Nutritional Supplement Addendum A

In addition to starting the suggested supplements in Step One and starting the workbook, the following is a brief synopsis of Step 1: Program for Neurological Inflammation from Autism: Pathways to Recovery.

The first step in the program is removing excitotoxin triggers from the diet. This simply involves reading labels and closely monitoring food and supplement intake to avoid excitotoxins. Some choose to follow a more restrictive diet eliminating Casein and Gluten; In addition, it is important to limit the intake of calcium to prevent damage to neurons. Excess excitotoxins cause an imbalance in the flow of calcium, which can lead to an inflammatory cascade, causing the release of inflammatory mediators and ultimately the death of neurons. If both glutamate (and other excitotoxins) and calcium are kept under control, it is possible to limit the excitotoxin damage. For a full description of this Step and a more comprehensive supplement list, please refer to the Autism: Pathways to Recovery book.

During this first phase, it is necessary to support impaired systems and to lay the groundwork to aid the body in repairing and generating new neurons. This is accomplished with a variety of herbs, vitamins, and nutritional supplements that serve as antioxidants and help to reinforce one’s diet. The idea is to compensate for any imbalances in the body due to the malfunctioning of a number of organ and metabolic systems. The number of supplements utilized varies from approximately 5 to 50 or more, depending on the severity and the number of the imbalances in an individual. The systems or imbalances that may require supplementation include the pancreas, the intestinal tract, excessive acid production in the stomach, the liver, hormonal imbalances, thyroid, adrenals, and neurotransmitter imbalances among others. This may seem like a lot of supplements, and in some cases it is. However, the ultimate goal is the reversal of accumulated damage. Nerve damage is a process; by the time an individual recognizes that they have neurological problems, more than 50% of their neurons may have been damaged causing neurological issues. It takes time and commitment in order to halt and reverse this process. How long does it take to grow a new neuron? No one really knows. For years it was widely believed that it did not happen at all, but we now know that it does happen. What we do know is when an individual is committed to taking charge of their health, incredible results are achieved.

The suggested supplementation protocol is broken into categories. It is not necessary to take every supplement in every category. However, depending upon the severity of an individual, it may be necessary to use every supplement listed. It is always possible that a particular individual may be sensitive to an individual herb or supplement. For this reason it is best to slowly add supplements to the program, using the smallest amount possible, allowing several days before adding more supplements. Yes, it will take a while to introduce all the new supplements. It is important to remember to be calm and patient and not feel rushed to get through the program. Remember, this is a marathon, not a sprint.

The approach is to try to rebalance a number of pathways in the body simultaneously. If you begin to think about the body as a roadway system, imagine that you are supplementing the main road, the side roads, and the back roads all at the same time. This requires a small amount of a large number of supplements. This is the way the body is accustomed to working, having multiple pathways and feedback systems to get to the same point.

Please Note: Please refer to the Autism: Pathways to Recovery book for a more comprehensive explanation of Step one and the steps involved in the program. As always, work in conjunction with your Healthcare professional. If you order the Comprehensive Program Review or Biochemical testing we ask you go to www.ch3nutrigenomics.com and download Dr Amy’s preferred supplement format. Completed lists can then be emailed to kelly@holistichealth.com or faxed to 1-207-824-0975.

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1) a) Lab Tests indicating a need for Liver Support:
- Elevated AST (SGOT)
- Elevated ALT (SGPT)
- Elevated alkaline phosphatase (ALP)
- Elevated lactate dehydrogenase (LDH)
- Elevated bilirubin
- Elevated cholesterol
- Elevated triglycerides
- Long term chelation with sulfur based chelating agents
- High level excretion of toxic metals on fecal tests

b) Supports for Liver Health:
- Liver Support Formula RNA
- MTHFR A1298C+/Liver Support BH4 Compd
- Ultimate B Complex
- Folazin
- Cod Liver Oil -CLO
- Shark Liver Oil - Norwegian Shark Liver Oil
- SAM-e (Low dose in Ultimate B, ACAT/BHMT, COMT/VDR, MethylMate, and UltiFend)
- Rosemary (In NaturoMycin Spray, COMT/VDR, VDR FOK, UltiFend and Vita D-Light Spray)
- Quercetin 500 Plus (In UltiFend and COMT/VDR)

