



DEVELOPMENTAL DELAY RESOURCES

The ONE Resource Network Integrating Conventional & Holistic Approaches



HOUSTON ENZYMES

Houston Enzymes: The AUTHORITY on Enzymes

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Houston Enzymes, Inc. is the premier authority on food-grade enzyme products as dietary supplements. It was founded in 2001 as Houston Nutraceuticals, Inc. by Devin Houston, PhD, an enzyme biochemist with over 25 years of research experience and author of several peer-reviewed publications. Prior to starting his own company Dr. Houston headed Research and Development at National Enzyme Company.

In 1999, Dr. Houston invented **SerenAid™**, applauded at the 1999 Spring Defeat Autism Now! conference as the first enzyme product designed to support the unique digestive needs of those with autism. In the past 10 years, Dr. Houston has formulated several other enzyme products potently targeted to and focused on the autism community. His approach is to formulate according to specific needs, using only those enzymes necessary to address a particular problem area. The inclusion of fewer enzymes per product allows much higher amounts of enzyme per capsule, increasing the likelihood of a positive outcome.

Houston designed two products that address the digestion of food proteins. **Peptizyde™** and **AFP Peptizyde** are high protease blends containing dipeptidyl peptidase IV (DPP IV), an enzyme that specifically degrades exorphin peptides. Dr. Houston determined that DPP IV, previously undocumented in commercially available proteases, contributes to the specific successful breakdown of gluten, casein, soy and the peptides derived from these proteins.

Many families use **Peptizyde™** to supplement the gluten- and casein-free (GF/CF) diet, especially during dietary infractions. **AFP Peptizyde** has the same function as the original **Peptizyde**, but without the papaya-derived enzyme papain, to which some individuals are sensitive.

Carbohydrate digestion is just as important as protein digestion, and prompted the development of **HN-Zyme Prime™** and **Zyme Prime™** (similar to **HN-Zyme Prime™** but without the use of fruit-based enzymes). Incomplete carbohydrate digestion can become a food source for yeast and pathogenic bacteria, causing gas and bloating, common signs of the fermentation resulting from a bacterial “bloom.” Degradation of complex carbohydrates to simple sugars allows those sugars to be transported out of the gut by specific sugar transporters, present in the gut wall. By removing sugar as a food source for the unwanted gut flora, improved nutrition and firmer, drier stools result, as water is transported out of the gut along with the sugar.

Ingestion of brightly colored fruits and vegetables poses a unique problem to a subset of children on the spectrum, sometimes causing red cheeks and ears as well as behavioral problems. Some believe that this problem may be related to phenolics present in these foods. Polyphenolic compounds are modified during a process called glycosylation by the addition of complex sugar groups during production. Normally during digestion, these sugar groups are removed by specific enzymes in the gut, which then allows them to be absorbed.

In susceptible individuals, the lack of enzymes to convert these phenolic compounds may be responsible for the undesirable symptoms. Enzymes such as xylanase and glucanase, found in Houston’s **No-Fenol™** product, may act to remove the sugar groups, thus allowing digestion to proceed appropriately.

Recently, due to high demand by health professionals, **Houston Enzymes** has combined these enzymes into a multi-enzyme formula known as **TriEnza™**. This product provides a fixed ratio of **AFP Peptizyde**, **Zyme Prime** and **No-Fenol** and can address the needs of those with multiple digestive issues.

All of **Houston Enzymes’** products are available at pharmacies providing custom compounding and the highest pharmaceutical grade supplements. Dr. Houston is readily accessible to answer customer questions. He speaks at no charge to parent groups and conferences. For more information, please visit www.houston-enzymes.com.

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Executive Director's Column

by Patricia S. Lemer, M.Ed., NCC, M.S. Bus.



To Every Thing there is a Season...

Pete Seeger popularized these words from *Ecclesiastes* in the Sixties, with the Byrds' "Turn, Turn, Turn." They are especially applicable to the foods we eat. Yet, few people today can tell you what's in season when.

This afternoon I bought asparagus, harvested just this morning. Each year I wait for luscious, local May strawberries. In August, wild blueberries are so ripe you can smell them before you see them, and local corn, off the stalk less than an hour, SO sweet, spoils you forever for out-of-season corn. Yes, we still see pumpkins only in fall, and shad only in spring, but much produce travels halfway around the world for our convenience all year long.

A Year of Food Life

I just finished Barbara Kingsolver's book *Animal, Vegetable, Miracle*, and HAVE to share it with you. Kingsolver, better known for her fiction, is joined in this delightful read by her environmentalist husband, Steve, and college-age daughter, Camille, who relate their family's life-changing experience of living off products grown only on their farm and nearby for an entire year.

Their stories made me both laugh and cry. "How did that get in there?" exclaimed an urban boy when Steve yanked a carrot out of the ground. This kid had no idea that carrots are the edible roots of a plant! Asked to name another "root" vegetable, he suggested spaghetti! Ignorance about how food grows is not limited to urban children. One of Kingsolver's colleagues insisted that potatoes have "no plant part."

So What's "in season" When?

I LOVE eating in season. It fits perfectly into my inner sense of organization. So...now that spring has sprung, here's a lesson in seasonal eating.

Begin with a trip to your local Farmer's Market. Offerings will vary depending on your latitude. At [Pennsylvania Association of Sustainable Agriculture \(PASA\)](#) member markets, I buy what I see today, because next week it may be gone. Alternatively, follow Michelle Obama's example: plant your own garden!

