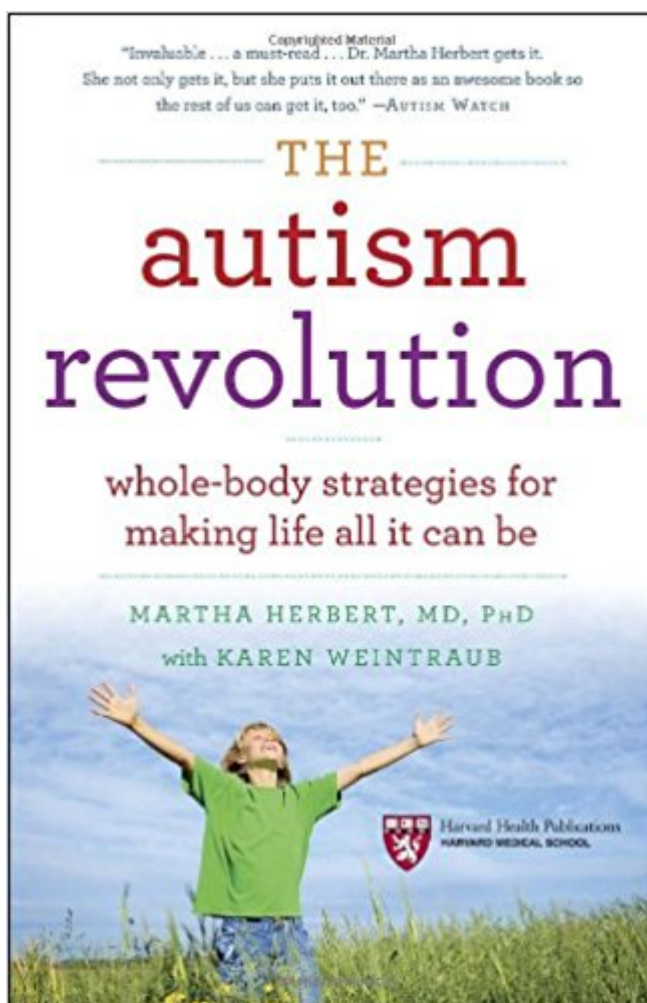


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# The Autism Revolution: Whole-Body Strategies For Making Life All It Can Be



## Synopsis

“An in-depth, scientific yet hopeful and positive look at how the brain and body work together . . . [Dr. Martha Herbert] has developed a new way of seeing autism.” Library Journal After years of treating patients and analyzing scientific data, Harvard Medical School researcher and clinician Dr. Martha Herbert offers a revolutionary new view of autism and a transformative strategy for dealing with it. Autism, she concludes, is not a hardwired impairment programmed into a child’s genes and destined to remain fixed forever. Instead, it is the result of a cascade of events, many seemingly minor. And while other doctors may dismiss your child’s physical symptoms—the anxiety, sensory overload, sleeplessness, frequent illnesses or seizures—as coincidental or irrelevant, Dr. Herbert sees them as vital clues to what the underlying problems are, and how to help. Drawing from the newest research, technologies, and insights, as well as inspiring case studies of both children and adults, Dr. Herbert guides you toward restoring health and resiliency in your loved one with autism. Her specific recommendations aim to provide optimal nutrition, reduce toxic exposures, limit stress, and open the door to learning and creativity. As thousands of families who have cobbled together these solutions themselves already know, this program can have dramatic benefits—for your child with autism, and for you, your whole family, and perhaps your next baby as well. “Invaluable . . . a must-read . . . Dr. Martha Herbert gets it. She not only gets it, but she puts it out there in an awesome book so the rest of us can get it, too.” Autism Watch “[Herbert] goes further than most autism specialists. Her impressive science background merges with common sense and even intuitive sense [making] complex scientific and medical materials seamlessly blend with a holistic viewpoint.” Relieve Autism “Hope and practical guidance . . . With this easy-to-read book, parents can gain wisdom on how to guide your child to achieve a healthy and thriving life.” Mom Central

