

"Dara Berger breaks down the medical jargon and teaches things that the average parent has never been taught. A must-read for anyone concerned about the neurodevelopmental health of their next generation." — DR. RACHAEL ROSS M.D., PhD, former co-host of the Emmy-Winning talk show, *THE DOCTORS*

HOW TO PREVENT AUTISM

*Expert Advice
from
Medical
Professionals*



DARA BERGER

foreword by **KIM MACK ROSENBERG**
PRESIDENT, NATIONAL AUTISM ASSOCIATION NY METRO CHAPTER

Dara Berger

How to Prevent Autism: Expert Advice from Medical Professionals



[continue reading](#)

The book addresses every detail--from the importance of moms' The Centers for Disease Control and Prevention estimates that 1 in 68 children have already been recognized with an autism spectrum disorder, rendering it among the fastest developing developmental disorders in the usa. In How to Prevent Autism, Dara Berger shares her personal journey with autism. Further, the CDC estimates that parents with a child on the autism spectrum might have nearly a 20 percent potential for having a second child with autism. She interviews eight well-known ASD experts--including doctors, nutritionists, nurses, and scientists--about the factors that have led to the growing epidemic of autism. She describes everything that went wrong with her child that led to an autism diagnosis and everything she do differently to prevent her daughter from struggling the same fate. In line with the best practices for preventing autism in kids, each professional gives perspectives grounded in their own analysis and their patients' improvements. The figures are alarming and become more so every year. cleaning up their bodies preconception, through common genetic mutations that may put children at risk, to the crucial role of nourishment in avoidance. All parents concur that every choice counts when it comes to the health of their children. As Dara Berger makes clear in this personal, interesting, and authoritative reserve, the stakes cannot be higher when it comes to autism.



[continue reading](#)

An Excellent Introduction to A Complex Subject I thought I had been well versed upon this material but I surprisingly learnt many fresh things in the reading and rereading of the text. Also, the author's approach to organizing and presenting the material made the stuff I already knew even more salient, and allowed me to make fresh connections and reach a deeper understanding about how exactly multiple factors interact to create a compromised microbiome. I am giving copies of this book to any girl I know who's either pregnant or considering getting pregnant. Health problems may be telling you that a change in diet (or some other type of transformation) is necessary. I have been a member of the Weston A. I have started consuming more citrus (since I understand that is the easiest way to get vit. While several online interviewers initially attempted to characterize this reserve as an anti-vaccine creed, such a characterization is normally both inaccurate and diminishes the true scope of the materials presented in the publication. I was dismayed in particular to learn about the recent study on glyphosate and its impact on the body [not to say its unfortunate existence in lots of vaccines]. Also, the materials on the MTHFR gene and the importance of methylation as an essential fat burning capacity for both mother and child was not used to me and cogently set forth. Vital publication for preventing autism, and great tips if your son or daughter is autistic. I've been coping with autism in my pediatric practice for the past 15 - twenty years. We really hardly ever saw it in the 1980's and most of the 1990's. There is absolutely no question that this is an environmental epidemic - something we have been doing is leading to our children to loose human brain function, or not develop with their potential. Everything Dara describes here is exactly how I have seen this unfold and even the ideas and professionals she interviews are on point. This is information you want if you are to be a new parent later on, or when you have kids today, whether or not your goal is to avoid autism for your son or daughter or to help a child who is currently experiencing "autism" recover. IF YOU PREFER A Healthy Kid, Born, or However To Be Born, Browse This Book! Critical information for each and every prospective parent This is an extremely great book. I have heard from other experts that that is "just nonsense" about gluten being possibly harmful for the gut/putting one at an increased risk for allergies, but, they also didn't provide any information showing that this statement is false.. How To Prevent Autism should be recommended reading for each and every woman in junior high and senior high school, and for each pediatrician, and atlanta divorce attorneys OB-GYN office and neo-natal hospital section! The unnecessary, disastrous wellness epidemics suffered today are not because of the diseases that vaccines (supposedly) prevent, but will be the result of way too many, too soon, too toxic vaccines themselves! If you want to be healthy, and want healthy kids, tidy up whatever you can tidy up!;, so if they end up not working it is certainly not the finish of the globe. Stop allowing yourself and your kids to end up being barbarically injected with vaccines, usually the trigger for an already over-burdened immune system. Many thanks, Dara, and everyone who combat to protect our kids and grandchildren, and for our right of medical freedom. Important and helpful. I wish that parents and parents-to-be would read this. (I'd suggest reading Important take-aways:* autism is usually epidemic, increasing exponentially. The book talks about the important details.* if autism rates keep on with this way, we could have 80% of males born in 2032 diagnosed with autism -- that is just 15 years aside. It is not that autism is increasing, it is going to destroy our civilization. I want I possibly could see some wish that people will fix it with time. A truly informative and empowering reserve.* the risk of having an autistic child could be reduced dramatically: have the mother-to-be tidy up her body, where her baby will grow, and provide a healthful environment for the kid. The increase cannot be explained by genetics (they don't change that fast) or diagnosis changes (the simple way to see

