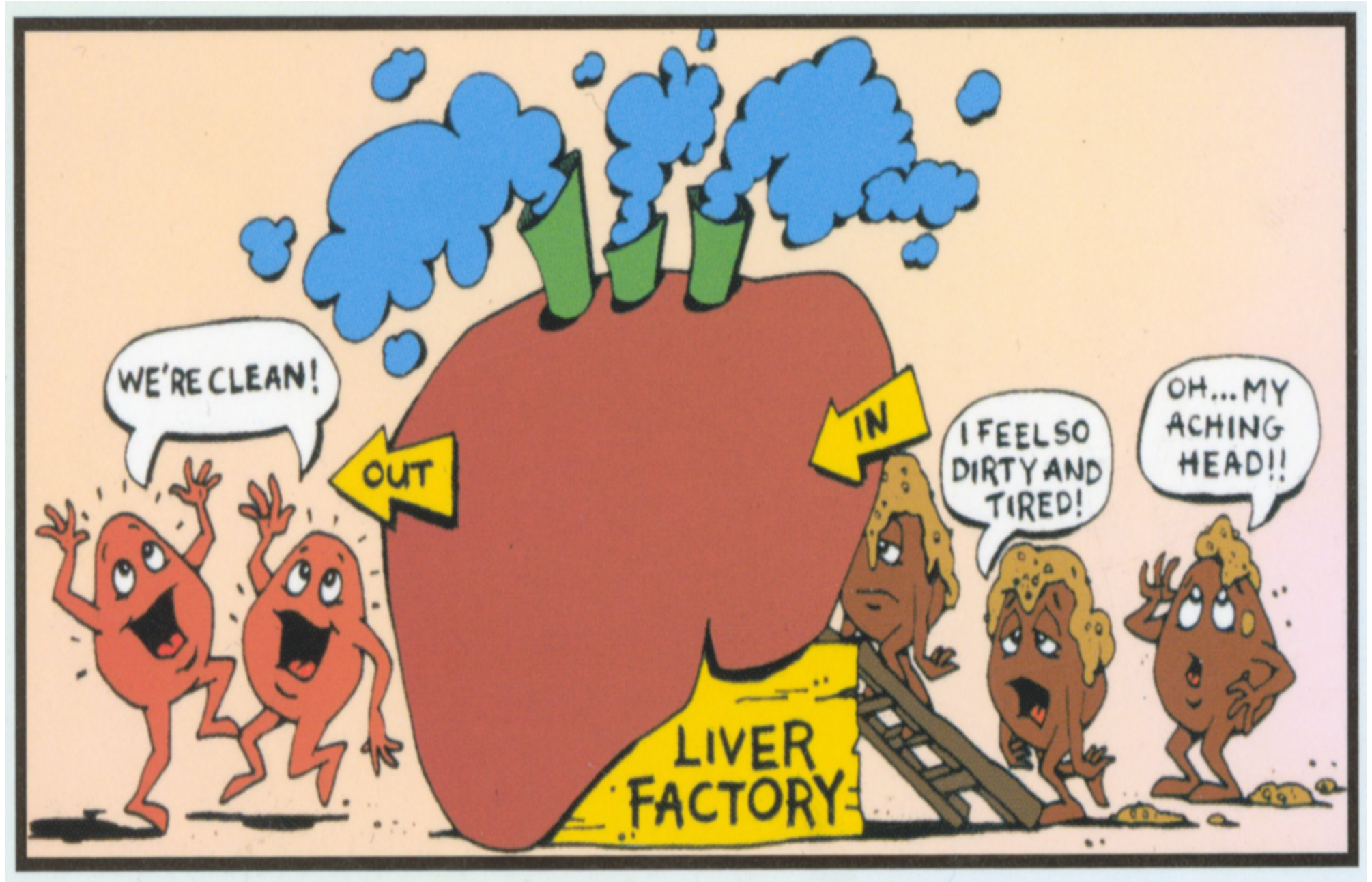
# Functional Situation in Autism



Child's liver with  
inherited and acquired  
detox impairments



# Does the Liver Need Cleansing?





# Detox Principles

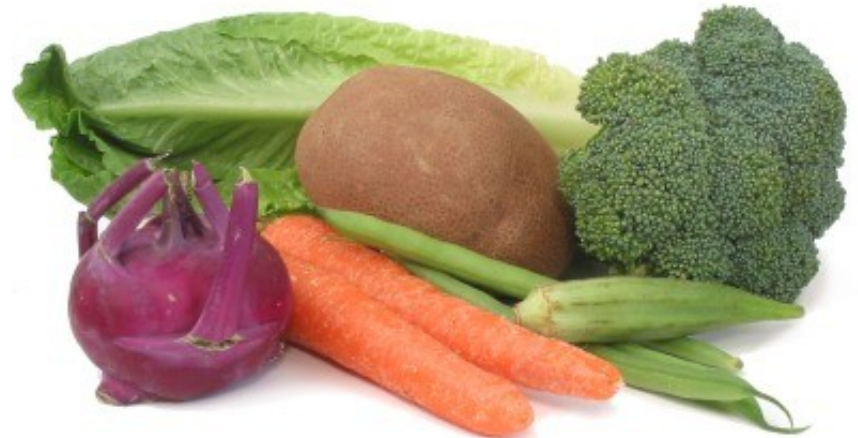
**Eat more raw fruits and vegetables**

**Increase water intake and consume raw juices**

**Eat foods high in sulphur such as - eggs, onion family, cruciferous vegetables**

**Consume detox superfoods**

**Take a good liver tonic, such as Livatone products, to improve the liver ability to breakdown toxins**



# Solution to the Autism Problem

We propose:

1. Retrospective study: Why did autism develop in this child? Predictive tests?  
Data from national children's study
2. Panel of experts to identify at most three simple screening tests of blood or urine to identify infants likely to adversely react to vaccinations.

# Solution to Autism, cont'd

4. A separate doctor, **THE VACCINATION SPECIALIST**, should be in charge of giving all vaccinations to children. This doctor would spend all the time needed to determine a vaccination schedule that would prevent – as far as is humanly possible – damage to any child from wrongful or error-ridden administration of childhood vaccinations.

Using these guidelines, some children may require a relaxed vaccination schedule and others might never be able to be vaccinated at all.

# The Vaccination Specialist, cont'd

- This type of specialization is more than justified.
- Medically, it makes sense. It is a long-term solution to the problem. It will unburden pediatricians who have enough to learn and study on their own specialty.
- Financially, it makes sense. From a social and economic standpoint, it is more than justified. The burden to society, the social security system, and other government agency for each child is said to be in the millions of dollars.
- We urge medical schools to begin classes and certification programs immediately.

