

# Natural Help 4...

# Asperger's Syndrome



## What is Asperger's Syndrome?

Asperger's Syndrome is a **neurobiological disorder that is classified as one of the pervasive developmental disorders (PDD)**. Often it may be incorrectly called Asperger's disease; however, it is actually a condition characterized by significant impairment in social interaction as well as the development of repetitive and restricted fields of interest, activities, and interests.

## Comparing Asperger's Syndrome and Autism

While there are some similarities between Asperger's Syndrome and Autism, **individuals with Asperger's usually have average to above-average IQ**, and do not demonstrate clinically significant delays in language or self-help skills.

While they may have an extremely good command of language and a very rich vocabulary, they are **unable to use language appropriately in a social context** and often speak in monotone, with little nuance and inflection in their voice.

Children with Asperger's may or may not seek out social interaction, but always have difficulty in interpreting and learning the skills of social and emotional interaction with others, leading to **significant impairment in relationships and peer interaction**.

Although parents often notice problems at an early age, diagnosis is usually only made during preschool or later.

## Diagnosing Asperger's Syndrome

If you feel your child is **unlike other children in terms of social interactions, communication, and behavior**, and the symptoms outlined below sound familiar, then it is advisable to get a professional opinion.

Many parents notice that their child is developmentally different, but are often blinded by the fact that their **child is very bright and even more advanced than age-mates** in certain areas such as memory or vocabulary.

It also often only becomes an issue when peer interactions are observed and problems arise, such as in school settings. The **earlier you take your child for an evaluation**, the more he or she will **benefit from treatment** should a diagnosis be confirmed, and specialized education can be arranged.

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

# Recognizing the Symptoms of Asperger's Syndrome

## Social Difficulties:

- Struggles with nonverbal communicative behaviors such as eye-to-eye gaze, facial expression, body postures, and gestures to regulate social interaction
- Fails to develop peer relationships appropriate to developmental level
- Doesn't often seek out interactions and prefers to play alone
- Lack of social or emotional reciprocity
- Appears unaware of others' emotions
- Appears not to hear you at times and lacks responsiveness

## Behavioral Difficulties:

- Restricted and repetitive behavior
- Abnormally intense preoccupation with certain activities or areas of interest (i.e. stamps, coins, flags, cars, or airplanes)
- Will often fixate on one subject matter such as trains or sea creatures and become very knowledgeable about this topic
- Obsessive or inappropriate attachment to certain objects
- Inflexible insistence on certain rituals or routines
- Insists on sameness and becomes distressed when routines or rituals are changed
- Clumsy and uncoordinated motor movements
- Heightened sensitivity -- tends to be distressed by loud noises, bright lights, or strong tastes or textures

## Communication Difficulties:

- Oddities of speech and use of language
- Often adopts a very formal tone and use of language, not using shortenings or slang
- Speech often lacks tone, pitch, and accent variations. Also has difficulty picking up on subtle conversational cues and will thus often take things very literally
- Often does not follow subtle humor, and may misinterpret sarcasm and jokes as literal and ill-intended
- Difficulty with nonverbal communication
- Language regression - loses previously acquired ability to say certain words or sentences
- Avoids eye contact when speaking and fails to pick up on subtle communication cues

[Asperger's Syndrome](#) was first identified in 1944, but was only officially recognized as a diagnostic category in the DSM IV in 1994. As a result, many children were misdiagnosed over the years with [ADD](#), [ADHD](#), [Autism](#), OCD, or schizophrenia

Many different terms are currently applied, leading to great confusion on the part of parents and educators. [Asperger's Syndrome](#) may also be referred to as high functioning autism (HFA), pervasive developmental disorder (PDD), pervasive developmental disorder - not otherwise specified (PDD - NOS), atypical PDD, or even nonverbal learning disability (NLD).



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## Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

There is still debate as to exactly how [Asperger's Syndrome](#) should be classified. In addition, it is not always an easy, clear-cut diagnosis to make. As a result, diagnostic errors continue to be made and this often affects treatment, as well as access to appropriate help and information.

Parents may find themselves going from one doctor to another, becoming more confused and frustrated in their attempts to help their child.

It may be advisable to do research before making an appointment if you suspect Asperger's syndrome, and note down your child's symptoms and behaviors. Ask your family doctor to refer you to a reputable specialist that deals specifically with child developmental problems.

