

Diet and Nutrition Guidelines (Including Toxic and Autistic Information)  
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General Guidelines

Nutrition is a complicated subject because our bodies are complex. You often hear advertised how one supplement or other is the next panacea for our ills. These are advertising gimmicks, like what are seen in allopathic medicine. There is no one magic pill to cure your ills! What is necessary to achieve good health is a balance of things in our bodies, something which homeopathy accomplishes. The same logic applies to nutrition: a proper balance of nutrients is necessary for normal functioning and development. Taking isolated supplements is usually not advisable except in certain situations, and then only as a short term measure, and must be balanced with proper homeopathic treatment for optimal effect. In all cases, care must be taken not to overdo anything, as this will only create a new imbalance inside the body and create new problems accordingly. Also, you should take all reasonable precautions to avoid any food and environmental toxic exposure. This sheet is a starting point to help you with these issues.

Dangers To Avoid

The first thing we must avoid in life to keep ourselves healthy is vaccines. Parents who are unconvinced of this must listen to one of my vaccination presentations before making this important decision. The dangers of vaccination are well known and well documented, but generally hidden from the public for mercenary reasons. The same holds true for fluoridated water. Most public water supplies in the United States of America today have fluoride in some form dumped into them based on the fraudulent research that it helps prevent tooth decay. Not only is this claim untrue, but the levels of fluoride we are exposed to on a daily basis actually contribute to hypocalcaemia, the exact opposite of what fluoride is supposed to accomplish! Studies have also established fluoridation with problems such as cancer (especially of the bone), DNA-repair-enzyme activity (which naturally inhibits homeopathic treatment's genetic healing process), neurotoxicity (especially when combined with aluminum, which is found in most mainstream antiperspirants and soft drink cans), hypothyroidism, and male sterility. For drinking water, either invest in a reverse osmosis or distiller system, or get fluoride-free bottled water. Getting rid of only some fluoride with carbon block filters only slows the process since half the fluoride we take into our bodies is retained. Other major sources of fluoride include mouthwashes, toothpastes (a highly concentrated source), fruit juices from concentrates (which are reconstituted with fluoridated water), tea (many tea plants have high fluoride retention rates), shrimp and canned tuna from the sea (get farm raised instead), infant cereals and water, mainstream grape juice (some vineyards are sprayed with fluoride solutions as a pesticide), and produce from pesticide-based farms using fluoride-based pesticides.

As a rule, it is best to avoid all potential pesticide sources and processed foods, and get foods which are certified organic and involve no artificial additives or preservatives, radiation, chemicals, or GMO's (Genetically Modified Organisms, which were quietly slipped into the American food market a few years ago). Avoid "fake" food substitutes. This includes margarine, which not only is not a food item, but is a step away from being a plastic! It is also far worse for your health than the butter it is meant to replace because of several factors, including its trans-fatty acids. These are not found in nature and accumulate in the body, contributing to health problems including circulatory disorders (e.g. heart disease, atherosclerosis). Other "fake" foods include sugar substitutes, such as saccharin (e.g. Sweet N' Low) and aspartame (e.g. Equal, NutraSweet). Both are known cancer-causing agents. Aspartame ultimately breaks down into formaldehyde and formic acid, which damage DNA, and aspartic acid, which is an excitotoxin (a class of toxins which destroys nerve cells by overstimulating them) that increases damaging free-radical generation in the brain, especially in those areas related to memory and fine coordination. One of the most damaging food additives is MSG (MonoSodium Glutamate), a major excitotoxin which is found in virtually all processed foods today. It inhibits normal neural development in

children, reducing their capacity to perform complex tasks, and increases anger by damaging the limbic system of the brain. The MSG in junk foods causes excitotoxic reactions in the brain, which is why so many children (especially ADD, ADHD, and autistic ones) have tantrums after eating them! Peripheral nerve damage from MSG is also observed, including the nerves in the heart (leading to sudden fatal heart attacks) or skeletal muscles (leading to fibromyalgia). High MSG consumption also depresses the endocrine system, leading to a slow metabolism and an array of physiological disorders. This includes appetite changes and cravings for unhealthy foods, thereby contributing to obesity. The fat in these cases cannot be removed by exercise, and is extremely difficult to remove through dieting. So much for the "diet and exercise" solution to America's obesity problem. Because it is such an effective flavor enhancer, food manufacturers compete with each other by steadily increasing the amount of MSG in processed foods, doubling it every ten years! A relatively new food additive is carrageenan, which has been shown to promote inflammation and cancerous tumor growth. It is used as a binding agent in an increasing number of foods, such as baked goods, ice cream, candies, and breads. Because of digestive tract exposure, those with colon cancer risk or ulcerative colitis are at elevated risk from carrageenan.

#### Recommended Diet for Neurological Development

I could scare you with what I know about the nauseating and frightening ways most processed food are made today, as if the above information isn't enough. Suffice it to say that most food today has only a small fraction of its original nutritional value, thus earning the name I give it, plasticized food. Following the above guidelines for food selection, focusing the diet on certain foods (in combination with key nutritional supplements) will be of benefit to aid in neurological detoxification and development. This information applies especially to cases of ADD, ADHD, and autism, but given the extent of neurological damage and toxicity most of us receive on a daily basis, it applies pretty well to others also. Common sense should be applied, especially when individual sensitivity to certain foods is known (e.g. many autistic children are intolerant of dairy products). Diets should include the following foods: raw nuts, broccoli, brown rice, white chicken, garlic, onions, black strap molasses, pure honey, vegetables (especially with dark green leaves), fruits (especially apricots, blackberries, cherries, grapefruit, oranges), whole grains, kamut (a superior form of wheat), beans, lentils, potatoes (especially sweet), low fat yogurt, cold-pressed extra virgin olive oil (with no trans fats or polyunsaturated fats), cornmeal, and eggs. Nutritional supplements (with recommended brands in parentheses) include: DHA / DecosaHexaenoic Acid 500mg (Nordic Naturals) daily; Alpha Lipoic Acid 200mg (Bluebonnet) daily; L-Methionine 500mg (Country Life) every two days alternating with homeopathically potentized Methionine.