

Reducing the Symptoms of Autism by Treating Your Family's Home Environment

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Our Family's Story

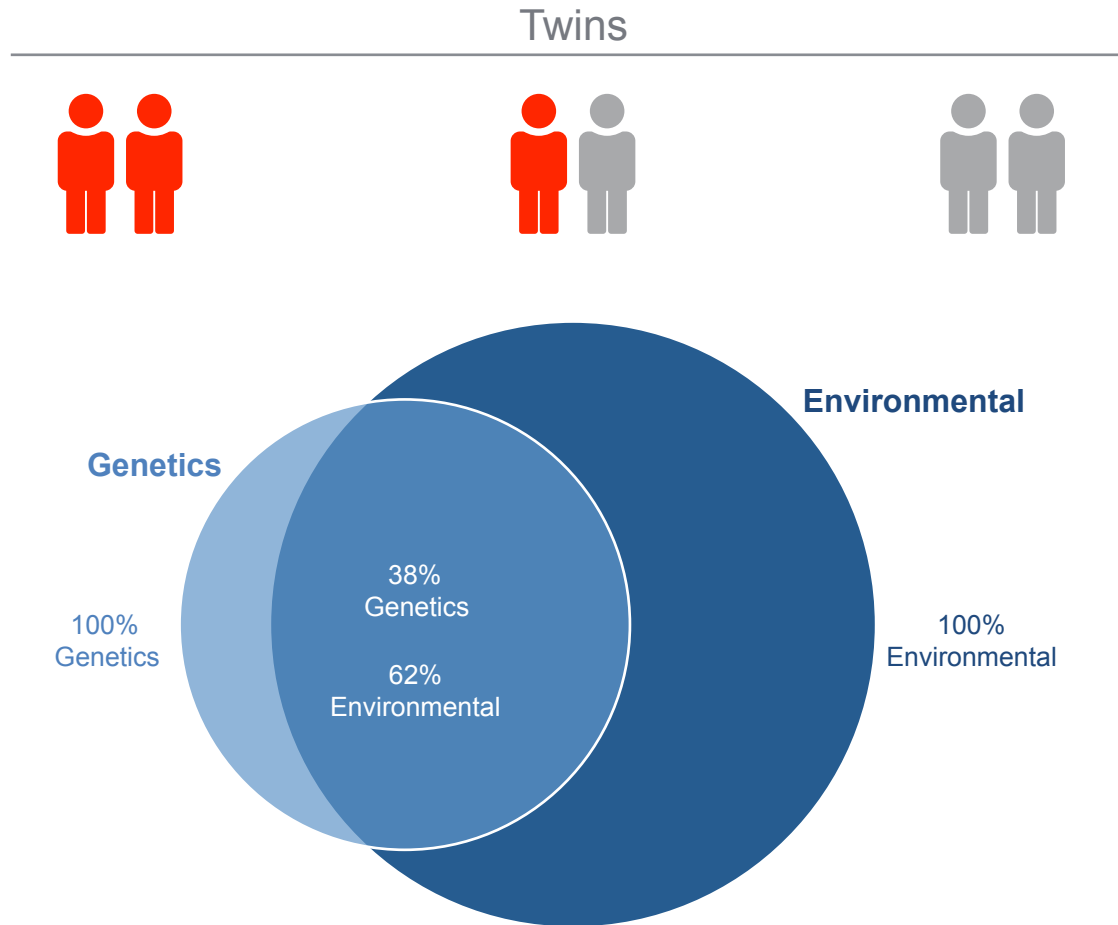


- Stacy and Peter with Max (4) and Jack (6)
- Goal – just wanted the kids to reach their potential.

