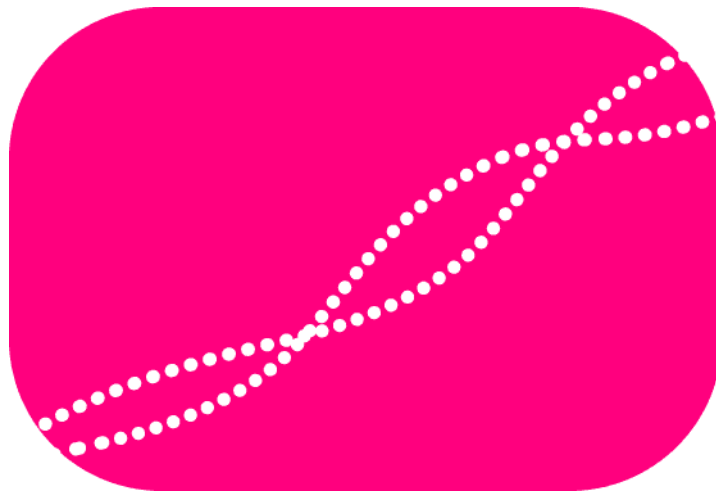


# Step One Support



5 year old male

# Nutrigenomic Test Results

## Complete Basic SNP Panel I Characterized SNPs

Gene Name	Variation	Result	Call
ACE	Del16	+/+	DELETION
CBS	A360A	+/-	HETERO
CBS	Y233Y (C699T)	+/-	HETERO
CBS	313	-/-	G
CBS	N212N	-/-	C
COMT	H62H	-/-	C
COMT	V158M	-/-	G
COMT	L136L	+/-	HETERO
MAO A	R297R	-/-	G
MTHFR	A222V (C677T)	+/-	HETERO
MTHFR	E429A (A1298C)	+/-	HETERO
MTR	A919G (A2756G)	-/-	A
MTRR	H595Y	-/-	C
MTRR	S175L	+/-	HETERO
MTRR	K350A	-/-	A
MTRR	R415T	-/-	C
MTRR	S257T	-/-	T
MTRR	A919G (A66G)	+/-	HETERO
NOS	D298E	+/+	T
SUOX	S370S	+/+	C
VDR	Bsm/Taq	+/+	G
VDR	Fok	+/-	HETERO
VDR	Taq	+/+	T

Gene Name	Variation	Result	Call
ACAT1-02	N/A*	To be determined	G
AHCY-01	N/A*	To be determined	A
AHCY-02	N/A*	To be determined	T
AHCY-19	N/A*	To be determined	A
BHMT-01	N/A*	To be determined	HETERO
BHMT-02	N/A*	To be determined	HETERO
BHMT-04	N/A*	To be determined	HETERO
BHMT-08	N/A*	To be determined	HETERO
COMT-61	P199P	To be determined	G
MTHFR-03	P39P	To be determined	C
MTRR-04	L206L	To be determined	T
MTRR-06	V652V	To be determined	G
MTRR-11	A664A	To be determined	HETERO

I've not posted XOXO progress thus far, but really want to now because **he's skyrocketing in the last couple of months!**

As of January 07, when he began step 1, we had just taken him off a high protein diet that he'd been on for over a year (because i'd read so many places that protein was a "brain builder," so I figured the more, the better!- to the tune of about 50 grams/day ). I read **"The Puzzle of Autism" in Dec. 06** and nearly passed out when I read about excess protein causing ammonia toxicity. **So many things I read in this book seemed to make sense with his behavior. He was getting excitotoxins out the wazoo**, etc. oh, I thought I had always made such careful choices for him! And I had the best intentions, but I just didn't know. **Before beginning Dr. Amy's protocol- he was 28 mos, he had limited eye contact, didn't usually respond to his name, stimmed all day every day, had about 5 words, had a name for nothing and no one** but "dad" (though didn't say it consistently), never indicated hunger, thirst, pain or any other want or need in any way but crying. I became his lifeline and never felt comfortable leaving him with anyone because no one knew how to "read" him but me, so if I did leave him with someone, it was a very **short** period of time and I wrote out EXPLICIT instructions. He had always been a high-maintenance baby. I know I seemed like a crazy-paranoid-stuffy-wacko-overprotective mom (and probably seemed to have created a high-maintenance baby), but no one understood and I didn't know why. I look back and realize that I felt like it was just my job as a mom to know my child and do what he needed- why was that so weird? I didn't realize that what I did wasn't "normal" and that's why people saw me the way they did. My husband, who wasn't "on my team" yet at that time, would tell me that his mother and step-mom thought I was silly-overprotective and that they felt they couldn't be more a part of his life because of me. It really hurt, especially because I couldn't see that I was doing anything wrong (which I wasn't). Anyway, back to the progress update!

**As of April 07, just 4 mos into step 1, these were his big milestones:**

- Recognized McDonald's as we drove past it- pointed and fussed because he wanted to go there (has never shown preference for going anywhere)
- **Brought his plate to the kitchen counter** when finished with breakfast
- **Wanted to be held** by a family friend at church instead of Mom- never goes to anyone else besides dad or Nana
- Now wants to feed Simba- open door to garage, **gets food from bin, takes it to dog bowl, returns cup to food bin**
- Now **says "truck"** when Dad gets home from work (drives a truck that he loves!)
- **Says "ice cream" to request it**
- Recognizes and **says "duckie" and "quack quack" when he sees a duck**; also pig
- **Is saying "I did"** again (when Mom tells him "you did it;" used to say this and lost ability)
- **Found shoes and put them on** when Mom told him we were going somewhere
- Now **says "drink"** when he drinks something or is requesting a drink (requests food and drink sometimes now!)

**As of May 07**, these were his milestones:

- Saying "Nemo" and "Dori" when watching Nemo
- Saw water on the road while we were driving and **said "water"**
- **Answered "toys"** when Mom asked what was in his toy cabinet
- Ate baked fish and rice (never eats big people food)
- **Hugged mom and dad together at the same time, several times in a row**
- **Said a prayer** on his own at breakfast (mom's Mother's Day present!)
- Gave mom a spontaneous kiss at the store
- **Gave mom a spontaneous hug and kiss**
- Gave mom another spontaneous hug
- Stayed on the phone with Nana & Papaw (**first time to stay on the phone and not get upset that he can't see the person!**)
- Said his most complete sentence yet- **"da frink da Coke" aka "drink the Coke"**

**As of June 07**, these are his milestones so far:

- **Asked for help** on his own for 1st time!
- **Said "Hi butterfly" to a butterfly with sentence/comment-like fluidity**
- **Played reciprocally with Dad** (batting toy back and forth in kitchen)
- Was fussing at the store and when about to get in the car, mom asked what was wrong and he answered "Piggie"- he had dropped his pig toy in the store- **WE ACTUALLY COMMUNICATED!**
- Gathered 6 toys and, pointing to each one, named each one correctly, several times!- he doesn't point and name things
- Said "hey, a fall" when he knocked toys off table
- **Ran to front door saying "Daddy" when Dad wasn't home- seemed to realized Dad was gone and wanted him home!**

These are all such amazing tasks for him his progress is happening so rapidly right now that I'm having a hard time keeping track! But we keep a list on the fridge for each month and I update his website so family and friends can share our joy. I can't even think how to express how indebted we are to Dr. Amy and the parents on this forum. Words that come to mind are blessing, miracle, graceful. Doctor Amy doesn't owe any of us the blessings she gives, yet she gives freely and with such love, as do so many members of this forum. God bless every single one of you and your children and families!

luv ~ XOXO