

Autism & Your Home



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Our Family's Story

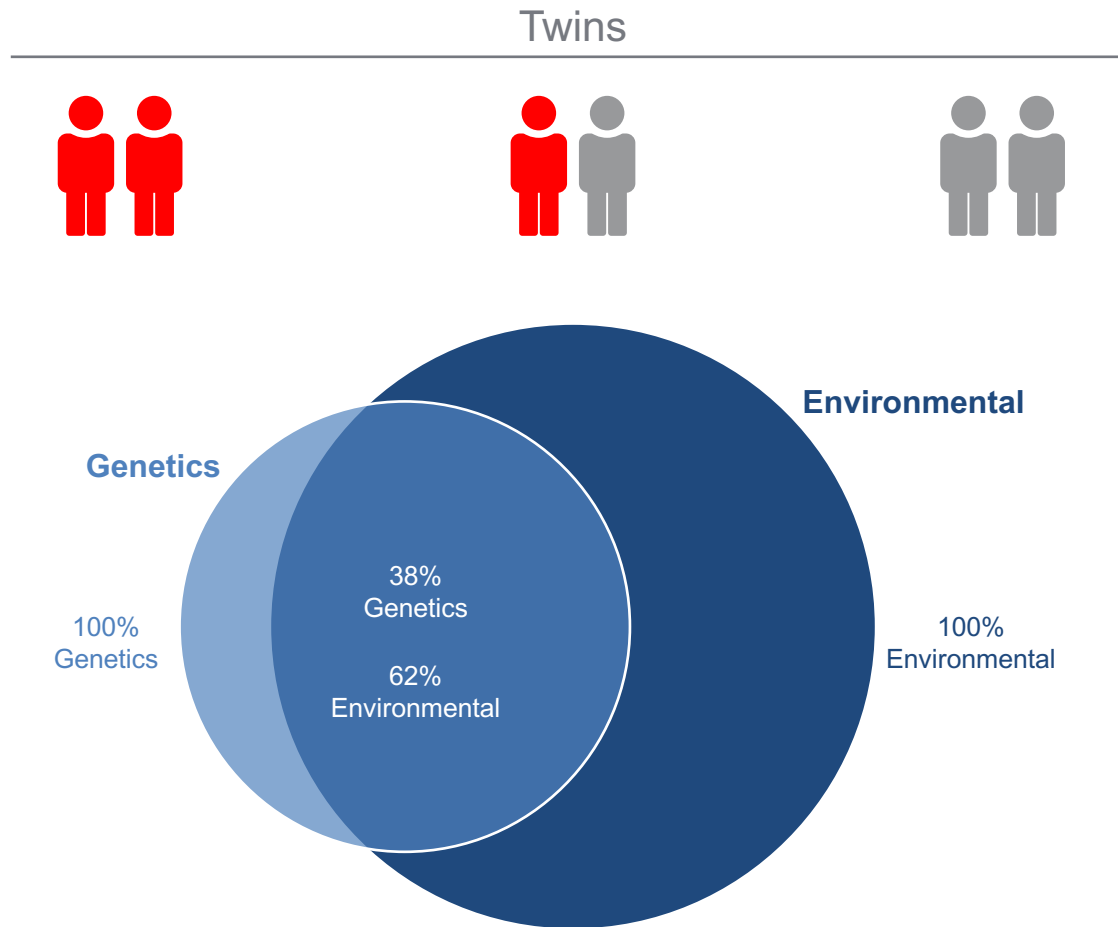


- Stacy and Peter with Max (4) and Jack (6)
- Goal – just wanted the kids to reach their potential.

Introduction

- Family – 2 boys on the spectrum
 - My health impacted by the same factors as the boys
- Silicon Valley – troubleshooting, eng & design
- Sensory friendly & healthy home work for 18 years
- Funding autism and environmental health – 13 years
- Focus on what you can do now in your home
 - Overview map, concepts, sequence & references

Autism: Genetics & Environment



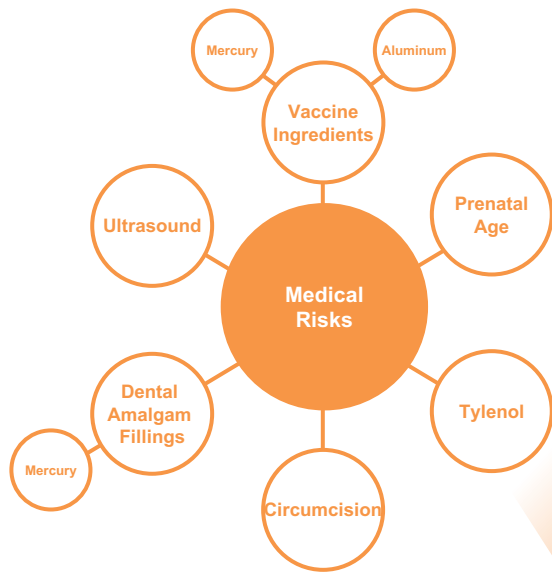
Medical
Risks

Chemical
Toxins



Lifestyle

Electromagnetic
Fields
(EMF)