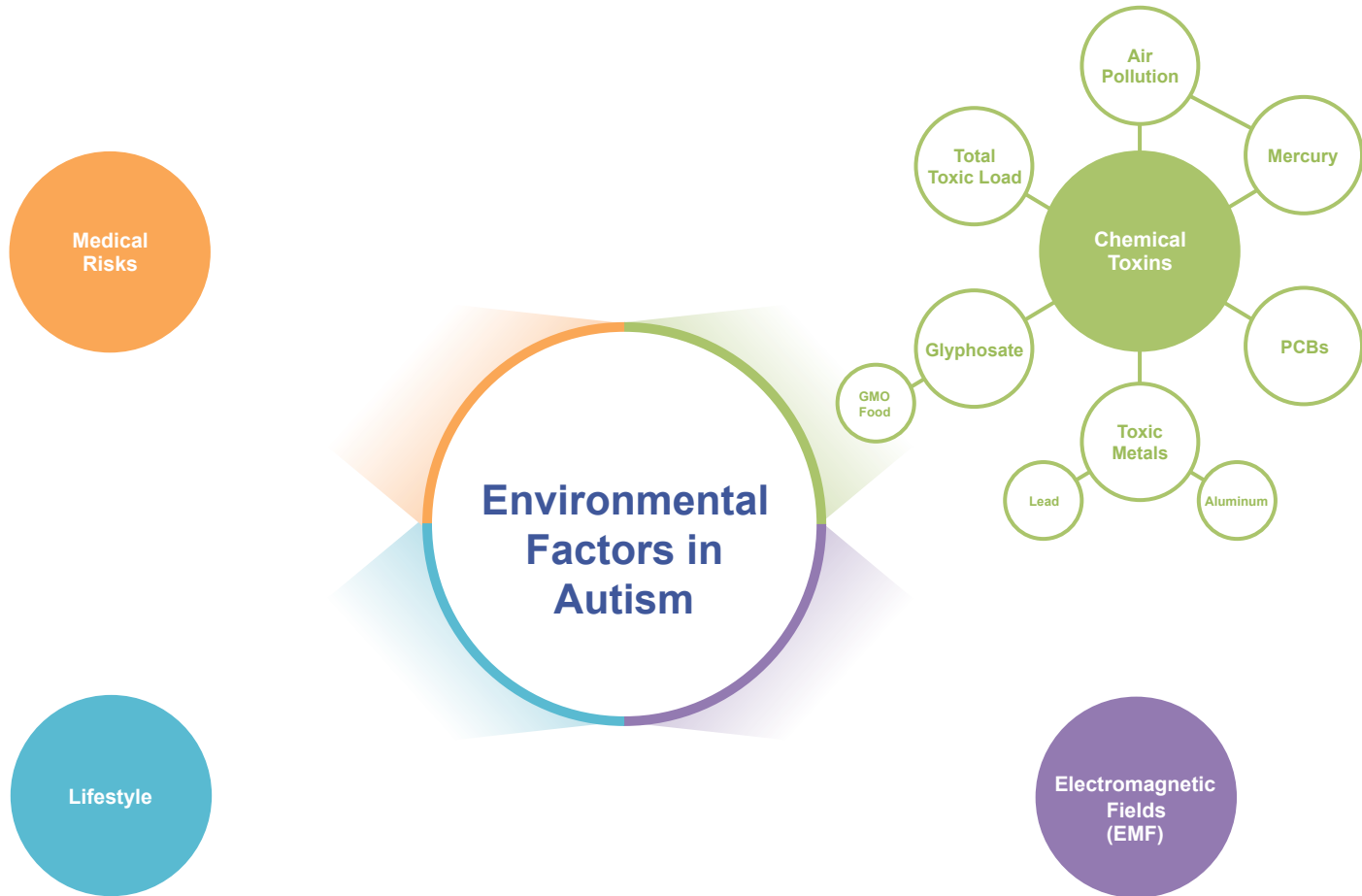
Introduction

- 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
 - Lots of info/blame free – short discussion breaks

