

Plain Old Antioxidants Help Autism

Centennial—Last month I wrote about **glutathione** and how it can undo bad effects of MSG, aspartame, as well as mercury, lead and arsenic in your diet and environment. But there is a very specific use for **glutathione** that I promised to write about this month. And that is the link between autism and how glutathione may reverse the neurological symptoms associated with autism.

Mercury is the most toxic non-radioactive element in existence.³ Thimerosal is a vaccine preservative that consists of 50% ethyl mercury. It is used to prevent contamination of the vaccine vial with bacteria or growths. It used to be an ingredient in most vaccines as recently as the 1990's. Back then, for a 6 month old who received all required vaccines, the typical exposure to ethyl mercury would have been **187.5 micro grams**. This cumulative exposure would be 66% higher than the Environmental Protection Agency recommends safe on a per/pound and weekly accumulation basis of *methyl* mercury (assuming a 15 pound infant.)¹ (There are no established norms for *ethyl* mercury exposure which has one more carbon than methyl).

Most kids seem to have no overt problems from getting vaccines. However, there is no doubting that autism increased from **5/10,000** to **60/10,000 kids** after three additional thimerosal-containing vaccines were introduced for newborns in the early 1990's.³ (That's a 1200% jump!) So what is the controversy over vaccines causing autism? It appears that infants and children who develop autism spectrum disorder are not able to

excrete the mercury accumulations from their body. This is witnessed in the first haircuts of autistic kids versus normal kids. Normal kids have 800% more mercury in their hair than an autistic kid. The fact that mercury doesn't show up in the autistic person's hair indicates the body isn't excreting it. Autistic children have **20% lower cysteine** and **54% lower glutathione** in their blood, possibly due to genetic mutation that does not code properly for a gene.³ And as we saw in last month's newsletter, glutathione is an antioxidant the body actually makes. It's job is to target pollutants, including mercury, for elimination. So if an autistic child has less than 50% of normal, then their body may be compromised when assaulted with the "most toxic non-radioactive element in existence."³

Chelation of heavy metals is now the preferred treatment—normalizing blood levels of glutathione and cysteine account for improvements. In fact, the support group, Defeat Autism Now, considers autism curable!

Mercury is still in **diphtheria**, **tetanus** and **flu**. My personal comment: the FDA's own website says that "thimersol-free" vaccines may still have traces of it from the manufacturing process. However, if you are convinced of the need for vaccines, insist on single-dose vials that are not likely to need a preservative. What may still not be appreciated are other toxic chemicals like **phenol** that are used in vaccines and the unknown effects they may cause. If you thought you had to get them for school, you should know that Colorado has THE best laws for allowing you to decline them⁴. (References on page 3).

Yours in health, Dr. Erica

REFERENCES for Autism Article

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4. 25–4–903. Exemptions from immunization. (Colorado Law) Colorado Statutes/TITLE 25 HEALTH/DISEASE CONTROL/ARTICLE 4 DISEASE CONTROL/PART 9 SCHOOL ENTRY IMMUNIZATION/25–4–903. Exemptions from immunization (Religious, Medical & Philosophic)