

Strange Story with Mirror Neurons

For a long time I'd like to discuss Mirror Neurons related to autism with somebody, who has professional knowledge of it. So far all my attempts finished badly and I do not understand why. I do have a strong point, I just need someone with knowledge to discuss my point. Somehow usually I get a bad reaction-people become angry. Possibly it's the Attitude of Professionals towards dilettantes. But lately I became suspicious they don't really know much, but cannot admit in that and become angry with me. The person here demonstrated just that. It was a discussion on FB and someone wrote

"Scientists at the Lieber Institute for Brain Development in Baltimore, led by Brandy Maher, have proposed another model for the onset of autism. According to them, there has long been evidence that this complex of diseases is associated with a disorder in the myelination of brain neurons. In other words - in problems with the insulation of the "wires" of the central nervous system.

Next, the authors studied the corpus callosum - a section of the brain that connects the hemispheres. It turned out that there was an unusually low level of electrical movement along the myelinated branches of this bundle. Further analyses showed that the mice had some nerve fibers with normal amounts of myelin, but these properly myelinated fibers were far fewer than normal.

B vitamins are known to be involved in many processes related to metabolism and the nervous system, including the formation of neurotransmitters, protection of the myelin sheath of nerve fibers, synthesis of hormones, and many others.

For example, vitamin B12 (cobalamin) , the best known of all the B vitamins, is vital for neurological function. It influences the formation of the nerve fiber sheath (myelin), which protects nerve cells from destruction and strengthens the nervous system. Deficiency of B vitamins leads to impaired myelination of brain neurons.

Now baby food contains a lot of additives E. For example, sulfur dioxide - food additive, which in the international classification is assigned the code E220, is a preservative, which prevents the growth and multiplication of bacteria and fungi. Sulfur dioxide is used: in the manufacture of preservation - fruit and vegetable juices, purees, drinks: the additive helps to increase their shelf life; in the production of jams and marmalades; in meat processing - sulfur dioxide is treated with raw materials, which helps to protect it from the effects of decay bacteria and make the color of the product more attractive.

However, it was found that sulfur dioxide has a devastating effect on vitamin B1, and completely destroys vitamin B12 in the body. That is, preservative E220 destroys vitamins B and protein compounds. Therefore, frequent or regular consumption of baby food, dried fruits, meat, fish and fruit products containing this preservative is likely to develop avitaminosis of B vitamins. As a result, there is a violation in the myelination of brain neurons. Thus the presence of E220 additives leads to autism<https://indicator.ru/.../razvitie-autizma-defektami-v...>*... Frontier of neuroscience. The development of autism has been linked to defects in the "isolation" of*

neurons INDICATOR.RU. Frontier of neuroscience. The development of autism has been linked to defects in the "isolation" of neurons. We continue our story about the largest neuroscience conference in the world, Neuroscience 2019, which concluded last month in Chicago."

Since I started to be interested in autism, which is almost 25 years, I've read many articles about different brain deviations of autistic brain compared to the neurotypical brain and it does not change much. I do not believe in food and vitamin issues as affecting autism issues, since I saw so many different kids, living in different environments, eating different food and it did not make any influence on autism.

The mirror neurons' idea made perfect sense to me as a basis for autism, but it was impossible to discuss it with anybody. When that Alex wrote his message I decided again to get luck in discussing Mirror Neurons

Alex Tanasienko:

-Demyelination of nerves and neural connections in the brain - is this the cause of autism? I remember a saying from the heyday of the USSR: "Spring has come, summer has come - thanks to the party for that!". Oh, how easy it is to reduce everything to one simple reason! ... Have you not thought, respected scientists, that demyelination of nerve pathways is not a cause, but one of the private consequences of autism? And the cause that causes both autism and a lot of its specific manifestations in the body (demyelination, for example) is much, much deeper...

ME:

- What do you think about the theory of mirror neurons, the absence of which prevents the child from imitating the environment and thus developing independently of the environment. Reason - to stop reproducing something existing

Alex Tanasienko:

-I am aware of mirror neurons and the corresponding theory. Yes, the absence of some hidden extra conscious mechanisms clearly prevents a child from adopting other people's experiences, and being aware of this does nothing to help with a child's autism. Because just knowing that such a mechanism is missing in a particular child is absolutely useless knowledge. If only we knew how to "build" this mechanism into the psyche of a particular autistic child!

ME:

-Why doesn't it do anything, the child will develop in their own unique way and in this they need unique help.

"the cause causing both autism...is much, much deeper..." And what do you see as the cause?

Alex Tanasienko:

-In the disruption of the neural landscape transfer mechanism. This is very brief. Are you satisfied with my vision? 😊 What I wanted to say? Before you ask a question,, ask yourself, are you ready to receive/receive the answer to the question you asked?

ME:

-Alex Tanasienko I am not comfortable with your tone and your answers. I have worked with autistic children for many years. I can ask any questions I want to. I can handle any answers as responders well without a problem

Alex Tanasienko:

- Doesn't give anything to the child? Yes, and nothing should give. Yes, the child will develop this way and that way despite the realization received by an adult (his parent, for example, or a doctor trying to help him), because the realization that his mirror neurons "don't work" is information intended for an adult, not for a child, i.e., a child with autism is not ready to accept this realization. It's axiomatic. But that's not the most curious thing about this situation, as it turns out. As it turns out, the "average" adult is also unable to realize anything about the practical implications of mirror neuron theory, i.e., he is unable to offer any practical prescription for helping an autistic person based on mirror neuron theory. This is what I meant when I said that it is "empty", useless knowledge for adults who are unable to derive any practical benefit from it that could help them in any way to heal (or to put it more modestly) the development of an autistic child. The fact that a child is not able to perceive the theory of mirror neurons, I am not talking about it, because I said it before.

Alex Tanasienko:

- If you don't like my tone, I apologize mercifully! I didn't plan to make you unpleasant. It turns out that you are really not ready to accept the answers without feeling unpleasant? But, nevertheless, you ask your questions, and I honestly answer them, as an autism specialist with more than 40 years of experience, during which I managed to bring my son, originally very severe autistic (nf), out of the zone of deep defect. By the way - the previously completely non-verbal child he was as a child is now an adult, graduated from school and university, now lives separately, works as a system administrator at a state enterprise, SAM met a girl and started a family. Those people who are not familiar with me and with the story of my son, do not believe me. Why did I manage to take my son out of the zone of severe defects and achieve all these successes? Because I'm not focused on the traditional mainstream understanding of autism and I'm not afraid of tough questions. Thank you for your attention!

ME:

- You made a conclusion from my words that it is necessary to explain to the child the theory of mirror neurons and autism will go away? It is strange. You didn't discuss the theory itself and you didn't explain how you helped your son either. By the way, your son is not the only one who lives independently and works. You have a strange attitude and it is unpleasant. I have not learned anything useful, new or interesting about anything. Have a nice day!

Another attempt has failed.

I still want a lot to discuss Mirror Neurons with somebody who has the knowledge, even if that desire has a risk to get The Attitude and nothing more. Still I believe that one day I'd meet such a person