## Book Information

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## Customer Reviews

Advance praise for *The Autism Revolution* – “Martha Herbert’s book gives us a new approach to understanding how autism affects many different body systems. It is essential reading for learning more about sensible biomedical treatments.” – Temple Grandin, author of *Thinking in Pictures* and *The Way I See It* – “This book offers hope and practical guidance to heal your child’s whole body system. It will be an important reference for everyone who knows someone with autism or has an interest in the field to read, study, and use.” – Robert L. Hendren, DO, professor and vice chair, Department of Psychiatry, and director, Child and Adolescent Psychiatry, University of California, San Francisco – “Combining meticulous, world-class research on autism’s biomedical causes and treatment with an artful presentation of the condition as a whole-body phenomenon, Martha Herbert elevates to a new level the thinking about, understanding of, and developing of interventions for supporting individuals on the autism spectrum. The *Autism Revolution* is a unique and valuable resource.” – Stephen M. Shore, EdD, assistant professor of special education at Adelphi University – “Written by a brilliant scientist in easy-to-understand language, *The Autism Revolution* gives parents two life-changing gifts. First is the gift of realistic hope; the second is the gift of knowledge. Drawing upon her vast knowledge of research and an eclectic array of approaches, Dr. Herbert helps parents understand their child in a new, holistic way, sending them on a journey of exploration and opportunity.” – John L. Martin, director, Ohio Department of Developmental Disabilities – “The *Autism Revolution* is a remarkable book. Complex evidence is summarized in easy-to-read prose, and practical advice is sprinkled throughout the book. A convincing case is made that autism is a disorder of both the brain and the body, and that there are many features of the environment – from the foods we eat to the pollutants that we breathe – that may play a role. This book will provide a blueprint for the future research agenda on this fascinating condition.” – Richard J. Davidson, William James and Vilas Professor of Psychology and Psychiatry, and founder and chair, Center for

Investigating Healthy Minds, University of Wisconsin-Madison – “It is clear that Dr. Herbert cares deeply about the subject of autism and the people affected by it. Covering the topic as a physician, a scientist, an anthropologist, and a philosopher, she uses her exploration of autism to guide people to possible factors – they may not have considered.” – Timothy Buie, MD, assistant professor of pediatrics, Harvard Medical School

Martha Herbert, MD, PhD, is an assistant professor of neurology at Harvard Medical School and a pediatric neurologist at Massachusetts General Hospital, where she is the director of the TRANSCEND Research Program. She sits on the Scientific Advisory Committee for Autism Speaks. – Karen Weintraub, MA, is an award-winning journalist and freelance health writer for outlets like The Boston Globe, USA Today, and the BBC. A past recipient of a prestigious Knight Center for Science Journalism fellowship, she also teaches journalism at the Harvard Extension School and Boston University.

Despite over forty years of research connecting symptoms to the disease process that we call autism it is still considered a psychiatric disorder that is not medically treatable. This book explains in very readable language why autism is a disease and a treatable disease. It is not a medical book for practitioners to use to treat the disease but it does give changes, and why they might be helpful, a parent can make in their child's life that might prove beneficial. It also discusses some treatment options that are currently available for children with autism that are harmful and why they are harmful. The first part of the book is about the science and the second half about rehabilitation. Autism occurs at critical stages of child development and stops or greatly retards development. Medical Treatment can make the child healthier but the child has to be taught what he has missed. Parents sometimes think it as an either/or proposition; either I go the ABA route of the medical, when in actuality it is the combined approach that will give the best outcome. Dr. Herbert did include the fact that agents are being developed that might be very helpful in the treatment of this disease in the future. This information has been available for some time for people who know where to look but somehow, it is never in the media. I wonder how many families give up in despair because they have absolutely no hope? This book will give everyone hope! This book is a step (and I hope a huge one!) in changing the way we think about autism in this country. I am telling all of the families in our clinic to read this book, putting it on our website and every listserve I am on. Thank you Dr. Herbert!

We read this book at the urging of our pediatrician, and I am so glad we did. The holistic

approaches discussed in this book go far beyond the treatment of autism. This is a great guide to finding the right treatment path for anyone looking to heal in a natural/whole body way. And... it is a wonderful encouragement to those of us touched by autism that there is hope for progress, as well as a hope of full recovery for some.

So thankful I found this book. I read it cover to cover in just a few days, and found the information sound and helpful- and even more- hopeful. My 3 year old son with ASD has already benefitted from some of the changes we are making to focus on the overall health of his body. This is one I will read again and again.

