

# Biomedical Treatment Checklist for Autism

A condensed version of the DAN! guidelines by James Adams

## Follow in this order:

1. Improve quality of diet. Eliminate junk food. Increase intake of vegetables, whole fruit, and protein, while limiting sugar/starch intake.
2. Minimum 3-month trial of total avoidance of casein and gluten.
3. Add digestive enzymes, vitamins, minerals.
4. Test thyroid function and iodine level – consider thyroid hormones and/or iodine.
5. Test gut function: Comprehensive Digestive Stool Analysis and urinary organic acids, using both tests to check for intestinal yeast/bacteria. If necessary, treat with antifungals, probiotics, and possibly antibiotics. Try low sugar/starch diet, and consider Specific Carbohydrate Diet to starve yeast/bacteria.
6. Test for amino acids, and add if necessary.
7. Test plasma sulfate and glutathione; supplement if low.
8. Assess heavy metal toxicity by chelation challenge, and treat if high.
9. Try additional nutrients (Essential fatty acids, DMG/TMG, methyl-B12)
10. Try mega-B6 with Magnesium (8 mg of B6 per pound bodyweight, and 4 mg/pound bodyweight of Magnesium), especially if kryptopyrole test high.
11. Test for viral infections, and treat if necessary.

**Behavioral therapy is also strongly recommended, and should be done simultaneously.** Applied Behavior Analysis, Relationship Development Intervention, and other methods are available.