

# 3 DAY **AUTISM RECOVERY** *Blueprint*

## **AUTISM RECOVERY** *Success Roadmap*

Whether you're a beginner or you've been working with your child's health for years, **this blueprint will serve as the foundation for making educated decisions and knowing the necessary strategies and the safest path to get the greatest benefits possible, such as improved speech, greater focus, calmer moods, and stronger immunity.**

**GET READY TO DIVE INTO THE  
4 STAGES FOR AUTISM RECOVERY AND  
LONG-TERM STRATEGIES FOR SUCCESS!**

1. Healing the Gut and Setting the Foundation
2. Natural, Safe Heavy Metal Detoxification
3. Clearing the Coinfections of Autism
4. Brain Support and Repair

# STAGE 1

## *Healing the Gut & Setting the Foundation*

It all starts with diet, but diet alone is not everything. This helps to set the foundation that stabilizes the system for detoxification.

### THE GUT CONTROLS THE BRAIN AND THE IMMUNE SYSTEM

#### FOODS YOU CAN HAVE:

- organic poultry
- grass-fed and grass-finished beef or lamb
- line-caught wild fish
- nuts (except peanuts)
- organic non-starchy vegetables such as broccoli and leafy greens
- good oils like coconut oil, and organic extra virgin olive oil

#### FOODS TO AVOID:

- gluten (wheat and wheat derivatives)
- casein (dairy)
- corn
- sugar
- soy
- processed carbohydrates
- monosodium glutamate
- food coloring
- bad oils such as vegetable, safflower, and canola.

The die-off reaction, also known as the Herxheimer reaction, is the symptoms that arise when the bad bacteria die off and release toxins as they do so. Binders are necessary to assist detoxification.

You can **purchase activated charcoal from a health food store as a toxin binder in case die-off symptoms arise** or your child is already exhibiting them. Note: If your child is allergic to coconuts, get one that is not a derivative of coconut, [like this one](#). Take away from food, and only take about 4 days in a row, then take a break for a few days or more.

# TRANSITIONING PICKY EATERS

## *Getting More Nutrition Into Your Child's Diet*

BELOW ARE SOME TIPS TO HELP YOU TRANSITION YOUR PICKY EATER INTO A HEALTHIER DIET AND GET MORE NUTRITION INTO THEM

### CALM SENSORY OVERLOAD:

Sensory issues affect the mouth and how food feels. CBD Oil before mealtime assists with calming and digestion. Also good to use anytime, day or night, to help with calming. Reduce histamine foods, as they trigger anxiety and make your child feel uncomfortable when they eat them so they don't want food. They also diminish appetite.

### THE REWARD SYSTEM:

A bite of something you want your child to eat for a bite of something they want to eat.

### ORGANIC BONE BROTH:

Even just a tablespoon or two can help to coat and begin mending the gut lining prior to eating and it has a protein and collagen content too. Test for sensitivity by starting with a very small amount. Some people have histamine sensitivities to this. You can make your own (do not simmer for more than 4 hours or it builds histamines). You can also purchase organic grass fed bone broth powder online or in a health food store.

# TRANSITIONING PICKY EATERS

## *Getting More Nutrition Into Your Child's Diet*

### SUGGESTIONS IF YOU NEED HELP WITH INSTANT NUTRITION DUE TO LOW FOOD OR LOW NUTRITIONAL INTAKE

#### COLLAGEN POWDERS:

Deliciously flavored collagen powders are available at [Perfect Keto](#). Use code **Karen** for **20% off** all Perfect Keto individual products (one-time use code.)

#### PUREES:

Pureed on-the-go nutritious foods from [Serenity](#).

#### ORGANIC SUPER GREENS:

[Organic super green juice powder](#) 44 organic superfoods has great taste and creates an easy way to get nutrition in without added sugars or anything artificial. You can add it to smoothies or mix into any food or beverage. Start with just 1/8 of a scoop to begin as fiber is harder to digest when the gut is weak. **Use code 'healthy5' for a discount on your first order with their company (the same company we get our Pure Body Extra zeolites for heavy metal removal).**

#### ORGANIC GREEN LEAF STEVIA AND MONKFRUIT ARE ACCEPTABLE:

[Organic green leaf stevia](#): an allowed natural sweetener.

