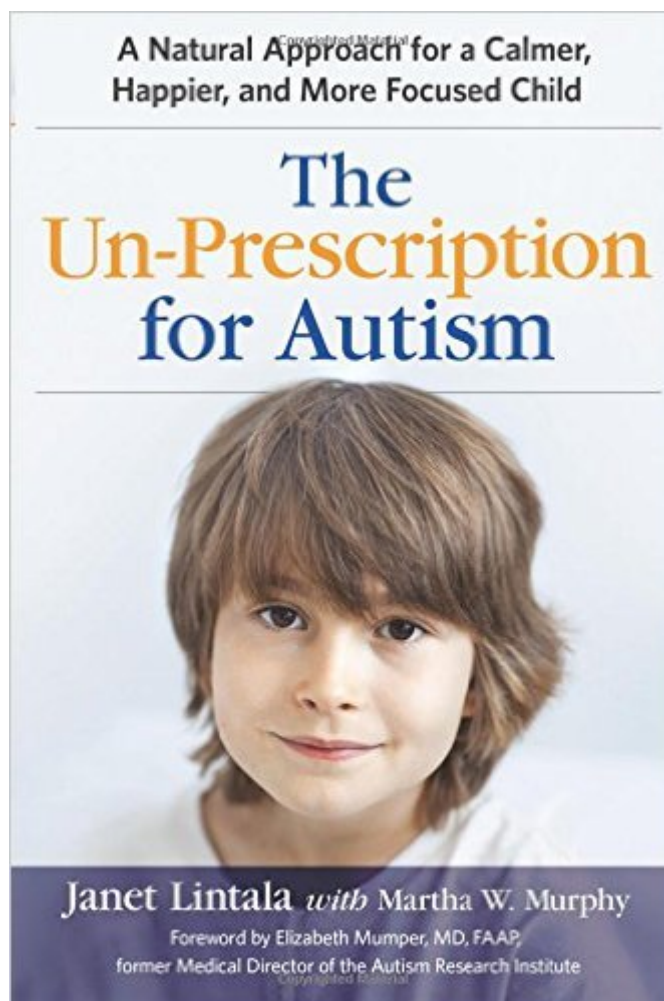


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# The Un-Prescription For Autism: A Natural Approach For A Calmer, Happier, And More Focused Child



## Synopsis

Each year, more than 50,000 U.S. families receive an autism diagnosis. On top of turmoil and worry, they share the same urgent question: What can we do to help our child? The answers parents find can be contradictory...even dangerous. The conventional approach (employed by too many pediatricians) is to medicate difficult behaviors into submission--suppressing symptoms while leaving underlying health challenges untouched. Surfing the Internet for alternatives just leads to confusion. Now, Dr. Janet Lintala, founder of the Autism Health center and an autism mom herself, shares the natural protocols used in her practice to dramatically improve the function and well-being of children on the spectrum. Drawing on the latest research developments, as well as personal and clinical experience, she targets the underlying issues (chronic inflammation, oxidative stress, gastrointestinal dysfunction, immune dysregulation) associated with the behavior, bowel, and sleep problems so common to autism. Correcting these overlooked conditions with digestive enzymes, probiotics, antifungals, and other nonpsychiatric treatments brings transformative results: less pain, less aggression, and a child who is more receptive to behavioral and educational interventions. While the medical profession is slow to change, autistic kids need help immediately. The Un-Prescription for Autism provides clear explanations, detailed protocols, and examples to help parents act quickly to restore their child's health, self-control, and language--paving the way for reaching their full potential.

## Book Information

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## Customer Reviews

Having a child with special needs is extremely hard. Many of my friends here on fb already know

that. Some people don't even realize that their kids need some extra care and support. They think anxiety, temper tantrums, and attention issues are just "part of child rearing" and punish their kids for "bad behavior". I have been guilty of this myself. Thank GOD I found an amazing book that really breaks down how to handle such issues and explains the source. Janet Lucas Lintala explains in great detail how she has helped her own children and many more here in WV and I'm certain all over the world! I'm in the middle of the book and I've laughed, cried, and truly feel that I have made a friend. She "gets" it and explains how to "get through it." I have been going back and forth about medicating my daughter for newly diagnosed ADHD and anxiety. I didn't think we had options. Everybody just wants to "throw a pill at it." Janet made me feel hopeful again. I feel like we can get my child back on track in school and in life with natural alternatives. I have been so embarrassed at the number of medications I have been picking up at the pharmacy for my almost 8 year old. I felt like I was treating a geriatric cancer patient with the amount of meds I was bringing out of there every month. I could only imagine what her med list would look like in a few years if we were already to this point. Now, after just reading a few chapters, I feel like I am back in the driver's seat! I cannot wait to finish it and get to work on treating the underlying issues that cause her negative symptoms. As an author, Janet you have a bestseller! I have felt your passion for helping others on every page. Now, mom to mom.

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The Autism Discussion Page on the core challenges of autism: A toolbox for helping children with autism feel safe, accepted, and competent  
The Autism Activities Handbook: Activities to Help Kids Communicate, Make Friends, and Learn Life Skills (Autism Spectrum Disorder, Autism Books)  
ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (Ascms Resource Manual for Guidlies for Exercise Testing and Prescription)  
Autism: What Does It Mean to Me?: A Workbook Explaining Self Awareness and Life Lessons to the Child or Youth with High Functioning Autism or Aspergers  
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