

Special Tips for Children with Special Needs

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When I was told that my 1-year old daughter would not be walking or crawling by age two, I just could not believe it. I was told by the Erie County Early Intervention case coordinator and the physical and occupational therapists in the meeting that not only would Anne not be walking or crawling by two years of age, but that if she could simply get up on her hands and knees and rock back and forth by two, I should be happy.

My daughter had a 50% or greater gross motor skill delay with the predictable future that she might walk by age three. Because of our nutritional interventions, my daughter walked and crawled by age 16-months; a complete revolution of what was predicted and expected. I offer these tips to encourage parents who are willing to look outside of the predictions offered for their special needs children. There are many parents who are causing remarkable and miraculous health improvements in their children by using similar techniques.

1. Find a great doctor even if you have to go out of network or out of state

When faced with the prospect of a hysterectomy due to the surgical removal a 19 cm uterine fibroid, I was able to keep my uterus whole and intact because I got a 2nd opinion and went out of town to a highly qualified surgeon. The first part of getting started is to find a great physician you can work with even if it means going out of network, out of town or out of state. My daughter would not be here today if I had not intervened and sought the help of an M.D. who happened to be out of network.

Five years ago people told me that my daughter would never be well. They told me that she would live the rest of her life as a “bubble child” never going to college or having the semblance of a normal life. That was her predictable future given her medical blood testing and health issues at the time. Instead of accepting what so many people said, I decided that I would get her as well as possible and that she could have a different future than being sentenced to live in our home for the rest of her life. Anne is now 7½ years old and is doing remarkably well. She is in sight of the finish line of being completely well. The progress she has made in the last three years is breathtaking. It is almost hard to imagine how sick she was just a few years ago and the cloistered life we had to live.

Today, six years later, we are using combined therapies to increase the speed of her recovery by driving 5 hours to an out of state physician who offers a treatment that is not currently available closer to home. Does it take time and resources? Yes it does. Many people don't think twice about spending \$20,000

to \$30,000 on a new vehicle. We have chosen to invest in our child's future and the rewards are tremendous. I suggest that you find the best doctor you can and get serious about the future you are creating for your child.

2. Rule out celiac disease and other medical conditions

Make sure your physician rules out celiac disease and other medical conditions that could be affecting your child's health. This is critical to creating a bright future. Celiac or gluten intolerance can have an adverse affect on cognitive thinking, learning, balance and many, many other health aspects.

3. Do serious nutritional blood testing - Out of Network If Necessary

Today there are an amazing multitude of blood tests on nutrition that are typically only available outside of your insurance network. Go outside the network and get comprehensive nutritional blood testing that checks your child's essential amino acids, essential fatty acids, vitamins and other critical nutrients. The testing will cost you money, but this is part of the key to understanding what is happening inside of your child's body. No human being can be completely well if they are missing too many or certain important nutrients.

4. Increase your child's nutrition

How many fruits and vegetables does your child eat on a daily basis? Are they the dark leafy greens like kale and spinach? Most American children could stand for a whopping increase in nutrition, so work with your physician or a dietitian or nutritionist to make modifications to your child's diet to improve health.

5. Attitude is everything

You'll get much farther in life with a "can do" attitude. Make sure you have a positive attitude. I realize that this is much easier said than done, especially if you have a special needs child. Keep a stiff upper lip and smile. It really could be worse.

6. If one therapy does not work, consider others

I'm not talking about blindly trying any and every therapy. There is a lot of scientific evidence out there to support many therapies for special needs children. Give a therapy a real try, not a half-hearted and incomplete try. If something does not work, look for other options. Be open to options suggested by your physician. Read what other parents are writing. Stay committed and try new things if required.

7. Clean up your child's environment

Chemicals can cause cancer and a host of serious health issues. Do your best to remove chemicals, dust, mold and other allergens from your child's room and from your home. I have provided many different tip sheets on my website to help you with this and other aspects of health and wellness.

8. Remember the body has a miraculous ability to heal

With the Grace of God and my own commitment, after a myomectomy, I grew my own uterine tissue back and caused a subsequent 6-centimeter fibroid tumor to disappear. The body has an utterly amazing and remarkable ability to heal. The question is do you have the faith and allowance that it can happen.

9. Ask for the help you require

I know how difficult it can be to ask for help. It can be humbling beyond belief. Ask for the help that you require because it is an opportunity for others to have the joy of contributing to you and your family. There are many people who would probably help you if they only knew how they could help or if they only knew that you needed help.

10. Tenacity produces results

You won't get to the top of a mountain if you stop climbing and likewise you won't be successful if you give up the first time things don't go the way you had hoped. Be tenacious and stick to your vision and your goals. You will get there one way or another.