## Who is More Likely to Develop Asperger's Syndrome?

While both boys and girls can have [Asperger's](#), **the syndrome is more common in boys.**

Currently, there is no cure for Asperger's and the condition is a lifelong one. However, with correct treatment and therapy, many **people with [Asperger's](#) can go on to lead normal lives** and may even excel in certain areas of occupational functioning, especially areas which do not involve 'people skills'.

## What Causes Asperger's Syndrome?

The **causes of Asperger's Syndrome remain unknown**, although there appears to be a definite genetic component, as it tends to run in families. [Asperger's](#) is **NOT** caused by bad parenting or problems in the family.

Evidence has shown that there may be certain 'triggers' which precipitate the condition, including environmental factors like pollution, food intolerances (particularly to foods containing wheat, gluten, sugar and dairy products), digestive problems, and even childhood vaccinations (particularly the MMRI).

There are also suggestions that [Asperger's Syndrome](#) may sometimes be linked to high levels of Candida in the stomach. Clearly **much more research is needed in this area.**

## Help for Asperger's Syndrome

While there is **no specific treatment or 'cure' for [Asperger's Syndrome](#)**, there are many interventions that can significantly improve the functioning and quality of life of people and children with [Asperger's](#). It is important to properly classify the condition and remember that it is **not [Asperger's disease](#), but rather a *syndrome*.**

**Herbal and homeopathic remedies** can be viable alternatives to synthetic drugs and may be just as effective, with far fewer risks and side effects.

It is important that you **only use natural remedies from a reliable source**, as the quality of herbs used as well as methods of preparation may affect the strength and effectiveness of the remedy.

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Depending on the symptoms that need treatment, certain **herbal ingredients** such as St. John's Wort, Melissa officinalis, Passiflora, and Chamomile, among others, may be recommended as part of a holistic treatment plan.

Natural remedies may often contain a combination of ingredients for best effect. A **holistic treatment plan** aims to address the underlying cause of the problem and does not just treat the symptoms in isolation. In this way, it provides an all-around approach to greater well-being.

## Additional Treatments for Asperger's Syndrome

### ***Social Skills Training***

This should be one of the most important components of a treatment program. Children with [Asperger's Syndrome](#) can be helped to learn social skills by an experienced psychologist.

Body language and nonverbal communication can be taught in much the same way as one would teach a foreign language. Children with [Asperger's](#) can learn to interpret nonverbal expressions of emotion and social interaction. This can assist them with social interaction, peer relationships, and prevent the isolation and depression that often occurs as they enter adolescence. In addition, recognizing that it is not [Asperger's disease](#) but rather a *condition* can go a long way in mentally accepting the characteristics associated with the syndrome.

Teenagers can sometimes benefit from group therapy and can be taught how to use the teenage 'slang' and language forms of their peer groups.

### ***Educational Intervention***

Because children with [Asperger's Syndrome](#) may differ widely in terms of IQ and ability levels, schools should learn to individualize educational programs for these children. Some of them may cope well in a mainstream class with additional support, while others may need to receive specialized education.

In all cases, teachers should be aware of the special needs of [Asperger's](#) children, who often need a great deal more support than first appears necessary.

### ***Psychotherapy***

Psychotherapeutic approaches that focus on supportive therapy and the teaching of social skills and concrete behavioral techniques are more effective than approaches that concentrate on in-depth emotional therapy, which may be too uncomfortable and stressful for the person with [Asperger's](#).

Children can benefit from play therapy and 'story' therapy aimed at raising awareness of nonverbal communication, development, teaching of empathy, and learning of social skills.

### ***Diet***



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Although there is no conclusive evidence, there are strong suggestions that changes in diet may significantly reduce the symptoms in some children with [Asperger's Disorder](#).

Many parents report that their children become much more manageable when certain classes of food are eliminated from the diet. These include dairy products, sugar, gluten, wheat, and some artificial colorants and preservatives like MSG and tartrazine.

It is worth consulting a trained nutritionist to assist with dietary intervention, as parents should not simply eliminate important foods from their children's diets without expert advice.

### ***Psychopharmacological Interventions or Drug Therapy***

Many children and adults with [Asperger's Disorder](#) do not need any form of medication, while others need to be treated symptomatically.

While there are no specific '[Asperger's](#)' drugs, psychiatric drugs can be used to treat some of the problems which may manifest or be associated with [Asperger's](#), such as ADD/HD, depression, mood swings, temper tantrums, irritability, aggression, obsessions, compulsive behaviors, and anxiety.

