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Dr. Edward Chan is Chief Editor of the International Journal of Psychotherapy, Counseling & Psychiatry: *Theory, Research & Clinical Practice* and the principal consultant psychologist of the International Psychology Centre. He is a graduate with Hons in Psychology and Philosophy of Middlesex University (1989) and he later obtained his M.Sc. (1991) from Lancaster University. He obtained his Master in Nutritional Medicine from Society for the Advancement of Hormones and Healthy Aging Medicine, Malaysia (SAHAMM). He also obtained his D.Phil degree in Psychology from the Intercultural Open University in 1995 after having spent 1991-1994 at the Department of Experimental Psychology, University of Oxford and the Institute of Educational Technology, Open University doing his doctoral research. He works as the principal consultant psychologist of the International Psychology Centre since 2009. He is the Chief Editor of the International Journal of Psychotherapy, Counseling & Psychiatry: *Theory, Research & Clinical Practice*. Dr. Chan is also the principal psycho-nutritional therapist at WellLab (MalaysiaLaboratory.com), Centre for Advanced Diagnostic Laboratory Testing. His research and clinical practice interest are schema therapy, voice dialogue, emotional focused therapy and psychonutritional diagnostic laboratory testing and therapy for autistic spectrum disorders (ASD) with genetic, neurotransmitters, hormonal, gut health and biochemical aspects of ASD. He is an active member of the World Council for Psychotherapy, the International Society for Psychotherapy, Counseling & Psychiatry; *Theory, Research & Clinical Practice*, the Malaysian Association for Psychotherapy and the Malaysian Society for Complementary Medicine. He is a member of Advisory Board of many international journals and takes a part in multiple international projects. Dr. Chan was a chair person and an invited keynote speaker of many international conferences and seminars. He has multiple articles published in international journals and several handbooks and manuals. Dr. Chan has consulted for multiple multinational and government linked organizations including Bank Negara Malaysia, Accenture and MSIC group.

## **Abstract**

Children and adult in Autism Spectrum Disorder suffer from neurotransmitter imbalances especially high in Glutamate, low in GABA, Serotonin and Glycin; and problem with pharmaceutical drug is that they focus mainly on enhancement of single neurotransmitter. Neurotransmitters are however are competitively inhibitory (Hinz, 2011). Long term usage of pharmaceutical drug or medication therefore depletes many other neurotransmitters thereby worsening the outcome of children and adult with Autism Spectrum Disorder. Dr. Chan will present how using Nutritional medicine precursors of neurotransmitter can help to balance the neurotransmitters of children and adult of Autism Spectrum Disorder to optimise their neurotransmitter permanently without any side effect.