

# Autism – CEASE Therapy combines homeopathy & nutrition providing effective therapeutic enhancement.

By Barbara Tibballs, MLC Hom, R Hom, CEASE Practitioner

In the UK, almost 700,000 people may have autism, according to the National Autistic Society<sup>3</sup>. That represents 1 for every 93 people – a staggering figure. If the families of these people are included, autism touches the lives of 2.7 million people. According to research from the Centres for Disease Control and Prevention in the U.S., the figure there is 1:88 children. In the 1990s, based on anecdotal records and epidemiological surveys (studies of distinct and identifiable populations), the figure was 1:2500. The prevalence of autism are based on two recent studies, one of children (Baird G. et al., 2006) and the other of adults (Brugha et al 2009 and the NHS Information Centre, Community and Mental Health Team, Brugha et al 2012)<sup>3</sup>. It raises the question, what are we doing to our children?



The adult study is the only known prevalence study to be carried out of an adult population. Therefore, we can observe that not only are this generation of children affected but a whole generation now entering adulthood. The cost in suffering, special educational needs, social, and health services within the community are significant and evidently increasing.

***The CEASE approach to treating Autistic Spectrum Disorder “stands out amongst many others for its clarity, simplicity, and, perhaps most importantly, its focus on CAUSE. The fact that it costs a fraction of some other therapies is a bonus and makes it accessible to parents staggering under the cost of treating their autistic child.”***

J.B. Handley, co-founder Generation Rescue in the foreword to Dr. Tinus Smits’ book ‘Autism Beyond Despair’.

CEASE Therapy was developed by Dr. Tinus Smits, a Dutch Homeopath and Medical Doctor who had treated over 300 autistic children successfully before his untimely death in 2010. His colleague Ton Jansen, also a Dutch Homeopath collaborated with Dr. Smits and continues to progress and develop this detoxification therapy today.

Dr. Smits hypothesised that autistic spectrum disorder is caused by an accumulation of stress factors in the cerebral cortex of the brain. Oxidative stress occurs when toxins cross over the blood brain barrier. Accumulation of these toxins may cause pain and discomfort that can result in head banging, a behaviour displayed by many autistic patients.

He went on to postulate that these stress factors could begin to accumulate before conception, during pregnancy and in the first two years of a child’s life. Some of the causes may include, Tropical Vaccines administered to the parents before conception, prescribed drugs to mother or/and child, application or removal of amalgam fillings and bacterial or viral infections.

Stress factors at birth may include: premature or problematic births with birth medications and vaccinations – as shown in the UK Vaccination Programme.

*'The birth of a healthy child is a miracle;  
keeping a child healthy is an art'*

Tinus Smits MD

Other factors that may increase stress levels are medical procedures e.g. general anaesthesia for insertion of ear tubes, inadequate nutrition with excessive sugar intake, hydrogenised fats (MSG), food deficiencies, insufficient water, use of microwaves - especially to warm babies' bottles and environmental toxicity such as plastics, chemicals and heavy metals.

Initial case-taking consultations require careful and detailed questioning about the general health, both physical and emotional (trauma/bereavement) and medical history of both the child and the parents. Noteworthy is the parents' health up to two years before conception, and crucially the mother's medical history and experiences during pregnancy and delivery.

As immunity begins to mature in the gut, it is vital to establish the health of the mothers gut flora at the time of the birth. If the child is born vaginally, he/she will inherit its mothers gut flora and hopefully begin to establish a healthy start to immunity. Breast-feeding can further consolidate this. So, here again we must be aware of the mothers diet and any prescribed or over-the-counter pharmaceutical drugs that may be passed to the child during breast-feeding. Severe pain can be a symptom of gut dysbiosis and the child may scream in pain, sometimes for hours. Regressive speech development, a further symptom often seen in autism spectrum disorder, means the child cannot verbalise the reason for their distress. This causes more distress to both child and parent.

Information gathered during the consultation, together with a GP's medical history report, allows the practitioner to build a clear picture of the causal factors in the decline of the child's health.

Often parents will report that the child's health deteriorated after a particular allopathic substance was administered. By referring to the GP's report, we can detect that this substance may have been merely the 'final straw' for an immature immune system that had been overwhelmed and finally collapsed. The following is a case treated by Tinus Smits that perfectly illustrates this point.

