



NEWS A conversation with Roger Barnett, CEO

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GCE Health

Autism

Wonderful Little Boy!

"My son is now 7. At 3 he was diagnosed with autism. Since there are many kids diagnosed with autism in my geographical area, parents have networked and formed several groups. Most of these parents have voluntarily taken their children off casein and gluten and have found remarkable results. My husband and I chose not to take our son off gluten, but by age 6 he was diagnosed a celiac, so we had no choice. He has always been a vegetarian, not by a conscious choice but probably because of texture.

I've put him on lots of supplements. Twice a day he takes about 1/2 cup Soy Protein with 2 B-Complex, 2 Sustained Release Vitamin C, 3 OsteoMatrix (calcium/magnesium), 1 GLA, 1 OmegaGuard, 2 Lecithin, 1 Optiflora, 2 Mental Acuity Plus, 1 Zinc, 3 Alfalfa, and 1 Vita-Lea. I realize some of the supplements have gluten in them, but I believe the celiac is linked to the metabolism of the autism and not a true celiac disease. I don't worry about the minute amounts of gluten in the Bs. He has been on this for about 18 months and we have noticed a major improvement in him overall.

I put all his supplements in applesauce, mix in the Soy Protein, add a little Vanilla Meal Shake and cinnamon for flavor and it tastes like apple pie. He's to the point where he swallows the supplements whole. He has this for breakfast, I send protein in his applesauce to school for lunch, and he has his supplements after school. If he gets wound up, I give him up to 3 Valerian to take the edge off.

When he was diagnosed, the doctors told us he would never speak, would learn very little, and to not expect much from him. Yet he's done very well. He can talk and tell us his needs and is gaining social skills, slowly. His teacher said he has met or exceeded every goal set for him on his IEP except the one about typing 10 words per minute.

I think the biggest change I saw in him was when we began the Optiflora. His expressive language really took off. His behavior is more manageable now and he is a wonderful little boy!"

-Lynda

Autism Testimony

I have a now 10 year old son with autism, and I have had him on Shaklee supplements for about 6 years. He was diagnosed with autism when he was 3 and a half.

About 2 years later he was also diagnosed with celiac sprue, which is an allergy to wheat products. Many of the families in my area (upstate NY) had voluntarily taken their children with autism off wheat. Some noticed a difference, some did not. We chose not to until, of course, we had the test done.

However, before taking him off the wheat, I heard Mrs. Barbara Herman speak about her son. I spoke with her and began Mitchell on a daily regime of about 1 cup protein a day, 2 Incredivitess, 2 B-complex, 3 lecithin, 1 GLA, 2 acuity, 2 calcium magnesium, 2 sustained release C, and one optiflora and the powder. I mix it all in applesauce and add cinnamon. Mitchell has been eating that every morning for breakfast for the last 6 years. The biggest difference has been when I introduced the optiflora. Within a few weeks he began expanding his vocabulary and speaking in three or more word sentences. How did that happen? I haven't a clue, but I know that it did.

He is now going into fourth grade. He has had a wonderful year in school and socially. He is adding, subtracting, and understands fractions! He can read, write, type, and loves computer games. Socially, he asks to play with the neighborhood kids, which is HUGE for him since he didn't care if anyone was around.

If you are planning to try Shaklee supplements, I would encourage you to do it. I found if I hid them in the applesauce, I did not have to break them up, Mitchell swallows them whole.