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**TAP**  
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m a g a z i n e  
TAP INTO IT.  
**The**  
**AUTISM**  
perspective



Strange Son  
By Portia Iversen

*Advocate for  
Autism Awareness  
in honor of her  
brother David*

**Crowned Miss Oregon  
Donilee McGinnis**

# Integrative Homeopathy

## Hope for Children with Autism

By Lindyl Lanham, DSH-P & Cindy Griffin, DSH-P, DIHom.

*“My body doesn’t hurt me now. Thanks, Mom,” was the unexpected report from the mother of one of our clients during a recent consultation. While 7-year-old Gavin had not complained of pain previously, we had been seeing Gavin for a range of autism-related disorders, including suspected abdominal discomfort. Although he could not verbalize his pain in the beginning, he was now able to tell his mother, in such simple words, that the pain was over and “thanks.”*

**A**utism causes pain – physical, emotional, mental, and family pain. We see the outward behaviors, but the child endures the physical pain. Relief from that pain is the first goal of our integrative homeopathic approach. When Gavin first came to us, his mother reported that he had a diminished appetite, multiple digestive issues, and minimal speech. A sensory integration program had brought many positive behavioral changes. Sleep had remained an unresolved problem since birth. Gavin’s mother had tried many restrictive diets in an effort to resolve the apparent gut discomfort. Eliminating Gavin’s pain was our first step in his journey to recovery

Gavin’s journey began without lab tests or needles. As sequential homeopaths, we rely on the child’s unique timeline and a history of his life to set the overall course and guide each monthly consult. We then apply sequential homeopathic principles to choose the right combination of homeopathic remedies needed to reverse vaccine damage and begin the detoxification process. Ho-

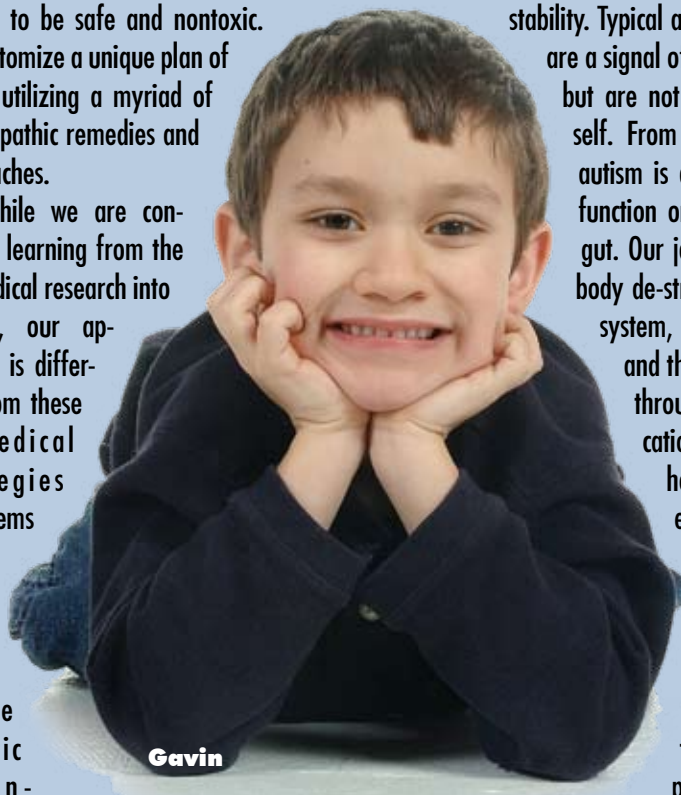
meopathic remedies are made from plants, animals and minerals and are repeatedly diluted to be safe and nontoxic.

We customize a unique plan of action utilizing a myriad of homeopathic remedies and approaches.