Spring

Look for "leaves:" arugula, dandelion, fiddleheads, lettuces, spinach, chard, and the first asparagus. By late May, find "heads:" romaine, cabbage, broccoli and cauliflower. Spring brings early fruits: rhubarb, strawberries and cherries. Buy organic; these tender crops soak up pesticides. Breakfast on a strawberry rhubarb crisp, made with organic oats!

Hunt for morels and ramps. Morels are a rite of spring for gourmet cooks, and their haunts around decaying elm, sycamore and ash trees and in old apple orchards are well-kept secrets. Learn more about morels and their appearance in your neck of the woods at www.thegreatmorel.com.

Ramps are another delicious delicacy. Wild leeks resembling garlic and onions, ramps are known as a spring tonic for cleansing the blood. Ramp festivals signal spring in Appalachia. "Fry 'em up, hot and fast, add 'em to eggs or potatoes," according to the *The Foxfire Book of Appalachian Cookery*.

Summer

June brings tender young peas, baby zucchinis and their blossoms. By July longer maturing vegetables: green beans, tomatoes, carrots, peppers, cucumbers, eggplants, yellow squash and pattypan arrive, followed soon by sweet corn. Summer fruits include blackberries, blueberries, peaches and nectarines.

Time for smoothies! Add flax or hemp oil along with protein powder for a quick and delicious breakfast. In August when squash, tomatoes and peppers have taken over the garden, make ratatouille, gazpacho and frittatas. Grate zucchini and hide it in spaghetti sauce, muffins and sweet breads.

Fall and Winter

Hard shelled squashes like acorn, spaghetti and butternut; melons, apples, pears and cranberries appear in late summer. Finally, the root crops: onions, turnips, beets, potatoes, and, yes, more carrots join them in fall. What do you eat when nothing is growing? The Kingsolver family had to figure that one out. This is the time to depend upon dried beans and grains as well as summer vegetables that lend themselves to canning and freezing. Remember when buying tomatoes and zucchinis to put up some sauces, breads and relishes.

Animals Have Seasons Too

Farm animals also are seasonal, the most familiar example being turkey in November, just in time for Thanksgiving. Chickens and their eggs are abundant in spring and summer. Most chicken farmers slaughter several times during warmer months, always freezing birds for sustenance during the winter. Lamb is another seasonal animal. Grass-fed local lamb is one of the healthiest, lowest allergenic protein sources available. Try it!

Cook and Eat In

Cooking and eating en famille has many benefits. Ethnically and geographically diverse National Merit scholars have one thing in common: family dinners. Whether it's the food, conversation, or culture, sitting around the table contributes to their success.

According to Kingsolver, "Cooking is the great divide between good eating and bad. The gains are quantifiable: cooking and eating at home, even with high quality ingredients, cost pennies on the dollar compared with eating out." Furthermore, when YOU cook it, the intangible ingredient only you can add is love.

Advantages of Eating Seasonally

Anticipating strawberries, morels and turkeys can be exciting. Seasonal eating is a natural way to avoid allergies caused by overload. Kingsolver says, "Tying a family's nutritional fortunes to the seasons acquaints us in new ways with what the seasons mean and how they matter." The up- and downward pulse of temperature and lengths of days creates a healthy rhythm in our lives.

Learn More

Join hundreds interested in eating locally and seasonally for PASA's annual conference in February. For Kingsolver's recipes go to www.AnimalVegetableMiracle.com. Look for Annemarie Colbin's *Book of Whole Meals: A Seasonal Guide to Assembling Balanced Vegetarian Breakfasts, Lunches and Dinners*. ALL gluten- and dairy-free! **Bon Appétit!**

DDR Directory Needs Your Updated Info

Is your membership in DDR current? Have you moved, changed your email address or launched a new website? We need to know! We are working on our 2009 Directory and want to include you and the most current information so that people can find you. Please rejoin online at www.devdelay.org or email changes to devdelay@mindspring.com.

10th Anniversary of Autism Asperger's Digest

Check out the March-April issue of the "Autism Asperger's Digest" for a great review of *EnVISIONing a Bright Future*. If you have not already purchased your copy, it is available online at www.devdelay.org or from the publisher at www.oep.org. The "AADigest" will run an article by Patricia Lemer on "Vision Issues in Autism" in the September-October issue. In order not to miss it, take advantage of their special 10th year anniversary half-off price of \$24.95 per year. Go to www.autismdigest.com to subscribe.

The Safety Sleeper

Parents of children with autism no longer need to worry about their children getting out of bed and falling downstairs, walking out of a hotel room or strange place on vacation. Thanks to the Safety Sleeper, a fully enclosed & portable bedframe designed by a mother of an autistic child, everyone can have a good night's sleep. This great new product collapses and assembles easily for travel without tools, fits most standard twin size mattresses, and is made from safe, breathable materials. To view and order it, go to www.thesafetysleeper.com.

Short-term Effects of ADHD Drugs Do Not Last

Initial positive results gleaned from intensive treatment attention deficit hyperactivity disorder (ADHD) in childhood are unlikely to be sustained over the long term, according to a recent analysis of data from the NIMH-funded Multimodal Treatment Study of Children with ADHD (MTA) published in the March 2009 *Journal of the American Academy of Child and Adolescent Psychiatry*. A majority of the children who were medicated at the end of the 14-month trial had stopped taking medication by the eight-year follow-up. The reasons for this decline are under investigation, but they nevertheless signal the need for alternative treatments.