this is to just talk to your grandparents if indeed they understood what autism was, or talk to any instructor who has been around the school program for 20+ years).* glyphosate is an integral driver of the autism/chronic-illness epidemic. So, so helpful Thought I had it all in hand. It is advisable to eat organic food and minimize glyphosate (from Monsanto's Roundup).* vaccines and the aluminium/mercury they contain cause autism for some children. We would visit a dramatic decrease in all childhood chronic illness, not only autism. 2) Whenever your kid gets unwell, take their illness seriously..The Environmental and Genetic Causes of Autism)* autism could be healed for a few children, and low in severity for some of them* you can't cure brain damage with behavioral modification therapy -- you have to address the main metabolic/inflammatory causesOne caveat: the SCD diet doesn't work as well for us as you oriented towards increasing metabolic energy. See This is an excellent guide for everyone to comprehend preventing Autism but also to comprehend how to do yourself a favour and your family stay healthy in this increasingly toxic environment -- how to eat better, recognize problems, and make smarter medical decisions for yourself as well as your children. You may want to find a holistic or useful medicine doctor to solve the problem in a reasonable manner..for additional information, as well as A good stepping away guidebook for starting about a pathway of finding individualized effective health practices that are out there, however, not widely promoted as options. Desire I had had this resource when I was pregnant .!This is actually the epidemic everyone ought to be concerned about! Five Stars A book that needs to be read simply by all first time Mothers. How to remain and your kids (born and planned) healthy. Don't let down your guard when informed by the pediatrician that it's "normal" and can become treated in a superficial manner.How exactly to Heal Your Metabolism: Learn How the Right Foods, Sleep, the Right Amount of Workout, and Happiness Can Increase Your METABOLIC PROCESS and Help Heal Your Broken Fat burning capacity) Five Stars Very informative. Will update after trying the recommendations for longer Information seems good, yes, this is sadly the best available proof currently. I purchased this book to try to keep from having children with autism. Though it is not a genetic disease (could be), a mutation happens someplace in the gene pool. Since I understand that the mutation for Down Syndrome can occur pre-pregnancy (for several strains, once the woman has children at an older age), I wanted to learn this book in advance. As somebody with Asperger's I am checking out the recommendations to see if indeed they will help with my recurrent GI attacks and sluggish thinking/ forgetfulness. As the recommendations are basic, harmless points, like take vitamin C, zinc, methylfolate, an Epsom salt bath, prevent your allergens, etc. Prevent childhood contact with EMFs and electromagnetic radiation. I am also going to try removing gluten from my diet plan to see how that goes. If the scale continues at the moment rate, in 2032, 50% of kids, 80% of boys, will become on 'autism specturm'! Price Basis for many years and far of the materials in this reserve resonates with their teachings about being pregnant and nutrition. Dara's publication is profoundly timely and useful! I got him taking baths with me in epsom salt thinking if it had been harmful and also have learned it is useful as pregnant ladies's bodies have the proensity to detox onto their infants. She does so in a way that makes it easy to understand a good deal about the sources of autism as well as how to prevent and treat it. She concludes with a wonderful, practical, section on overhauling your kitchen and handling minor health issues at home. We are making progress, but much too slowly. I knew a fair amount about this topic moving in, but learned a whole lot anyway. Since there is a lot of important info presented, the two 2 key text messages I gathered for prospective parents are the following: 1) Research the main topics vaccines carefully before conceiving a child. They can cause massive harm for a lot of people.Dissolving Illusions Essential

read. The information this book presents is THAT crucial. Wish I purchased it when I was pregnant A good stepping off guidebook for starting on a pathway of . Desire I had had this reference when I was pregnant, I and my child could have avoided a lot of heartache and suffering. The interview with Stephanie Seneff is normally eye-opening. Read the Sears doctor book about vaccines and decided to go with them, albeit gradually, at the holistic pediatrician's pace but after reading this book have decided to give it a rest. The insights are perfect and after reading all of the concurring opinions of doctors and parents with children who've created autism, I see with enough of the mitigating factors to market autism (C-section, colic, high allergy load) in my son. Therefore grateful I had already taken precautions to lighten my toxic load pre-getting pregnant but wow! Dara Berger does indeed a masterful work of combining the non-public experience of autism moms with the professional encounter and research of doctors, scientists, and others. So very much ch good information here!!! the air flow in your house, the water you drink, the meals you eat, your body you would like to grow a kid in.



[continue reading](#)

download free How to Prevent Autism: Expert Advice from Medical Professionals pdf

download free How to Prevent Autism: Expert Advice from Medical Professionals epub

[download The Capsule Wardrobe: 1,000 Outfits from 30 Pieces ebook](#)

[download free Low Carb, High Fat Food Revolution: Advice and Recipes to Improve Your Health and Reduce Your Weight e-book](#)

[download Plague: One Scientist's Intrepid Search for the Truth about Human Retroviruses and Chronic Fatigue Syndrome \(ME/CFS\), Autism, and Other Diseases djvu](#)