# ASPERGER'S

## Causes:

**Unknown, leaning toward genetic component as it tends to run in families. There may be certain 'triggers' which precipitate environmental factors like pollution, food intolerances (esp. gluten, sugar, dairy), digestive problems, vaccinations (esp. MMRI). Also may be linked to high levels of Candida Albicans overgrowth, esp. in the stomach.**

## SUGGESTED DIET:

**Include:**

**Vegetables (as much raw as possible, organic if possible)**
**Lean meats, chicken, fish. These can be baked, steamed, stirfried, boiled.**
**Eggs, natural cheeses**
**Brown, Basmati, Wild Rices**
**Gluten free flours (quinoa, rice, buckwheat, garbanzo beans, millet, corn, potato)**
**Unpasteurized honey, pure maple syrup, agave syrup**
**Flaxseed oil, or organic cold pressed safflower/sunflower oils as salad dressings**
**Kefir**
**Coconut water**
**Coconut oil**
**Cilantro, garlic, turmeric help remove heavy metals from the body**
**Flaxseed oil, Evening Primrose oil or Borage Oil, Cod Liver oil help speech and concentration**

**Avoid:**

**Sugars**
**Fruit for the first 2 months, then in small quantities**
**White flour and white rice**
**Grains that have gluten (wheat, rye, oats, spelt, bulghur, kamut)**
**Commercially prepared products (eg. bottled dressings, sauces)**
**Processed meats (eg. baloney, hot dogs, luncheon meats, bacon)**
**Dairy Products unless they are raw (eg. raw milk, raw milk cheese)**
**Food dyes typically found in commercial candies and foods**

## Supplements:

**Glutathione as a high antioxidant, positive effect on brain/ muscles**
**Probiotics and digestive enzymes to help digestion**
**B complex**
**Essential Fatty Acids (evening primrose oil or borage or black currant seed oil)**
**Fish oils**
**Calcium-Magnesium and minerals for the brain (take in the evening)**

**Herbal:**

**St. John's Wort for mental and emotional health.**
**Melissa off. for soothing and calming**

**Homeopathic:**

**6c Cina for irritability, increase tolerance, prevent temper tantrums.**
**6c Chamomila  for irritability, difficult to please, perhaps have low pain threshold.**
**6c Melissa off. for soothing and calming**
**St. John's Wort**