CEASE Autism

CEASE Therapy

The treatment of autistic children and even adults has become very common place in the homeopathic world, and is called CEASE Therapy, which stands for *Complete Elimination of Autistic Spectrum Expression*. Step by step all causative factors (vaccines, regular medication, environmental toxic exposures, effects of illness, etc.) are detoxified with the homeopathically prepared, that is diluted and potentized substances that caused the autism. Currently we use the 30C, 200C, 1M and 10M potencies to clear out the energetic field of the patient from the imprint of toxic substances or diseases.

Yes, a very effective way to treat autism with amazing results!

That is Dr. Smits' In his experience autism is an accumulation of different causes and about 70% is due to vaccines, 25% to toxic medication and other toxic substances, 5% to some diseases. With isotherapy (see below), a form of homeopathy using the causative substances themselves in homeopathic preparation, the toxic imprints can be erased.

CEASE Therapists

CEASE therapists are trained during a 3 to 5 day course, given by certified CEASE therapy instructors, to guarantee the high quality of treatment and to ensure the correct application of this method. The homeopathic practitioners are only certified as CEASE therapists after having successfully passed the final exam. They will stay in contact with all other CEASE therapists around the world by an interactive forum and will receive supervision.

Obstacles to cure

So far the main obstacle to cure seems to be the lack of information about the causes of this disease. When important events in the life story of these children and their parents are overlooked or unknown, an essential key to the healing can be missed.

Isotherapy treatment

Using the causative substances as a homeopathic remedy, their profound toxic effects can be witnessed as the children begin to react to the remedies. The reactions on the isopathic remedies are so characteristic, that there can be no doubt about the existence of a link between the toxins as the cause and the development of Autism as its effects. In this way Dr. Smits discovered, step by step, why autism and other behavioral problems, with their specific developmental problems, have so dramatically increased over the last ten to twenty years. It also became clear that autistic children do not suffer from one single cause but from an accumulation of different causes.

Vulnerable brain of the unborn and small children

During pregnancy and the first two years of life the brain is extremely vulnerable and should be protected as much as possible. Medication during and after pregnancy, especially vaccinations are very toxic to the young child's brain. Even illness, medication and vaccination in the energetic field of the father and mother before pregnancy can be transmitted to the child by energetic transfer. In the book "Autism, beyond despair" you will find several examples of this.

Toxic substances

Dr. Smits' believed that autism could be cured. Through his research for complete healing, he was gradually more and more amazed how certain substances, even those not labeled as toxic, can be a causative factor for autism or other developmental disorders.

For example; Prescription and over the counter medication, exposure to chemical substances, that are foreign to the human body and fundamentally toxic, has become more and more the cause of illness. This is not only true for vaccines, but also for many of the treatments prescribed by our modern doctors.

Orthomolecular support

Along with the isopathic treatment we also add orthomolecular medicine to properly nourish the brain of these children and to restore proper bowel function. Many supplements are in use for the treatment of autism and have their value, but we use just a few: Vitamin C, Magnesium, Zinc and fish oil. During treatment these supplements serve as a support for the healing process, while the healing process itself comes from the isopathic treatment. These supplements make the whole healing process smoother and help to avoid severe reactions during the detoxification. read on...

Classical and Inspiring Homeopathy

As a third tool we also use classical homeopathy and Inspiring Homeopathy, which are discussed extensively in the Autism, Beyond Despair book. They both play an important role in the complete healing of autistic children. However, without the resolution of the specific causes which are responsible for the development of autism, classical homeopathy by itself cannot bring complete healing most of the time. Nevertheless this way of healing can give very encouraging results and can give the final touch to complete healing.

CEASE is a combination format used to aid the body in healing itself; this method is highly effective. Upon assessment of a case it is determined how to precede in aiding the body to rid itself of the aggravating factors, and then the three step program is applied.

