

# 10 Free Actions that Help Heal Your Child from Autism

by Luminara Serdar





# 1 Poop Every Day!



Yes, your child must be eliminating waste, having at least 1 and up to 3 well-formed, solid bowel movements each day.

### **Why?**

What goes in is either utilized by the body or comes out as waste.

Feces waste contains:

- used bile from the gall bladder
- non-digestible fiber
- toxins that have been processed by the liver – heavy metals like lead, mercury, cadmium, arsenic, aluminum, pesticides
- waste products of the body cells that cannot be recycled/reused
- toxins from pathogens

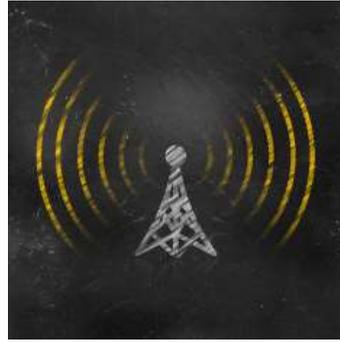
***Better out than in!***



## 2 Clean the Electronics

Get all electronics out of the bedroom, including TV, radio, and plug-in alarm clock!

**Turn off fuses** at night while sleeping. This helps autistic kids in their healing process, because the body repairs and heals at night.



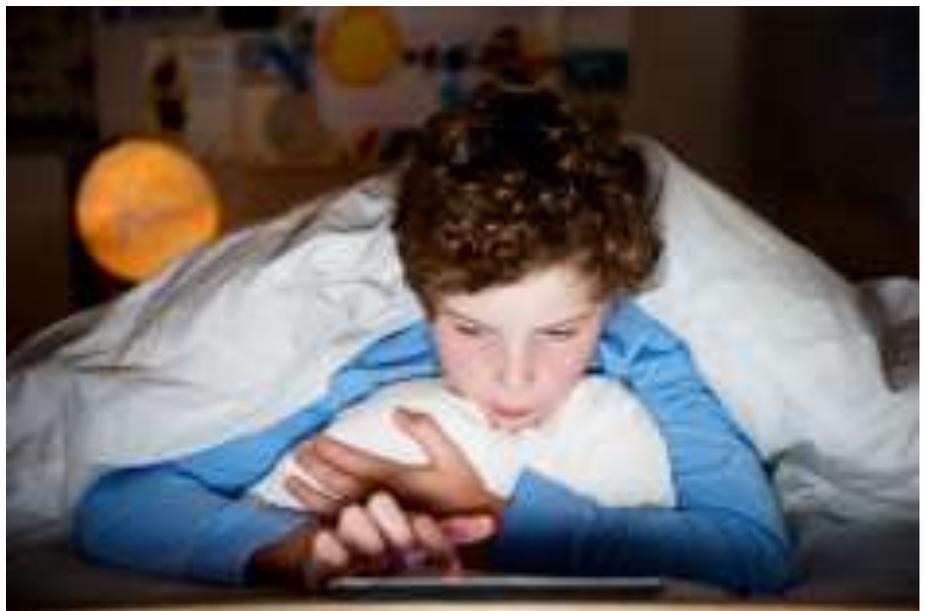
## Stop Using Wi-Fi... 3

Many studies\* demonstrate the harmful effects of electromagnetic frequencies (EMFs). The heart is the strongest EMF in the body. The brain also creates wave forms. Much like static on a radio station, the EMFs of the body are disrupted by external EMFs that are increasing in abundance every day.

\*<http://www.powerwatch.org.uk>

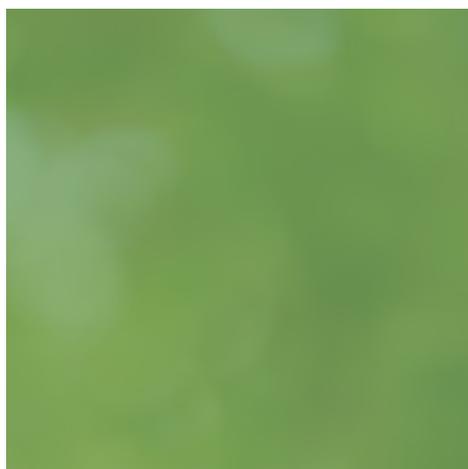
## 4 Cell Phones...

Stop carrying a **cell phone** close to your body. Put it in airplane mode or it turn off while sleeping. Don't let your kids play with your phone or ipad unless it is in airplane mode.



# 5

## Eat Clean Foods: Go Organic



### Stop eating foods that have touched Roundup.

#### *Why?*

Roundup is an herbicide applied on wheat crops just before harvest by spraying a fresh layer of the toxic chemical *glyphosate* on the grain. If you eat processed foods containing wheat, soy or high fructose corn syrup — crackers, salty snacks, protein bars, pasta, bread — you're eating glyphosate.

Glyphosate is insidious in the body. It holds on to trace minerals so your body doesn't get them. It also hugs aluminum, a very toxic metal, bringing it into the body's cells.