# TRANSITIONING PICKY EATERS

## *Getting More Nutrition Into Your Child's Diet*

### SMOOTHIE AND FOOD PROCESSOR IDEAS

#### HOW TO HIDE HEALTHY FOODS TO GET NUTRITION IN

Adding just a tablespoon or two of **collagen protein**, **bone broth**, or some **supergreens** or **hemp powder** can help get some nutrition in too. **Almond butter** is also a nice addition for protein and good fats. Once the inflammation reduces and the gut begins to heal the picky eating gets much better. It does take some time to transition so just try and be patient. **This is a process, and we cannot hurry it up.** Slow is good. Remember, there can be die off symptoms from diet changes, so **activated charcoal** can help if you notice behaviors arise. Include very small amounts (just a tablespoon or two will do) of anything with nutrition such as the powdered suggestions here. Only give small amounts of high fiber vegetables right now, as their gut is weak and digesting fiber can cause discomfort.

**If you add a protein food source to any of the good fats, (coconut oil, extra virgin olive oil, almond butter,) together they absorb more slowly in the digestive tract (better for nutritional absorption) and they keep us full longer.**

Anything can be added to a smoothie or a food processor to “hide” ingredients in. If your child will eat something that has a little fruit in it then give some in the beginning with other healthier foods. We just need to get some nutrition in, and fruit can be a way to help do that in a smoothie. Just keep it to a minimum as best you can.

# STAGE 2

## *Heavy Metal Detoxification*

### MERCURY, ALUMINUM, LEAD, AND CADMIUM CAUSE EXTREME DANGER TO THE BRAIN.

The symptoms can range from poor memory and trouble focusing, problems with social engagement, speech, aggressive behavior, GI problems, and much more.

Heavy metals are found in the air we breathe, the food we eat, the water we drink, household cleaning products, vaccinations, and more.

Mercury inhibits the body's natural ability to remove excess candida.

#### **Why NOT to use the pharmaceutical drug, DMSA, to detoxify heavy metals:**

- DMSA removes good minerals like calcium and magnesium from the body as it is excreting toxins.
- DMSA allows for the reabsorption of heavy metals back into the system.

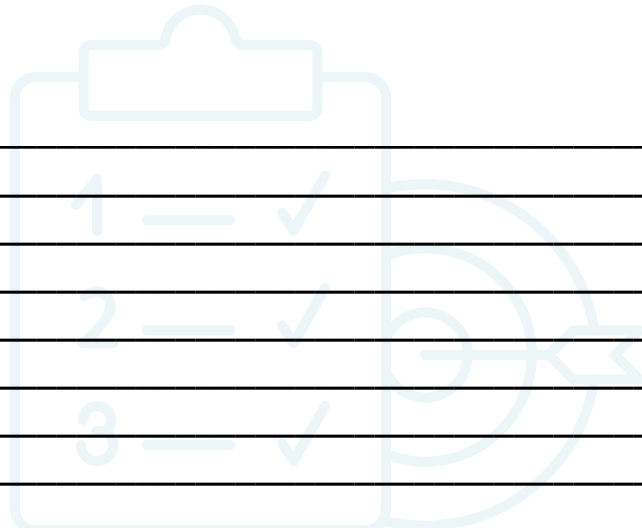
#### **Utilize, intracellular, Natural heavy metal detoxification:**

Use [Pure Body Extra Strength Zeolites from Touchstone](#) for safe, effective, and gentle detoxification of heavy metals. (Use code **healthy5** for a **5% discount** on your first order.)

# DAY 1

## *Action Steps*

- Begin removing at least ONE of the bad foods from your child's diet
- If possible, get to a health food store and purchase some activated charcoal, (or at least this week).
- Write down your biggest take-away from today's lesson.



**IN OUR NEXT LESSON, WE WILL BE DIVING INTO  
STAGE 3: THE CO-INFECTIONS OF AUTISM (THE MOST  
COMMONLY MISSED PIECE OF AUTISM RECOVERY),  
AND STAGE 4: BRAIN SUPPORT AND REPAIR.**

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