

"Autism offers a chance for us to glimpse an awe-filled vision of the world that might otherwise pass us by."

Dr. Colin Zimbleman, Ph.D. <http://the-art-of-autism.com/at-societys-growing-edge-dr-colin-zimbleman/>



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"The Autism Enigma" premiered in December 2011 on CBC-TV's *The Nature Of Things With David Suzuki* and August 2012 in Australia on the ABC. The program looked at the progress of an international group of scientists who are looking for clues to the baffling disorder by examining the amazingly diverse and powerful microbial ecosystem that's an essential part of the human gastrointestinal tract, and the extraordinary efforts of parents who have been relentlessly pushing science forward in hopes of finding answers for their children's condition. There is a fresh perspective on autism research with the developing "Bacterial Theory" of autism: The fastest-growing developmental disorder in the industrialised world, autism has increased an astounding 600 per cent in North America over the last 20 years. Science cannot say why. Some say it's triggered by environmental factors and point to another intriguing statistic: 70 per cent of kids with autism also have severe gastrointestinal symptoms. Could autism actually begin in the gut? The Autism Enigma looks at the progress of an international group of scientists who are studying the gut's amazingly diverse and powerful microbial ecosystem for clues to the baffling disorder.

The original episode can be found here, but is only viewable in Canada.

<http://www.cbc.ca/natureofthings/episodes/autism-enigma>

A copy of the episode can be found on YouTube.
<https://www.youtube.com/watch?v=18AHDDjCKFY>

More info on the film maker's website.
<http://cogentbenger.com/autism/>

Resources on Autism.
<http://www.cbc.ca/natureofthings/features/resources11>

From a healing perspective this information, although a little surprising, makes perfect sense. At least 80 to 90% of our clients have some form of disruption to their gut and digestive tract. Sometimes it's a consequence of medications but most commonly it is deemed to be a side issue to their priority health concern. But is it a side issue? I attended a lecture by Dr Nirala Jacobi BHSc, ND (USA) and from her information you realise that many of our health problems stem from imbalances in the gut. It is surprising what health imbalances do occur from poor digestion. Of course we need to consider what caused the disruption to the gut in the first place and that's another story, but it would seem anything from autism to eczema can result from that disruption. Whether a child is delivered naturally or by caesarean section and breast fed as opposed to formula, are all factors in the digestive balance of a new child. Nirala is a Brisbane based doctor and offers health information on her website as well as a regular blog: <http://www.niralajacobi.com/>

For further reading and info with regards to digestive health, refer to "Breaking the Vicious Cycle" by Elaine Gottschall; "The Gut and Psychology Syndrome" by Natasha Campbell McBride and "Blue Zones" by DDan Buettner. The first two books refer to diets which have been successful in improving and curing digestive problems and the last book is about zones in the world where people have longevity, in all cases they had an 80% vegetable/fruit diet; not necessarily raw food. There is an interesting, associated website: <http://www.bluezones.com/>



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