

# An Individualized Approach to Autism

- Adaptability of the program for integration into other autism programs that individuals may already be using. Two in depth case studies to illustrate the practical dynamics of following the Yasko protocol
- The second hour will be devoted to looking at several of the pieces of the puzzle of autism, again with an eye toward dovetailing this program with other existing therapies.
- The third hour of the symposium will focus on the nutrigenomic aspects of the Yasko program with specific examples of the use of biochemical feedback to monitor progress based on a program of supplementation designed around nutrigenomic testing.

# Some of the Predisposing Factors That Increase Susceptibility to Autism

- Increased Glutamate Receptors  
(total “Excitotoxin” level)
- Methylation Cycle Mutations/Metal Burden
- Chronic Bacterial Infection/Metal Burden
- Chronic Viral Infection/Metal Burden

# Predisposing Factors That Increase Susceptibility to Autism

- **Increased Glutamate Receptors**

(total “Excitotoxin” level)

- Methylation Cycle Mutations/Metal Burden

- Chronic Bacterial Infection/Metal Burden

- Chronic Viral Infection/Metal Burden

# STEP ONE

What we call “Step One” in the program is basically balancing glutamate and gaba along with general organ support. I have picked some examples of those who posted on the discussion group ([www.ch3nutrigenomics.com](http://www.ch3nutrigenomics.com)) with very positive changes **just** from Step 1.

The purpose of positive feedback is to help to support each other on the site not for promoting the program so I will only show you posts where we have received express permission to share the content, we will not use any names, but I did want to give examples of those children that were able to benefit simply from Step One support to illustrate the utility of Step One for integration into other programs.