1. Isopathic remedies are given to aid the body in detoxifying the causative factor of disease.
2. Orthomolecular supplements are given to support the body's cellular systems during detoxifying process.
Orthomolecular support. Along with the isopathic treatment we also add orthomolecular (medicine to properly nourish the brain of these children and to restore proper bowel function. Many supplements are in use for the treatment of autism and have their value, but we use just a few: Vitamin C, Magnesium, Zinc and fish oil. These nutrients serve to support the body during the detoxifying and eventual healing process they are very efficient in helping to avoid severe reactions during the detoxification.

3. Homeopathic constitutional remedy is used to strengthen the body at all levels for a balanced and complete healing.

More Information From:
http://www.cease-therapy.com/treatment/detoxification-using-isotherapy/

Vitamin C

My interest in vitamin C stems from cancer therapy. In the Non-Toxic-Tumor-Therapy (NTTT), vitamin C plays an important role as an antioxidant. In addition to the water soluble vitamin C, fat soluble vitamin C (ascorbylpalmitate) is often prescribed, particularly in brain tumors. Vitamin C also seems to play an essential role in protecting children against the adverse effects of vaccinations or other stress inducing events. The Australian doctor Dr. Archie Kalokerinos witnessed a double increase in child mortality among Aboriginals after vaccination campaigns. Human beings are unable to produce vitamin C themselves like other mammals do and therefore completely depend on vitamin C intake. In stress situations such as vaccinations, infections or other diseases, emotional stress etc., extra vitamin is used and needed.

For this reason Dr. Kalokerinos advises against vaccinating sick or not yet fully recovered children. In the Netherlands, the government has grossly overlooked this aspect for years now with all sorts of consequences. When Dr. Kalokerinos started giving vitamin C to Aboriginal children, he was able to reduce child mortality, at the time at about 50%, to practically zero. This has led me to prescribe vitamin C as a preventive measure. When I witnessed that autism often improved by detoxifying the vaccines, the thought soon came to my mind that vitamin C could not only be useful in preventing autism in vaccinations, but that it could possibly play an important part in curing it as well. When I first prescribed the fat soluble vitamin C for a 4 year old autistic child, both speech and comprehension improved dramatically. His mother was deeply impressed by the significant improvement. Since then, ascorbyl palmitate plays an essential part in my treatment protocol for autistic children. It fully meets it's expectations. Vitamin C is known to have the following effects on the human body, which could be very relevant for autistic children:

1. Vitamin C neutralizes harmful oxidants (oxidative stress) such as hydroxyl radical (OH^-) and regenerates Vitamin E for reuse.
2. When vitamin C takes part in anti-oxidative processes, the ascorbate radicals that are produced are relatively harmless because they are neither highly oxidative nor reductive and are easily recycled into active ascorbates by enzyme systems using NADH or NADPH.
3. Vitamin C stimulates the excretion of copper and thus aids in the reduction of stress. All autistic children prove to have elevated copper levels (read more in article).
4. Vitamin C aids and promotes the enzyme that transforms dopamin into norepinefrin (noradrenalin). This is a necessary step in the adrenal catecholamine metabolism and it precedes methylation steps that balance out catecholamine levels.

5. Vitamin C aids and promotes the enzyme in tyrosine metabolism that transforms hydroxyphenylpyruvate to homogentisic acid.
6. Vitamin C is required for the formation of L-carnitin. L-carnitin within the cell is necessary for normal use of fats for energy (beta-oxidation of fatty acids).
7. Vitamin C aids folic acid metabolism by the transformation of folic acid into folin acid.
8. Vitamin C renders stool less consistent in obstipated children and stimulates the intestine; too high a dose may cause diarrhoea.

Fatty Acids

Polyunsaturated fatty acids (omega-3 and omega-6 fatty acids) play a crucial role in the formation and functioning of the brain. These polyunsaturated fatty acids have almost completely disappeared from our modern diet.

