

# **AUTISM & THE BIO-ALGAE CONCENTRATES CONNECTION**

**By Roland Thomas, ND, BSc**

## **WHAT IS AUTISM**

How many parents feel threatened by this disease and wonder, will my child ever be the same? Will they look into my eyes and smile once again? Will they play, communicate, grow and think like other children? How will I treat them as they grow? All these questions and many others are so normal when one deals with autism.

Autism is primarily a disorder of the central nervous system, particularly of the brain. In the 60's Autism was labeled a psychological disorder, which was believed a result from the mother not loving her child. Take heed, the fact is children with autism have severe neurological impairment from a biochemical, not emotional, origin. Even though the research indicates such, parents still struggle with this stigma that lingers in the health profession.

Research has found that although there may not be a "cure" for autism, a child's biochemistry can be altered with nutrition as a support to their central nervous system resulting in noticeable improvements in the child's behavior. There is a deep disturbance in their fatty acid metabolism, electrolyte balance, production of red and white cells and their trace mineral balance may be sharply altered.

The year 2000 yielded landmark research in linking autism to the gastrointestinal tract. It was reported that among 385 children on the autism spectrum, significant gastrointestinal symptoms occurred in 46% compared with only 10% of almost 100 children without autism. It has been found that gastrointestinal disorders, especially reflux esophagitis and disaccharide malabsorption, may contribute to the behavioral problems of the non-verbal autistic child.

A study conducted in Nicaragua in 1992, showed beneficial effects of micro-algae on children's school performance. The results revealed an increase in average academic scores of 1482 children who ingested about 1 gram of algae a day. Academic scores rose from a baseline of 64% to 81% one year later.

As a general principle, an autistic child's diet should be guided towards pure, nutrient-dense organic foods, avoiding processed items such as white flour, white sugar, margarine and hydrogenated (solid) fats because they would interfere with the stability of the blood chemistry. Also helpful is to avoid foods containing NutraSweet and MSG, as children with developmental problems may have grave difficulties handling these chemicals.

Common problem foods and deficiencies are milk and wheat allergies, soy, eggs, oranges, chocolate, peanuts, sensitivities to chemical preservatives, additives and food colorings (all best to be avoided), deficiencies in B6, magnesium and fatty acids as well as yeast overgrowth and digestive problems. Gas, bloating, constipation and poor absorption of food are extremely prevalent among autistic children as well.

The easiest and most important step in the management of neurological disorders is by adding a usable micronutrient to the diet. Algae are one of the most nutrient dense foods on the planet and contain virtually every vitamin, mineral and amino acid in the world. Perhaps the reason many conventional

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doctors do not reach for nutrients, as part of their prescription is that they do not understand their significance as nutrition is poorly covered in medical school.

## **THE BIO-ALGAE CONCENTRATES CONNECTION**

Beyond the single algae is a new breed of superfoods called Bio-Algae Concentrates developed by the Science Academy of the former USSR. Many thousand person-years of intensive research and development efforts went into the production of Bio-Algae Concentrates. Consisting of blends of the best algae among over 25,000 available on earth, these concentrates have been clinically proven and subsequently used in animal and human applications for over 20 years. Bio-Algae Concentrates are 100% naturally occurring, balanced and synergistic microorganisms, which contain over 5,000 known nutrients. The research, lead by nutritional bioneer Dr. Michael Kiriak, PhD, demonstrates that Bio-Algae Concentrates help restore the master glands “Awaken the Inner Genius – as quoted by Dr. Michael Kiriak”, the hypothalamus, the pineal and pituitary to bring the endocrine hormonal system to balance and optimal function, which in turn regulates all aspects of health.

The Bio-Algae Concentrate connection lies deep within the tangled web of 100 billion or so nerve cells (neurons) in the human brain. Bio-Algae Concentrates helps to reactivate every cell of the body and makes the outer surface of the cells more fluid and flexible allowing nutrients in while more efficiently eliminating waste products.

Research also shows that autistic children may not digest and absorb foods. There are over 4000 pre-digestive enzymes in Bio-Algae Concentrates which help support greater assimilation of the algae itself as well as the much needed nutrients from the diet especially one rich in organic fruits, vegetables and grains. Eliminating wheat, gluten-containing products and cow’s milk should help remove the stress on the immune system and gastrointestinal systems.

Bio-Algae Concentrates are harvested rather than manufactured and not laced with artificial dyes, preservatives or flavor modifiers, such as MSG or artificial sweeteners making them a pure, natural food supplement. As a result, there is no disruption of brain nerves from toxic effects of various irritant chemicals and eliminating exposure to these potentially neurotoxic substances can significantly improve the mental and behavioral functioning of autistic children.