# **Liver Lover's Prayer**

**O Lord, deliver my liver  
from all that makes it shiver,  
and though my faith be the size of a sliver,  
let this prayer be ever in my quiver  
to shoot at contaminants that slither in the river  
and make my Great Filter wither.  
Save me from this dither,  
and I'll forever sing your praises on my zither.  
Amen**

# Addressing an Overburdened Liver - The Child at Hand

- The goal is to always be doing the best you can in caring for a child with autism.
- Many families have experienced very positive results by doing things that helped their child.
- Our approach is to care for the liver because it is central to the body's health.
- Dr. Cabot has had very positive results helping people with many different illnesses.
- The solution is to tailor her program to autism.

# The Child at Hand, cont'd

- The liver is, in fact, even *more* important in the child with autism. It is the General of the Body.
- Therefore, the focus parents should have is to do everything possible to help their child to have the healthiest liver that they can have.
- If parents do this they will be putting their time and effort to the best use.
- Until now parents of children with autism and medical practitioners have not had a focus on children's liver health



**Autism can end if everyone has the truth shown to them of how important it is to have the child's liver healthy before the vaccination load is given.**

# Some of dr. cabot's books

- *The Liver Cleansing Diet*. Glendale, AZ: SCB International; 1997. [www.liverdoctor.com](http://www.liverdoctor.com) 888-755-4837 More than 2 million copies, in 5 languages.
- *The Healthy Liver and Bowel Book*. SCB International; 1999. Same source. My favorite.
- *The Ultimate Detox. Two Week Deep Cleansing Diet*. Cabot S, Jasinska M. Camden, NSW, Australia; 2005. Good on environmental chemicals.
- *Raw Juices Can Save Your Life*. SCB International; 2001. Some juices are low in oxalate content.

