



Jimmy Hines

4 year old male

In **March of 2006 we started implementing the Yasko protocol**. We started fresh. We dropped all previous supplements and started with the top ten supplements, basic mineral supports and gaba/glutamate balancing suggestions. At this time, Jimmy was **four years old and severely autistic**. He was **nonverbal, tantrumed daily, never slept** an entire night, had **no measurable receptive language, handflapped, toe walked**, appeared **completely oblivious** to everything around him, **used a pacifier** 100% of the time, had **lots of fears**, could not walk into the grocery store because of the automatic doors, **did not make eye contact** often, **never laughed, smeared feces** daily, could not hold a writing utensil and was **not potty trained**.

In December of 2006 (7 months into the protocol), I posted the following positive feedback:
I have waited a long time to post a positive...and I finally get my turn...so please forgive the length of this post!

We started the Yasko protocol in May of 2006...we had the honeymoon period...**immediate aluminum detox**...hand flapping went away...**receptive language came in beautifully**, etc.

Then reality hit...since September of this year, we have hit the big stuff...**clostridia, gut, mercury excretion**, etc...and life has been tough...Jimmy had to drop out of school (yes, he is a preschool dropout!), therapy has been useless for about a month...he drove all the Thanksgiving guests out of the house before dinner...and he has only slept 59 hrs. in the past 15 days (literally)...an average of 3.933 hrs. / night...life has not been easy! He has been rashy, miserable, sad, biting, etc.

Finally, the spell has broken! This week he has been happy...as **happy as he was before vaccinations!** He is doing things we didn't even know he was capable of...when he wants toast, he gets the bread and butter from the fridge...gets a plate and a knife...pushes a stool to the toaster...puts the bread in the toaster...we didn't think he even knew where these things were kept!

He is not letting his sister take things away from him...even gave her a little push today...which she has needed for a long time!

We went to a birthday party today...he only knew 6 people there...two of them being my husband and myself...and he did great...and it was wild, loud and crowded (a gymnastics party with 14 kids and lots of adults)...none of it bothered him...and he wasn't zoned out...**he was simply able to handle it**...

And the best part of the evening, he took me by the hand and brought me to the bathroom...**he went potty on the toilet!** He is not potty trained...and we are not even trying to potty train him...the girls at the party (eight 9 year old girls) all screamed and cheered for him...which in the past would have meant the end of our evening...but instead, he grabbed one of the girls (a stranger...Jimmy touched a stranger!)...and had her take him to the bathroom, and he went again...he wanted more cheering and screaming!

Two months ago Jimmy could not walk into a public bathroom-

Thank you Dr. Amy and Erin!

And to everyone going through detox...hang in there...we are pretty tough here...willing to live through anything...and the past couple of months almost put us under...thank goodness we did not give up...even though at times we wanted to!

In January of 2007 we started step two. The first month or so was great. We were still seeing some gains. We celebrated Jimmy's fifth birthday in February. We had a real kid party, and he loved it. All smiles and laughter. Then the detox really hit. We had a few rough months as we tried to get the methylation process activated. In June of 2007 I posted the following positive feedback:

Last month we hit our official one-year anniversary of being on the Yasko protocol. Our son is very afflicted...so sometimes it is hard to see all the positives. But we have recently reflected on where we were a year ago, so I thought I would share our gains.

One year ago, Jimmy was on a pacifier 24/7, had severe pica (literally could eat a cover of a book, the woodwork in our house), flapped, toe walked, had to have the TV on many, many hours / day, could not urinate on the toilet, had severe sleep issues (many times would be up 36 hours straight), had "chicken bumps" all over his chest and legs, had no receptive language (or at least we couldn't prove that he did), could not handle most public places (grocery store, restaurant, pool, etc.), could not walk into a public restroom, smeared feces (and on a few occasions ate feces - sorry to be so graphic), could not walk stairs properly, was biting everyday, could not go to school, could not sleep alone, had no play skills/no pretend skills, could not climb in and out of the car...you get the picture.

Today, Jimmy has no pacifier, the pica is gone except during very heavy detox (and then it is very minimal), no flapping or toe walking, can urinate on the toilet (although he does not initiate it yet), does not watch much TV, SLEEPS APPROX. 10 HOURS / NIGHT -except for an occasional night here and there (what a life improvement for all of us!), the chicken bumps are all gone, his receptive language is almost age appropriate, he loves to go out (shopping, pool, go carts, etc.), runs stairs like a NT kid, does not bite (except for the occasional detox bite - and that is always saved for me!), goes to school without me - and is getting good reports from the teacher, climbs in and out of the car and can now fasten his seatbelt, has started to play a little bit - even a tiny bit of pretend play, he can skip and best of all, he laughs...and he laughs often!

We have had lots and lots of detox...so at times, we have some very rough behavior. But to get these gains, during all this detox...we really have to be appreciative.