Glyphosate may not be the only chemical you're ingesting. Monsanto has created a new GMO soy that can withstand up to 3 different herbicides (including glyphosate) to keep Roundup-resistant weeds at bay.\*

\*Source: [www.responsibletechnology.org/usda-gives-monsanto-the-green-light/](http://www.responsibletechnology.org/usda-gives-monsanto-the-green-light/)



Check [ewg.org](http://ewg.org) for the Dirty Dozen and Clean 15, the worst and safest non-organic foods to eat.



# 6

## Go Gluten & Dairy Free



Gluten and casein molecules, those found in wheat and dairy products, often create morphine-like substances that disturb brain chemistry and create an allergic response throughout the body.

- Try it – Go gluten and dairy free for 2 weeks and see how you feel, see how your child responds.
- Keep it up for 6 months. Be very strict, not letting any gluten or dairy touch your child's mouth. Check food labels. Better yet, eat foods that come without labels – whole fruits, veggies, beans/legumes, nuts and organic meats, including organ meats which have many factors that could help your child's organs.



# 7

## Massage the Liver



Help your child's liver function by performing a simple liver compression massage that will help the liver drain toxins. Watch [this video](#) from Dr. Dietrich Klinghardt to learn the technique.

Be sure to speak with a qualified health practitioner to advise about giving your child intestinal binders an hour or two beforehand, as described in the video.



# 8

## Stimulate Lymph Flow

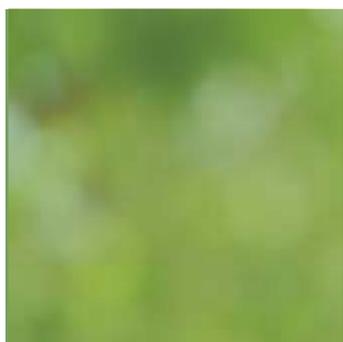
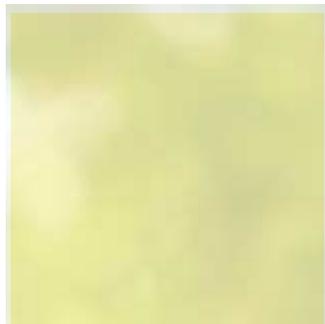
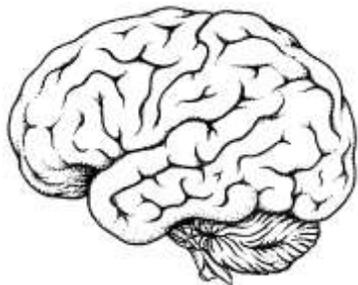
**Stimulate lymph flow by one of the following motions:**

- Jumping up and down on a rebounder or trampoline. (Hey, even a bed works!)
- Body brushing in upward motions with a loofah or body brush.
- Whole body tapping as seen [here](#).
- [Self neck lymph massage](#), as demonstrated by Dr. Dietrich Klinghardt of the Sophia Institute.
- Lymph massage from a qualified professional or learn to do it yourself.



# 9

## Clean the Brain of



While sleeping, the brain cells shrink to allow toxins to flow out of cells and into the lymphatic system of the brain, eventually draining out of the head.

Help your child's brain detox by doing a 3-minute head compression while s/he sleeps. This gentle motion is like squeezing a sponge.

Adding binders that are taken orally – chlorella, zeolite, activated charcoal – can help capture the released toxins in the gut so they do not recirculate.

# 10

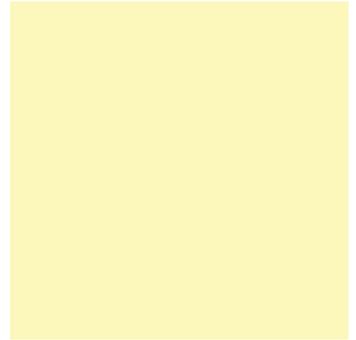
## Choose Non-Toxic Skin Products



Stop using petroleum based and toxin containing products – baby oil, shampoos, lotions with chemical names you cannot pronounce and “fragrance”, which is a word that means a chemical produced in a lab from toxic organic chemicals. Use coconut oil, olive oil, apple cider vinegar, baking soda and other natural compounds. Don't put anything on your baby's skin that you would not put in her mouth!

# BONUS TIP:

## Connect Honestly



Talking to your child's subconscious mind while s/he sleeps could relieve their stress and allay their anxiety.

Everyone has experienced trauma or emotional upset throughout life (consider the birth process alone!), especially those who have lived through wartime, famine, accidents or other life-threatening circumstances. We adults carry the emotional residue from these experiences along with daily stressors, and our kids pick up on that.

Parent and child are energetically entwined.

A child will resonate with a parent's or ancestor's trauma, creating stress at an unconscious level. A child will also energetically feel love and support.

While your child sleeps, say (and feel) loving words, tell them they do not need to take care of you or your stress and old emotions. Tell them to let go of all the ways they resonate with your negative emotions and experiences. Repeat as needed. And watch them shift. Make sure to take deep breaths and be relaxed while doing this.



By Luminara Serdar

[www.AutismTransformed.com](http://www.AutismTransformed.com)