Scientific research in recent years has revealed that an unsaturated fatty acid deficiency (HUFA) or a disturbed balance of these fatty acids may play an important role in behavioural disorders, learning problems, dyslexia and autistic spectrum disorders. These fatty acids (omega-3 and omega-6) are found in fish, flaxseed oil, certain nuts and to a lesser extent in leafy greens. They are essential in the normal development of the brain as well as in our mental and emotional health. Pregnant women should take omega-3 supplements and children under three years of age also require large amounts of omega-3 fatty acids (EPA and DHA) for a healthy development of their brain. Additionally, research has shown that the administration of omega-3 fatty acids leads to better results than the omega-6 fatty acids, plus the fact that especially EPA rather than DHA gives favourable results. For this reason various omega-3 fatty acid supplements have been marketed containing an EPA/DHA ratio of at least 4:1. The standard fish oil contains a 3:2 ratio.

According to Dr. Alex Richardson, indications of an omega-3 fatty acid deficiency are:

1. Excessive thirst, frequent urination, rough or dry skin, dry lustreless hair, dandruff and soft brittle nails.
2. Allergic propensity: eczema, asthma, hay fever, etc.
3. Visual symptoms such as poor night vision, hypersensitivity to light and reading disorders such as dancing letters.
4. Attention disorders: quick distraction, poor concentration and memory disorders.
5. Emotional hypersensitivity: in particular depression tendencies, intense mood swings and excessive fears.
6. Sleeping problems: in particular being unable to wind down at night and having difficulty waking up in the morning.

Vegetarian sources of omega-3 fatty acids such as flaxseed oil only contain ALA (alpha-linoleic acid) that is not always properly metabolized into EPA and DHA. For this reason direct supplementation of EPA/DHA in the form of fish oil is preferred. Research has shown that the ideal EPA intake is about 500mg/day but some people require even more.

DHA is especially important in the structure of brain cell membranes, particularly in early childhood when the brain grows and later on in life to retain flexibility of the membranes.

In children, 20% of the brain consists of DHA. EPA plays an essential part in the short term regulation of brain functions such as hormonal balance, the immune function and the bloodstream. EPA is equally important in reducing infections, for instance in the digestive tract. Both fatty acids are indispensable for all cell membranes since they regulate the nourishment flow to the cell. They are also involved in the release

and reabsorption of neurotransmitters (chemicals that are essential in stimulus transfer between neurons).

Metallothionein

Research of Dr. William J. Walsch, Ph. D., biochemical researcher of the Pfeiffer Treatment Center, Illinois, USA, suggests that a congenital defect in metallothionein function could be the cause of autism. In his opinion all problems of autists, both immunological and brain/intestinal, can be explained by poorly functioning metallothionein. All facts indeed seem to indicate that a poorly functioning metallothionein system forms an important stress factor that contributes significantly to the cause of autism.

Methallothionein is a protein that carries out very vital functions in the body. There are four different types of this protein. It is made up of 60 to 70 amino acids and 7 atoms of zinc. One of its most important functions is the protection against heavy metals. For this reason high concentrations of this protein are present in the mucous membrane of the intestine where it serves as a binding agent for heavy metals by exchanging zinc for mercury, lead, platinum, aluminium etc. It goes without saying that in this modern age the protection against heavy metals plays an essential part in maintaining our health in a greatly polluted world. We continually ingest heavy metals with our food, the daily intake of mercury in nourishment being about 20mcg and if teeth are filled with amalgam, an extra dose is added depending on the age of the amalgam (1mcg/day for old amalgam to 450 mcg/day for newly used amalgam). Several vaccines also contain mercury. In the Netherlands, aluminumhydroxid is primarily used in vaccines (25 mcg per vaccine). Aluminium is also present in all kinds of packaging materials of juices whereby the packing is lined with aluminium. Many people still cook using aluminium pots, especially when on holiday. Metallothionein is therefore an essential protein. Not only is it present in the intestines, the first line of defence, but is also found in the liver, pancreas, mouth,

stomach and brain. Heavy metals pass the blood-brain barrier unhindered. Thus a two month old baby with a metallothionein deficiency injected with the DTPP/HIB vaccination in two separate shots, is injected with 2 x 25 mcg of aluminium and is unable to bind the aluminium and expel it from its body.