# Distancing Your Family from Contamination - Another Solution

- Fathers, gain control of as much of your family's food supply as you can.
- Natural living is the answer. Chapters Four and Five of *Autism, Prevention, Care, and Management* provide many helpful truths.
- Begin by having a garden of your own.
- Eating costs drop. Food is fresh from the garden, nutrient-dense, and contaminant-free.
- Very soon, the immense benefit conferred by keeping small farm animals will become apparent.

# Living a natural lifestyle



Back to Nature - Grand Traverse Insider. March 26, 2013

# Living a natural lifestyle



Grand Traverse Record Eagle. July 22,  
2010

# Benefits of Keeping Animals

- Most of little children's dreams concern animals.
- Animals teach children the wonders of nature.
- Children with autism may relate better to animals than to persons. Ex: Equine Programs. Don't miss seeing the movie: Temple Grandin.
- Living on a small piece of property in the country with animals will soak up and calm hyperactivity because of natural oxytocin flow.
- All immune systems fare better with animals.

# Case history

- Nine year old boy with Asperger's Syndrome.
- Remediation of biochemistry based on an approach tailored to findings on nutrigenomic methylation analysis and detoxigenomic testing.
- Parents moved out of city and purchased land where they raise chickens and grow their own food.
- Less stress in their lives: reading, playing outside, tending animals.
- Removed all allergens and toxins from the house (carpets, etc). Use natural cleaning/household products.



# Case history, cont'd

- The child is now neurotypical.
- Unplanned natural experiment: visited grandmother in Florida for six weeks.
- Regression occurred: brain fog, hyperactivity and sleep disturbances despite same diet and sleep schedule.
- Main differences: water, air, and exposure to chemicals in grandmother's house.
- Regained health within a few days of returning home.

# What, then, Will End Autism?

1. Retrospective study for predictors of autism.
2. Panel of experts determines three screening tests to identify infants at risk for vaccination reactions.
3. All newborns to receive these tests before any vaccinations are given.
4. Vaccination Specialist to be in charge of all vaccinations.

# What, then, Will End Autism?

## Cont'd

5. A comprehensive program of supporting childbearing age women via a cleansing program consisting of toxin reduction and immune system bolstering strategies. (Drs. David Berger, Natasha C. McBride, and others)
6. Appreciation of the central role of the liver in processing chemical contaminants and medications (including shots) entering the body through every portal and from any source, realizing that in this chemical age, the liver's detoxification system is easily overloaded and the extra burden is thrust upon the immune system.

# What, then, Will End Autism?

## Cont'd

7. The liver overload must be effectively reversed through:
  - Avoidance of contamination, best achieved in a natural setting
  - Liver cleansing diet introduced here today
  - An uninterrupted provision of pure, fresh, nutrient-dense food and required additional supplements
8. Implementation of these recommendations by all worldwide.

# Second Best, but Still Worthwhile

- For those still in cities who are unable to live on the land, hope and positive results are certainly still achievable.
- These families must depend on the best supplements available as well as in the healthiest, purest, and freshest food they can find. Grow microgreens. Sea vegetables.
- They should always strive to study and learn as much as possible about the natural lifestyle and the many benefits it confers on all persons.

# Focus on Liver Health

- Especially because many children will still develop autism during the transition and implementation period of the endeavor, we must without delay embark on and continue a national program of liver cleansing, support and protection.
- Caring for the liver plays a key role in the management and prevention of autism. Nothing can replace this attention. Nothing else will work. Each one of us must accept this truth, and change how we think and live.