Many of the drugs used to treat the other pervasive developmental disorders like autism are also used to treat some of the associated symptoms of [Asperger's](#). Like many psychiatric drugs, these often come with unwanted side effects and the risk of addiction. Their benefits should always be weighed against the potential harm they could cause, particularly in the case of children.

## **Other Disorders Related to Asperger's Syndrome**

Asperger's Syndrome is classified along with four other developmental disorders under the heading of pervasive developmental disorders (PDD).

The other four are autism, childhood disintegrative disorder (CDD), Rett's disorder and PDD - not otherwise specified (PDD - NOS). Children with Asperger's are also more likely to develop other disorders such as:

- [Tourette's Syndrome](#)
- [ADD](#) and [ADHD](#)
- Epilepsy
- Depression
- Anxiety disorder
- Bipolar disorder
- Oppositional defiant disorder (ODD)
- Obsessive compulsive disorder (OCD)
- Learning disorders such as dyslexia or dyspraxia

## **Tips for Concerned Parents**

- **Learn all you can about Asperger's Syndrome.**  
The more you know about your child's problems and differences, the more

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you can do to help them.

- **Find a support network of health care professionals that suit your child.**

Depending on your child's difficulties, therapists, teachers, and tutors will begin to play a key role in your child's development. Make sure that a clear line of communication exists between you and all those working with your child.

- **Help others to understand your child.**

Parents know their children best, and are aware of what sets them off as well as what comforts them. Inform educators and professionals of these things so that their time spent with your child is more productive and personal.

- **Adapt their environment.**

Respond to your child's sensory needs by providing appropriate amounts of stimulation without overwhelming them. Small things such as buying soft fabrics, cutting scratchy labels off clothes, or dimming bright lights in the house can go a long way in helping a sensory-sensitive child.

- **Concentrate on your child's strengths.**

Asperger's children usually develop extreme interests in certain subjects. Help your child develop these into constructive passions by providing reading and learning material in this area. Visit museums and galleries, and take trips to interesting places. If your child struggles with other learning difficulties such as math or spelling, it may be helpful to use their passions when teaching these other subjects.



## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the

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term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

In the treatment of depression, the following herbal and homeopathic remedies are often used as part of the treatment plan.

## **Related Natural Remedies:**

**MindSoothe Jr.**: Promotes emotional and psychological health and balanced mood in children.

MindSoothe Jr. is a 100% safe, non-addictive, natural herbal remedy, especially formulated by a Clinical Psychologist for children.

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**Focus Formula**: Helps maintain optimal mental focus, concentration, attention span and memory function.

Focus Formula is a 100% safe, non-addictive, natural, herbal remedy. Formulated by a Clinical Psychologist for both children and adults, Focus Formula has been used for many years to **safely maintain health and systemic balance** in the brain and nervous system.

Focus Formula contains a selection of herbs known for their supportive function in **maintaining brain, nervous system and circulatory health, and well-being**.

The formula remains true to the full spectrum method of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy.

This method of manufacturing also significantly reduces the likelihood of side

effects and ensures that all active ingredients are in perfect balance - exactly as nature intended.

Focus Formula can make all the difference, without the risk of sedation, compromising health or serious side effects. In combination with a healthy lifestyle and diet, Focus Formula supports the healthy functioning of the brain and nervous system, helping to **maintain motivation, concentration and memory, and optimum performance.**

[Learn more about Focus Formula](#)

**Tula Tantrum Tamer**: Helps reduce tantrums, soothe fiery tempers and reduce frustration in young children.

**Tula Tantrum Tamer** is an all-natural, **non-addictive remedy**, containing 100% homeopathic ingredients especially selected by our Clinical Psychologist.

**Tula Tantrum Tamer** works to **calm angry and oppositional children** and help them to more easily use their developing reasoning skills. This remedy is especially effective in children from 3 - 10 years old.

In combination with a healthy lifestyle and diet, Tula Tantrum Tamer helps children to **maintain balanced mood, calm demeanor and reasonable attitude** by providing a sound platform to support emotional peace and stability. As a result, Tula Tantrum Tamer can make all the difference, without compromising health.

Tula Tantrum Tamer will **help keep your child centered**, while at the same time helping to level-out mood, remain consistent and on-track, without the risk of heavy sedation and other side effects. After all, we want our kids to be well-adjusted and NOT emotionless zombies!

The remedy is registered with the FDA according to the requirements governing homeopathic OTC medication. All the proven ingredients in Tula Tantrum Tamer are listed with the HPUS (Homeopathic Pharmacopoeia of the United States) and the remedy is manufactured in a registered facility under pharmaceutical conditions.

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