

**A Natural Approach for a Calmer,  
Happier, and More Focused Child**

---

# The Un-Prescription for Autism

---



**Janet Lintala** *with* **Martha W. Murphy**

Foreword by **ELIZABETH MUMFORD, MD, FAAP**,  
Former Medical Director of the Autism Research Institute

Janet Lintala and

# The Un-Prescription for Autism: A Natural Approach for a Calmer, Happier, and More Focused Child



[continue reading](#)

Each year, more than 50,000 U.S. households receive an autism medical diagnosis. While the medical career is slow to change, autistic kids want help instantly. Surfing the Internet for alternatives simply leads to dilemma. The conventional approach (utilized by too many pediatricians) is usually to medicate challenging behaviors into submission--suppressing symptoms while departing underlying health problems untouched. The answers parents find could be contradictory. Janet Lintala, founder of the Autism Wellness middle and an autism mom herself, shares the organic protocols found in her practice to dramatically improve the function and well-being of kids on the spectrum.s wellness, self-control, and language--paving just how for reaching their total potential. Correcting these overlooked circumstances with digestive enzymes, probiotics, antifungals, and other non-psychiatric treatments brings transformative results: less pain, less aggression, and a child who is more receptive to behavioral and educational interventions.even dangerous. The Un-Prescription for Autism provides very clear explanations, comprehensive protocols, and examples to help parents action quickly to restore their child&apos; Drawing on the latest research developments, as well as personal and clinical knowledge, she targets the underlying issues (chronic inflammation, oxidative tension, gastrointestinal dysfunction, immune dysregulation) associated with the behavior, bowel, and sleep issues so common to autism.



[continue reading](#)

Heartfelt thanks for a life-changing book...We have seen incredible outcomes from her advice within an explosion of speech, marked decrease in sensory seeking behaviors, very few meltdowns, back again to taking naps and sleeping well during the night and he is eating like crazy! Many doctors with children on the spectrum are implementing these protocols because of their own families and looking at results; He was completely exhausted, depressed, and anxious. Thank you for this easy to check out and successful protocol. The author's explanations are easy to comprehend and the anecdotal stories she shares are miracles..! Janet Lucas Lintala for a few observation and recommendations after reading her publication. He has returned to getting together with his friends. Dr. He is much better than ever, and my family is even more peaceful than ever. After a circular of intravenous antibiotics and some bullying and who knows what other triggers, my normally high-functioning son had become almost non-functional to the point that he cannot get out of bed to wait school several times last semester. I have been reading the other books out there as well. What an incredible book. Whatever the technology, I am a useful woman. If it functions for my boy, I'm in.. But I am a fighter when it comes to my child, and we have a strong and trusting relationship, therefore even though he has dug in to fight against me, he knows I am in it for him. And simply because a child with Asperger's, lifestyle throws him a whole lot. I am thrilled to state that right now, he's jumping his hurdles like a champ, and I am immensely pleased with him. All that said, I'll not pretend that obtaining a smart, independent 14-year-old with ASD to accept new protocols and fresh foods is a walk in the park. No one says medications and more traditional treatments for ASD ought to be discarded, however when my child feels better--and he will experience better on the protocol--then he's going to maintain an improved place for everything life throws at him. I didn't think my child had digestive issues, constipation, diarrhea, or some of that. As a Mother that has read several books on Autism, I wasn't sure if what I'd find would pertain to me and my children situation. It's been two steps forwards and one step back again the whole way because he refused to take the enzymes at school so I had to go completely GF/CF. Great book on autism and how to address naturally Great book in autism and how to address naturally. Nevertheless, he is a very frequent night time waker-- up for 2-4 hours a evening at least 2-3 nights/week. Since he has been compliant long enough to find results, the tide is turning. His dad, who lives in another town and just spent weekly with him, is 100% sold as well. He had hardly ever seen his two boys interacting therefore peacefully. I'd recommend anyone with a child with Autism go through this book Four Stars I just go through and it's great. Dr. Fantastic! She's spent years uncovering methods to help children thrive after having a child on the spectrum. The twins are nonverbal, although you have been babbling for a few months. We are simply about to begin week 3 of the enzyme protocol and I could see so very much difference in the twins! Understanding why particular behaviors take place helps you find solutions for some of these. I'm not seeing as drastic a change in my high functioning one when it comes to behavior, which makes sense, however the persistent rash he's acquired on his face is almost cleared out. I am constantly open to new tips regarding ASD. I recommend to everyone! This is an excellent, very informative book The link between autism and gastro-intestinal balance is currently well-documented, as is treatment with medicine, and I err privately of caution with both. The author has a lot of expertise and knowledge in this natural treatment, and I am grateful she wrote a book and shared it with the globe.. So informative and this easy read! He's calmer and even more focused than ever. My daughter had completed the book's questionnaires and was in the appointment via FaceTime . As a mother or father of a kid with Asperger's, I have found this reserve immensely helpful. I was skeptical initially. There are many what to monitor and outright prevent, but if you understand anyone that may be fighting language delays, behavior problems, anything on the autism spectrum, please understand this book and sort out the questions, then schedule an appointment with Janet. I've 3 kids on the spectrum, one high functioning and a couple of autistic twins. Forever grateful for meeting this great lady! brilliant, loving son in the Autism Spectrum We have to start by saying I have the most caring, brilliant, loving boy on the Autism Spectrum. But for the previous few years he will go from getting the sweetest kid ever to "who is this kid" on the drop of a dime. I held telling myself there exists a little bit of the puzzle we just haven't found however. I trim out all artificial dyes and tastes a couple of years back, which made a notable difference, but I just understood I still didn't have the whole picture in sight. I started reading this book, it somehow popped through to my FaceBook news feed, and I ordered it a couple of weeks ago. All healthful organic eating combined with added enzymes... When he went aside for a weekend and ditched the enzymes, he was