2) a) Lab Tests indicating a need for Kidney Support:
- Elevated BUN
- Urine excretion/detox of metals for prolonged periods

b) Supports for Kidney Health:
- Kidney Support Formula RNA
- CBS/NOS Compounded Supplement
- Cranberry Caps (In UltiFend and NaturoMycin Spray & Caps)
- Cranberry Juice -Sweeten with Xylitol or Super Stevia
- Curbita Bladder Caps (In NaturoMycin Caps)
- SAM-e (Low dose in Ultimate B, ACAT/BHMT, COMT/VDR, MethylMate A, and UltiFend)
- ATP-20 (In MitoForce and MTR/MTRR/SUOX)

3) a) Lab Tests indicating a need for Pancreatic Support:
- Consistently elevated glucose
- Consistently low glucose
- Elevated triglycerides
- VDR Fok + - or VDR Fok + +
- Imbalances in pancreatic elastase on a CSA/GI
- Imbalances in chymotripsin values on a CSA/GI
- Imbalances in SCFA (iso-valerate, iso-valerate and n-valerate) on CSA/GI
- Imbalances in LCFA on a CSA/GI

b) Supports for Pancreatic Health:
- Prolongevity Formula RNA
- CCK Support Formula RNA
- VDR FOK Compounded Supplement
- Vita D-Light Spray OR Vitamin D
- Special Digestive Enzymes With Each Meal
- Fenugreek
- Chromium
- Red Yeast Rice
- Vanadyl
- GABA

4) a) Lab Tests indicating a need to Decrease Calcium:
- Elevated calcium relative to magnesium on a urine essential element test
- Elevated calcium relative to magnesium on a red blood cell element test
- Stims

b) Supports to help address High Calcium:
- MitoForce Compounded Supplement
- CoEnzyme Q10 Fatigue & Muscle Support Spray
- GSH Capsules OR Glutathione Chewing Gum
- Magnesium (Low dose in MetalAway, MTR/MTRR/SUOX and MitoForce)
- Chamomile
- Boswellia - Ayur Boswellia Serrata (In Inflammation compound-coming)
- Vinpocetine
- Zinc (Low dose In NaturoMycin Spray, SeroMood and PeptiMycin)
- Paradex (In NaturoMycin Caps)
- Don Quai - Max V
- Air Power
- Black Cohosh
- Prevagen 5mg or less

5) a) Lab Tests indicating a need to Increase Calcium:
- Calcium below the range of low end normal on a urine essential test
- Calcium below the range of low end normal on a RBC element test
- High level excretion of lead should check urine calcium levels

b) Supports to Increase Calcium:
- Bone Support Formula RNA
- MitoForce Compounded Supplement
- CoEnzyme Q10 Fatigue & Muscle Support Spray
- GSH Capsules OR Glutathione Chewing Gum
- Nettle (In Calm Down-Gaba/Glutamate Spray)
- Chamomile
- Chervil
- Cal/Mag/VitD/VitK -Calcium & Magnesium Citrates
- Don Quai - Max V
- Black Cohosh
- Prevagen 5mg or less

6) a) Lab Tests indicating a need for Glutamate/GABA balance:
- Elevated glutamate, glutamine, glutamic acid on urine AA
- Elevated aspartate, aspartic acid on urine AA test
- Low GABA (gamma aminobutyric acid) on a urine AA test
- Low GABA on a Neurotransmitter test
- Elevated quinolinic on OAT/Metabolic Test
- Seizures
- Stims
- Poor eye contact
- Aggressive behavior

b) Supports to balance Glutamate/GABA:
- Nerve Calm Formula RNA
- Comfort RNA
- Glutamate/Gaba Spray (Calm Down)
- Melatonin Sleep Spray
- Progesterone cream- Pro-Gest Body Cream
- GABA
- Pycnogenol
- Grape Seed Extract
- Valerian Root
- Jujube
- Lithium Orotate based on UEE levels
- L-Theanine
- Taurine (not for CBS + or SUOX Mutation unless suggested on testing)

