

# Autism/Asperger's: Medical, Nutritional and Dietary Challenges and Treatments

**Two Special Venues in Great Britain!**

Limited seating. Early registration encouraged.

Featuring: *James B. Adams, Professor, Arizona State University, United States*



James B. Adams, Ph.D., is a President's Professor at Arizona State University, where he directs the Autism/Asperger's Research Program. He has conducted many research studies on the causes of autism and how to treat it, including studies of nutritional status (vitamins, minerals, essential fatty acids, amino acids), neurotransmitters, glutathione therapy, toxic metals and chelation, gastrointestinal abnormalities and treatments, immune problems/

treatments, sleep disorders, and seizures. He is the author of over 20 scientific research papers on autism, and the "Summary of Biomedical Treatments for Autism" published by the Autism Research Institute. He is the President of the Autism Society of Greater Phoenix, and the Co-Leader of the Science Think Tank for the Autism Research Institute and Defeat Autism Now! (DAN!). He is the proud father of a son and two daughters; one is a teen-age daughter with autism.

#### **8:30 - 9:00am - What is Autism?**

Diagnosis, symptoms, co-occurring medical problems, genetic and environmental risk factors.

#### **9:00 - 10:30 am - Summary of Biomedical Treatments for Autism**

Overview of 14 research-based medical treatments for autism, including healthy diets, GFCF and other diets, nutritional supplements, digestive supplements, probiotics, melatonin, glutathione, immunological treatments, and more.

#### **10:45 - 12:00 pm - Nutritional and Metabolic Status in Autism, and How to Improve It**

This talk reviews the results of a major study of nutritional and metabolic problems in children with autism compared to controls, including vitamins, minerals, amino acids, neurotransmitters, methylation, sulfation, oxidative stress, and toxic metals. Additionally, it discusses the dramatic effect of a customized vitamin/mineral supplement on nutritional and metabolic status.

#### **12:00pm - 12:30 pm Mitochondrial Problems in Autism, and Treatments**

Mitochondria are energy-producing "factories" inside every cell. We will share the results of several new studies by our group on 3 new treatments (carnitine, NADH, ribose) for mitochondrial problems in autism.

#### **1:30pm - 3:00 pm - Toxic Metal Exposure in Autism, and How to Treat It**

This talk will review many studies which demonstrate that children have a decreased ability to excrete toxic metals due to low glutathione, resulting in an increased body burden of toxic metals. It will also discuss the results of a published study on how to safely and effectively remove toxic metals using DMSA, a FDA-approved medication for treating lead poisoning.

#### **3:15pm - 3:45 pm - Seizure Study**

This talk reviews a new study of 1000 children and adults with autism, to compare the effectiveness of many different medications and alternative treatments for reducing seizures with minimal side-effects. It will discuss which treatments were most effective in treating seizures with the fewest side-effects.

#### **3:45pm - 4:00pm - Summary: Using Research to Create a Personalized Testing and Treatment Plan**

#### **4:00pm - 5:00pm Questions and Discussion**

**END**

*For parents, professionals and people on the spectrum.*



## EVENT DETAILS



Venues & Dates

**London** 16, July 2011

**Sunderland** 23, July 2011

08:30 - 5:00 pm

**Price: £75.00 £60.00** 2<sup>nd</sup> person

### **When you walk away from this workshop you will have learned:**

- The research behind 14 biomedical treatments for autism, and learn how to test if a treatment is likely to be beneficial or not
- How to develop a personalized treatment plan, in collaboration with your physician
- New research suggesting a new cause for 12% of autism cases
- The maternal risk factors in half of mothers of children with autism that increase their risk 50x of having a child with autism, and learn how to reduce that risk
- The results of a new major study of a novel vitamin/mineral supplement for children and adults with autism
- How to safely determine if a child has a high body burden of toxic metals, and how to safely remove them if present
- Which seizure treatments are most likely to be helpful, with the lowest risk of side-effects and the greatest benefit

Questions?

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**ASU** ARIZONA STATE UNIVERSITY

AUTISM / ASPERGERS RESEARCH PROGRAM

