

# New Vision Children's Services

Volume 2, Issue 1

Spring 2008

## Message from the Director

By Mary Mollway

At our January 2008 board meeting, we unanimously voted to move forward with the opening of an autism center here in the Temecula Valley. What happened at that meeting may change the lives of children forever.

With autism now affecting one out of every 150 children, the need to service these victims is overwhelming. The school system is trying to keep up with this growing diagnosis. Services in Southwest Riverside County are scarce and scattered.

It is our vision to create a holistic center for autism recovery—the first of its kind in the country—that integrates biomedical and neurodevelopmental treatment, behavioral interventions, audiology, speech therapy, occupational therapy and family programs **free of charge**.

Autism is a biological and neurological disorder.

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## Autism Center Opening in the Valley

### Community Information Night

Tuesday, April 1<sup>st</sup>, 2008

Murrieta Public Library

Eight Town Square  
Murrieta, CA 92562

**Come hear our presentation and learn about this exciting, life-changing center. Our mission is to provide FREE services to all children in Southwest Riverside County with autism or a related disorder.**

### How You Can Help

**1) Make a Donation**

Go to [www.nvlearning.com](http://www.nvlearning.com) and click on "Make a Donation."

**2) Volunteer Your Time.**

We need people to fundraise and deliver flyers and newsletters.

**3) Search Through "GoodSearch."**

Go to [www.goodsearch.com](http://www.goodsearch.com) and set the organization you are searching for to New Vision Children's Services. This is a search engine powered by Yahoo. Every search you make, NVs get one cent.

**4) Participate in our scrip program.**

By purchasing scrip through our organization, we receive between 2 and 15% back, depending on the company. Scrip is available for literally hundreds of stores and restaurants, including Albertson's, Von's, JcPenny, Chevron and On the Border.

**5) Sell items through E-bay and designate New Vision as your charitable recipient.**

**6) Shop online at [www.igive.com](http://www.igive.com).**

Up to 26% of your purchase is donated to NVCS.

Without biomedical intervention, chances of recovery are slim. For most families, biomedical intervention is not available because of the cost. In addition, to coordinate services for a moderately autistic child can be a full-time job.

It is our goal to create a fully integrated program where students receive all of the services they need in one program, thereby increasing the number of children who recover and help each child reach their fullest potential.

Our drop dead opening date is July 1, 2009, although we are hoping to open much earlier than that. If you are interested in being a part of our project, please call or email us—we look forward to hearing from you!

### **Who We Are**

New Vision Children's Services is a California Non-Profit Corporation dedicated to providing information and services to parents and service providers in order to enable each child to reach their fullest potential.

We provide free and low-cost informational workshops to help you work with your child everyday, in areas such as biomedical treatment options, identifying possible learning disabilities, nutrition, and being part of an IEP team.

Please visit our website at [www.nvlearning.com](http://www.nvlearning.com) for information about our Board of Directors, our articles of incorporation, and by-laws.

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### **Talk About Curing Autism (TACA)** *Local Support Group*

Date: Meets the 3rd Saturday of each month  
Time: 1:30-4:30 p.m.  
Location: The Grove Community Church, Room D-2,  
1990 Grove Community Drive, Riverside,  
92508. Please park on the north side  
of the building (back side of church)



### **On the Bookshelf**

#### ***Homeopathic Medicine for Children and Infants* by Dana Ullman, M.P.H.**

Every mom must have this book on her shelf. It is the daily handbook of homeopathic remedies for normal childhood illnesses. The human body has an amazing ability to heal itself. This book provides information to give moms and dads power to heal their children naturally without the use of unneeded antibiotics.

#### ***Children With Starving Brains* by Jacquelyn McCandless, M.D.**

This is a step-by-step guide for treating the complex biomedical disorder that results in brain malnutrition. This book explains many cutting-edge therapies and diagnostic tools that are available.

#### ***Biomedical Treatments for Autism & PDD* by William Shaw**

This is not an easy read, folks, but really the "bible" of biomedical treatment. The reading is heavy and intense (have a dictionary handy) but well-worth the effort.

#### ***Gluten-Free Gourmet* by Bette Hagman**

A great help in learning to cook Gluten-Free. It is an oft-used reference on my personal bookshelf.

#### ***The Complete IEP Guide: How to Advocate for Your Special Ed Child* by David Sherman**

The title says it all. As a teacher and school administrator, I used this book and also recommended it to parents as an authoritative reference.

## Going Gluten-Free

### Questions, Answers, Fears, and Myths

If you are new or old to the world of autism, you have heard a great deal about the “GFCF” diet. Some people are huge proponents, some say it’s hogwash. I have compiled some myths and realities that I often hear from parents about this diet. Before you get scared off of trying this diet, let me assure you that you can do this. I have a neurotypical daughter who has a wheat/gluten allergy and a sensitivity to dairy. At first, it was HARD. She originally had about fifty foods she couldn’t have, and nearly every fruit on the planet was on that list as well as EVERY grain, including rice. However, I am committed to my child’s health and we made it. You will probably cry at first and then you adapt, and then you master it. The payoff is huge. Even for my daughter, the endless stomach aches ended. The constant nasal congestion ended. The glassy eyes went away. Imagine the impact it could have for your child!