*"Here are symptoms and conditions in cases we see routinely in practice in different stages as a precursor to total breakdown of health".<sup>1</sup> (Taken from 'Autism Beyond Despair' Tinus Smits).*

### **Case study of three year old boy.**

The following is the schedule of vaccines that a three-year-old boy who had been diagnosed with Autism at 18 months.

<b>2 days:</b>	<b>Hep B</b>
<b>2 months:</b>	<b>Infanrix Hexa + Prevnar (7 different vaccines)</b>
<b>3 ½ months:</b>	<b>Prevnar, Hep B</b>
<b>5 months:</b>	<b>Infanrix Hexa + Prevnar</b>
<b>7 months:</b>	<b>Infanrix Hexa + Prevnar</b>
<b>9 months:</b>	<b>Hep B</b>

**Between 7-9 months:** Mother noticed decreased speech and receptiveness.

*At this stage there is already damage following the multiple vaccinations and his development and good health is already deteriorating.*

**9 months:** yellowish mucous, eyelids shut, otitis media, and pharyngitis. Treatment: Rx: Amoxicillin (Antibiotic)

*Here his vital energy tries to keep his integrity in balance as much as possible by the excretion of toxins through the eyes, ears and throat.*

**12 months:** Otitis media. Treatment: Rx: Amoxicillin

*Discharge of toxins through the ears.*

**12 months: Varivax (varicella vaccine):** Started on milk - eczema and constant diarrhoea

*Now extra channels of excretion are used to drain the toxins after another vaccination.*

**14 months:** Bilateral otitis media. Treatment: Rx: Amoxicillin

**16 months:** rashes, unresponsive, babbles, lost words (stopped saying Mama and Dada)

*After the treatment of his otitis media with antibiotics the balance of his deteriorating health seems to be lost already and his brain cannot function normally anymore, leading to impairment of important brain functions such as speech and social/emotional interactions.*

**16 months:** MMR, Hib

*The train of intoxication is not yet finished and no medical doctor seems to notice what is happening.*

**16 ¼ month:** Otitis media. Treatment: Rx: Cefzil (Antibiotic)

**16 ¾ month:** Continued bilateral otitis media. Treatment: Rx: Amoxicillin

*Symptomatic treatment with antibiotics will not help him at all; what he needs is detoxification.*

**17 months:** Not eating, rash on face.

*At this stage the body starts a new almost desperate attempt to survival and to detoxify – fasting.*

**17 ¾ months:** Cranky; greenish drainage from nose, facial dermatitis, fungal sore on mouth, bilateral otitis. Treatment: Rx: Amoxicillin

*His health is so bad that fungus invades his mouth and the whole digestive system, aggravated by the use of regular courses of antibiotics; his skin is also affected; we see massive efforts to detoxify through the skin and both ears as well as deterioration of his mood.*

**18 months:** diminished speech and receptiveness, eczema. DTaP vaccine.

*And if this was not yet enough he received one more vaccine along with further deterioration of his general health and well-being.*

**18 months:** Diagnosed with Autism

**“The painful reality of this diagnosis was, in some sense, inevitable. This reality can be seen daily all over the world. Why do we spoil our future generations with medical intervention? Why do we accept the systematic damaging of healthy children over the course of the first two years”?** Tinus Smits MD

## **So, what is involved in CEASE Therapy?**

**Isopathy**, a branch of the homeopathic family, is the detoxification of the various vaccines and other causative substances such as chemicals and toxic metals using remedies made from those substances that possibly contributed to the onset of autism. The treatment involves rising of the homeopathic causative substance over a period of 4 to 8 weeks. Treatment may be repeated several times over many months if reactions are observed. It is important to point out that CEASE Therapy is not a ‘quick fix’. The pace of detoxification is solely dependent on each individual and the degree of intoxicification.

**Inspiring/Classical Homeopathy** is the homeopathic treatment of the child with Inspiring Homeopathy and Classical Homeopathy to treat the disturbances that are not directly linked with toxic substances but with constitutional disturbances.