even worse when he came back. Quite frankly, I couldn't bare jogging about eggshells around my boy anymore, afraid he'd snap and just apologize seconds later on for his behavior. He hated that he behaved this way, yet it had been so uncontrollable. My pediatrician reviewed the process and said it could not hurt to check it out.." Great reserve! We were going to place him on anti-depressants when I came across this publication.. I'm tired and occupied, so I need a straightforward read with a apparent cut plan-- this is it! After implementing the protocols, his energy is normally back. People all around us have observed too and I couldn't be HAPPIER to talk about in his joy to a newfound inside that is helping us all have an improved life externally. when to throttle back on supplements, and so forth!! Many thanks Janet for your commitment to helping families outside of your own! You are a saint! Also, having IBS, becoming wheat intolerant, and for that reason dealing with Gastrointestinal issues personally, I have experienced first hands the benefits of dietary improvements, pro-biotics and pre-biotics etc; I am a believer in the efficacy of this suggested treatment. I really like the simple and self-explanatory style. we have a fresh child! After an extended battle, he's gradually coming to observe for himself that points are better. He was mad about both choices, but I gave him all the choices I possibly could, and in the end he ran out of fight. So, I decided to implement her GI process. HE HAS SLEPT FOREVER FOR 2 WEEKS NOW! We just finished four weeks of Sac B, gutpro probiotic and Trienza digestive enzymes two times a day. A must browse for those who want to learn more approximately the gut and human brain connection and it's effects on autism. I'm so thrilled! We switched to the next round of antifungals suggested off of her list. He would come home from school and go right to bed. As my hubby says, "these things you're doing works, I'm a believer. We've applied things we have found in this book to your son and our scenario, and let me tell you. To the passionate nay-sayers posting on this site who clearly have not tried the process, I completely expect the science to catch up. With all my postings warning of the vaccine injury epidemic and the links to autism, I must tell you an excellent news story? My grandson Hunter found Beckley for a Mimi visit several weeks ago and we went to visit Dr. His daily displays of anger with his little brother--something that predated the extreme exhaustion--have mainly subsided. Lintala is quite helpful! Want a chapter on behaviors when applying protocol and what things to view, etc. They're getting together with each other more, they're giving me better eye contact, my babbling twin provides been babbling more and with more varied syllables, and my completely nonverbal one has started babbling. My heartfelt thanks to Janet Lintala because of this gem of a publication! I will try on my daughter autistic. I have to let you know a good news tale? My grandson Hunter came to Beckley for . I don't think that there is normally 'one' method for improving the symptoms of autism, whether it be chemical or natural, and as a mother or father, in fact as an associate of a family of four with first hand experience, and who were quite literally by the end of their tether, medicine provided us with immediate relief while we came to terms with a medical diagnosis and started to plan to progress! however, I have also seen autistic kids taking control through food, and subsequently parents who simply want to get their kid to consume something, anything - but just to eat! Food may also be an exceptionally tricky area for somebody with autism, frequently focussing on texture, colour, combinations - not just nutrition. Must read! Excellent , need to read for anybody understand root causes of autism. Plenty of information and direction. A Revelation Deeply compassionate, witty, and filled up with practical wisdom. That is great stuff! Lintala's work is a revelation. When he complained about this, I told him that he could involve some of his previous foods back if he'd stick to the enzymes. Great book Great book, very interesting and feels as though she's describing our child and his difficulties. This book is my fresh Bible and you can count your blessings, I will be telling everyone I understand about it!! Fascinating reading therefore well written.. I have this publication on kindle, but bought a hard copy to lend out. I bought the Houston brand enzymes suggested, downloaded the app, and also have made "baby guidelines" in administering this program. It seems super easy to perform, but I could be very inconsistent when my life gets too busy. simple, clear slice, and effective This book was recommended to me by a pediatrician. It seems sensible and isn't difficult to get started. I experienced the pediatrician check for everything we could think about, and all assessments were negative. Very inspiring! I'm not a professional, only a well read mother who is open to all ideas.



[continue reading](#)

download free [The Un-Prescription for Autism: A Natural Approach for a Calmer, Happier, and More Focused Child](#) fb2

download [The Un-Prescription for Autism: A Natural Approach for a Calmer, Happier, and More Focused Child](#) txt

[download Parenting an Adult with Disabilities or Special Needs: Everything You Need to Know to Plan for and Protect Your Child's Future](#) epub

[download Eat Like a Champion: Performance Nutrition for Your Young Athlete](#) pdf

[download free The Eldercare Consultant: Your Guide to Making the Best Choices Possible](#) txt