Autism & Your Home

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Our Family’s Story

• Stacy and Peter with Max (4) and Jack (6)

• Goal – just wanted the kids to reach their potential.
Introduction

• Family – 2 boys on the spectrum
  – My health impacted by the same factors as the boys
• Silicon Valley – troubleshooting, eng & design
• Sensory friendly & healthy home work for 18 years
• Funding autism and environmental health – 13 years
• Focus on what you can do now in your home
  – Overview map, concepts, sequence & references
Autism: Genetics & Environment

Twins

100% Genetics

38% Genetics

62% Environmental

100% Environmental
Environmental Factors in Autism

- Medical Risks
- Chemical Toxins
- Electromagnetic Fields (EMF)
- Lifestyle
Environmental Factors in Autism

Medical Risks
- Vaccine Ingredients
  - Aluminum
  - Mercury
- Prenatal Age
- Ultrasound
- Dental Amalgam Fillings
  - Mercury
- Circumcision
- Tylenol

Lifestyle

Chemical Toxins

Electromagnetic Fields (EMF)

Tylenol
Environmental Factors in Autism

Chemical Toxins
- Air Pollution
- Total Toxic Load
- Mercury
- Toxic Metals
- Aluminum
- PCBs
- Glyphosate
- Lead
- GMO Food

Medical Risks

Lifestyle

Electromagnetic Fields (EMF)
Environmental Factors in Autism

Medical Risks

Chemical Toxins

Lifestyle

Electromagnetic Fields (EMF)
- Wireless
- Electric Fields
- Magnetic Fields
- Dirty Electricity
- Ground Currents
Environmental Factors in Autism

- Medical Risks
- Chemical Toxins
- Electromagnetic Fields (EMF)

Lifestyle
- Screen Time
- Interactive Screen Time
- Circadian Rhythms
- Indoor Time
- Sunscreen Use
- Vitamin D
- Artificial Light
- Indoor Air Quality
- Food Allergies

- Artificial Light
- Chemical Toxins
- Electromagnetic Fields (EMF)
Areas Worth Looking At

- Air quality
- Constant wireless sources
- Water
- Lighting (UV, IR)
- Electromagnetic fields & noise
- Screen time
- Food
- Personal care products & household products
- Herbicides & pesticides
Air Quality - AQI

- Freeways (309m, 9/10th mile)
- Clean room study (Second Wind)
- Mold
- Artificial fragrances (scented candles, fabric softener, perfumes and colognes, etc.) #StinkMovie
- VOCs (paint, plastics, carpet, new car smell)
- Household cleaning products
- Masking – 5 days for nose to “recover”
- Co2 levels (>600ppm cognitive impact / outside 400ppm)
- Solutions: Co2 monitor, air filters, open windows, HRV
Constant Wireless Sources

• Off & away – minimally, off at night
  – Baby monitor
  – Cordless phone base station
  – Wi-Fi
  – Phones in airplane mode at night
    • Ideally, out of bedroom
  – Smart meters (opt out)
• Wireless: A Key Piece of the Autism Puzzle
Water Quality

- Lead
- Hexavalent chromium
- Chlorine/chloramine
- Fluoride (ages 2-12)
  - Thyroid & neurotoxic impacts
- pH – more alkaline
- ORP
  - Oxygen reduction potential (rusting)
- Solutions: Zero Water, shower/bath filters
Light Quality

- Diffuse
- Flicker – use slow motion on cell phone to see
- Color temp/spectrum – warm – LuxMeterPlus
- CRI – color render index
- Off – natural light
- Circadian rhythms – sunlight & moonlight
  - Minimize full spectrum & blue light at night
  - Solutions: f.lux and Night Shift mode for screens
Electromagnetic Fields (EMF)

- Magnetic fields
  - Electric panel
  - Clock radio
  - Transformers
- Electric fields
  - Electric light cords
- Electrical noise (dirty electricity)
- Ground currents
- *Trial solution: Move, unplug items, circuit breaker(s)*
Screen Time

• Content – fear triggers
• Scene changes
• Distraction & attention
• Color temp (blue light & stim/melatonin)
• Interactive screen time – wireless & EMF exposure
• Overstimulation and energy release
• Dr. Victoria Dunckley: Reset Your Child’s Brain book
  – Solutions: 28-day screen fasts and/or limits
Food Quality

• Food allergies & sensitivities
• Organic & non-GMO
  – Reduce glyphosate exposure
• Reduce or eliminate inflammatory foods
  – Processed foods, artificial ingredients
  – MSG, fried foods, sugar
• No large fish: swordfish, tuna (mercury)
• Healthy fats, minerals, antioxidants
Personal Care Products

- Skin – transdermal absorption
- Fragrance & masking
  - Stink movie
- EWG.org
  - Personal care products
  - Household cleaning products
- Safe product recommendations
  - Clv.us/safe-products
Herbicides & Pesticides

• Avoid/minimize
  – Bug sprays, flea bombs, etc.

• Round-up
  – Also registered as an antibiotic

• Solutions
  – Ask family members/gardeners not to spray
  – Research non-toxic herbicide & pest control
Recovery Checklist

- Safe environment
- Calm body (feel safe – balanced nervous system)
- Circadian rhythms (sync & lower inflammation)
- Cranial pump & rhythm (more efficient cleaning)
- Sleep well
- Reduce inflammatory overload
- Now we can repair, detox, grow, and be social
Today

- Jack (20) is at UC Berkeley studying computer science
- Max (18) is in his school’s theater company – Berkeley bound
- I’m back to a healthy weight and sleeping well
- Autism is a distant memory—all is well
- I want this for every child and family currently living with autism
The Range of What You Can Expect

- Child calms & sleeps in
- Improved sleep
- Rapid improvement in some cases (~10%)
- Slow, steady improvement
- Sometimes regression (detox)
- Conflict with spouse, child, or family
- May see no change
Resources

• Clear Light Ventures
  – clv.us/autism-home (slides and scientific references)
  – clv.us/safe-products
  – clearlightventures.com (clv.us)
  – facebook.com/groups/AutismEMF

• Building Biology Environmental Consultants (hbelc.org)
• American Association of Environmental Medicine (aaem.org)