US Autism and Asperger Assoc. Conferences

Did you miss the USAAA regional conference in New Jersey in April 30–May 3rd? No problem! You can download the manual of over 100 pages plus PowerPoint presentations from all the speakers at www.usautism.org. You also get a second chance, because the USAAA annual conference is this July in Los Angeles.

Support Andrew Wakefield

Despite the British medical establishment's attempts to discredit autism hero Andy Wakefield and others, he and his supporters around the world have rallied through two new websites www.cryshame.co.uk and www.wesupportandywakefield.com. CryShame is a campaigning group co-founded by parents and professionals in the UK who all complied with vaccination advice from the Department of Health in ensuring their children were fully vaccinated. Go to the second site to join innumerable groups and individuals by signing a petition of support and demanding an enquiry into the means by which the continuing episodes of misrepresentation concerning Dr. Wakefield came to pass.



Safe Tick and Bug Repellent

Just in time for summer! A non-toxic, environmentally-friendly solution for keeping away pesky bugs and preventing bites. Ambermin's Natural Source is a biodegradable bug repellent spray free of petro-chemicals, and ideal for children, pets, and adults. It's soothing, non-staining combination is formulated to safely deter mosquitoes, flies, no-see-ums, ticks, gnats and fleas. Ingredients include a mixture of organic essential oils in an aloe vera base. To order, contact Hopewell Pharmacy at www.hopewellRx.com or by phone at 800.792.6670.

Body Ecology Diet: Top Choice for ASD

Patricia Lemer is now writing monthly articles for the Body Ecology online newsletter because in her book, *EnVISIONing a Bright Future*, she chooses the BED as her top choice for the families of kids with autism spectrum disorders. To read her latest entry, go to this link: <http://www.bodyecology.com/archive/why-body-ecology-diet-first-choice-for-autism.php>.

No Plastic Bottles in Hot Cars

As the weather heats up, health practitioners are cautioning against drinking anything, including water, from plastic bottles that have baked in a hot car. Research shows that the heat reacts with chemicals in the plastic, releasing poisonous dioxin, a toxin increasingly found in breast cancer tissue. Use a stainless steel canteen or a glass bottle instead!

Autism Rates Soar among Somali Immigrants

Autism is terrifying the community of Somali immigrants in Minneapolis, where one in 28 children is diagnosed with autism. Most of the children were born in America, and have had the same medical care as any American child. Somalis began arriving in Minneapolis in 1993, driven out by civil war; now their MN population is estimated at 30,000 to 60,000. This is not misdiagnosis because of poor language skills; many have siblings fluent in English. Speculation about possible causes: intermarriage; genetic predisposition; a lack of sunlight causing Vitamin D deficiency; and, of course, vaccines. What do you think?

Elizabeth Birt Center for Autism Law

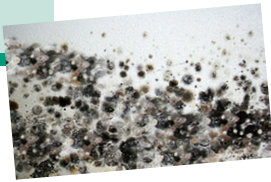
In May, friends of Liz Birt, killed in a tragic accident in 2005, launched a training center in her memory. Liz was an attorney, a co-founder of **SafeMinds**, **National Autism Association**, and **A-CHAMP**, and a principal author of *Mercury in Medicine*, the 2003 report by the House Government Reform Committee that found mercury in vaccines was toxic. Liz spent her life fighting for her son with autism and other affected children and families. The Center will provide legal education on autism issues, resources for legal practitioners and advocates, and a "think tank" to strategize about the legal and advocacy needs of the autism community.

New Developments is a quarterly newsletter published by **Developmental Delay Resources (DDR)**, a 501c3 not-for-profit organization whose mission is connecting families, professionals, and organizations and disseminating the most current information about possible causes, interventions, and preventions for developmental delays. Members of DDR support the inter-relationship of physical, cognitive, and social-emotional development in children whose delays include, but are not limited to, sensory-motor deficits, speech-language disorders, attention deficits, learning disabilities, pervasive developmental disorders, and autism. DDR seeks to educate the public about treatments that: address sensory-motor processing, including occupational therapy, vision therapy, auditory training, and perceptual-motor therapy; boost the immune system, including dietary modification, nutritional supplementation, homeopathy, and detoxification; address structural integrity, including osteopathy, CranioSacral therapy, and chiropractic; and encourage positive social-emotional relationships, such as communication therapies, FloorTime, and family therapy. **DDR is the only organization that integrates all these disciplines.**

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All material in **New Developments** is for information purposes only and is not to be substituted for professional advice from your health care provider.

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Mold is Toxic: What You Need Know

When Michael suddenly became sick with a very high fever, diarrhea and wheezing, his doctor did not know what was wrong with him. A friend suggested that his parents run a special blood test. After Jim and Sarah built their dream house, they decided to have a much-wanted third child. By six months old they knew Andrew was just “not right.” At age two: diagnosis, autism. The culprit in both cases: black mold.

What is Black Mold?

Black mold is a slimy, greenish black fungus that produces toxins. Approximately 25 million Americans suffer from mold “allergies” to some of the thousands of different varieties that invade our homes.