While we are constantly learning from the biomedical research into autism, our approach is different from these biomedical strategies and stems from an alternative holistic dimension. We see autism as an imbalance of the whole system

– a system out of equilibrium, or homeostasis, and fighting to recover balance and stability. Typical autistic symptoms are a signal of that imbalance, but are not the disorder itself. From our perception, autism is an immune dysfunction originating in the gut. Our job is to help the body de-stress the immune system, restore balance, and thus regain health through the application of multiple homeopathic remedies.

Indeed, we view the suppression of symptoms by pharmaceutical drugs as potentially harmful to the body. We see autism not merely as a collection of



Gavin

unrelated symptoms to be suppressed, but as the culmination of toxic overload on an overly-stressed immune system. We actually use the symptoms as guideposts to help us understand how the body is trying to fight to establish balance. Homeopathic remedies, chosen to fit each chemical, emotional or physical residue, can release that residue to be eliminated naturally. We use combinations of safe, drug-free homeopathic remedies as our primary tool to rebalance the immune system, to detoxify and strengthen the body, allowing it to ultimately heal itself.

Our responsibility as integrative/sequential homeopaths is to structure and design a strategy for each client. With the multiple challenges of autism and multiple contributing factors, we found we had to stretch beyond our single-remedy classical homeopathy training, and even our sequential training. Beginning with a chronological timeline of each child's personal history, we use sequential homeopathy to remove the layers of trauma, illness, injury, vaccines, and drugs that have contributed to developmental delays and other Autism Spectrum Disorders. In addition to the use of multiple remedies for sequential homeopathy, we also employ other homeopathic approaches, including gemmotherapy, homotoxicology, and isopathic remedies based on Enderlein's theory of pleomorphism. Integrative homeopathy combines all indicated methodologies of homeopathy to facilitate the complete healing of each layer. While working within the framework provided by the chronological history, we also flex and adapt to the unique symptoms that may arise as a part of the detoxification process. Our job is to support these natural signs of rebalancing by employing the appropriate method.

Integrative homeopathy for Gavin began two and a half years ago and has encompassed all of these modalities. At first we focused on improving digestion, controlling Candida, and facilitating organ drainage. The suspected abdominal pain began abating

within the first month as his gut responded to the remedies. Within the first four months he grew an inch, his muscle tone improved, constipation disappeared, speech slowly improved, and abdominal discomfort seemed



**Cindy Griffin**

*We use combinations of safe, drug-free homeopathic remedies as our primary tool to rebalance the immune system, to detoxify and strengthen the body, allowing it to ultimately heal itself.*



**Lindyl Lanham**

nonexistent. Gavin was now ready to begin the unlayering process of homeopathic healing to help rebalance his immune system.

Because we view vaccines as a primary

source of heavy metal toxicity and a major stressor to the immune system, clearing Gavin's vaccine history became our next step. Each month we include packets of remedies to release the toxic residues from one particular layer or event. This includes remedies supporting emotional healing, heavy metal detoxification, and continued gut repair. Each set of remedies also strengthens the immune system by reducing its toxic burden. Month by month, Gavin continued to improve as his healthier gut housed a stronger immune system.

Since our consultations had all been by phone, we looked forward to finally meeting Gavin and his mother in person. When that day arrived, exactly a year after we began, we were greeted by a 6-year-old who quickly became engrossed in creative, interactive, imaginative play with his older sister. We have continued to work with Gavin this past year and a half to complete the physical and emotional restoration of a young life once imprisoned by autism. At the last consult his mother reported, "We clearly have our son back."