Chemical
Toxins

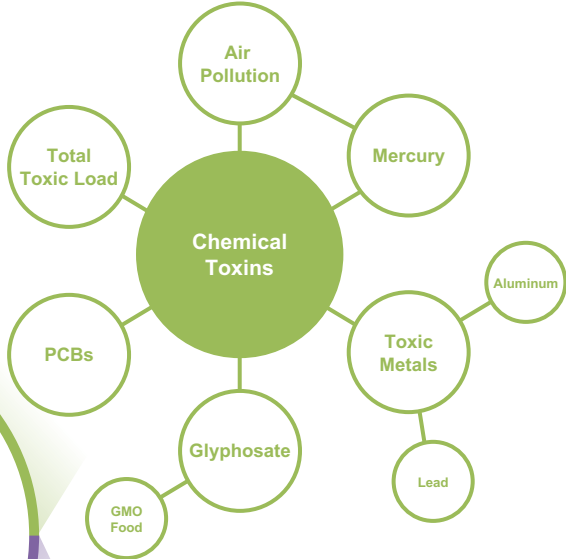


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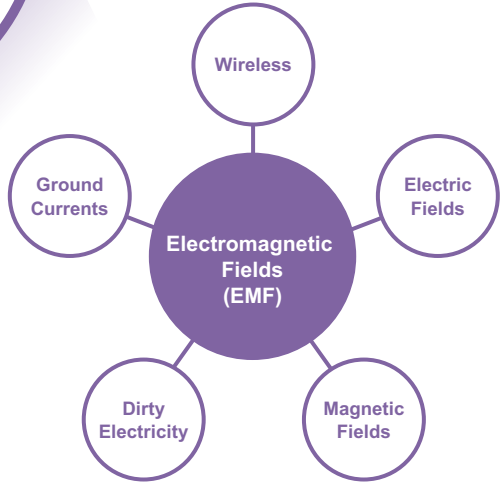
Electromagnetic Fields (EMF)