Under ideal growing conditions black mold fungus reproduces into toxic, microscopic spores called mycotoxins which are potent inhibitors of DNA, RNA, and protein synthesis, and can demyelinate nerve fibers, leading to autoimmune disease.

Where Does Black Mold Grow?

Molds require moisture, oxygen, warmth and an organic food source to grow. In post-Katrina New Orleans, they colonized quickly, particularly well in high-cellulose materials, such as wet wood, dry wall, carpet, wallpaper, fiberboard, ceiling tiles, thermal insulation, etc. Outdoor mold paradises include wet leaves in moist, shady areas and compost piles.

Inside, molds love moist warm areas, which may be either visible or invisible. Their protected enzyme roots actually penetrate porous construction materials, especially following storms, plumbing or roof leaks. The sidebar table shows some common mold habitats. “Sick” buildings have mold in many of these areas.

Foods are common mold sources. Fungi from foods can affect the immune system and exacerbate black mold reactions. Some, such as cheese and soy sauce are processed with fungi. Other foods, like mushrooms, are molds themselves. Others like cantaloupe and some dried fruits attract mold. Individuals who have had exposure to black mold should avoid all of these foods.

The human body, especially the warm lungs, sinus cavities and gut, is a perfect breeding ground for mold. After limited exposure, spores quickly colonize and reproduce. That’s what happened to the children in the case studies above.

What are Symptoms of Black Mold Toxicity?

Airborne mycotoxins from black mold affect everyone, not just those who are “allergic.” Most people are unaware that they are breathing mold spores until they become sick. Leaving the affected area helps most recover. However, long-term exposure to the dangerous spores from black mold can result in chronic problems.

Reactions range from benign symptoms such as sneezing and sniffing, sinusitis, the “flu,” headaches, mild breathing difficulties, reflux, brain fog, hearing loss, bruising and dizziness, to more severe, long-lasting problems.

SOURCES OF BLACK MOLD

- Attics with roof leaks or poor ventilation
- Basements
- Bathroom showers, tubs, & toilets
- Carpeting and padding
- Ceilings and ceiling tiles
- Closets and crawl spaces
- Drapes
- Furniture, especially upholstered
- Garbage disposal and pails
- Heating cooling equipment & ducts
- Humidifiers & vaporizers
- Mattresses
- Paint
- Paper products
- Pillows, especially foam rubber ones
- Plants
- Pools
- Rags
- Refrigerator drip trays
- Walls, wet from leaks
- Wallpaper
- Washing machine

Chronic bronchitis, heart problems, cancer, multiple sclerosis, fatigue syndrome, lupus, fibromyalgia, rheumatoid arthritis, multiple chemical sensitivity, bleeding in the lungs, digestive problems, asthma, nail fungus, and much more may point to mold. It can also be a factor in subtle learning, behavioral and attention problems, as well as in autism spectrum disorders.

The body has the ability to hold pathogenic microorganisms along the spinal cord and in the lymphatic system, where they hibernate indefinitely. If and when the immune system becomes compromised, the toxins are released, manifesting as illness and disease.

Eliminating Black Mold

Find and remove the source(s) of mold from:

- leaky faucets or plumbing
- under the refrigerator and the drip tray
- under carpets
- wet walls

Because mold may be invisible, this step may require a professional. Home test kits are available, and some home inspectors are educated about mold.

Next, prepare the home or office to prevent future mold growth.

- dry out with a dehumidifier
- install an air filter

Clean only with products containing natural anti-fungals, such as tea tree oil and vinegar. Some people highly recommend a product called Thieves® Household cleaner, which is made from a blend of 100% natural essential oils, including clove, lemon, cinnamon bark, eucalyptus and rosemary.

Getting Well

Mold illness is very difficult to treat, and most physicians have little education in identifying it. The same essential oils that work to kill molds in a building can be used on and in the human body.

One of the world’s experts on the subject is Dietrich Klinghardt, MD, PhD. View his protocol for neurotoxins, including black mold, go to www.klinghardt.org/neurotoxinprotocol040406.pdf. He uses a combination of a high protein, mineral, fluid and fatty acid diet, plus natural anti-fungals, such as garlic, cilantro and chlorella, along with fish oil, electrolytes and other substances.

Klinghardt is also a big fan of propolis, the resin that bees make along with honey. Propolis is an antifungal, antimicrobial, antibacterial substance that also boosts the immune system. Use an infuser to burn and inhale it, put it on the skin as an ointment, or take it as capsules.

Prevention is the Best Medicine

Illness from black mold and other fungi are pervasive and can masquerade as other problems. For an extremely thorough overview of finding, cleaning and preventing indoor mold problems, visit www.toxic-black-mold-info.com, home of the Toxic Black Mold Information Center. A great reference book on identifying and treating molds in your home, read *The Mold Survival Guide* by Jeffrey and Connie May. Clean up your home now!

Celebrating the Life of Judith Bluestone: Founder of the HANDLE Institute

Of-quoted, inspirational educator William Arthur Ward stated that the *mediocre* teacher tells, the *good* teacher explains, the *superior* teacher demonstrates, and the *great* teacher inspires. According to her sister, although Judith Bluestone wished she could be mediocre; she never was. She was definitely all the other kind of teachers, for so many individuals, in so many circumstances, almost none of which resembled a classroom.