**Myth: My child eats only bread products like pizza and cereal. He’ll refuse to eat! This will be bad for his health.**

Reality: Oftentimes, we crave the things that are the worst for us (hence my addiction to diet coke). If your child craves breads more than anything, that’s a good indicator his body reacts to them. It’s a bit of a conundrum. Your child will get hungry. He will eat what is put in front of him, honest. And, there are GREAT alternatives to wheat flours now.

**Myth: I can just cut back on the amount of wheat, if I slip up every now and then it’s okay.**

Reality: Have you ever met someone who had a peanut allergy? One taste of peanut can kill them. A little is too much. You must be vigilant and constantly remind yourself and your family that this is a health issue.

**Myth: Unknown exposure will seriously injure my child.**

Reality: Probably not. You and your child may experience several days of melt-downs, diarrhea, stomach pain, sleep problems, etc., but you probably won’t need to go to the hospital. There have been many times when I grilled a waitress about the wheat

## Area Practitioners

### DAN Practitioners (Defeat Autism Now)

#### ***Stillpoint Center for Integrative Medicine***

Kurt Woeller, DO, Tracy Tranchitella, N.D.

Vail Ranch Towne Square  
32605 Highway 79 South, Suite 201  
Temecula, CA. 92592  
Phone: (951) 693-2267

### Chiropractic Neurology

#### ***Neuroedge***

Marty Carlson, DC  
25032 Las Brisas Rd. Unit A  
Murrieta, CA 92662  
(951)304-2242

## Sensory Integration Disorder A Primer

**Our brains make sense of our world through our senses. Sometimes, this system malfunctions, and a person becomes overresponsive or underresponsive to stimuli. This is particularly true of children on the spectrum.**

**A child with sensory integration disorder may constantly take off his clothes, as certain materials feel like sandpaper to his skin. He might cover his ears and rock back and forth when he hears loud noises. Or, perhaps certain foods make him gag. These are all examples of problems with sensory integration. Children who suffer from this may also have problems with balance and coordination. They may bump into things often or fall.**

**SI can be treated through a plan developed by an occupational therapist. There are many activities that can be done at home to help a child make sense of their world and to bring order to otherwise chaotic surroundings. An evaluation by a OT is necessary before establishing a “sensory diet.”**

content of the food and I was assured that it was not contaminated, only to find out (through my daughter's reaction) that it was. My recommendation: carry homeopathic histaminamin with you at all time. It helps reduce the allergic reaction. I also hear that Kirkman labs ([www.kirkmanlabs.com](http://www.kirkmanlabs.com)) makes a great enzyme that helps counteract the reaction.

**Myth: This is just some gimmick that companies came up with to make money.**

Reality: Many, many children with ASDs have a condition commonly known as "leaky gut." That means that they have tiny permeations, or holes, in the intestinal wall that allows certain proteins to slip through. Gluten and casein (the protein molecules in wheat and dairy) are two prime culprits. When the gluten slips through the intestine and into the bloodstream, the body recognizes it as a foreign object and launches an immune response. You now have a problem with the body attacking itself. In addition, the gut becomes irritated, swollen, and ineffective. This affects digestion, elimination, and immune response.

**Myth: Cutting out bread will do the trick.**

Reality: Gluten is a widely-used additive. It is used in almost everything that comes in a box or a can, unless it says "gluten-free" on the label. Gluten is used as a thickener in sauces and soups. It goes by about twenty different names. Some "hidden" gluten names: hydrolyzed proteins, caramel color, monosodium glutamate, malto-dextrose, and "natural flavors". Some manufacturers of these substances do not use wheat or gluten in them, some do. You won't know until after it's ingested and the damage is done.

**Myth: There will be an obvious reaction if my child is exposed to wheat.**

Reality: Some people do not have an obvious physical reaction, but intestinal biopsies show damage has been done "silently."

**Myth: I can't do this, it's too hard.**

Reality: Yes, it is hard, but you can do it. Educating yourself is the best first step.

## Contact Information

### New Vision Children's Services

#### Mailing Address:

40335 Winchester Rd. #E-522

Temecula, CA 92591

(951) 757-0875

[www.nvlearning.com](http://www.nvlearning.com)



## Resources on the Web

[www.talkaboutcuringautism.org](http://www.talkaboutcuringautism.org)

### Talk about Curing Autism

A fantastic organization. They have regional support groups, mentoring programs, a lending library, and a very useful website. Their parents' guide, entitled "Families With Autism: Journey Guide" is a must-have for those new to this world.

[www.autismweb.com](http://www.autismweb.com)

### Autism Web

A great parent resource. Offers information on a wide range of topics in the world of autism, including teaching methodologies, current conferences, and breaking news.