Metallothonein also plays an important role in several other processes in the body:

1. It regulates zinc and copper concentration in the blood.
2. It is essential in the development and functioning of our immune system.
3. It is indispensable in the development of nerve cells (neurons) in the brain together with the Omega-3 fatty acids.
4. It protects against excessive yeast growth in the intestines.
5. It prevents intestinal infections.
6. It is involved in gastric acid production.
7. It influences taste and texture sensation of food in the mouth.
8. It has a regulating influence on hippocampal behaviour.
9. It is involved in the emotional development and socialization (amygdala).

Owing to all these vital functions of metallothionein it is very reasonable to assume that a deficiency of this essential protein may lead to all kinds of problems in the development of the child. Most likely a genetic disorder is involved that does not become evident until the system experiences an overload. This may be triggered by a vaccine, a bacterial or viral infection possibly combined with antibiotics, amalgam fillings of the mother during pregnancy etc. The fact that some scientists and M.D's give a purely genetic lable to the cause of autism is proof of a poor scientific mentality and a lack in logical thinking. It is impossible for genetic disorders to increase at such an explosive rate as in the case of

autism. In the United States, the number of autism cases has risen from 1 in 180.000 to 1 in 180 and in some states even to 1 in 150. Moreover, genetic does not necessarily mean hopeless and untreatable! Likewise, improved diagnosis cannot be the only reason as some have claimed. Environmental factors must be involved, even when there is a genetic base.

The conclusion that these data point to is that there might be a lot of children with a dormant metallothionein deficiency that run the increased risk of developing symptoms caused by all kinds of environmental factors. The symptoms resulting from malfunctioning metallothionein are most likely not only restricted to causing disorders in the autism spectrum but several other modern disorders like ADHD and other behavioural disorders, fibromyalgia, ME and CFS (chronic fatigue syndrome) could possibly also be explained by this. It could even be a factor in cancer. For many years now I have been testing cancer patients and many of them show high copper and low zinc readings. In my practice, I have experienced several autistic children displaying a total shift towards ADHD type behaviour. Many children are diagnosed as autistic at one point and subsequently as ADHD or vice versa. Practical experience and continued scientific research will eventually have the final word.

Intestinal Disorders

- Approximately 85% of autistic children experience intestinal and assimilation disorders.
- Most autists experience digestive problems in respect to excessive fungal growth such as candidiasis, food allergies and hypersensitivities. If sufficient metallothionein is present in the intestine, heavy metals such as mercury or lead will be bound to sulfhydril groups. Sulfhydril groups in enzymes are needed to break down casein and gluten. Many autistic children have gluten and casein allergies (over 85%). These enzymes also need

zinc. Therefore a metallothionein deficiency will lead to a deficiency of the enzyme that breaks down casein and gluten. This in turn leads to a casein and gluten allergy.

- A leaky gut simply means a failing metallothionein function that causes mercury, lead and other toxins to end up in the portal vein.
- High concentrations of metallothionein are also present in the mouth and a deficiency may lead to taste disorders and eating problems (for example refusing to eat solid food with lumps).
- The function of metallothionein in the stomach is
  a) production of gastic acid,
  b) supply of zinc to the digestive enzymes,
  c) production of proteins against gastric infection.
- Metallothionein also plays an important role as a protective mechanism against infection of the intestine and diarrhoea. It kills candida and protects against excessive fungal growth
- Detoxification using Isotherapy
- The homeopathic method as applied in the treatment of vaccination damage consists of administering four successive remedies of the suspected vaccine. Each course consists of the following dilutions 30C, 200C, 1M and 10M. The duration of a remedy course depends on the severity of the problems and the reactions of the patient and can vary from 2 weeks to 2 months. Potencies should be repeated until no further improvement is seen before passsing to the next poetency. After each course a 1 or 2 week break is applied. The administration is carried out by letting 2 granules melt in the mouth.