For all the parents out there with the more severe kids, I know it is hard to be appreciative...wouldn't it be great to get language! But we all have to remember that we are one layer closer to the language...our kids are going to take longer...but the gains are coming...the layers are being removed.

We have had many "teasers" as well...we will get a word here and there for a few days...but then hear nothing for a couple of weeks...but it is nice to know that the possibility is there...we will have that amazing day, where he is close to social, where people in stores are talking to him because they cannot notice the autism...and then we go back...but again, the possibility is there...

While we are still very afraid for him, we are far more hopeful than a year ago.

What a year...thanks for all the support and guidance from so many of you!

And then a month later, I just had to post another positive regarding a communication breakthrough:

I know I recently posted a positive, however, this past week we have had a communication breakthrough that I just have to share.

We started Jimmy on a communication device this summer (the Tango...absolutely wonderful device)...teaching him this device is a slow process...so I expected literally nothing for the first six months.

Last Tuesday we were working with his reading therapist and she had him pushing the "emotions" buttons...she was just letting him push the buttons willy nilly...just to hear the phrases... **he hit "I love you" and then he looked up at me...then he hit "I love you" again and walked over to me and kissed and hugged me...it was just amazing.**

The next day we had an awful day at school...I showed up for a surprise visit, and did not care for what was going on in the classroom...he was incredibly anxious, did not have an aide, was squirming in his seat because he had to go to the bathroom...I was very angry to say the least...I scooped him up to take him home...I put him in the car and handed him his device (we give it to him to play/experiment with while riding in the car)... **as I was driving I heard "Thank you" ...he then proceeded to push the button about 6 more times...finally I turned around and said "Are you thanking me?" ...he just looked at me...I said, "Well you are very welcome...I will fix the situation at school so you are happy there again"he hit "Thank you" one more time...then moved on to trying other buttons...**

Just had to share...I feel I have now had two short conversations with my son for the first time...what a great feeling!

In August of 2007 Jimmy started swimming by himself, without a floatation device and without any swim lessons. In October of 2007 Jimmy decided he would no longer use his communication device (which he was only using on a very limited basis). We abandoned the device and decided to really focus on literacy, with the hopes of getting Jimmy to type his thoughts to us. **We were amazed to find out that he could read! He could read hundreds of words.** Through the use of flashcards, computer programs and workbooks, Jimmy continues to expand his reading capabilities. Working with him is very enjoyable. In the past, we were happy if one positive exchange happened during a therapy session. Now Jimmy will work for 45-60 minutes at a time. He will sit and work on academic skills, with only a couple of short jumping breaks, for at least two 45-minute sessions per day. Teaching him is just so much fun now. He loves it, and so do we.

He amazes his developmental therapist daily. She has worked with Jimmy for three years now and cannot believe the change in him in the past four months. Jimmy can now write his name. Just nine months ago he could not hold a writing utensil. He can sort, match, classify, count, read hundreds of sight words, follow patterns and even imitate some hand motions to songs. His academic skills were evaluated in January of 2008 at a 4 years, 4 months – 5 years, 6 months level. Jimmy turned six in February. Last January he was evaluated at a 3 year – 3 year 3 month level. We are following typical learning standards for a child one-year younger than Jimmy, and we are making great progress. **We expect to be working at a kindergarten level by this Fall.** Most of our methods are modified, however, the content is not. Many times we will get stuck on a skill. For several weeks it will appear as if Jimmy is just not grasping the concept. Then one day, he will just do it. Our teaching methods and Jimmy's learning style are far from typical. However, **he is accomplishing the learning standards put forth by the State.**

Jimmy's gross motor skills continue to improve. They were just evaluated at a 5 years level. **One year ago, Jimmy could not climb into the car on his own. He could not skip or walk stairs properly.** The only skill keeping him from being considered age appropriate is the separation of upper and lower body (i.e. steering a bike or a scooter).

Jimmy's fine motor skills are just starting to significantly improve. He can now write his name, draw circles, circle answers on a worksheet, paint, use a glue stick and complete a sticker workbook on his own. These skills are not perfected by any means. A year ago they were non-existent. He can use the mouse on a computer. He has learned how to use an electric drill, and he loves it! He has also learned how to hammer a nail, operate the VCR and unlock every door in the house.

Jimmy's social skills are just starting to develop. **He prefers to stay in the room where "all the people" are now.** In the past, he preferred to be alone in the basement when guests were over. **He is aware of everything happening around him. He loves to go out.** In fact, when he is in public, he acts far more typical than at home. **In public his stimming is greatly reduced.** He loves to help at the grocery store. At least twice a day he will "play" with his sister by jumping with her on the trampoline or playing chase. Every once in awhile she will get him to push a doll in a stroller, or help her in their play kitchen. These skills are very new and very much below age appropriate. **Again, they were completely non-existent a year ago.**

His self-help skills are also emerging. He can completely undress himself and can partially dress himself. He can put on and take off his own shoes. He can pour his own drink, butter his bagel and throw away his garbage. While potty training has not been completed, progress has definitely been made. **Jimmy never has a urine accident anymore.** He initiates urination several times a day, although sometimes we must still initiate the process. We still struggle with bowel movements.

