

Treat Autism with TCM

Zhenzhen Zhang
Lic. Acupuncturist/Herbalist
August 26th 2012

TCM Diagnosis

- Kidney Deficiency (Prenatal Deficiency)
 - variety of developmental delays
- Heart shen /spirit disturbances
 - Speech problems, delay or lack of talking, sleep problem
 - Delayed social skills
- Liver Qi-body energy flow disharmonized
 - Anger, no controlled bad temper

Acupuncture

- Office Visiting
 - Acupuncture point and meridians stimulation
 - GV4,14,16,20, 26
 - BL15,23
 - KD 1,3
 - GB 39
 - HT 7
 - PC7,8
 - CV 17,15, 4
 - Sishencong, yintang
 - Meridians: Governing Vessel, Conception Vessel, Bladder Meridain
 - Methods:
 - Quick needling, magnet suction cups, glass cups, Tuina massage
 - Duration: twice per week,
 - 10-30minutes per points
 - Tuina 5-10 times per meridians
- Parents Home Care
 - Tuina each meridians once per day, 20-30minutes

TCM Medicinal Food

- Balancing Diet
 - Take all kind of food, various food get various nutrients
 - Medicinal food and herbs: individualized formula
 - Cold food to balance hot condition
 - Hot food to balance cold condition
 - Neutral food --both of cold and hot condition
 - Moving food --stagnated condition
 - Nourishing food --deficient condition
- Organ nourishing organ
- Colored food for matched organ
 - Red for the Heart(spirit): carrots, red beans, tomato, dates, gouji berry
 - Green for the Liver(anger): mound bean, cucumber, edamame, celery ...
 - **Black for the Kidneys(prenatal)**

TCM Diet for Autism

“our digestive systems are intimately linked to our immune, endocrine, circulatory and central nervous systems. ”

- Intake more:
 - Dark/ black food: to nourishing Kd essence, the brain marrow
 - Mushroom, black sesame, black beans, black dates, black rice, black wood ear(black edible tree fungus), Black burry.
 - Nourishing brain/nerve foods:
 - Nuts(walnuts..)
 - Lecithin (egg, soybean....),
 - Vitamin B1(liver, beans, brown rice, oat...)
 - Omegar-3(tuna, eel, sardines, salmon, cod..)
 - Vegetables : organic
- Excluding: food additives, preservatives and dyes.
 - Reference other diet suggestions(next)

Reference Diets for Autism

- **The GFCF** (Gluten-Free, Casein-Free) <http://www.gfcfdiet.com>
 - No milk, wheat, oats, rye and barley in the diet containing casein and gluten.
- **The SCD** (Specific Carbohydrate Diet)
<http://www.scdiet.org/6research/autism.html>
 - is a strict grain-free, lactose-free, and sucrose-free dietary
- **The BED** (Body Ecology Diet) <http://bodyecology.com>
 - Add cultured foods to the diet such as fermented vegetables, organic yogurt and kefir which is a fermented drink, made from either organic milk or coconut water.
 - use of 'good' fats such as flaxseed oil, extra virgin olive, and coconut oils.
 - dramatically reducing carbohydrate and sugar intake.
- **Low Oxalate Diet** <http://www.lowoxalate.info>
 - Foods highest in oxalates: leafy greens, berries, fruits and vegetables high in vitamin C, some nuts and seeds, coffee, tea and chocolate.
 - **Low oxalate food: meat, dairy, most grain , fats, oils and sugar**

A case as example

- 4 y.o. girl, dx Autism when 2 ½ y.o.
- Sign and symptoms:
 - hurt other kids(push, bite..), no interesting in play with other kids. Often crying long time, no closing response to parents, relatives . Lack of eye contact. Dislike to talk. Hard to calm down, even can't finish a meal. Take 2 hours to falling sleep, wake ups at mid night and can't back to sleep again.
- TCM Dx:
 - kd deficiency—kd essence deficiency –brain marrow lack of nourish;
 - heart can't get nourish from prenatal kd essence-- heart predominate spirit, speech, emotion and sleep;
 - Heart and kidney meridian all reach to tongue to sent essence to power speech

A Case (continue)

- TCM Tx: nourish kd essence and heart blood
 - acupuncture: needles and magnet cupping
 - GV14,4,1; BL 13,15,23; GV26; KD3,1; GB 39
 - Tuina massage:
 - head meridians GV, GB; GV24.20.16 , GB20;
 - GV and BL meridians on back.
 - KD 1
 - 3x/week, 15-20minutes/each section
 - Parent massage (teach her mother) same points and meridian, 20-30minutes, once per day.
 - Diet suggestion:
 - Dark food- black sesame, mushroom, walnuts, rich food with Lecithin (egg, soybean....), Vitamin B1(liver, beans, brown rice, oat...), Omega-3(tuna, eel, sardines, salmon, cod..) .
 - Vegetables : organic
 - Herbal drink(no bitter herbs): rose, mint, gojiberry, ass hide gelatin(e jiao)
 - Less sugar food, no preservatives
- Result: after 6 months, the girl able to sit down to has meal, sleep improved a lot, easy falling as sleep and keep in sleep. Eye contact much better to listen parent's talk; 1 year later(before they move back to Japan) gradually talk more, able to sit down and listen story for 5 more minutes and like to read picture books which she's never able to do it.

Conclusion

- Acupuncture:
 - Some kids very sensitive to touch/ dislike needles or massage, and some kids have not problem be needled(still can't stay still for any long time).
- Herbs:
 - most kids has no problem to drink herbs without too strong bitter taste, some kids even ok to drink bitter herbs.
- Success:
 - Younger age
 - Without complication
 - Parents cooperate
 - Multi-therapies
 - Balanced diet
 - Long term battle
- Unsuccessful:
 - Older age
 - Severe cases with complications
 - Busy parents