Bluestone's unexpected death in February is a tremendous loss to everyone who knew her, including thousands of clients worldwide who benefited from her profound understanding and compassion and whose lives she touched. Judith personally treated over 4,000 individuals. Much of what she taught, as long as 25 years ago, when no scientific evidence was available, is now being proven by research.

Early Challenges

Judith traced her neurological irregularities to exposure to pesticides, inadvertently brought into the home daily on her father's clothing. The fumes from his laboratory were non-threatening to others, but an ongoing hazard to Judith's vulnerable system.

As a child Judith was painfully aware of her differences. Children mocked her, and adults steered clear of the girl with slurred speech and seizures. But that didn't discourage Bluestone, who herself triumphed over what today would have been labeled "high-functioning autism," by creating simple activities to rewire her own neurological pathways. "If I could become a functional human being, most other people can," Bluestone declared.

The Essence of Judith

The author of *The Fabric of Autism: Weaving the Threads into a Cogent Theory* and *The Churkendoose Anthology: True Stories of Triumph over Neurological Dysfunction* was a tower of strength, an exceptional teacher, mentor, clinician, and friend. Judith's clients and interns drew from her strength and belief in their abilities, as they moved forward in their journeys.

Judith was brilliant; early IQ tests confirmed her giftedness. School challenges rolled off her back, despite her self-imposed high standards. An A was never good enough if an A+ was possible. Her uncanny memory caused a confrontation with a teacher who accused her of cheating because she'd regurgitated so precise an answer to a test question he assumed she had to have opened the text! She challenged him to pick any page; she then told him what it said. He sheepishly apologized.

Judith loved her role as a mentor. She modeled behavior, offering, never imposing her view. She was always available by email to anyone, anywhere in the world, with a "quick question."

Photos impart how much Judith cared about each child. Her depth of connection with clients distinguished her. Families adored her, not just her wisdom or therapeutic outcomes. They felt her genuine concern. What Judith did with her brain power always came from her heart.

The HANDLE Institute

In 1994 Judith created The HANDLE Institute, to serve people around the world. Because the need exceeded what one person could do, she began to train others. The Institute is her legacy, fueled by her incredible energy, will, and vision, even posthumously.

For 40 years, Judith made her paradigm and solutions accessible by translating her personal experiences and subsequent studies into a complex and comprehensive non-drug therapeutic program for learning disabilities, attention deficits and autism spectrum disorders that she named HANDLE®, an acronym for Holistic Approach to NeuroDevelopment and Learning Efficiency.

HANDLE is effective with individuals with myriad "labels," because it capitalizes upon the brain's amazing neuroplasticity. Practitioners assess an individual, and then develop an individualized program of gentle and neurodevelopmentally sound home-based therapy activities that can be done any time and take only 20-30 minutes daily. Organized movements are designed to strengthen weak pathways, enhance underlying weak sensory systems and to integrate the two sides of the body and brain. Clients and their caregivers learn why and how to use these deceptively simple activities in combination with nutritional support to establish the prerequisite, functions. As behaviors shift, higher-level skills become possible. That's success!

HANDLE Success Stories

Dylan, a fifth grader, went from barely passing grades, and getting into trouble for touching and bumping into people, to reading with good comprehension and keeping his hands and body to himself.

Charlie, age five, increased social interaction, showed less volatility, more independence, bowel and bladder control, and more language after six months in a HANDLE program.

Amy, an intelligent, 14-year-old with few friends, poor social skills, and nightly bed-wetting, had some real friends, appropriate social skills, and no bed-wetting after HANDLE.

José, a 10-year-old diagnosed with ADD, constantly interrupted, was easily distracted, didn't finish his work, displayed poor handwriting, play skills and stamina. After HANDLE, he was better coordinated, more focused, less irritable and impulsive, and is doing well in school.

Visit www.handle.org to learn some of Judith's signature activities, explore possible environmental offenders and discover important nutritional issues. You can also find a HANDLE practitioner in your area, and see the schedule of HANDLE courses. Contact the Institute at support@handle.org, or 206.204.6000.

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Seaweeds: A Delicious Rich Source of Minerals

Eat seaweed? If you enjoy sushi, you already do! Nori, the wrapping for those rolls and cones is just one of thousands of seaweeds, not all of which are edible.

Whether you call them sea vegetables, or seaweeds, this amazing delicacy has long been a staple of Asian cuisines. Recently they are gaining popularity in the West. Why? Because they are incredibly delicious and healthy!

Natural Supplements

Sea vegetables are an extremely rich source of vitamins, fiber, protein, and contain 10 to 20 times more nutrients than land grown plants. They are loaded with calcium, phosphorous, magnesium, sodium, iron, iodine, Vitamins A, B, C, E, K, chlorophyll, riboflavin, pantothenic acid, and folate. They also have traces of all the minerals and micronutrients found in the ocean, and are easily assimilated by the body. Eating seaweed several times a week might even replace your vitamin and mineral supplements!

What are Some Benefits?

Seaweeds come in an array of colors, mostly greens, browns, and reds. They can

- Prevent birth defects and disease
- Alkalize your blood
- Balance thyroid and endocrine function
- Detoxify heavy metals, environmental pollutants, and carcinogens
- Have anti-inflammatory effects and contain powerful antioxidants
- Control the growth of viruses, yeasts and bad bacteria
- Fight constipation

Choose sea vegetables that have been harvested in environmentally protected areas, and have been tested for chemical, heavy metal and bacteriological pollution. Seaweeds are sold dried. Most need to be hydrated before eating.

