

Free Introduction to Nutrient Therapy for Autistic, ADHD or aggressive individuals

Autism and other neurodevelopmental and behavioural conditions have been the subject of extensive biochemical research. Research has identified differences in brain structure, organisation and biochemical function in many autistic individuals, including findings relating to oxidative stress, inflammation and brain development.

Nutrients such as minerals, vitamins and amino acids are essential for normal cellular function, brain development, neurotransmission and many other processes throughout the body.

What does the research tell us?

Dr William Walsh, a biomedical researcher, reported extensive biochemical research involving autistic children. By 1999, he had collected 50,000 chemical assays of blood and urine in his research. His work contributed to the investigation of distinctive biochemical patterns and nutrient imbalances associated with autism. Research has investigated biochemical factors including methylation, oxidative stress, inflammation and nutrient status.

Why is this important?

The body requires many nutrients to work together.

One area of biochemical research has focused on **zinc and copper balance**. Zinc is involved in numerous enzymes and cellular processes, including DNA synthesis, neurotransmission, immune function and mitochondrial function. Copper is also an essential mineral; however, maintaining an appropriate balance between these minerals is important.

Research has reported differences in zinc and copper status in most individuals with Autism Spectrum Disorder (ASD), ADHD and other conditions. Science studies have also investigated correcting identified nutrient imbalances may be associated with improvements in particular areas of functioning.

Biobalance and The Walsh Institute offer training to Doctors and medical practitioners regarding Nutrient therapy and the available research. Thousands of doctors in 90 countries have completed this training I have also completed Biobalance Training. Biochemistry of Mental Health (including ASD and ADHD) Medical Practitioner's certification.

Targeted nutrient therapy refers to using nutritional information, including relevant laboratory results, to identify and address specific nutrient requirements.

The detailed process of what to test, when to test, how to interpret results and how targeted nutrient support may be approached is covered in the full course or via 1-1 appointments. Note it is more complex than taking one supplement.

An important finding

One scientific study referenced in this course reported improvement in **80% of autistic participants** following targeted nutrient therapy. The study and its supporting information are provided within the full course for you to examine.

There are many other peer-reviewed studies and scientific references, allowing you to explore the evidence behind the information presented.

Why I developed this course

This subject is personal to me. My interest in nutrient therapy grew through lived family experience with costly however brilliant results through the initial expertise of a BioMedical Doctor. Followed by many years of independent research, reviewing hundreds of scientific studies and undertaking additional professional training in nutritional biochemistry. I have seen personally how profoundly nutritional therapy can affect individuals and families, which is why I have devoted considerable time to bringing this information together for you in a clear and accessible way.

I also offer one on one appointments.

What you will learn next

In the next free section, we look at **why nutritional imbalances may occur** and some of the factors that researchers have investigated.

Why Might These Imbalances Occur?

There can be many possible reasons why an individual may develop an imbalance. These may include genetic factors, nutritional intake and absorption, physiological and hormonal changes, environmental exposures and other influences on the body's biochemistry.

Genetic and biochemical factors

Research has identified genetic influences on the way the body regulates and processes nutrients. The emerging field of epigenetics has also investigated how environmental and chemical influences may affect gene expression.

Nutrition and absorption

Dietary intake and nutrient absorption can influence mineral status. For example, phytate, naturally present in foods including grains, legumes, nuts and seeds, can bind minerals such as zinc and reduce their absorption. Food preparation methods such as soaking, sprouting, fermenting and cooking can reduce phytate levels to varying degrees.

Environmental and other external influences

Environmental exposures and lifestyle factors have been investigated as possible influences on nutrient status, mineral metabolism and biochemical function. These include exposure to certain pesticides, plastics, industrial chemicals, fuels, household and personal-care products, and other environmental contaminants. Some research has also considered exposure to toxic metals, which may interfere with mineral metabolism and contribute to oxidative stress.

Other factors that may influence mineral status include dietary intake, nutrient absorption, smoking-related cadmium exposure, prolonged stress and physiological changes during pregnancy and other stages of life.

These factors do not affect everyone in the same way, and their individual contribution can be difficult to determine. They are therefore best considered as possible influences on an individual's biochemical and nutritional status, rather than as a single explanation for any condition.

Physiological and hormonal changes

Nutrient requirements and mineral metabolism can change during different stages of life. Hormonal changes associated with puberty, pregnancy and menopause have been investigated in relation to copper metabolism.

Stress and other influences

Research and biochemical models have also considered the effects of prolonged stress and other environmental influences on nutrient status and mineral metabolism.

These are possible contributing factors rather than explanations.

Where do we go from here?

Understanding why an imbalance may occur is only the beginning.

The full course goes further into:

- What, how and when to test
- Understanding and calculating laboratory results
- Zinc, copper and other relevant nutrients
- Targeted nutrient and amino acid supplementation
- Pyrroles/Pyroluria
- Dietary considerations
- Oxalates
- Relevant peer-reviewed scientific studies and abstracts

The detailed information is presented so that you can better understand the science and what may help you and or a loved one struggling with autism, ADHD or aggressive behaviour. Many people have improved greatly. As Dr William Walsh stated; 'Autism is treatable and recovery is possible.'

Full Nutrient Therapy Course for Autism, ADHD or Aggression
<https://www.medicalnutrienthealth.au/purchase-course>

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<https://www.medicalnutrienthealth.au/freeconsult>

Or

40 minute 1-1 personalised appointment
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