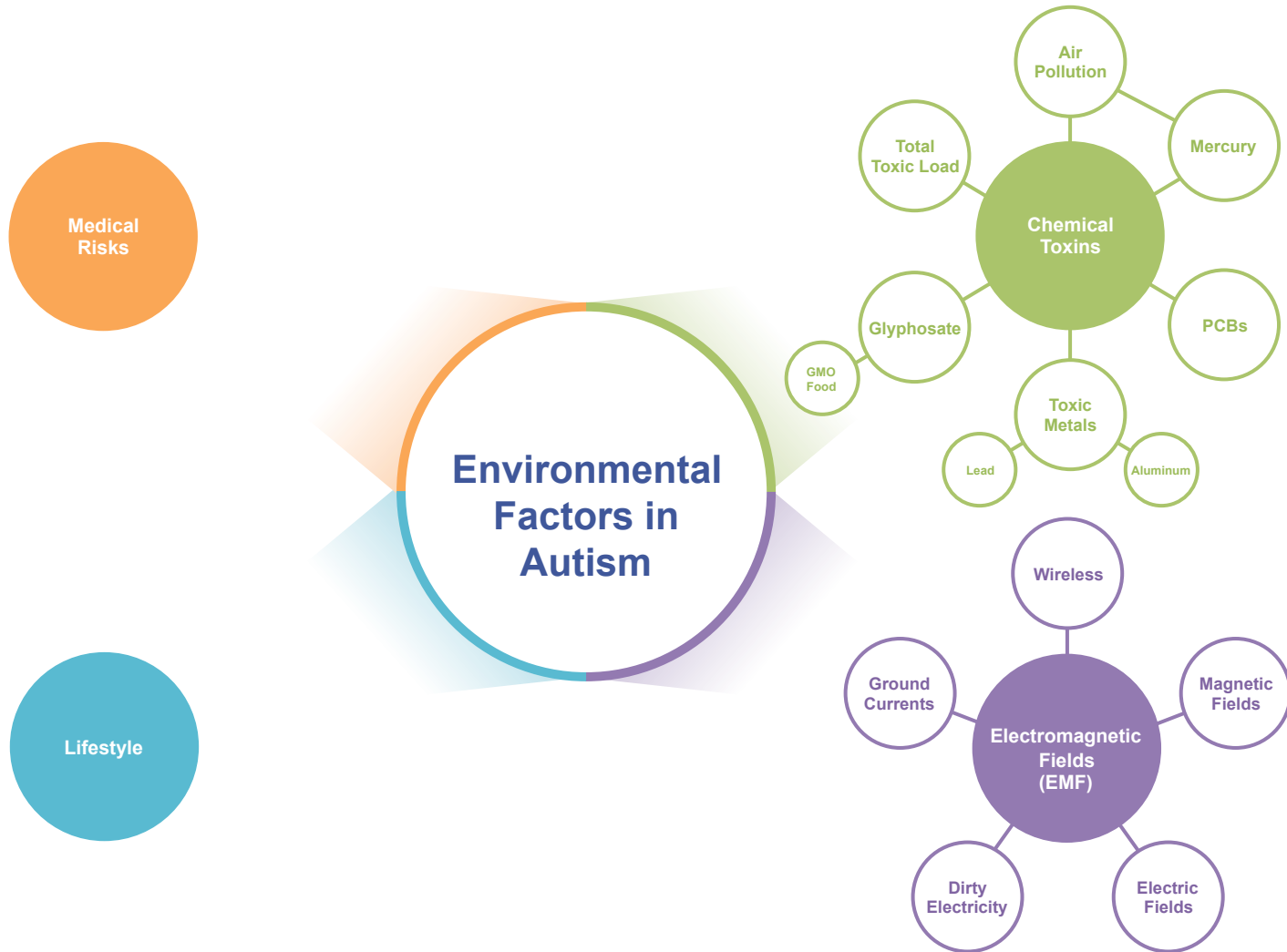
Autism: Genetics & Environment



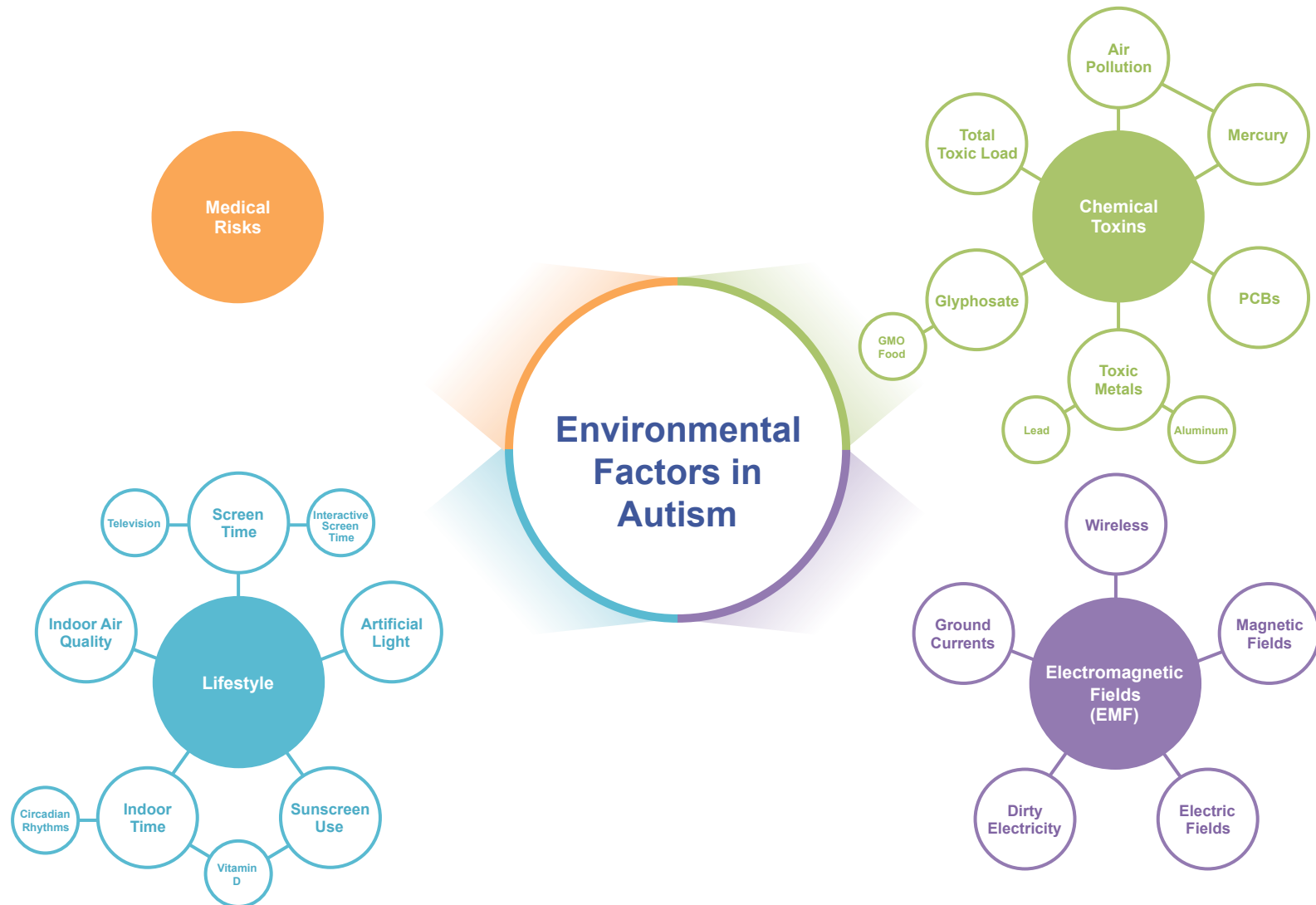
