



## ***Dr. Natalie Rahr's Message***

*#1 There is no two children who are exactly the same*

Why would you see a Naturopathic Doctor if your child has Autism?

- to look at the function of the child's body and work to optimize their health

### **What is Autism?**

- it is a multifaceted condition. The interplay between the child's body and the environment
- from the functional side: the functional operations of the child's body can be optimized. Looking at areas such as digestion, immunity, nutritional deficiency, things in the environment that are affecting the child's body from operating optimally

### **Diagnosis**

- Multifaceted diagnosis: there is interplay between genetics and the environment.
- In the conventional model, the diagnosis is a life long diagnosis
- Functional model looks at optimizing the child's health

### **How Diagnosis is made**

- A multi disciplinary team is called upon from:
  - o Child psychiatrist
  - o Pediatrician -> who then makes the call to have an assessment made by an OT and physiotherapist
- The earliest of symptoms can be seen as early as 6 months – typically the parents notice this. A practitioner won't typically make a diagnosis until around 18 months.
  - o The beginning signs may include such things as the child not responding to their name, milestones not being met, recognizing great strengths and weakness, muscle tone issues to social skills issues.

### **A Naturopathic Doctor's Approach**

- A lot of education to start with – in addition to helping the family navigate
- The BASICS
  - o The fundamentals
  - o What are you ready to start with? Realistically where do you want to start as family?
  - o Begin with conventional testing and functional testing
  - o Full medical history – and digging into the pregnancy and before
- Dr. Rahr emphasizes to create a team and do things in a holistic way

### **Prevention and preconception care - how to ensure a child's health is optimized**

- Very important to look at risk factors and family health history of the mother and father
- Are there autoimmune disease in the family?
- High dose antibiotic or Tylenol use from the mother and father?
- Is there a use of toxic substances with either the mother and father?
- Overall, it is looking to see if there are any immune dysregulation + toxicity at play that would affect brain development

## PANS/PANDAS

- Onset is different than ASD
- Initially you see OCD behaviors that can literally happen overnight by an infections

## SPD (Sensory Processing Disorder)

- comorbid with many other things
- Can also be diagnosed with ASD
- The essence is to really look at the child as a whole – what are the triggers responsible for not allowing optimal wellbeing?

## Other support

- “You can be a genius but if you don’t go to school you won’t discover your talents” – it is important to have the biomedical aspects on board along with other areas to help the child develop
- From ABA, OT, speech therapy etc.

## Testing

- Tests will use urine, stool, hair or blood
- To begin with Organic Acid Test – tests for many different metabolites in the body that display overgrowth of yeast to bacteria along with neurotransmitters to B vitamin status
- Hair analysis: mineral metabolism in the body – both essential and non essential (heavy metals)
- Food sensitivity panel (blood):
- Gluten and casein panel: to see if the child is reacting to gluten and dairy
- Basic blood work: CBC and differential to much more

## Nutrition

- Ultimately feed your children food that **does not** have a food label!
- Various diets: to start focusing on removing and gluten and dairy → 60-70% of the children when you remove these foods have a positive outcome
- Working to remove out grains as these can feed particularly bacteria in the gut, which may not be optimal for the child
- Diets: Low FODMAPS, GAPS, SCD (specific carbohydrate diet)

## Adult Autism

- There are incidences of Autism being diagnosed later in life

## As a family

- It is very important for the family to take care of themselves!
- Try not to do too much at once
- Be realistic as to where you can start from

## Where to start

1. The basics
  - a. Making sure the child is getting whole foods
  - b. Optimizing digestion – that bowel movements are daily so to ensure the detox pathways are optimal
  - c. Then tweaking things along the way – doing ONE thing at a time so not to be too overwhelmed.
  - d. Avoid any undue stress – just go slow

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