

Overcoming Autism: A Powerful Approach

At the Carolina Center for Integrative Medicine, Dr. John C. Pittman has found that children classified within the Autism Spectrum typically display an array of biological problems that render them more vulnerable to brain-toxic factors such as lead, mercury, pesticides, and other pollutants. In addition to detoxification weaknesses and toxic overload, these kids often suffer from various nutritional deficiencies, food and chemical sensitivities and intestinal imbalances. When these problems are addressed, the majority will show improvements in mood, sleep, language, and social skills, and often become playful, sociable, and communicative. In many cases, the abnormal behaviors seem to disappear completely.

The integrative approach to Autism Spectrum Disorders, or ASDs, is based on ongoing training and updating of treatment protocols. Last summer, Dr. Pittman participated in an intensive clinical training with Elizabeth Mumper, MD, who serves both as Medical Director for the Autism Research Institute and President of The Rimland Center for

Integrative Medicine in Lynchburg, Virginia. This training focused primarily on the “Defeat Autism Now!” (DAN!) approach to medical evaluation and treatment of children with Autism and ASDs.

More recently Dr. Pittman traveled to Baltimore to attend the Autism Research Institute’s DAN! Conference. Along with exploring gastrointestinal and metabolic issues affecting children with autism, the professional seminars at this conference provided in-depth information on many clinical aspects of ASDs. Two weeks later, he attended the Autism Society of North Carolina Annual Conference, the largest autism conference in the state. Through experiences such as these, Dr. Pittman hopes to continue to refine his integrative medicine approach to helping children with ASDs.

For information, please contact the Raleigh-based Carolina Center for Integrative Medicine at 919-571-4391 or visit www.carolinacenter.com.