Well researched, easy to read, practical. Dr. Herbert's research has led the way for a number of doctors who have been very successful in healing or at least minimizing the negative symptoms of Autism. If I had my way this book would be read by every Pediatrician in the U.S. as well as by educators dealing with these unique kids. There is a wealth of information in this book and by applying it we could make the world a much better place for these precious kids.

To the person who rated the book a 1 star and as being disappointment. I've noticed this "MD's" criticisms, but, this "MD" seems to conveniently leave out supporting statements and documentations that supports his statements. And I beg to ask exactly how old of what "evidence" he does present. I also ask, that since autism encompasses being a spectrum of disorders has this "MD" encountered children that covers the full spectrum of autism, if not, I'd have to suggest that if the "MD" hasn't tried it (the Book), don't knock it. The title implies hope. Strategies are general undetailed plans for action. If the titled contained Whole-Body CURE for Making Life All It Can Be...Then there would be room for debate and then would merit criticism.

Autism Revolution looks at the whole person, not condemning with a label, but looking deeper and learning from the person what works for them and what doesn't. It's truly thinking outside the box and offers tremendous hope for improving their lives. A "must read" for anyone who knows a person with autism, but especially parents, doctors, teachers, and therapists.

This is a revolution for Autism and for all people with disabilities. Martha and her journalist co-author build a very well organised web of webs of influences: leading to the spectrum of disorders. "The Revolution" could well be entitled "Protecting your family from heavy industrial

pollution

This is one of the most important and essential books on autism. Martha is one of the world's leading experts on autism, and explains what autism is very clearly. The overall message of this book, is that there is hope, and a range of treatments to try. But first and foremost, the authors' underlying message is that one must have utmost compassion and acceptance for those on the autism spectrum.

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Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) The Autism Revolution: Whole-Body Strategies for Making Life All It Can Be Whole Food: The 30 Day Whole Food Challenge & Whole Foods Diet & Whole Foods Cookbook & Whole Foods Recipes (Whole Foods - Clean Eating) Soap Making: 365 Days of Soap Making: 365 Soap Making Recipes for 365 Days (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, ... Making, Soap Making Supplies, Crafting) Soap Making: 365 Days of Soap Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days Whole Food: The 30 day Whole Food Ultimate Cookbook 100 recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook & Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook & Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Whole Food: 60 Recipes of Complete Whole Food Diet to a Total 30 Day Transformation - The Whole Food 30 Diet Meal Plan Guide (30 Day Calendar Cookbook of Whole Foods) The Ultimate Soap Making Guide: Unique Soap Making Recipes & Complete Soap Making Guide for Beginners (Soap Making at Home, Soapmaking Guide, Soap Making Recipes, Soap Making Book) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) The Whole-Food Guide to Overcoming Irritable Bowel Syndrome: Strategies and Recipes for Eating Well With IBS, Indigestion, and Other Digestive Disorders (The New Harbinger Whole-Body Healing Series) The Whole-Body Approach to Osteoporosis: How to Improve Bone Strength and Reduce Your Fracture Risk (Whole-Body Healing) by McCormick, R.Keith (2009) Paperback The

Whole-Body Approach to Osteoporosis: How to Improve Bone Strength and Reduce Your Fracture Risk (The New Harbinger Whole-Body Healing Series) The Healthy Gut Workbook: Whole-Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis, and More (The New Harbinger Whole-Body Healing Series) Autism: 10 Strategies for Asperger's Syndrome to Help You and Your Family Achieve Success (Autism and Family) Autism Every Day: Over 150 Strategies Lived and Learned by a Professional Autism Consultant with 3 Sons on the Spectrum Targeting Autism: What We Know, Don't Know, and Can do to Help Young Children with Autism and Related Disorders 30 Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker Æð Æ Quick And Easy Chef Approved Whole Food Recipes For Weight Loss (Slow Cooker Cookbook) 30 Day Whole Food Slow Cooker Challenge: Quick and Easy Whole Food Slow Cooker Recipes For The Everyday Home Æð Æ Delicious, Triple-Tested, Family-Approved Whole Food Recipes (Slow Cooker Cookbook)

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