Popular Sea Vegetables

Nori, the Japanese term for various edible seaweed species of red algae, is probably the most familiar. The highest in B vitamins, it is full of trace minerals, iron, Vitamins A, C and E (all antioxidants) and has as much protein as soybeans. It is usually dark green or black, and is made by shredding sea vegetables and pressing them into sheets. Toast it for a snack or use it as a wrap for fillings like rice, vegetables, quinoa or nut pates.

Arame is a brown algae very popular in Japanese cuisine, and is known for its mild sweet flavor. If eating seaweed sounds a little scary, arame can be a good place to start. Rich in fiber, vitamin A, calcium and magnesium, arame is a great natural source of iodine. It's sold in finely shredded strands that have a crispy texture. Hydrate arame until soft, then chop and toss it into a salad without cooking. It's delicious hot with sautéed sweet onions and carrots or sweet peas along with a green salad.

Kombu has high amounts of iodine, carotenes, Vitamins B, C, D, E, calcium, magnesium, potassium, silica, iron and zinc. You can add strips of kombu to water and simmer for 30 minutes to release the minerals and flavor any soup. The Japanese use it to make dashi, the stock for miso soup. Add it to beans and rice to tenderize them and make them easier to digest.



Wakame is a beautiful, green, delicately flavored seaweed that is closely related to kombu. Recently, Japanese researchers found a compound in wakame that appears to show promise in the fight against obesity. It is also one of the highest vegetarian sources of omega-3 fats. Wakame is great in soups and salads.

Kelp is rich in potassium, iron, iodine, Vitamins A, B, C, D, E, K, riboflavin and fiber. It is said to chelate heavy metals and radioactive particles, purify the blood, balance the endocrine system and aid digestion. Powdered kelp is salty and delicious sprinkled on popcorn, grains and vegetables.

Hijiki is an abundant brown sea vegetable that is packed with fiber and minerals, hijiki is also a natural health and beauty aid. Japanese folklore attributes lustrous, thick, dark hair to regular hijiki consumption. Don't be put off that it looks a little like black worms! This sea veggie may not be the very first one you want to introduce to your pickiest eaters.

Soak and chop hijiki, then simmer 45 minutes to an hour until it's really tender. Saute it with onions and carrots in coconut oil, add a large dollop of whole grain mustard and wheat-free soy sauce or tamari. Add cubes of butternut squash to create a delicious stew. When chilled, this dish makes a delicious topping for salads, or an easy filling for nori wraps.

Dulse (pronounced to rhyme with pulse), grows on the northern Atlantic and Pacific coasts, and has been an important source of fiber in Iceland for centuries, where the tradition is to eat it with butter.

You can eat dulse right out of the package as a quick snack that's packed with protein and iron. Carry it with you to munch on when you need some energy or brain food. Packages of dulse flakes are handy to sprinkle on salads and onto grains such as millet, quinoa, amaranth and buckwheat. It's also delicious in soups, and as a salad topping.

Agar is a vegetarian alternative to gelatin that does not melt at room temperature. Agar lubricates the digestive tract, and has mild laxative properties. Use it to make aspics, mousses and jello molds, Try some kanten, jellied fruit juice with chunks of cantelope or strawberries. Great for picnics!

Be Brave; Try Some Seaweed

The next time you visit an Asian restaurant, order Seaweed Salad for a little mound of each of the above gems. Buy seaweeds online, in your local health food store, or any Asian market. Be forewarned that a little out of the package goes a LONG way rehydrated.

Many thanks to Donna Gates and the folks at BodyEcology.com for the bulk of this article. The website and Gates' *The Body Ecology Diet Book* have many great recipes containing sea vegetables. To see beautiful photos of all of the seaweeds, go to www.healthyreader.com/2008/07/04/the-healing-power-of-sea-vegetables/. Many cookbooks are available on cooking with sea vegetables. Check them out!

E is for Enzymes

by Kelly Dorfman, M.S., L.N.D. Cofounder DDR

Children diagnosed with developmental delays have a high rate of digestive pathology. Studies suggest between 58 and 93% of children with gastro-intestinal (GI) symptoms, and slightly less than half of those without noticeable symptoms, have low digestive enzyme activity. While special diets, supplemental nutrients, good bacteria replacement and yeast treatment are all needed to heal these children's guts, adding enzymes may be necessary for the complete restoration of digestive function.

What are Enzymes?

Enzymes are special proteins that catalyze essential biochemical reactions. Health care professionals use two main types of enzymes: metabolic and digestive. Metabolic enzymes facilitate activity in the immune, endocrine and other systems. The focus in this article is on digestive enzymes, which are necessary to break down food.

Where do Enzymes Come From?

Fresh, raw food is a natural source of enzymes. The gut lining in healthy digestive tracts also produces enzymes. Efficient digestion requires enzymes from both sources. The guts of picky eaters, damaged by the overuse of antibiotics, toxins, poor diets, allergy reactions and vaccines, may produce too few digestive enzymes. Supplemental digestive enzymes are necessary when the diet and gut together supply insufficient amounts.

Can your child benefit from supplemental digestive enzymes? Knowing the ABCs of enzymes may help you decide.