### **Supplementation –**

- **Omega- 3 fatty acids with EPA and DHA.**

**EPA** – essential in the short-term regulation of brain functions, hormone balance, the immune function and the blood. It is also important in reducing infections in the digestive tract.

**DHA** – 20% of the brain consists of DHA and it is important in the structure of brain cell membranes, particularly in early childhood when the brain is growing and later to retain flexibility of the membrane.

**Signs of Omega 3 deficiency** - Mental retardation, sticky platelets, immune dysfunction, tingling or numbness in arms and legs, poor motor co-ordination, learning impairments, dry skin or oedema swelling in the extremities, poor motor co-ordination, high triglycerides, high blood pressure.

- **Vitamin C** - Both water soluble Ascorbate and fat soluble Ascorbyl Palmitate are required.

**Vitamin C** neutralises harmful oxidants (oxidative stress). Oxidative stress is an imbalance of the pro-oxidant/antioxidant ratio in which too few antioxidants are produced or ingested or too many oxidizing agents are produced. (Mosby's Dictionary of Complementary and Alternative Medicine. (c) 2005, Elsevier.)

**Vitamin C** stimulates the excretion of copper and thus aids in the reduction of stress. All autistic children have elevated copper levels as has been documented by the Pfeiffer Treatment Centre, Naperville, Illinois, USA. It stimulates the elimination of heavy metals, such as mercury, lead, cadmium and nickel and provides easier stool discharge in severely constipated children whilst stimulating the intestine. Avoid too high a dose as it may cause diarrhoea, but is otherwise harmless.

**Orthomolecular treatment** is required to restore the Copper/Zinc ration and to reactivate metallothionein, thereby gradually reducing the heavy metal levels and restoring the integrity of the intestines.

Metallothionein is a protein found in the mouth, stomach, intestines and brain. It is our first line of defence against heavy metals. If sufficient metallothionein is present in the intestine, heavy metals such as mercury, aluminium or lead will be bound to this protein by the exchange of zinc. In 2000, Dr. Walsh, chief scientist at the Health Research Institute & Pfeiffer Treatment Centre, conducted a project in the pursuit of the chemistry behind autism. The comparisons of shared chemical markers indicated evidence of metallothionein dysfunction.<sup>7</sup> Enzymes that break down casein and gluten also need zinc for their functioning. So, a metallothionein deficiency will lead to a deficiency of the enzyme that breaks down casein and gluten leading to a casein and gluten allergy. If the metallothionein protein is not functioning because of lack of zinc the result is that mercury, lead and other heavy metals will remain in the blood. Heavy metals in vaccines bypass our bodies defence systems and enter the blood directly by injection.

Zinc blocks the absorption of toxic metals including lead, aluminium, mercury and cadmium. Zinc and magnesium can be included as part of a complex with vitamin C to reduce the number of pills the child/adult needs to take daily.

**Nutritional Advice** is minimal except that an ideal diet should be rich in fresh organic butter, fruit and vegetables and clean filtered water. A diet without sugar and other additives is also recommended. Many families turn to the work of Dr Natasha Campbell-McBride who developed the GAPS diet<sup>6</sup>, which illustrates how a specific diet can assist with the repair of the intestines of autistic children.

## Comparing the UK Vaccination Schedule 1988 – 2013<sup>2</sup>

	1988	2013
At 2 mths	Diphtheria/Tetanus/Petussis + Oral Polio	Diphtheria/Tetanus/Petussis/HIB/Polio Pneumococcal, Rotavirus
At 3 mths		Diphtheria/Tetanus/Petussis/HIB/Polio Meningitis C, Rotavirus
At 4 mths	Diphtheria/Tetanus/Petussis + Oral Polio	Diphtheria/Tetanus/Petussis/HIB/Polio Pneumococcal,
At 6 mths	Diphtheria/Tetanus/Petussis + Oral Polio	
At 12 – 13 mths		HIB/Men C booster, MMR, Pneumococcal
At 15 mths	MMR	
2 – 3 yrs Preschool 4 – 5 yrs	Diphtheria/Tetanus/Petussis + Oral Polio	Flu Vaccine ANNUALLY Preschool 3yrs & 2mths - MMR, Diphtheria/Tetanus/Petussis/Polio
Around 12/13 yrs		HPV 3 x vaccines over 6 mths (girls only)
Around 13/18 yrs	BCG	Diphtheria/Tetanus/Polio Meningitis C (13 – 15 yrs)
<b>TOTAL</b>	<b>20</b>	<b>41 (female) 38 (male)</b>

*From this comparison we can see that in 1988 children received 20 vaccines by the age of 18 years and in 2013 this figure has doubled and counting!*

The NHS are to review this again in April 2014 with the possible introduction of vaccines presently in development.