Environmental Factors in Autism



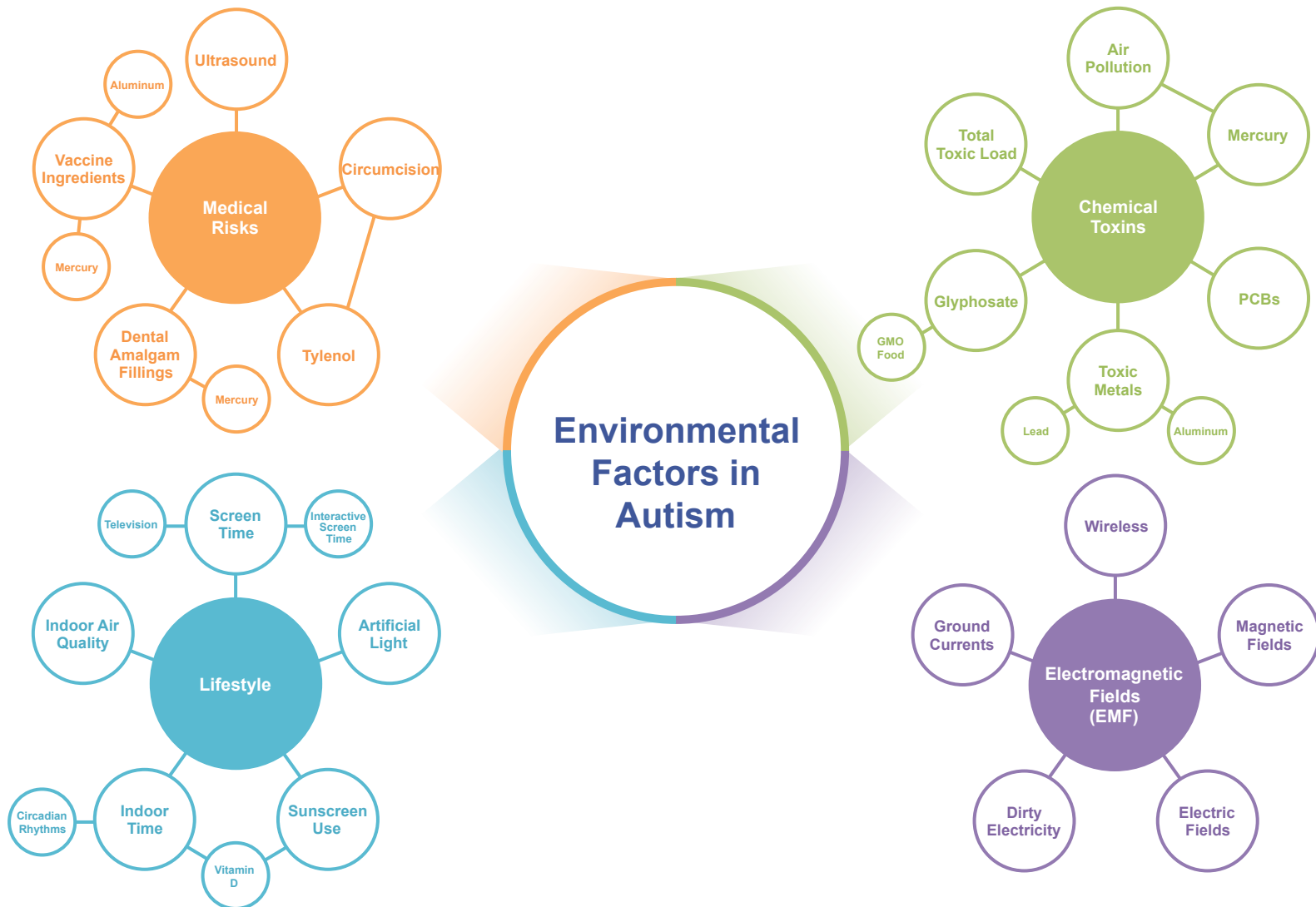
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