A is for Appetite (and weight gain)

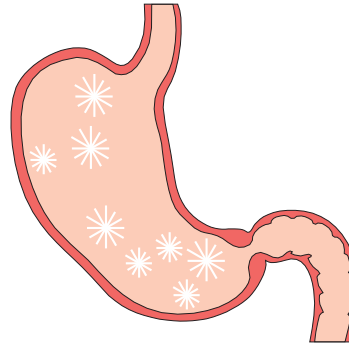
When enzymes are insufficient or absent, partially digested food sits in the GI tract. The result is discomfort or poor absorption of calories and/or nutrients. For youngsters with poor appetites, the body's message to the brain is "Eating feels bad," or "I'm already full." If a child's appetite is good, and he is still not gaining weight, the food delivery trucks are not getting through. Either way, added enzymes can ease GI discomfort or simply increase uptake of nutrients.

B is for Breaking the Malabsorption Cycle

The gut lining requires vitamin A, zinc, protein, B vitamins and other nutrients to regenerate. A healthy, well nourished lining produces more enzymes. When too few enzymes are made, the resulting poor uptake of nutrients leads to an unhealthy gut lining and further deficiency. Many youngsters with developmental delays are already picky eaters, so their poor absorption can be devastating for brain development. They need enzymes to help break down food so that their bodies can utilize the released vitamins and minerals.

C is for Cheating

Significant symptoms triggered by small cheats on a restrictive diet may signal the need for digestive enzymes. A very restrictive diet, such as the Specific Carbohydrate Diet (SCD), allows the dysfunctional gut to rest and repair itself by removing irritants, thus preventing further damage. However, taking away foods that initially caused the GI injury may not be enough. Supplemental enzymes can reduce food reactions by breaking the allergens in food into smaller pieces. In addition, if kids "cheat," the enzymes can help prevent strong reactions to problematic foods such as gluten and casein.



D is for Dysbiosis

Dysbiosis is a term used to describe an imbalance of gut microbes. The symptoms of dysbiosis are gas, bloating, diarrhea and/or constipation. Gas forms when bacteria and yeast in the GI tract metabolize and cause fermentation of food particles. An abundance of fermentation impairs digestion.

While good bacteria in the form of probiotics can help, if the food sits in the digestive tract in big pieces for too long, yeasts and bad bacteria will increase to deal with it. This results in more gas and increased dysbiosis. Enzymes serve to break this cycle, moving the food into the bloodstream more quickly and not allowing it to sit as fodder for gut bugs.

How do I Choose the Right Enzymes?

Many types of enzymes are available; most are specific for the substance they break down. For example, lipase is an enzyme that only works on fats (lipids). Dipeptyl dipeptidase (DPP IV) cleaves proteins that have proline in the second position, such as gluten and casein.

For a child on a gluten-free, casein-free (GF/CF) diet, who may want to cheat occasionally, or who may be consuming foods with casein or gluten contamination, a peptidase enzyme might be helpful. Children who are extremely sensitive to gluten and casein often benefit from taking peptidase enzymes, even if they adhere strictly to the GF/CF diet, because gluten-related proteins exist in other grains. Check out Peptizyde from this newsletter's sponsor, Houston Enzymes.

If a child has less specific digestive issues, which would include symptoms such as loose stools, gas, general stomach pain, poor appetite or yellow/green stools, a mixed enzyme product might be more appropriate. A general, mixed digestive product contains fat, starch and protein dissolving enzymes.

ZymePrime by Houston Enzymes is an example of a general digestive enzyme product that is geared towards children. It is grown on fungus and is vegetarian. Animal-based enzyme products (from pigs) are stronger and can be too strong for sensitive children.

When the gut is inflamed, as in autistic enterocolitis, enzymes can cause more irritation even if a child needs them. Watch for crankiness or worse GI symptoms. When in doubt, take them out and consult a good health care professional.

Everyone Needs Enzymes

Enzymes are a safe and critical part of digestion. An elimination diet is often not enough to heal underlying problems. Consider enzymes as the next step in the digestive healing process.

For more information on enzymes read about this newsletter's terrific sponsor, Houston Enzymes, and go to their website at www.houstonenzymes.com.

