

Dr. Pangborn on Autism by Andrew Fisher



Jon Pangborn, MD, and a member of NOHA's Professional Advisory Board, gave a presentation on March 11th, at the Skokie Theatre, entitled: **Autism: Causes and Introductions to Interventions**. Dr. Pangborn is co-founder of Defeat Autism Now (DAN) which he helped found over ten years ago with Bernard Rimland, MD and Sydney Backer, MD. Dr. Pangborn is also father to a 41 year old son who was diagnosed with Autism.

Dr. Pangborn explained that Autism can involve the intestinal tract as well as the brain. Autism is not one single disease, every autistic child is unique.

The number of children with Autism onset within 18 months has skyrocketed. During these first 18 months is when a child's neurons are being formed and when they are most susceptible to environmental toxins and oxidant stress, causing inflammation. When the children are exposed to these toxins and/or inflammation stressors, it has a much more significant negative effect. Up to ninety five percent of autistic children have pre-existing genetic weaknesses so they are more susceptible to damage from these additional stressors.

Specific stressors include: (1) inhibited methylation, (2) toxic elements like mercury, arsenic, and lead, and (3) organophosphates or neurotoxins like pesticides. Dr. Pangborn described the history of DDT, then a 2007 study in California where they found a high correlation between autism and the proximity to and amount of pesticides being sprayed. Autistics often have inflammation in both the gut and the brain. Methylation can be inhibited and can result in less interactive responses. Melatonin is beneficial because it helps over 60 percent of Autistics.

Ways to help and reverse autism include: (1) educational/behavioral intervention, (2) removal of inflammation and stressors, (3) improving the diet by avoiding food stressors, (4) clearing all dysbiosis from the GI tract, (5) metabolic remedies, (6) detoxification, and (7) all of these should be accompanied by relational therapy.

Unfortunately, no single treatment will give quick results. Dr. Pangborn highly recommends keeping a close written record of everything, especially diets. This is because the child's biochemistry and/or sensitivities to specific foods can easily change quite dramatically within only a month or two.

Dr. Pangborn shared a recent article from the American Academy of Pediatrics "ADHD and food additives" showing that mainstream medicine is slowly recognizing the correlation between diet and autism.

A DVD of Dr. Pangborn's lecture is available from NOHA through our website, www.nutrition4health.org. Dr. Pangborn also recommends the ARI website at www.autism.com.