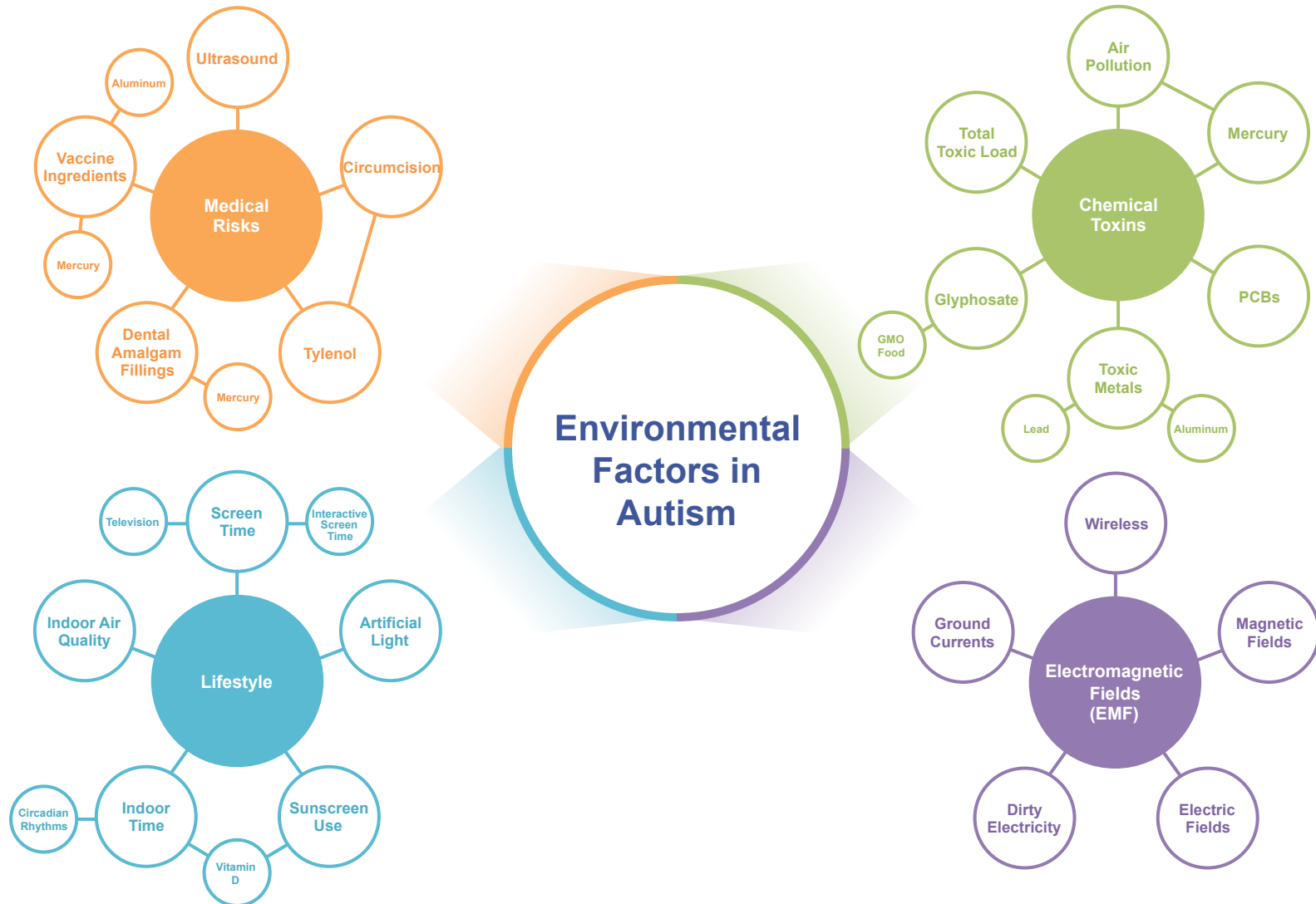
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Environmental Factors in Autism



