

# Promoting Healthy Living and Wellness in Autism



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# Outline

- Autism Spectrum Disorder
- Physiological Attributes of ASD
- Healthy living and wellness in ASD
- Conclusion



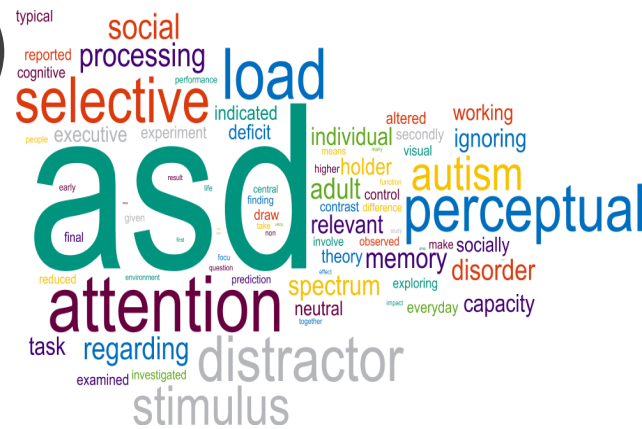
# Autism Spectrum Disorder



- A neurological impairment
- A broad spectrum disorder
- Array of symptoms varying between individuals
- Causes still under speculations



# Physiological Attributes and Co-morbidities of (ASD)



- Leaky guts
- Yeast overgrowth
- Food intolerance and allergies
- Heavy metal toxicity
- Nutrient malabsorption
- Nutritional deficiencies
- Failure to thrive





# Physiological Attributes and Comorbidities of (ASD)

- Speech impairment
- Intellectual disability
- Sleep disorder
- Mitochondrial dysfunction
- Seizures



# Healthy Living and Wellness approach to (ASD)

*“Let’s build  
wellness rather  
than treating  
disease.”*

Dr. Bruce Daggy



# Healthy Living and Wellness approach to (ASD)

- Toxicity control
- Detoxification
- Gut healing
- Aromatherapy
- Nutritional supplementation
- Hypoallergenic feeding
- Natural and organic feeding



# Healthy Living and wellness approach to (ASD)

## Toxicity control

- Bathing Soap
- Tooth paste
- Bedding
- Air freshener
- Cooking and feeding utensils





# Healthy Living and Wellness approach to (ASD)



## Detoxification

- Epsom salt bath
- Sauna
- Sweating through physical activities



# Healthy Living and Wellness approach to (ASD)

## Gut Healing

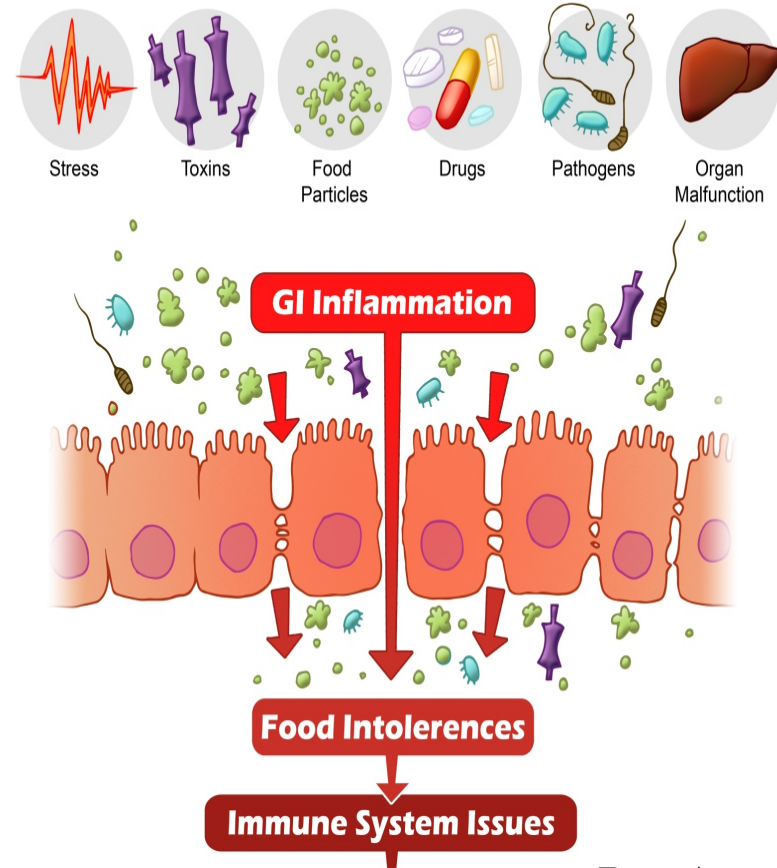
All Disease Begins In the Gut  
- Hippocrates