We are all familiar with the pain of an ASD diagnosis. This pain need not be compounded by hopelessness. Integrative/sequential homeopathy offers an alternative approach that goes beyond behavioral techniques - to the healing of causal factors behind Autistic Spectrum Disorders. **TAP**

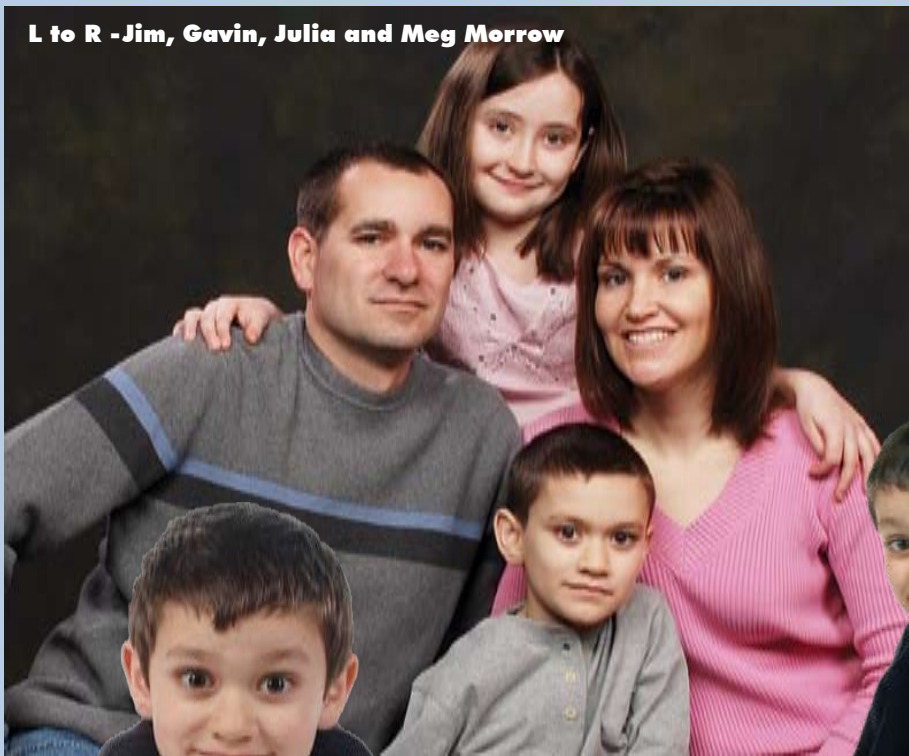
*Lindyl Lanham and Cindy Griffin are co-owners and professional homeopaths at Homeopathy Center of Houston. They are joined in practice by Julie Adams. The trio offers a sequential/integrative approach of homeopathic healing to clients around the world. For the past five years, the largest focus of their practice has been Autism Spectrum Disorders. All three are DAN! practitioners. Their website is [www.Homeopathy-Houston.com](http://www.Homeopathy-Houston.com). They can be reached by e-mail at [center@HomeopathyHouston.com](mailto:center@HomeopathyHouston.com) or via phone at 713-572-0343.*

# Our Journey with Gavin

By James Morrow

*The first two years of my son's life resemble photographs of chaotic blurs in my mind's scrapbook. With help from my wife, I have only recently been able to reflect and discuss that period when our marriage and sanity were put through the crucible God had intended for us.*

