



Nutritional therapy may be key to stopping autism

Published May 29, 2012 / FoxNews.com



Print

Email

Share

Like 2.2k

Tweet 284

Share 52

In the last two years, autism cases have increased by 23 percent, according to the Centers for Disease Control and Prevention. That means that one in every 88 children in the United States is on the spectrum.

While there are various treatment options available for children suffering from autism, Dr. Jacob Teitelbaum, medical director of the National Fibromyalgia and Fatigue Centers, recently conducted a study that revealed food and nutrient sensitivities play a significant role in the lives of autistic children.

"With the average American getting over 150 pounds of sugar each year, and there being almost 85,000 new chemicals that have been added to our environment, it has become very difficult for many people's immune systems to tell friend from foe," Teitelbaum said. "This has resulted in a marked increase in sensitivities, especially to common foods."

The study, funded by the NAET research foundation, utilized what is known as the NAET treatment—a method that involves a desensitization technique that ultimately "teaches the immune system to get back in harmony with the environment," Teitelbaum said.

"For an immune system that is overreacting...NAET is like pushing the 'restore factory defaults' button when a computer program has gone haywire," Teitelbaum added.

NAET is a holistic treatment that is used to eliminate allergies of all types. According to NAET's website, the technique uses "a blend of selective energy balancing, testing and treatment procedures from acupuncture/acupressure, allopathy, chiropractic, nutritional, and kinesiological disciplines of medicine."

"It is really very simple," Teitelbaum said of NAET. "The person holds the substance that they are sensitive to while the NAET practitioner presses on some acupressure points along the spine."

To test its effectiveness on autism, Teitelbaum and his colleagues examined 60 autistic children who were each split into one of two groups: 30 children were treated with the NAET treatment and the other 30 children were not. The treatments lasted for one year with 20 minute

UNLIMITED SPACE
UNLIMITED BANDWIDTH

GET STARTED FOR ONLY **1 PENNY** FOR YOUR FIRST MONTH

Now \$0.01
HOSTGATOR.COM
1-866-96-GATOR

ADVERTISEMENT

TOP HEALTH CENTERS

- Back Pain
- Beauty & Skin
- Cancer
- Cold and Flu
- Depression
- Digestive Health
- Heart Disease
- Nutrition
- Pain Management
- Pregnancy
- Sexual Health

[View All Health Centers >](#)

FOLLOW FOX NEWS HEALTH

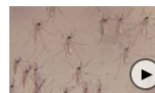
Follow @foxnewshealth (17.2K followers)

Like Jacob Teitelbaum and 26,430 others like this.

RECOMMENDED VIDEOS



Maura Tierney busts chemotherapy myths



West Nile cases numbers rising nationwide

TRENDING IN HEALTH

- Venomous snakes harbor deadly brain-swelling virus**
 83 48
 - Peanut butter recall includes major retailers**
 1k 161
 - Could new psychiatric guidelines mean some people diagnosed with autism don't have disorder after all?**
 15 17
 - Celebs Who Survived Breast Cancer**
 39
 - Kentucky man says VA treatment caused frostbitten penis**
 42 28
- [See all trends >](#)

sessions, twice a week.

"The effects were dramatic," Teitelbaum said. "After one year of simple treatments, the children showed an average 50 to 75 percent improvement."

Mostly notably, Teitelbaum said, 23 out of the 30 autistic children who were treated were back in regular school by the end of the treatment period, as opposed to none of the 30 children who had not received treatment.

"If I was a parent with a child with autism, my child would be getting treated now," Teitelbaum said.

Click for more information from www.NAET.com.

Sponsored Links

[Buy a link here](#)

LifeLock® Official Site

Relax this vacation season & stay protected with LifeLock® protection. Learn how. LifeLock.com

"Shocking Muscle Growth"

Rare Plant Increases Muscle Growth 700% - Should It Be Banned? hconfidential.com



ALSO ON THE WEB

AskMen

- The Optimal Age To Be An Athlete
- NHL Lockout 2012
- NFL Referees
- Fitness Bucket List
- Singapore Grand Prix 2012

CookingLight

- Kitchen Redo: Bright Ideas
- Healthy San Francisco
- Kitchen Open for Business
- Delicious Destinations
- Kitchen Redo with a View

Health.com

- Superfoods that fight colds
- Why sex is better after 50
- 7 ways you're aging your skin
- Did I just have a panic attack?
- 25 breast cancer myths busted

newsmaxhealth

- Research Finds Natural Insomnia Cure
- HPV Shot Determined Safe
- Cherries Cut Gout Flare-Ups
- Nutritional Help for Melanoma
- Recommendation: Screen All Adults for Alcohol

REAL SIMPLE™

- Yoga Decoder
- Quick Cures for Kids' Illnesses
- A Guide to Natural and Artificial Sweeteners
- 6 Easy Resistance Band Exercises

EmpowHER

- The Truth About Pregnancy And Rape
- What You Need To Know About Headaches and Back Pain During Pregnancy - HER Health Minute - Dr. Connie
- What You Can Do When You Are Pregnant - Dr. Connie - HER Health Minute
- Simple Tips For New Parents - HER Health Minute - Dr. Connie Mariano
- What You Can Do About Parenting - Dr. Connie Mariano - HER Health Minute

SECTIONS

Home
Video
Politics
U.S.
Opinion
Entertainment
Tech
Science
Health
Travel
Lifestyle
World
Sports
Weather

SHOWS

America Live
America's News HQ
America's Newsroom
Cavuto
Fox News Sunday
Fox & Friends First
Fox & Friends
Fox & Friends Weekend
Fox News Watch
Fox Report
Gerald at Large
Greta
Hannity

Happening Now
Huckabee
Justice with Judge Jeanine
Red Eye w/ Gutfeld
Special Report
Specials
Studio B
The Cost of Freedom
The Five
The Journal Editorial Report
The O' Reilly Factor
War Stories

TOOLS

Trending
uReport
Newsletters & Alerts
Blogs
Mobile
Podcasts
Radio
Fox News Store
Apps & Downloads

ABOUT

Careers
Internships - FMCU
Fox Around the World
Advertise With Us
Terms of Use
Privacy Policy
Ad Choices
Contact Us
Email Newsroom
FAQ
Media Relations

FOLLOW

Facebook
Twitter
Google+
LinkedIn
RSS
Newsletters



Fair & Balanced