

Products and Proprietors

In my book, *Climbing Out of Autism One Bite at a Time*, I listed all the products we were using at the time to create the lifestyle that is still facilitating Raja's ongoing recovery from autism. The products and proprietors listed here are discoveries made since the book was published and were not listed in the book.

In the ongoing pursuit of wellness, we continually try products and test for success. The products listed below have resulted in immediate developmental gain and sustained gain. We are not associated with these companies in any way and do not receive any compensation for sales made as a result of these recommendations.

Unless otherwise indicated, the product listed is the only one we use, although the manufacturer may offer several others. As with all products, if your child has a reaction, discontinue use and avoid altogether.

Products

Product: Ideal Balance (nutritional oil)

Manufacturer: Arrowhead Mills

Available at: Refrigerated section of health food stores

Cost: Approximately \$10-11 per bottle (12 oz.)

Ideal Balance (formerly Essential Balance) is a cold-pressed, organic seed blend of flax, pumpkin, and sunflower providing Omega-3, Omega-6, and Omega-9 essential fatty acids. I use this in a "milk" recipe that Raja drinks and uses in cereal every day (milk recipe follows at the bottom of food product listings). This oil blend resulted in immediate, spontaneous improvement in eye contact, speech, and concentration, enhancing Raja's social and learning skills.

When Ideal Balance was named Essential Balance, the formula included borage oil, the oil derived from the borage flower. Since borage oil was removed from the blend (a company spokeswoman said the FDA required removal because borage is considered a supplement and not a food), I have been adding hemp oil to Raja's milk (product information follows) with good results.

Product: Organic Hemp Oil

Manufacturer: Nutiva

Available at: Refrigerated section of health food stores

Cost: Approximately \$8-9 bottle (8 oz.)

Nutiva Organic Hemp Oil is non-genetically modified, cold pressed, and rich in Omega-3 essential fatty acids. The label says it is the closest vegetarian source to fish oil.

Although nutritional oils are expensive, Raja never goes without his milk, the drink in which the nutritional oils are blended, using six cups daily. When we travel, we take the ingredients to make milk or bring enough frozen milk to last the duration of the trip. I consider these oils essential to Raja's recovery.

Product: Primal Defense (powder)

Manufacturer: Garden of Life

Available at: Silver Springs Supplements (800) 520-1791

Cost: \$44.95 per container (2.85 oz.)

Primal Defense has made the single greatest, abundantly evident developmental changes that occurred from the moment Raja started using it. It has improved his digestion, making him regular, and has resulted in every kind of corresponding improvement imaginable, from increased eye contact to language, social, and learning skills. Primal Defense is green and tastes green, if you know what I mean, so I began by using a little in his carob and have gradually increased the amount as he has adjusted to the taste. I use Primal Defense in a glass of milk (recipe below) and have noticed that the whites of my eyes are getting whiter.

The container reads:

Primal Defense is a natural whole food probiotic blend of HSOs (Homeostatic Soil Organisms) utilizing the Poten-Zyme Process and the Micorflora Delivery System (each of these are trademarked). Each 900 mg Primal Defense serving contains 14 non-dairy probiotic strains...

Although this product is expensive, I consider it essential to Raja's recovery. Discounts are available for bulk purchases.

Raja's Milk

My experience with nutritional oils is that they taste like fish, making them difficult to regularly ingest by the spoonful. In an effort to make them palatable, I created Raja's milk by blending the oils with bananas and honey (only enough honey to make the drink tasty). Adding frozen bananas gives the milk the consistency of a milkshake, something Raja and I enjoy very much. Raja's milk is very easy to make and its production quickly became habitual because it tastes good and the developmental results are so inspiring.

In a 6-cup blender, pour:

3 cups purified water

Add:

½ cup organic almonds

Blend very well. Strain through unbleached cheesecloth. Return liquid to blender.

Add:

¼ cup Ideal Balance

¼ cup Organic Hemp Oil

¼ cup raw, unfiltered honey

Blend.