L to R - Jim, Gavin, Julia and Meg Morrow



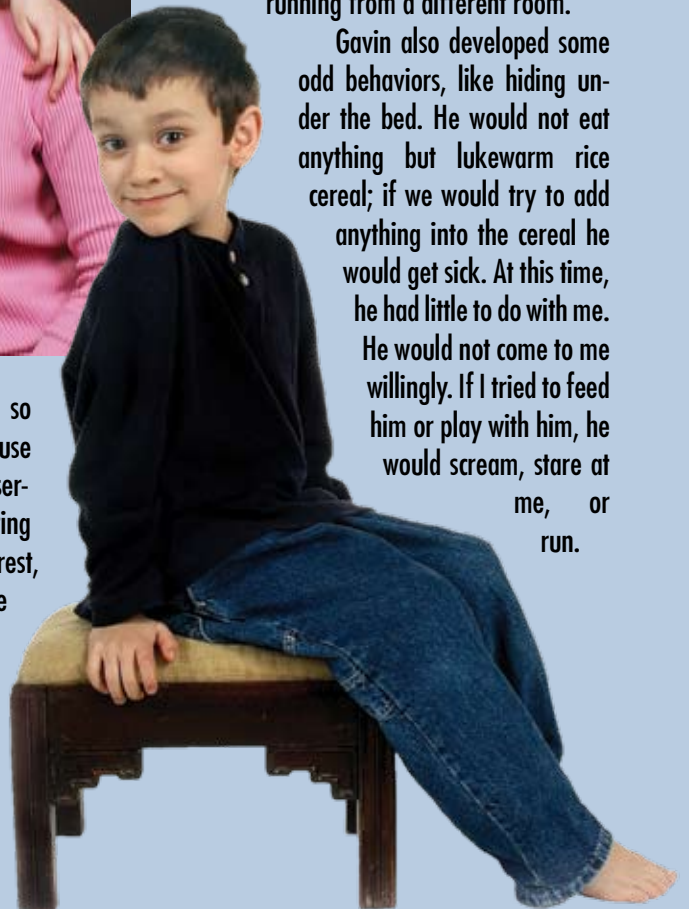
There never seemed to be that hold or sway that would console him with any success.

At 18 months, Gavin was no longer screaming; he was not making any noise at all. He never communicated to tell us he was hungry, tired or uncomfortable. Family members started asking us if he could hear. He didn't respond to his name, say "Mom" or "Dad," or babble. However, if he heard the bathtub filling up, he would come running from a different room.

Gavin also developed some odd behaviors, like hiding under the bed. He would not eat anything but lukewarm rice cereal; if we would try to add anything into the cereal he would get sick. At this time, he had little to do with me.

He would not come to me willingly. If I tried to feed him or play with him, he would scream, stare at me, or run.

One reason it was so difficult was because Gavin was a miserable sleeper. He could only string together short moments of rest, and those moments were the only breaks we had from his screaming. Nursing for my wife was equally as frustrating: The gagging, spitting up and the leaky latch left little time for bonding.



Gavin

At two years old, we sought out a neurologist, hoping to arrange some tests that would determine what we were up against. "Your son has autism. You can spend your money however you want. My best advice is to put him in a home. Don't get attached because he will never know or care who you are." Well, that wasn't going to happen, and his words served as fuel to seek out other avenues to improve the quality of our son's life.

Gavin's behaviors were starting to become stranger and more apparent. He would line up all his toys in a row. If anyone touched, looked at, or breathed on this row, he would throw himself down on the floor, mess up the line and scream. He also started dropping toys and then would jump up and down while watching them fall.

Family outings only crystallized how divided our family had become. My daughter and I would be engaged in the event, while my wife and Gavin would be off in a corner rocking. I felt the only roles I played were to make the money to pay for whatever Gavin needed, to be there for my daughter, and to listen to my wife and help her through this emotional roller coaster ride.

Our search for help continued. My wife attended several seminars on many topics and strategies. She seemed to really focus in on programs that worked with the body. From ages two to four, Gavin was being treated by five different alternative therapists. After about six months, I finally started to see some progress. Gavin had developed to the point that I could roughhouse with him and he enjoyed it. He would laugh and push me over and crash on top of me. For my wife it was all business. She would coach me on how to play. One night I told her very firmly, "I just want to enjoy my son." I hadn't had the chance for years and now I had something. It was important for me to say because she was so involved with Gavin, and my relationship with him was in a much different place.

Sleep was also progressing at this time. She was able to stay with him until he fell asleep. She always found herself back with him by morning, but it was progress. Speech was also moving in the right direction. We heard sounds of joy, anger and happiness. A few words were being uttered, but they were very isolated and difficult to understand.

