

---

## Autism

Posted by heavenbuyer - 2008/03/29 20:39

---

Peace to u all....

We just found out my nephew has autistic features and not full autism thank God. We've already started the needed treatment; oral therapy...social skills development and also some medication. But the medication has really bad side effects including vommiting and nausea. He is only 2 yrs old so we stopped the medication.

My questions are:

what are the alternative medications -with safer side effects- available?? and I heard that certain diets can improve the progress of treatment.... is that true? I'm from Egypt and I know the team is too...so please can you private message me with names of top physicians in Egypt specialized in Autism?

Thank you so much  
love n peace

=====

## Re:Autism

Posted by wael - 2008/04/02 03:30

---

Hello Heavenbuyer,;)

You are asked about alternative medications with few or safer side effects and didn't tell us about those already used?! About the Dietary Intervention or dietary treatment for Autism,,It's still very controversial within the "Medical Community".

Dr. Jerry Kartiznel, who works with autistic children, believes that the proteins in wheat and dairy wreak havoc on some children's brains.

"Gluten in the body has been theorized to make a morphinelike substance, and that morphinelike substance ... will affect the brain," said Kartiznel.

Kartiznel, himself the father of an autistic son, supports parents who cut gluten and casein, another protein found in dairy products, from their children's diets.

Some parents report that the diet seems to help not just autistic kids but others who have developmental delays and even some adults, who report feeling more focused and full of energy.

Many doctors, however, remain skeptical that the gluten- and wheat-free diet has any effect on autism.

"We don't have sufficient evidence right now to support recommending a gluten- and casein-free diet. We don't have evidence that it's harmful, but we also don't have evidence that it's helpful," said Dr. Carolyn Bridgemohan, an assistant professor at Harvard Medical School.

=====