Vaccines

- One of the important factors in the development of autism is without a doubt the administration of many vaccines at a very

early age. In the Netherlands, vaccines mainly contain aluminium hydroxide, formaldehyde, protein pollutions and the actual vaccines themselves, viral, bacterial or toxins, sometimes also mercury. In children with malfunctioning detoxifying systems (metallothionein deficiency) this can lead to serious side effects of which autism is merely one. The rise of epilepsy, asthma, eczema, behavioural disorders, developmental disorders and many other post-vaccination symptoms is possibly caused by similar factors. In the United States the enormous increase in autism cases (from 1:180.000 to 1:180) coincides with the introduction of the MMR and subsequently the Hepatitis-B vaccine which is administered at birth.

- The immune system consists of two important parts, the humoral and the cellular defence. Vaccinations cause there to be a shift from cellular to humoral defence which leads to a weakening of the immune system. A zinc deficiency can lead to a similar shift.
- All autistic children should be detoxified using the homeopathically diluted remedies of the vaccines that have been administered to the child.
- Autistic children should never again be vaccinated!

DNA Methylation

DNA methylation is an epigenetic mechanism used by cells to control gene expression. A number of mechanisms exist to control gene expression in eukaryotes, but DNA methylation is a commonly used epigenetic signaling tool that can fix genes in the “off” position.

Over recent decades, scientists have made various discoveries about DNA methylation and how vital it is to a number of cellular processes such as embryonic development, X-chromosome inactivation, genomic imprinting, gene suppression,

carcinogenesis and chromosome stability. Researchers have linked abnormal DNA methylation to several adverse outcomes, including human diseases.

DNA methylation is a process by which methyl groups are added to the DNA molecule. Methylation can change the activity of a DNA segment without changing the sequence. When located in a gene promoter, DNA methylation typically acts to repress gene transcription. DNA methylation is essential for normal development and is associated with a number of key processes including genomic imprinting, X-chromosome inactivation, repression of transposable elements, aging and carcinogenesis.

Methylenetetrahydrofolate reductase (MTHFR) is a gene that is responsible for producing an enzyme that converts folic acid to methylfolate, a bioavailable form of vitamin B9. Nutrient deficiencies of Vitamin B6, B12, and folate increase homocysteine levels which causes inflammation in the body. The ability of this gene to turn this switch on or off is crucial for the production of glutathione, the body's most important antioxidant.

Glutathione plays a major role in the body's detoxification of harmful, disease-causing toxins. When the body's ability to produce glutathione is decreased, secondary to genetic mutations like an MTHFR mutation, the disease process is enhanced due to the build-up of toxicity in the body. Disorders such as autism, ADHD, autoimmune diseases, multiple sclerosis, fibromyalgia, heart disease, addiction, and miscarriages have been linked to MTHFR mutations.

Glutathione's key role is the maintenance of intracellular redox balance (oxidation-reduction) and the detoxification of xenobiotics (a chemical or substance foreign to the body).

A defective MTHFR gene creates a vulnerability to disease processes as detoxification is impaired, leaving the body more susceptible to oxidative stress, and less tolerant of toxins such as heavy metals.

When the function of the MTHFR gene is impacted by a genetic mutation, individuals may be at risk for a variety of health conditions, primarily due to the disruption of the methylation cycle. Methylation and demethylation act as on/off switches in the body that control all functions of the immune system, such as how the body fights infections and viruses, to regulation of the immune response. Research has shown that impaired methylation is directly correlated with

autoimmune conditions and is associated with neural tube defects, cerebrovascular and cardiovascular disease, inflammatory bowel disease, colorectal cancer, and psychiatric disorders.

HOW COMMON IS IT?