Add:

Enough peeled, organic bananas to bring the liquid to the six-cup level. Blend very well. Enjoy!

Proprietors

The following proprietors offer products conducive to a recovery lifestyle. Again, we are in no way connected with, or benefit from, purchases made from these companies.

Carpet

Earth Weave Carpet Mills, Inc.

(706) 278-8200

www.earthweave.com

Earth Weave offers 100% natural, non-toxic materials in their carpet and padding. The company will send samples.

Paint and Stain

Bioshield Paint Company

(800) 621-2591

www.bioshieldpaint.com

Bioshield uses the least toxic ingredients throughout the entire product line. They also offer a nice selection of products and colors and offer advice regarding application.

Beds and Bedding

Nirvana Safe Haven

(925) 472-8868

www.nontoxic.com

We purchased our non-toxic bed elsewhere (supplier follows), but we purchased our bedding from Nirvana. Fabulous! Although organic bedding is expensive, the bedding from Nirvana is soft, thick, and luxurious. I highly recommend their products.

Lifekind Products, LLC
(800) 284-4983
www.lifekind.com

We purchased our bed from Lifekind and I love it! It was custom built for us using our weight as specifications for firmness. Lifekind offers other products as well, ranging from linens and dishtowels to cleaning products. One of the things I like best about their catalog is that it details, chemical for chemical, all the toxins present in conventional mattresses – frightening! Considering we spend a third of our lives sleeping, our choice of bedding is very important. I believe Lifekind truly cares about health and, like the other “green” proprietors with whom I have done business, selects high-quality products designed to give maximum health benefits to humans and the environment.

Children’s Clothing

Ecobaby
www.ecobaby.com

Ecobaby offers an excellent selection of organic clothing for babies and toddlers made by moms who care. Ecobaby also carries other products, such as baby slings and books.

All Types of Merchandise

Gaiam (Harmony)
www.gaiam.com

Whether you seek a hammock, an air filter, or adult clothing, Harmony offers a wide selection of products, many of them organic. We purchased our organic towels and a hemp shower curtain through Harmony. Harmony offers a great selection of merchandise and prompt service.

Gardening

Seeds of Change
(888) 762-7333
www.seedsofchange.com

Seeds of Change offers an astounding array of seeds, many of them heirloom, and promotes organic agriculture. I am not much of a gardener yet, but the beautiful flowers,

vegetables, and herbs offered in the catalog stirs an urge to turn the soil, plant a seed and watch it grow! Plants used for medicinal purposes are clearly marked. The catalog also offers books and gardening tools. The most reliable source of organic food we have is the food we grow ourselves. Seeds of Change may be a good place to start.

Periodicals

The Green Guide

www.thegreenguide.com

The Green Guide is a newsletter packed with information and resources for living a healthier, ecologically-friendlier lifestyle. The Green Guide always offers readers resources for additional information, ways to get involved, or sources for purchasing products. I believe the annual subscription cost \$10 – hard to beat that! For anyone making the transition to a recovery lifestyle, this is an inexpensive, informative guide that's easy to read and full of resources.

Alternative Medicine

www.alternativemedicine.com

Alternative Medicine is a magazine of alternative detailing health products, practitioners, and practices. It has many helpful articles and some great advertisements. The magazine was founded by a doctor and the editorial board consists of doctors (medical doctors, naturopaths, chiropractors) so the quality of the articles is very good. One year subscription costs \$24.95.

Natural Home

www.naturalhomemagazine.com

Natural Home magazine is another important resource in the world of alternative living conducive to recovery needs. Perhaps my favorite feature is a question-and-answer column with a panel of Eco-Experts whereby readers can get answers to questions regarding a home's toxicity, whether they are buying, building, or remodeling. The magazine is also solution-oriented, providing resources for further information at the end of each article and a book-review section with selections ranging from allergy-free homes to building with alternative materials.

I hope you find this list helpful. If you know of any resources that should be added to this list, or would like to see other types of resources on the list, please e-mail me at autismrecovery@frontier.net. Thank you.