UPCOMING EVENTS

- **Wednesday, May 20, 2009 – Brooklyn, NY**
- **Tuesday, June 9, 2009 – Long Island, NY**
Safety and Efficacy of Vaccines
Speaker, Lawrence Palevsky, MD
Brooklyn Location: BAX Brooklyn Arts Exchange, 421 5th Avenue
Long Island Location: Fitness Advantage, Southold, NY 11971
For more information and to purchase tickets call 917.617 6149 or go to www.drpalevsky.com.
- **Wednesday, May 20, 2009 – New York, NY**
Educate Before you Vaccinate
Speakers: Andrew Moulden, MD, PhD and April Renée
Sponsored by the NY Chapter of the National Autism Association (NAA)
Location: Rebecca School, 40 East 30th Street, 5th Floor
For more information go to www.naanyc.org.
- **Saturday, May 23 – Sunday, May 24, 2009 – Dallas/Fort Worth, TX**
Tourette's, Tics, OCD and Depression: Natural and Biomedical Approaches
Co-Sponsored by Great Plains Laboratory and Assn. for Comprehensive Neurotherapy
For more information, go to www.touretteconference.com.
- Saturdays, May 23, June 1 & 8, 2009 – San Francisco, CA**
Get a HANDLE on Neurodevelopmental Differences – Introductory Course
For further information, contact The HANDLE Institute at 206.204.6000 or go to www.handle.org.
- **Wednesday, May 27 – Thursday, May 28, 2009 – New York, NY**
Gluten Freedom: Reclaiming Our Daily Bread & Amazing Gluten-Free Pies
Join chef Rebecca Reilly for a hands-on class at the Natural Gourmet Institute.
Class includes pizza, focaccia, English muffins and more.
Go to www.naturalgourmetschool.com.
- **Saturday, May 30, 2009 – Ventura, CA**
- **Saturday, June 13, 2009 – New York, NY**
The Vaccine Seminar
Speaker: Tim O'Shea, author of *The Sanctity of Blood*
Registration: 408.298.1800 or doc@thedoctorwithin.com.
- **Thursday, June 4 – Monday, June 8, 2009 – Forest Grove, OR**
Autism Spectrum Disorders: Joint Conference between Optometry and Others
Sponsored by the Optometric Extension Program (OEP).
For more information call 800.424.8070.
- **Friday, June 5 – Saturday, June 6, 2009 – Atlanta, GA**
- **Friday, July 10 – Saturday, July 11, 2009 – Houston, TX**
M.O.R.E. Integrating the Mouth with Sensory and Postural Functions
Speakers: Patricia Oetter and Eileen Richter, OTRs. For more information and to register, contact PDP at 651.439.8865 or go to www.pdppro.com.
- **Tuesday, June 9, 2009 – Providence, RI**
- **Wednesday, June 10, 2009 – Worcester, MA**
Bully-Proofing Made Easy: A Quick, Powerful & Fun Way to Solve Bullying Problems for Kids & Schools
Speaker: Izzy Kalman
For more information, and other dates, go to www.crosscountryeducation.com.
- **Wednesday, June 10, 2009 – New York, NY**
Family Constellations Workshop with Leah Matalon
For more information go to www.leahmatalon.com.
- **Monday, June 15, 2009 – Hershey, PA**
Sensory Tools for Tots
Speaker: Diana Henry, OTR/L.
For more information and other dates visit www.ateachabout.com.
- **Monday, June 22, 2009 – Seattle, Washington**
Dismantling Dyslexia to Deal with its Many Parts
For further information and to RSVP contact The HANDLE Institute at 206.204.6000.
- **Friday, June 26 – Sunday, June 28, 2009 – Phoenix, AZ**
2009 Lyme-Autism Connection Conference: From Roadblocks to Recovery
Sponsored by the LIA Foundation. Speakers include Dietrich Klinghardt, MD, PhD.
For more information and to register, go to www.lymeinducedautism.com.
- **Friday, June 26 – Saturday, June 27, 2009 – Syracuse, NY**
- **Friday, July 10 – Saturday, July 11, 2009 – Cincinnati, OH**
Eyesight to Insight: Visual-Vestibular Assessment & Treatment
Speakers: Mary Kawar, OTR/L and Carl Hiller, OD, FCOVD. For more information and to register, contact PDP at 651.439.8865 or go to www.pdppro.com.
- **Saturday, June 27, 2009 – Washington, DC**
Family Constellations Workshop
Experience how trans-generational pain can affect today's families. For more information and other dates, go to www.theconstellationsgroup.com.
- **Saturday, June 27 – Sunday, June 28, 2009 – Seattle, WA**
"Get a HANDLE on Neurodevelopmental Differences"
More information at www.handle.org.
- **Thursday, July 9 – Sunday, July 12, 2009 – Los Angeles, CA**
US Autism Asperger Association 2009 International Conference
For more information and to register go to www.usautism.org.
- **Friday, July 17 – Saturday, July 18, 2009 – San Francisco, CA**
Sensory Integration in the Classroom
Speakers: Lee Pennington Neill, PhD and Nikki Rosen-Lieberman, MA, OTR
For more information and to register, contact PDP at 651-439-8865 or go to www.pdppro.com.
- **Saturday, July 18 – Sunday, July 19, 2009 – Barrie, Ontario, CANADA**
- **Sunday, August 15 – Monday, August 16, 2009 – Tri-Cities area, WA**
Get a HANDLE on the Autism Spectrum
For further information, contact The HANDLE Institute at 206.204.6000 or go to www.handle.org.
- **Wednesday, July 22 – Saturday, July 25, 2009 – St. Charles, IL**
40th National Autism Society of America Conference
For more information and speakers go to www.autism-society.org.
- **Tuesday August 17 – Sunday, August 22, 2009 – Seattle, WA**
Rhythmic Movement Training Levels 1, 2 and 3
Facial Reflexes and Bonding
Taught by Sonia Story and Nancy Peterson. For more information go to www.moveplaythrive.com.
- **Saturday, August 28 – Sunday, August 29, 2009 – Hartford, CT**
Yoga for the Child with Developmental Challenges
Speaker, Anne Buckley-Reen.
To learn more go to www.educationresourcesinc.com.

Developmental Delay Resources

5801 Beacon Street ■ Pittsburgh, PA 15217

www.devdelay.org ■ [email:devdelay@mindspring.com](mailto:devdelay@mindspring.com)

Spring 2009 Membership Renewal Form

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If you are a Professional or Organization and would like to renew using PayPal, please go to www.devdelay.org, click on "Join DDR" and complete the form online.

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