While the science is still out on the prevalence of MTHFR mutations, some say at least 40% of individuals and as high as 90% of children with ASD carry one mutation. Mutations come in various forms and some are more problematic than others. If one parent passes on a mutation of either the C677T or A1298C gene, an individual will have a heterozygous MTHFR mutation of either gene. If both parents pass on C677T or A1298C, the individual would have a homozygous mutation. In rare cases, a combination occurs whereby one parent passes on C677T and the other parent passes on A1298C. Both the homozygous and combination mutations have the greatest effect on a person's ability to produce glutathione. However, a single mutation of either gene also needs to be considered a risk factor and should be treated accordingly. Methylation can be decreased by 30% in those with a heterozygous mutation and up to 70% in those with homozygous MTHFR mutation.

MTHFR AND AUTISM

In children with ASD, the heterozygous allele frequency occurred in 56% of children in one study, whereby the frequency was significantly lower in the control group (41%). This could indicate that the there is a genomic vulnerability in the folate pathway to environmental risk factors.

Although a review of the research indicates conflicting analysis, some studies show an association exists between MTHFR polymorphisms and an increased risk of ASD, suggesting the modulating role of folate may be affected by the MTHFR genotype.

Another study suggests that the enhanced maternal folate status before and during pregnancy may alter natural selection by increasing survival rates of fetuses who have an MTHFR mutation. Presumably, infants with an MTHFR polymorphism cannot maintain the higher folate status after birth, affecting neurodevelopment from the inability to detoxify environmental toxins. For example, individuals with ASD have been shown to have higher levels of heavy metals in their blood, leading researchers to believe that the MTHFR polymorphisms may be partly responsible

for increasing their toxicity. While an association is likely, it is unlikely that this mutation is solely responsible for complex neurodevelopmental disorders and more probable that influencing co-factors exist. While more studies need to be conducted, the literature indicates there are opportunities for preventative diagnostics and treatment.

CONTINUE READING
PAGES

MTHFR mutations can be identified through DNA methylation pathway profiles; however, it is not routinely tested unless there is a family history of a polymorphism, cardiovascular disease, thrombosis, or, if homocysteine levels are elevated. Genetic testing kits such as 23andMe are also being used by individuals to learn of their genetic vulnerabilities.

A simple blood test can check for elevated homocysteine levels which would indicate problems with methylation and the possibility of an MTHFR mutation.

For individuals with MTHFR polymorphisms, supporting methylation is of primary importance and can be improved with proper supplementation and diet. Because the conversion of synthetic folic acid to folate is affected by these mutations, steps should be taken to improve uptake of folate and to avoid the possibility of toxicity from synthetic folic acid. Generally, proper supplementation with bioactive forms of folate such as methylfolate (vitamin B9) and supplementation with methylcobalamin (vitamin B12), can improve methylation because they are bioavailable, as opposed to use of synthetic folic acid. Diets high in folate from dark leafy green vegetables provide natural folate necessary for proper methylation.

Folic acid is a beneficial supplement for the general population; in fact, fortification of wheat with folic acid is mandatory in the US.

Unfortunately, individuals with MTHFR mutations run the risk of toxicity since this synthetic form of folate is not readily converted to the usable form, L-methylfolate. This problem is two-fold.

Firstly, if 40% of individuals potentially carry mutations and most are yet unaware, it is mistakenly presumed that fortified foods are contributing to the recommended daily allowance of folate. More importantly, excess synthetic folic acid could become toxic to those with MTHFR mutations. This is especially critical for pregnant women who are prescribed folic acid supplements to prevent neural tube

defects. On one hand, they are prescribed folic acid to prevent birth defects, however, if they carry the mutation, they are not necessarily preventing birth defects, and the folic acid can also cause toxicity. Similarly, once the baby is born, if they unknowingly are a carrier, they are more vulnerable to the effects of environmental toxins as their ability to detoxify is impaired. **This is especially problematic if underlying genetic defects can be triggered by environmental exposures.**

Given that this mutation is associated with numerous illnesses from having a high toxic body burden, a simple DNA methylation pathway profile test can allow individuals to make better healthcare decisions for themselves and their children and should be recommended for all.