

# POSSIBILITIES FOR AUTISM

Feel Better + Live Better

**APRIL 22, 2015 BY BETH SECOSKY**

## Dr. Jeff Bradstreet's Latest Protocol

As you may have read in my previous blog, Dr. Jeff Bradstreet was the guest speaker at Dr. Corbier's open house last Saturday. I am the health coach on Dr. Corbier's team. The open house was a lovely affair with an amazing array of healthy foods and fun activities for the kids.



*A small sampling of healthy foods.*





*Dr. Corbier answers Dr. Corbier's questions.*

As an aside before I go into Bradstreet's talk, Dr. Corbier's identical twin brother who is a doctor too was there. They were incredibly similar — even as identical twins go. They didn't just look alike, they had similar voices, body language, and even their gentle, sweet personalities. They did a cute skit with Dr. Corbier's brother playing the role of the mainstream doc saying things like, "Where's the double-blind, placebo ..." Dr. Corbier patiently answered all of his questions. Eventually, Dr. Corbier's brother "came around." It was a fun way to explain functional medicine.



### **Dr. Bradstreet's Protocol**

The event ended with Dr. Jeff Bradstreet's talk. If you're not familiar with him, he is an internationally recognized autism specialist and researcher. He discussed several of the core tools he is using in his autism protocol.

## Diet

Of course, diet is a key feature of everybody's protocol. His point about diet was that it's a critical tool for returning balance to the gut flora and microbiome.

## Supplements

He briefly mentioned the basics such as vitamin D and 5MTHF then went into some less well-known supplements.

- Palmitoylethanolamide (Brand: PeaPure) — According to Dr. Bradstreet, PeaPure treats inflammation as well as gut, brain and mast cells. It stabilizes the immune system. Dr. Bradstreet takes it himself for his severe allergies. He's able to use it in lieu of allergy medication. Palmitoylethanolamide cannot be sold in the US. You can have it shipped from Europe where it's widely used.
- Medicinal Cannabis — Yes, that's medical marijuana. I've seen a lot of talk about cannabis at autism conferences but never delved into it because I know Dr. Campbell McBride says marijuana can trigger schizophrenia. Dr. Bradstreet cleared this up for me. He explained that one ingredient in cannabis called **tetrahydrocannabinol** is the principal psychoactive constituent that causes both the "high" and the risk of schizophrenia. Bradstreet explained that simply heating cannabis removes the tetrahydrocannabinol. This heated version is a powerful anti-inflammatory. He said, "Big pharma hates this stuff." 😊

## Energy Therapies

Dr. Bradstreet is actively studying and treating patients with two forms of energy therapy:

- Low Level Light (Laser) Therapy (LLLT) — LLLT is a form of laser therapy. He listed several benefits of LLLT. It decreases inflammation, decreases edema, decreases neuron excitotoxicity, decreases apoptosis (cell death), increases synaptogenesis, and increases neurotrophins (a family of proteins that support neurons).
- Magnetic Resonance Therapy (MRT) — MRT is aimed to activate reparative

processes in specific cells and tissues. Dr. Bradstreet treated Formula One racecar driver, Jeff MacPherson, with it with great success.

Dr. Bradstreet's talk ended with a discussion of plans for Dr. Bradstreet and Dr. Corbier to continue collaborating.

Have you tried any of the therapies Dr. Bradstreet is using? I'd love to hear your experience!

 **AUTISM, ADHD, LEARNING DISABILITIES, AND MORE**

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