

From a naturopathic's experience with a child on the spectrum, here are the ways to begin to support the child's health (emotionally and physically):

- The Brain: Good fats=-a good cod liver oil DAILY, Mindwise (YL) DAILY, avocados, cold-pressed avocado & olive oils, virgin coconut oil, etc. (Avoid bad fats like canola, soybean, corn, etc.)
- Test for heavy metals (can test at home with this: [Comprehensive Elements Profile \(Heavy Metals/Minerals\) — Healthy Families for God](#)) And detox as needed with things like [Chlorella Detox](#) as well as dietary changes.
- Avoid refined sugars (cane sugar, evaporated cane juice, raw sugar, brown sugar, powdered sugar, etc.), artificial food colors, and gluten. Some may also need to eliminate dairy.
- Take good probiotic and digestive enzymes supplements daily (the gut/brain connection is key for kids on the spectrum).
- Test and optimize Vitamin D serum level. [Vitamin D, 25-OH, Total \(Blood\) — Healthy Families for God](#)
- Ensure a good night's sleep to support mood and brain health. Products like [SleepEssence | Young Living Essential Oils](#) and/or [ImmuPro Chewable Tablets - 30 ct | Young Living Essential Oils](#) with melatonin and sleep-supporting, gut-supporting essential oils can give the gut a boost it needs to produce more of its own melatonin while helping support a healthy gut wall.
- Apply oils like Frankincense, Cedarwood, Idaho Blue Spruce, etc. to the back of the neck right under the base of the skull on a regular daily basis as well as diffusing them.