7) a) Lab Tests indicating a need for Immune Support:
- Imbalance on ImmunoSciences or other similar test panels

b) Supports for the Immune System/Thymus/Spleen:
- Liver Support Formula RNA
- AHCY/SHMT Compounded Supplement
- Immuno Forte
- Ora-Triplex
- Ultimate B Complex
8) **Lab Tests indicating a need to address Bacterial Imbalances:**
- History of chronic ear infections
- Maternal history of Streptococcal infection
- History of bacterial pneumonia
- Streptococcus, E coli on CSA/GI
- Other bacterial pathogens on CSA/GI
- Elevated kynurenic on OAT/Metabolic Test, CONFIRM with CSA/GI
- Elevated quinolinic on OAT/Metabolic Test, CONFIRM with CSA/GI
- Low gut pH or high gut pH
- High suberic on a MAP or OAT
- High DHPPA on a MAP or OAT

b) **Supports to balance / repopulate GI Tract / Decrease E.coli and Strep:**
- Bowel Support Formula RNA
- Super digestive enzymes
- VDR/ Fok compound
- MTHFR A1298C caps
- CCK Support RNA
- Microbial Support Formula RNA
- Stomach pH Balancing Formula RNA
- IMF 5 (Immunfactor #5)
- AHCY/SHMT caps/Spray
- Grapefruit seed extract
- Slippery elm
- VitaOrgan
- Leaky Gut RNA
- Glucosamine/chondroitin plus
- Rotate probiotics (one each day of the week):
  - NutriClean Probiotics
  - Supremadophilus
  - Florastor
  - Allerdophilus
  - Lactobacillus Reuteri(Gut Health or probiotic drops)
  - Lactobacillus Plantarum
  - FloraElite
- Rotate antimicrobial herbs (choice based on CSA Sensitivity tests):
  - NaturoMycin Spray
  - NaturoMycin Caps
  - Bactisolve
- Additional individual herbs as indicated by sensitivity testing

9) **Lab Tests indicating a need to address Yeast Imbalances:**
- Elevated arabinose on OAT/Metabolic test, CONFIRM with CSA/GI
- Presence of yeast on CSA/GI
- Low gut pH, CONFIRM with CSA/GI

b) **Supports to balance / repopulate GI Tract / Decrease Yeast:**
- Rotate probiotics (one each day of the week):
  - NutriClean Probiotics
  - Supremadophilus
  - Florastor
  - Allerdophilus
  - L. reuteri
  - Lactobacillus Reuteri(Gut Health or probiotic drops)
  - Lactobacillus Plantarum
  - FloraElite
  - Candisol
  - IMF 7 (Immunfactor #7)
  - Lactoferrin
  - Naturomycin Spray
  - Bactisolve
  - Stomach pH Balancing Formula RNA
  - CCK Support RNA
  - Mycology Support Formula RNA
  - Buffer pH supplement

10) **Lab Tests indicating a need to Address Parasites:**
- Parasites on a CSA/GI

b) **Supports to address/balance parasites:**
- Paradex
- Naturomycin Spray and caps
- MTHFR A1298C caps

11) **Lab Tests indicating a need to address Helicobacter:**
- Helicobacter test
- Presence of Blood on a CSA/GI
- Low manganese on UEE or Hair metals test in spite of supplementation
- Very High Suberic on MAP
- Extreme swings in CSA/GI profile Stool PH
- High asparate Or High tryptamine on NT
- Excretion of bismuth on a FMT in the absence of supplementation
- Consistent cadmium excretion on a UTM and FMT
- Signs of ketosis on a MAP
- Arginine 50+ when all other UAA's (except Taurine) are to the left of 50
- Low PS on a UAA regardless of having all suggested supports in place
- High 5HIAA or Indole acetic acid on a MAP
- High Taurine on UAA in the absence of a CBS +, OR in spite of sufficient CBS RNA/Ammonia RNA

b) **Supports for Helicobacter:**
- Bowel RNA
- HELX RNA
- Liver Support RNA
- MTHFR A1298C/liver Compounded support
- B12 oral spray + B12 liquid drops + additional B12
- PeptiMycin Compounded Supplement
- SHMT spray
- Adenosyl B12 mega drops
- Reservatrol Spray
- Ester C
- E-Gems Elite
- GSH
- Broccoli Max
- Air Power
- Baking Soda with meals
- Mastic Gum
- Low dose thioanoyate + hydroxy B12
- NAC
- Some cases very low dose Arginine
- Serrafiaymze with meals
- Intrinsic factor
- Coffee
- L-Carnitine
- Huperzine (based on testing)

