

Autism Recovery Quick Guide Points To Remember

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Important points to remember:

- I understand there is no defined timeline to all of this since my child is unique and we will move forward at his/her own pace that is safest for their health.
- It is important to muscle test for acceptance and dosages and I will not give a new supplement sooner than 2-3 days apart from another new one, so I am able to notice any changes or slow down, if needed.
- I realize I do not need to get all of the supplements now. I will get them along the way as I need them.
- Moving forward slowly is best. I must be patient and understand that autism recovery is about a 2-4 year process.
- This roadmap must be followed in its sequential order so I won't try to jump around, or watch every video in the entire program and overwhelm myself. I can watch them as I need them.
- If I stop too soon I will not get the optimum results for my child.
- I will use the forum to learn from and ask my questions when I need to.
- As a parent it is crucial to take care of myself.

Get a calendar to create a space to fill in as needed. Example: 2 mornings a week you take 10 minutes watching a video or implementing a strategy like a change in the home environment or practicing muscle testing.

This does take time, so be patient, but here are some milestones to look for from what you have implemented, (ie what to look for along the way), even subtle differences like:

- Better sleep
- Calmer moods
- Improved focus
- Increased eye contact
- Better digestion
- Improved eye contact

- More social engagement
- Improved speech
- Any other positive changes you notice?

If my child's behaviors increase, physically or emotionally, I know to muscle test and be sure that we are not moving too fast. We will slow down in dosages and add binders as we wait for symptoms to subside and my child's body to catch up with the detoxification process.