

REVERSAL OF AUTISM SPECTRUM DISORDERS WITH NATURAL PREBIOTICS

INTRODUCTION / BACKGROUND:

Of late, autism and autism related disorders, present a health problem that has become epidemic in proportion, 1:50 to 60 on average. All over the globe, the rate of autism spectrum disorders is spiralling upwards.

Toxins in environment, antibiotics in poultry and all kinds of additives in food are probable contributors.

Health professionals continue to equate autism with intense genetic predisposition and the prognosis with the current mode of therapies and special education remains poor.

New scientific findings point to a dysfunction in the gut-brain axis. Only 21% of cases are genetically connected, the other 79% from other causes are amenable.

AIMS / OBJECTIVE:

The aim of this presentation is to illustrate via several cases, that correction of gut dysbiosis with prebiotics sourced from gum arabic, will lead to reversal of autism spectrum disorders.

METHOD

The children in these illustrations are my patients who were already diagnosed with autism spectrum disorders by their child psychiatrists in their respective location and countries. They have had occupational therapy but not making much progress or improvement.

They were all started on gum arabic 5g b.d. and were told to report any positive changes or reversal based on criteria in the M-CHAT parent-report screening tool. They were also told to report any adverse effects.

RESULTS

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We can only report the outcome of those who responded after having followed the duration of the therapy until successful changes were seen.

This duration varied from as short as two weeks to three and a half years.

The total number of patients enrolled were 36, 7 dropped out, 29 continued with treatment to report improvement. 7 have graduated to normal school.

Some of the cases considered successfully reversed is illustrated.

CONCLUSIONS

The above cases illustrates the potential of prebiotics in the management of autism. The mechanism of action is the gut-brain axis which has been proven in numerous scientific literatures

THE WAY FORWARD

Based on these results, the Child Psychiatrist of the Women and Children Hospital of Kuala Lumpur have agreed to embark on a proper randomized control trials with prebiotics in the treatment of autism.

Another project is underway with a public university to formulate a standardized approach to managing Autism Spectrum Disorders incorporating the use of gum Arabic at the national level.