## **MAJOR BENEFITS**

The major benefits of using Bio-Algae Concentrates experienced by autistic, ADD, ADHD and those children in the autistic spectrum are:

- A support to the cleansing of accumulation and buildup of heavy and toxic metals;
- A boost to the immune system and protection from free radicals and diseases;
- Replacement for the need of most multivitamins and synthetic supplements;
- Daily intake provides at least 5 servings of fruits and vegetables and thousands more nutrients;
- Significantly increases the efficient assimilation and absorption within the cells of the nutrients in the foods consume daily and the elimination of the residue of these foods;

The main metabolic body-balancing control system in the body is the hypothalamus located at the base of the brain and top of the spinal column. It connects to the organs and glands in synergistic two-way

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communications. Via the bloodstream, it also receives very important nutrients as well as requests from all the cells in the rest of the body. If the hypothalamus is poorly fed, it does its job less effectively and is less able to properly control the glands required by the digestive system and respond to the requests by the cells to perform its myriad other functions. Bio-Algae Concentrates will support the function of the hypothalamus as it attempts to restore the neurotransmitters that are not functioning properly in the brain of any individual including autistic children.

## **THE BRAIN & IT'S NEURONS**

In autistic children, the neurons through the brain have sluggish glucose metabolism and suffer from an abnormally low energy supply. As a result, the key chemicals used in thought-neurotransmitters are being compromised. Bio-Algae Concentrates help stabilize and normalize blood sugar levels and help autistic individuals become calmer and more focused.

Neurotransmitters are composed of amino acids and are manufactured on-site by the neurons. Since autism is ultimately a protein metabolism problem, giving the brain plenty of building blocks from which it can make more neurotransmitters make good sense. Bio-Algae Concentrates contain over 20 amino acids, which are balanced and synergized, to work together to feed the brain and the core. The amino acids serve a dual purpose by providing necessary building blocks for protein; enzyme and neurotransmitter synthesis and they help to remove dangerous heavy metal toxins from the body.

Neurons require numerous trace minerals to support the large number of chemical reactions they conduct. Autistic children are at risk for poor metabolization of trace minerals and benefit from a consistent source of many easily assimilable trace minerals. Bio-Algae Concentrates have over 100 colloidal essential and natural trace elements and a multitude of digestive enzymes that are easily assimilable.

Neurons are composed of nearly 50% fatty acids, which facilitate many of the ongoing chemical reactions conducted by the neurons. Autistic children have been found to be abnormally low in EFA's. Bio-Algae Concentrates are rich in the good fats that heal (Omega 3, 6, 9 & GLA) and support the neurological system of an autistic child.

If minerals are the soldiers for neurons, vitamins are the generals. They determine the distribution of trace minerals within nerve tissue. The trace minerals thus facilitate and carry to completion the actions of the crucial vitamins for the human brain – A, B, C and E. Vitamin A is best delivered in the form of beta-carotene which when transformed into pro Vitamin A will cross the blood brain barrier; the B Vitamins play a significant role in the functioning of the nervous system and Vitamins C and E are important for their free radical quenching properties all of which are contained in Bio-Algae Concentrates and transported throughout the body acting as a tremendous ally to the functioning of the brain.

## **THE NUTRITIONAL PROGRAM AT WORK**

Nutritional changes should be made slowly as children with autism are acutely sensitive. The body's response to the changes can be clearly noted if the process is gradual. There is one crucial point to make – that is the earlier you start working with a child after having received the diagnosis of autism,

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the better the results. If you let the condition go on, the damage becomes deeper and the imbalance of the nervous system becomes more complicated, making the way back towards normality much more difficult.

## **CHANGES TO LOOK FOR**

Look for any and all improvements however slight they may be. Once the “withdrawal” phase from the “old” diet is past, new developmental milestones usually emerge in a progression.

- Improved bowel movements
- Increased calmness
- Appropriate alertness
- Increased eye contact
- Diminished hyperactivity
- Loss of bloating/reflux/hiccups
- Improved eating behavior
- Transient regression or malaise followed by improvement.

As your child’s health progresses and they begin to spread their wings it is important to remain focused on healthy nutrition. The successes experienced may occur over time. Having patience and courage to continue the journey is important although it may be difficult. Just know that your child is receiving extraordinary nutrition that his body is using to help support their system to normality suited for them. Some children with mild autism will grow up and be able to live on their own. Those with more serious problems may always need some kind of help. However, all children with autism have brighter futures with a sound nutritional program and the support and understanding of teachers, caregivers, family and friends.

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