

Enzymes and autism article for Alternative Medicine supplement Natural Solutions.

by Karen DeFelice

Author of 'Enzymes for Autism and other Neurological Conditions,' the variation 'Enzymes for Digestive Health and Nutritional Wealth,' and her new book 'Enzymes: Go With Your Gut.'

The pounding went on all day and all night. My son was a chronic head-banger from early on. This along with other debilitating problems, such as extreme sensory sensitivities and socialization problems, led us through many therapies to help him. Enzymes was one of those key finds.

One of the most successful therapies for autism related conditions to emerge in the past five years has been enzyme therapy. New understanding in how to implement specific enzymes has brought this older therapy into a new light.

The key is to understand exactly how digestion is structured and works. Then the rest of the issues - symptoms, nutrition, special diets, gut problems - fall into place. Research in recent decades finds the gastrointestinal tract is closely intertwined physically with the nervous system and the immune system. The close physical proximity of these three systems explains how anything affecting one tends to directly impact the other two. A young child does not know how to say 'I have a throbbing migraine with visual disturbances.' Children just know they do not feel well and act out.

Since taking enzymes, my older son, who was diagnosed with an autism spectrum condition, is no longer banging his head on the floor 10 to 14 hours a day. He can now interact with others around him and communicate well. His sleep and sensory problems improved. My younger son's reflux and bowel problems faded away. My chronic migraines disappeared. Not only did these improvements happen for my family, but they happened for thousands of other families as well.

After tracking results for over five years, the results are rather impressive. Around 90 to 93% of people trying a good quality enzyme product see improvements. While these figures were taken from informal studies and surveys in autism related conditions, the results appear to be consistent in the general population. Benefits appear in a wide range of behavior, language, cognitive and physical issues. Older children and adults experience benefits as much as younger children.

You will usually see results within the first day to four weeks, and with one bottle. Enzymes are a very quick and inexpensive thing to try, with high chances for success. A key factor is to get the right enzymes for the right use. Think in terms of enzyme categories. Proteins need proteases. Amylases break down carbohydrates. Fiber digesting enzymes work well on *Candida* yeast problems. Dairy intolerance benefits from lactase and DPP IV enzymes. Find which category works best for your particular problem. Then choose among the enzyme products within this category.

Food Intolerances and Allergies

My son was sensitive to dairy. After eating any dairy, he would begin banging his head hard on the floor around three hours later. This reaction was not exclusive for dairy, but dairy was one specific trigger. For this issue, we found from enzyme research that we needed a product that contains several proteases including one known as DPP IV. DPP IV is a unique enzyme action that works to break down dairy and gluten proteins. Enzyme products in this category focusing just on dairy and grain proteins include GlutenEase, Peptidase Complete, and Peptizyde. These are considered strong protease products for protein digestion.

Autistic children often suffer from numerous kinds of food intolerances and digestive problems. So, addressing a more broad range of food digestion often brings positive results. Some enzyme products are designed for digesting a broad spectrum of food. These focus on the digestion of carbohydrates and fats in addition to proteins. For autism conditions and those with more serious digestive problems, the typical, lower potency enzyme products usually do not have the higher concentrations of enzyme activity needed to produce the positive changes sought. Typical enzyme products are designed to assist with maintaining

digestion for a typically healthy person. For those with more serious problems, you need something designed for a therapeutic use; something designed to promote a beneficial change. Products with higher concentrations and more robust blends include Digest Gold, Elite-zyme Ultra, Omega-zyme, or Vital-zyme Complete. Most families with children with developmental delays tend to get best results using one of the broad-spectrum products at all meals along with one of the strong protease products.

For sensitive children or those with more serious intestinal damage, a low-protease product such as Lacto tends to be very successful in the beginning. Products without papain, bromelain, or fillers are good bets for children with hyperactivity problems or ADHD. Fillers, papain, and bromelain often contain more sulfur compounds which may exacerbates hyperactivity.

The Bug Connection

Many children with autism related conditions have *Candida* yeast or bacteria overgrowth in the gut. The disruption in the gut can directly affect the nerves located nearby. For yeast, the best results tend to come with using one of the enzyme product specifically designed for yeast. Yeast-targeting enzymes contain much higher amounts of fiber-digesting enzymes (like cellulases) to break down the outer cell walls of yeast cells. Candex, Candidase, and Candizyme are three such choices. The product should also contain a high level of proteases to further clear out pathogenic yeast and reduce any die-off reactions. Parents find that combining a yeast-targeting enzyme with an herbal supplement that has yeast control properties is more effective than either alone. There appears to be a pronounced synergistic effect. Grapefruit seed extract and oregano are two herbs often combined with enzymes for yeast control.

Emerging research is finding many children with autism have underlying persistent viral infections. Viruses are notoriously hard to control and there are few options. When viruses are addressed, children show some permanent improvements in language, socialization, behavior, and cognitive ability. Several autism specialists are turning to Valtrex, a prescription anti-viral medication providing good results. Another alternative is ViraStop, a specialty blend of enzymes used between meals at higher, therapeutic doses (12 to 15 capsules per day). Two preliminary investigations with ViraStop resulted in a program that can bring excellent results. Combining this with other supplements having anti-viral properties, such as olive leaf extract, vitamin C, or monolaurin, increases the effectiveness against viruses.

The high success of enzymes with autism and gut problems is probably because enzymes work on several areas at the same time. Enzymes actually deal with and heal underlying problems, such as healing a leaky gut, not just help control symptoms. Even though not all my son's sensory problems disappeared completely, the head-banging finally stopped, he became much more social, his grades improved, and his general anxiety went away. When people ask me how my son is, I am thankful to be able to truthfully say, "He's fine!"

Resources

websites:

www.enzymestuff.com

www.enzymedica.com

www.enzymesinc.com

<http://users.bigpond.net.au/allergydietitian/>

Books:

Enzymes: Go With Your Gut by Karen DeFelice

Enzymes for Autism and other Neurological Conditions Karen DeFelice

Digestive Health for Children by Elizabeth Lipski

Enzymes: What the Experts Know!

by Tom Bohager

Enzymes & Enzyme Therapy: How to Jump-Start Your Way to Lifelong Good Health

by Anthony J. Cichoke

Find a health specialist incorporating enzymes:

www.theramedix.net

www.transformationenzymes.com