# Help From Above

- Time is very short. Our world is becoming more contaminated by the second. Not only the lives of children with autism, but *all life* hangs in the balance.
- I would also suggest that all turn to prayer and meditation, for *with God nothing is impossible*. And even if a family has to continue living with a child with autism, the family can at least obtain the strength and determination to do as best it can and live a happy, joyful life. This is the goal every one of us should strive to achieve.



A photograph of a paved path winding through a forest in autumn. The path is covered with fallen yellow and orange leaves. The trees on either side have vibrant yellow and orange foliage, with sunlight filtering through the canopy. The text "The Path Less Taken" is overlaid in white at the bottom right.

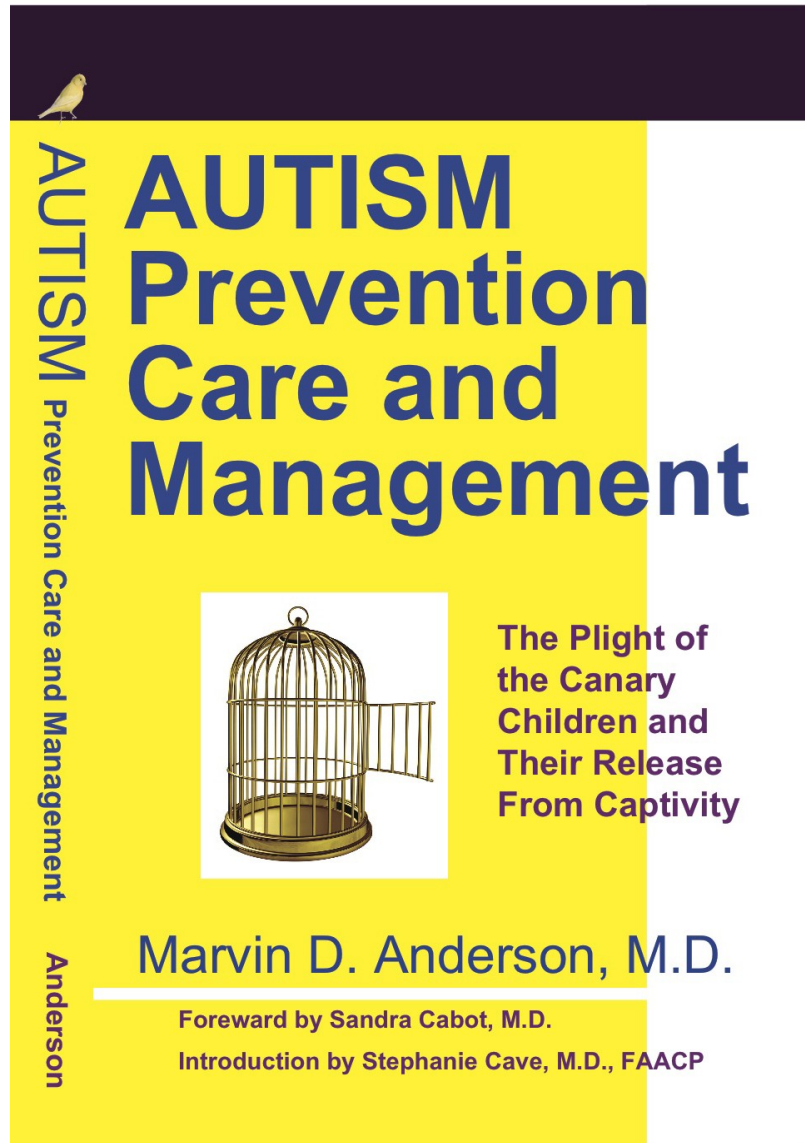
# The Path Less Taken



***“Love your liver and live longer”***

**-SC, md**

# Questions?



## *Autism Prevention Care and Management*

written by a physician with 10 year's experience caring for children with this calamity – summarizes the problem and solution to the epidemic of autism that

is spreading throughout the world.  
<http://www.autismatabbasplace.com>