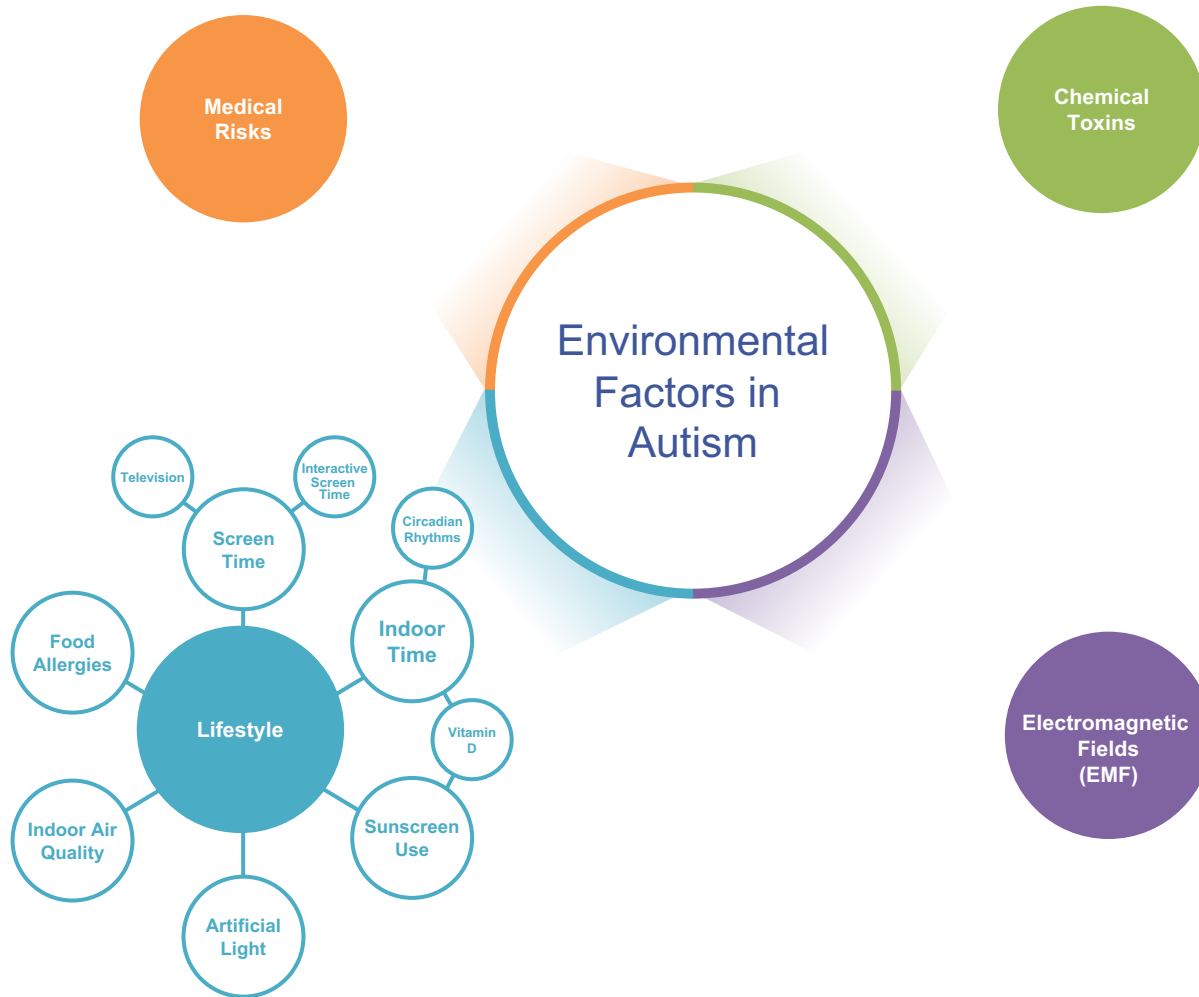
Medical Risks

Chemical Toxins



Lifestyle





Areas Worth Looking At



Air quality



Constant wireless sources



Water



Lighting (UV, IR)



Electromagnetic fields & noise



Screen time



Food



Personal care products & household products



Herbicides & pesticides

Air Quality - AQI



- Freeways (309m, 9/10th mile)
- Clean room study (Second Wind)
- Mold
- Artificial fragrances (scented candles, fabric softener, perfumes and colognes, etc.) #StinkMovie
- VOCs (paint, plastics, carpet, new car smell)
- Household cleaning products
- Masking – 5 days for nose to “recover”
- Co2 levels (>600ppm cognitive impact / outside 400ppm)
- *Solutions: Co2 monitor, air filters, open windows, HRV*

Constant Wireless Sources



- Off & away – minimally, off at night
 - Baby monitor
 - Cordless phone base station
 - Wi-Fi
 - Phones in airplane mode at night
 - Ideally, out of bedroom
 - Smart meters (opt out)
- Wireless: A Key Piece of the Autism Puzzle



Water Quality



- Lead
- Hexavalent chromium
- Chlorine/chloramine
- Fluoride (ages 2-12)
 - Thyroid & neurotoxic impacts
- pH – more alkaline
- ORP
 - Oxygen reduction potential (rusting)
- *Solutions: Zero Water, shower/bath filters*



Light Quality



- Diffuse
- Flicker – use slow motion on cell phone to see
- Color temp/spectrum – warm – LuxMeterPlus
- CRI – color render index
- Off – natural light
- Circadian rhythms – sunlight & moonlight
 - Minimize full spectrum & blue light at night
 - *Solutions: f.lux and Night Shift mode for screens*

Electromagnetic Fields (EMF)



- Magnetic fields
 - Electric panel
 - Clock radio
 - Transformers
- Electric fields
 - Electric light cords
- Electrical noise (dirty electricity)
- Ground currents
- *Trial solution: Move, unplug items, circuit breaker(s)*



Screen Time



- Content – fear triggers
- Scene changes
- Distraction & attention
- Color temp (blue light & stim/melatonin)
- Interactive screen time – wireless & EMF exposure
- Overstimulation and energy release
- Dr. Victoria Dunckley: Reset Your Child's Brain book
 - *Solutions: 28-day screen fasts and/or limits*

Food Quality



- Food allergies & sensitivities
- Organic & non-GMO
 - Reduce glyphosate exposure
- Reduce or eliminate inflammatory foods
 - Processed foods, artificial ingredients
 - MSG, fried foods, sugar
- No large fish: swordfish, tuna (mercury)
- Healthy fats, minerals, antioxidants



Personal Care Products



- Skin – transdermal absorption
- Fragrance & masking
 - Stink movie
- EWG.org
 - Personal care products
 - Household cleaning products
- Safe product recommendations
 - Clv.us/safe-products



Herbicides & Pesticides



- Avoid/minimize
 - Bug sprays, flea bombs, etc.
- Round-up
 - Also registered as an antibiotic
- *Solutions*
 - *Ask family members/gardeners not to spray*
 - *Research non-toxic herbicide & pest control*

Recovery Checklist

- Safe environment
- Calm body (feel safe – balanced nervous system)
- Circadian rhythms (sync & lower inflammation)
- Cranial pump & rhythm (more efficient cleaning)
- Sleep well
- Reduce inflammatory overload
- Now we can repair, detox, grow, and be social

Today



- Jack (20) is at UC Berkeley studying computer science
- Max (18) is in his school's theater company – Berkeley bound
- I'm back to a healthy weight and sleeping well
- Autism is a distant memory—all is well
- I want this for every child and family currently living with autism

The Range of What You Can Expect

- Child calms & sleeps in
- Improved sleep
- Rapid improvement in some cases (~10%)
- Slow, steady improvement
- Sometimes regression (detox)
- Conflict with spouse, child, or family
- May see no change

Resources

- Clear Light Ventures
 - clv.us/autism-home (slides and scientific references)
 - clv.us/safe-products
 - clearlightventures.com (clv.us)
 - facebook.com/groups/AutismEMF
- Building Biology Environmental Consultants (hbelc.org)
- American Association of Environmental Medicine (aaem.org)