# Healthy Living and Wellness approach to (ASD)

## Gut Healing

- Bone broth- with attention paid to histamine sensitivity
- Organically produced gelatin

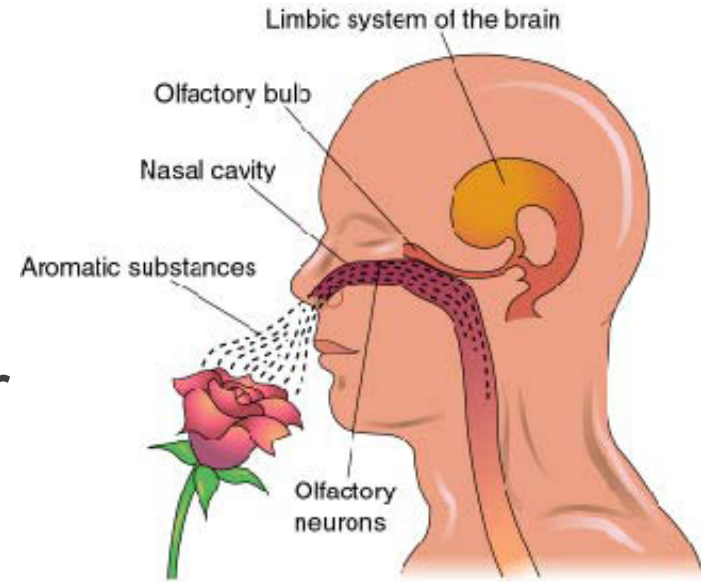
## Leaky Gut Progression



# Healthy Living and Wellness approach to (ASD)

## Aromatherapy

- Lavender - Calming
- Cedar wood and vetiver
- Oregano – antibacterial
- Orange - Glutathione
- Essential oil blends





# Healthy Living and Wellness approach to (ASD)

## Nutrient supplementation

In cases of:

- Picky eating
- Nutrient malabsorption
- Nutritional deficiencies
- Oxidative stress
- Abnormal metabolism

... and to be backed by medical tests.



# Healthy Living and Wellness approach to (ASD)

**FOOD IS MEDICINE.**

*Pick up your  
prescription  
in the kitchen.*

# Healthy Living and Wellness approach to (ASD)

## Natural and organic feeding

Eat less **CRAP**:

**C** - carbonated drinks

**R** - refined sugar

**A** - artificial sweeteners & colors

**P** - processed foods

Eat more **FOOD**:

**F** - fruits & veggies

**O** - organic lean proteins

**O** - omega 3 fatty acids

**D** - drink water





# Healthy Living and Wellness approach to (ASD)

Hypoallergenic feeding

- Salicylate free diet
- Low phenol diet
- Low histamine diet
- Gluten free diet
- Casein free diet
- Soy free diet
- Paleo/grain free diet
- Specific carbohydrate diet





# Healthy Living and Wellness approach to (ASD)

"HEALTH IS MUCH MORE  
DEPENDENT ON OUR  
HABITS AND NUTRITION  
THAN ON MEDICINE."

— JOHN LUBBOCK



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# Conclusion

- Although autism has a genetic predisposition epigenetics and nutrigenomics can help
- Neuroplasticity can also be harnessed in its management



# Conclusion

- Consistency is the key to attaining wellness through healthy living
- The application of occupational, speech and other therapies is non negotiable in ASD
- The synergistic effect of these therapies is exceptional



# Conclusion

LIFE IS NOT ABOUT  
WAITING FOR THE  
STORM TO PASS,  
IT IS ABOUT LEARNING  
TO DANCE IN THE RAIN.

*Vivian Greene*