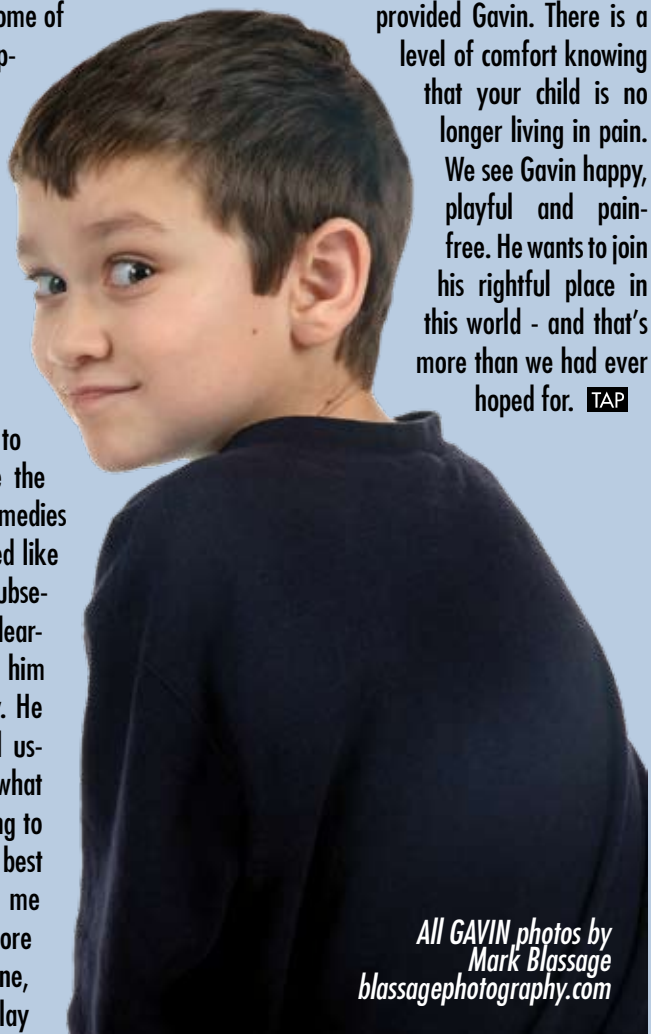
As Gavin approached five years old, our strategies changed. Up until then, all the therapies had been coming from the outside in. We wanted to start from the inside out. Sequential homeopathy was the "inside-out" missing link for us. We really believed in the theory that the gut was the start of Gavin's problems. His gut issues affected his organs, his blood and then his brain. After providing case history and reporting significant emotional events in Gavin's five years, Homeopathy Center of Houston developed a program of treatment. Some of Gavin's needs were: helping digestion, controlling Candida, supporting the organs for detoxification. Within three weeks, we saw behaviors diminishing and a brighter, happier Gavin.

Even with Gavin's aversion to allowing items in his mouth, he was able to open his mouth and take the remedies. We called the remedies "birdies" because he looked like a bird taking them. The subsequent remedies included clearing vaccines, which helped him physically and emotionally. He began noticing things and using adjectives to describe what he saw. He was more willing to try new experiences, and, best of all, he started to greet me with a "Hi Dad." The more work they did on his timeline, the more his interest and play

skills began to show. He started offering ideas on how something should be played, but was willing to follow others if his ideas were not accepted.

Now that he isn't distracted by internal pain or emotional confusion, his processing skills and speech have all improved to the level of conversation. He now shares jokes, thoughts and, best of all, his wishes. With his body detoxified, unburdened and organized, he is finally able to sleep in peace. With a better night's sleep, his emotional strength and trust in the world are developing. These strengths, along with a pain-free digestive system, have allowed Gavin to find the courage to try and add foods to his diet. His physical strength and endurance are now progressing because of better nutrition.

We are overjoyed with the results that sequential homeopathic care has provided Gavin. There is a level of comfort knowing that your child is no longer living in pain. We see Gavin happy, playful and pain-free. He wants to join his rightful place in this world - and that's more than we had ever hoped for. **TAP**



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