12) **Lab Tests indicating a need to Support Inflammatory Imbalances:**
- Elevated chymotrypsin test levels
- CRP above normal range on blood work
- Elevated IL 6 on blood work
- Elevated TNF alpha on blood work
- Chronic bacterial infection
- Low gut pH
- Allergic Rashes
b) Supports for the body to balance Inflammatory Mediators:
- General Pathway Support RNA (Health Foundation)
- Hyper-Immune Balancing Formula RNA (not for COMT ++)
- Cytokine Balance Inflammatory Pathway Support RNA
- Stress Foundation Formula RNA
- Heart Support RNA
- Bowel Support RNA
- Inflammation Compounded Supplement
- Nettle
- Boswellia-Ayur Boswelia Serrata
- Turmeric
- Chamomile
- Quercetin 500 Plus
- Petadolex -Butterbur
- Cherry Fruit Extract

13) a) Lab Tests indicating a need to address Zinc/Copper Ratio:
- Elevated copper relative to zinc on a urine essential element test
- Elevated copper relative to zinc on blood work
- Low levels of ceruloplasmin on blood work
- Red hair, CONFIRM with a essential mineral test

b) Supports for Zinc/ Copper balance:
- Magnesium
- Zinc (Lozenges, drops, Krebs zinc)
- Molybdenum
- Chromium Picolinate
- Lithium Orotate
- Selenium
- Strontium
- Boron
- Manganese
- Vanadyl
- Cell Food for Copper support as recommended on testing
- Sodium: Aerobic 07
- Potassium: Aerobic K07 or Potassium Citrate
- Phosphorus (complexed)
- Carnosine
- Rosemary
- Zinc
- Krebs zinc
- EDTA
- EDTA SOAK

14) a) Lab Tests indicating a need to address Glutathione or low Sulfur values:
- Low glutathione on tests
  - (for low reduced glutathione(GSH) but high oxidized glutathione (GssG)
- Consider NADH first, then rerun test for reduced glutathione levels
- GST polymorphisms
- Low values on a hepatic detox profile
- Low sulfur test values
- Very high taurine on a UAA

b) Supports for Glutathione/Sulfur:
- CBS RNA based on UAA taurine levels

* USE LIMITED support if you suspect a CBS up regulation*
- SAMe
- Alpha lipoic acid
- Taurine
- Broccoli
- Garlic
- Rosemary
- Sublingual glutathione
- Oral GSH glutathione
- IV glutathione

15) a) Tests indicating a need to address Mitochondrial Support/Krebs cycle:
- Elevated suberic on OAT/Metabolic analysis test
- Low levels of Krebs cycle intermediates

b) Supports for Mitochondrial/Krebs Energy:
- MTHFR A1298C+/Liver Support BH4 Compd Sup
- MitoForce Compounded Supplement
- MetalAway Compound Supplement
- CoEnzyme Q10 Fatigue & Muscle Support Spray
- GSH Capsules OR Glutathione Chewing Gum
- Potassium Krebs Magnesium-Potassium Chelates
- Riboflavin
- L-Carnitine
- Malic Acid
- Magnesium Citrate

16) a) Lab Tests Indicating a Need to Address Lithium:
- High Lithium on UEE or very low lithium on UEE
- Low Lithium on HM or dumping of lithium on a HMT
- Aggression
- Lack of cobalt on a UEE in spite of high level support
- MTR + status

b) Supports for excretion of high levels of Lithium
- AHCY/SHMT Compounded Supplement
- MTHFR A1298C Compound Supplement
- VitaOrgan Compound
- SHMT spray
- Low dose Lithium Orotate (work with your Dr)
- Ultimate B Complex
- GSH capsule OR Glutathione Chewing gum
- CellFood
- Folic Acid
- BioNativus
- Frequent testing of UEE & Hair Metals Tests to check on lithium levels
- Topical iodine tests on a regular basis
- CHECK taurine levels on a UAA, CBS OR Ammonia RNA as needed

17) a) Lab Tests indicating a need to focus on Potassium
- Very low potassium on a HMT
- Pattern of potassium dumping on UEE and HMT
- Very low rubidium on a HMT

b) Supports for Potassium
- Krebs potassium
- Potassium citrate
- Mitoforce compounded supplement