Total Load Theory

BODY

- Balanced pH
- Oxygen level
- Melatonin
- Glutathione
- Vitamin D
- Healthy gut
- Brainwaves
- Synchronization
- Cellular voltage

- Poor sleep
- Toxins *
- Low energy
- Low immune
- Infections
- Acidic pH
- Inflammation
- Low melatonin
- Oxidation
- Spinal alignment

Thriving

Add positive factors
Adaptive response



Non-adaptive Response

Fight
Flight
Freeze
Faint

Surviving

ENVIRONMENT

- Clean air
- Organic food
- Safety
- Time in nature
- Clean water
- Calm
- Love

- EMF *
- Toxins *
- Noise
- Pollution *
- GMOs *
- MSG
- Light flicker
- Physical threats

Fight or Flight Mode

- Cell Danger Mode
 - Cell membranes – closed off
- Detox is de-prioritized
- Cranial sacral pump can be turned off
 - Sleep cleanup – glial/lymphatic function
- Polyvagal theory: freeze, faint, etc...
 - Sympathetic: response to stress/inflammation
 - Dr. Victoria Dunckley: Energy release
 - Parasympathetic: rest, digest, detox, repair, grow

Short Discussion Break

- Share one thing that has worked to calm your child.
- 2 minutes

9 Areas Worth Looking at

- Air quality
- Constant wireless sources
- Water
- Lighting (UV, IR)
- Electromagnetic fields & noise
- Screen time
- Food
- Personal care products & cleaning 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 (2016)

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, Berkey, 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 near beds – even when off
- Electrical noise (dirty electricity)
- Ground currents
- *Trial solution: turn off circuit breaker to bedroom*

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
- Consider organic & non-GMO
 - Reduce glyphosate (Round-up) exposure
- Reduce or eliminate inflammatory foods
 - Processed foods, MSG, fried foods, sugar
- No large fish: swordfish, tuna (mercury)
- Healthy fats, minerals, antioxidants

Personal Care Products

- Skin – transdermal absorption
- Scents: air quality & masking (Stink Movie)
- EWG.org – consumer product guides
 - Personal care products, cosmetics, sunscreens
- Clear Light Ventures recommendations
 - Clv.us/safe-home-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*

Short Discussion Break

- Share one thing from the areas and items we just discussed that you might consider changing in your home.
- 2 minutes

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 (17) is in his school's theater company, honor roll, APs
- I'm back to a healthy weight and sleeping well
- Autism is a distant memory—all is well

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-home-products
 - clearlightventures.com (clv.us)
 - facebook.com/groups/AutismEMF
- Building Biology Environmental Consultants (hbelc.org)
- American Association of Environmental Medicine (aaem.org)