

Avenues of Help for Health

ChemBalance

www.sensiblesuppliments.com

www.sensiblesuppliments.com/chembalance.html



ChemBalance is an organization our families have worked with for years, with very good results. ChemBalance provides the fundamental biochemical building blocks which support optimal health and development.

ChemBalance for Kids provides the fundamental biochemical building blocks that support optimal health and development.

With over 15 years of working with families with children on the autism spectrum, parents report a variety of benefits from using ChemBalance including:

- Increased resistance to infections, colds and allergies
- Less sensory play
- Better focus
- Improved coping skills
- Better digestion
- Improved asthma, chronic congestion, sinus infections

Lyte Balance & Taste n' Score Minerals Electrolytes and minerals hydrate, energize and stabilize biochemistry.

[Lyte Balance](#) electrolytes and [Taste n' Score Minerals](#) are liquid in form and are easily absorbed with no artificial colors, sugars or preservatives. [Smell n' Score pH Buffers](#) support digestion, nutrient absorption and muscle tone. *Simple [smell & taste tests](#) tell you when to use more or less.*

The approximate average monthly cost for supplements is \$40-\$70.

CHEMBALANCE ASSESSMENTS & CONSULTATIONS - SUPPORT & ENCOURAGEMENT

ChemBalance Assessments and Consultations – Support & Encouragement ChemBalance Assessments provide personalized recommendations and telephone consultations with Karen Nielsen, MEd, LMHC. Assessment forms are emailed and can be filled out on your computer. Reassessments every 30-90 days monitor and track your child's progress so you know if your child is getting better!

Order a [ChemBalance Assessment](#) online or call Karen for a free initial consultation at 509-927-8004. Assessments for adults are available, too! For adults, order the [SENSEable Wellness Assessment](#).

No Harm Foundation
www.noharmfoundation.org



In 2005 Dr. Shawna Young discovered the negative effects of excess and stored manganese on the human neurological and sensory input systems and its possible symptomatic connections to Autism and other neurological, learning and behavioral disorders found in both children and adults. High manganese levels, especially when coupled with low iron, have impacted multitudes of individuals negatively.

Dr. Young, with her brother Doug Young, formed The No Harm Foundation in 2008, to reach out to families struggling from the negative effects of sensory and neurological dysfunction that are caused by the combination of high levels of manganese and low iron. This condition has been termed the Menefe syndrome and is rectifiable by implementing the **Spectrum Balance™ Dietary Protocol** that Dr. Young pioneered. This protocol has been highly successful and has made ground-breaking impact in this field. Dr. Young freely shares this diet at the No Harm Foundation website.

We have seen scores of families helped through the Spectrum Balance™ Dietary Protocol diet (SBP). Sensory stimulation behaviors, OCD behaviors, hyper-activity and focus/attention issues have decreased greatly; in some situations they have been totally resolved. The pickiest of eaters have come through SBP no longer being picky. Some individuals have even lost their Autism label.

Essential Oils

www.heritageessentialoil.com

We have witnessed tremendous help with the use of pure, therapeutic-quality essential oils. The essential oils we use are from Heritage Essential Oils and are of the highest quality. From the Heritage website:

What Are Essential Oils?

Essential oils are volatile, aromatic chemicals obtained by steam or hydrodistillation of various parts of plants, including seeds, bark, leaves, stems, roots, flowers and fruit. They are highly concentrated, beneficial secondary metabolites that serve as the defense mechanism of the plant. Although plants do not have an "immune system," to thrive they must be able to resist the challenges of bacteria, fungi, viruses and be able to defend themselves against herbivores. They must attract pollinators, thus they are also the communication system of plants. Many feel that essential oils have proven to be far more potent than dried herbs.

Essential oils can help balance and support the body to heal itself. Research has shown that essential oils help us fight infection, contain balancing compounds and aid regeneration. They possess anti-bacterial, anti-fungal and anti-viral properties. Kurt Schnaubelt, PhD wrote, "Essential oils do not act as weapons but as agents of interaction. They are a key ingredient of life itself, strengthening its fabric and preconditions."

The molecules of essential oils are lipid soluble and relatively small, giving them the ability to easily penetrate the cells and travel throughout the body in a matter of minutes when topically applied to the soles of the feet or elsewhere. They can cross the blood-brain barrier and access the central nervous system.

Essential oils have their own individual character or a "blueprint" – an absolutely unique identity. Their potency allows them to be used in a small quantity for beneficial and effective results. Using the sun's energy, soil, air and water, a perfectly balanced blend of complex chemicals is created. The combination of numerous elements gives each oil its individual fragrance along with its particular beneficial and healing properties. It is impossible to synthetically reproduce an essential oil in its exact form.

The Sherman family is a remarkable family who has dedicated an enormous amount of time, study and research helping families improve their health through the use of essential oils. Linda Sherman shares her wealth of knowledge regarding essential oils on her website, www.heritageessentialoils.com. Linda makes using oils easy by including descriptions of the oils, how to use them and amazing testimonies from those who have used Heritage essential oils.

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