Verbal communication still remains our greatest weakness. Jimmy does make plenty of sounds, however, he is still nonverbal. **We have had communication improvements. Jimmy is referencing with his eyes now, as opposed to always placing our hands on things. He is able to blow now. If we don't understand what he wants, he will continue to work on getting his point across. He no longer gives up.** Little words pop out here and there. **We hear "OK" and "Hi" quite often.** He has started a little sign language, which we tried to teach him years ago, yet he would never use it. We haven't tried to use sign language in over two years. **His speech therapist and developmental therapist continually tell us they feel he is on the verge of a communication breakthrough.** Jimmy understands and enjoys humor. Based on his reactions and observations, we feel he understands almost everything we say to him.

Jimmy is still very afflicted. I do not believe anyone would consider him severely autistic anymore. His therapists certainly do not. Moderately autistic would probably be a fair assessment. We feel progressing from severely autistic to moderately autistic in less than two years, while remaining nonverbal (as verbal skills weigh very heavily on the standardized tests), is quite significant.

Recently we had a friend remark that his behaviors seem to be progressing slower than his brain. I suppose this is fair. At times Jimmy will still look very afflicted, yet what he is capable of from an academic, social and occupational perspective never looks severe anymore. And while his behaviors can still look severe at times, they can also look quite mild at times.

Perhaps the greatest gain of all is Jimmy's level of connectedness. Although nonverbal, he can connect to people now in a very typical way. When we tuck in him at night, we talk about what we did that day, how proud we are of him and how much we love him. He sits up in bed, staring into our eyes. If we talk about something fun we did that day, he smiles or laughs. **When we tell him how much we love him, he will stroke our face, or kiss and hug us.** If he wants us to talk more, he will pull us back onto the bed and touch our mouths. **He is definitely a part of the conversation.** He understands our conversations, and he responds to them. **He also connects to others.** In fact, other people have finally stopped talking about his autism in front of him, because it is so obvious that he understands what they are saying. On the day of his birthday party this year he was visibly excited all day. We told him in the morning that it was his party day. Throughout the day he brought us his coat and birthday candles several times. He was ready to go have his party! He hugged each person as they came into his party without being prompted. He tackled the other boys on the trampoline, just as they were doing. He knew it was his party, and he wanted it. He will now try to sneak a forbidden snack or item by hiding it behind his back and backing out of the room. He will initiate playing chase or tackle with his sister. **He is definitely tuned in at all times now.**

Complete Basic SNP Panel I

Gene Name	Variation	Result	Call
ACE	Del16	+/+	DELETION
AHCY	L125L	-/-	C
AHCY	L135T	+/+	C
AHCY	N/A*	to be determined	C
AHCY	N/A*	to be determined	T
AHCY	N/A*	to be determined	G
AHCY	R38W	+/+	C
CBS	A360A	+/+	T
CBS	N212N	-/-	C
CBS	Y233Y (C699T)	-/-	C
COMT	A72S	-/-	G
COMT	A96V	-/-	C
COMT	H82H	-/-	C
COMT	L136L	+/+	G
COMT	P149L	-/-	C
COMT	Q79Q	-/-	G
COMT	V158M	-/-	G
COMT	V92M	-/-	G
MAO A	R297R	-/-	G
MTHFR	A222V (C677T)	-/-	C
MTHFR	E423D	-/-	G
MTHFR	E429A (A1298C)	+/+	C
MTHFR	F435F	+/+	T
MTR	A919G (A2756G)	-/-	A
MTR	I1259V	-/-	A
MTR	R52G	-/-	G
MTRR	A515V	-/-	C
MTRR	A919G (A66G)	+/-	HETERO
MTRR	H595Y	-/-	C
MTRR	K350A	-/-	A
MTRR	L333V	-/-	C
MTRR	R415T	-/-	C
MTRR	S175L	-/-	C
MTRR	S257T	-/-	T
NOS	D298E	+/-	HETERO
SUOX	L300L	+/+	C
SUOX	S370S	+/+	C
VDR	Bsm/Taq	-/-	A
VDR	Fok	+/-	HETERO
VDR	Taq	-/-	C

Nutrigenomic information as of conference Oct 2006:

CBS ++ (milder)

COMT - -

MTHFR A1298C ++

MTRR + -

CBS	A360A	+/+	T
COMT	V158M	-/-	G
MTHFR	E429A (A1298C)	+/+	C
MTRR	A919G (A66G)	+/-	HETERO