### Vaccines presently in development<sup>4</sup>

New TB vaccine, New Smallpox vaccine, Malaria, Chlamydia, Syphilis, Gonorrhoea, Herpes Simplex, e-coli, Shigella, Lyme disease, Hepatitis C & E, Clostridium difficile, Dengue Fever, Peridontitis (gum disease), Ebola virus, West Nile virus, Enteroviruses, Lassa Fever, Cytomegalovirus, Norwalloviruses, Parvoviruses, Multiple Sclerosis, Alzheimers Disease, Diabetes, Allergies, Colo-rectal Cancer, Melanoma, Prostate, Pancreatic, Breast and Renal Cancers.

Many in the medical profession believe that genetics represents a predisposition to autistic spectrum conditions and it has been suggested that autism is a genetically inherited disease. If this was so, why has autism increased by more than 100 – 150% in the last few years when a genetic disorder only increases by 3% – 4% in one generation (30 years)?

### Can all autistic children be helped with CEASE Therapy?

Dr. Smits concluded that *“children with autism can be helped because it is a blockage in the brain and not physical damage. But there are cases where autism is combined with diseases*

that cause physical damage to the brain such as severe epilepsy, encephalitis or meningitis” and whilst their general health may be improved with homeopathic treatment, the damage cannot be reversed. Also, limitations may exist when not all the causative factors can be established.

### **The Japanese Experience.**

Japan stopped vaccinating children under 2 years in 1975.<sup>5</sup> This resulted in Japan having the lowest infant mortality rate in the world. Prior to 1975, Japan had been in seventeenth place. The death rate dropped from 37 in the preceding 5-year period to 3 in the 5-year period without vaccinations in the first 2 years. Severe neurological complications dropped from 57 to 8 in the same time period.

My hope is that this information will inspire everyone in our communities to ask questions and make informed decisions about health care and the care of generations to come.

If you would like to find out more about CEASE Therapy and how to contact a therapist in your area go to

<http://www.cease-therapy.com/make-appointment/all-certified-practitioners/>

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### **References**

1. Smits, Dr. T . (2010) *Autism Beyond Despair*. Emrys Publishers ISBN-13: 978-9076189284  
[www.tinussmits.com](http://www.tinussmits.com) [www.cease-therapy.com](http://www.cease-therapy.com)
2. Information on Vaccination Schedules in 2013 obtained from  
<http://www.nhs.uk/Conditions/vaccinations/Pages/vaccination-schedule-age-checklist.aspx>
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### **For further vaccine information:**

- **Barbara Loe Fisher** is co-founder and president of the National Vaccine Information Center (NVIC). She is the co-author of *DPT: A Shot in the Dark*  
<http://www.ageofautism.com/2009/08/barbara-loe-fisher-of-nvic-on-gardasil-and-h1n1-vaccines.html>
- **'The Greater Good' - a documentary film about the vaccination debate** written and produced by Leslie Manookian. Leslie was a successful Wall Street business executive and is now a documentary film producer and activist. She states, "This documentary tells the rarely heard stories of three families adversely impacted by

vaccination. This film is inspiring parents nationwide to learn more about the issue, and to foster an informed, balanced conversation with their doctors, schools and communities. <http://www.greatergoodmovie.org/about-the-film/>

- ***Childhood Diseases and Their Vaccines*** by Dr. Jayne LM Donegan is an e-book (£8) that can be downloaded from [www.jayne-donegan.co.uk](http://www.jayne-donegan.co.uk).

Dr. Donegan was accused by the General Medical Council (GMC) of serious professional misconduct when she acted as expert witness for two mothers who did not want their children to be vaccinated and who had been taken to court by the absent fathers. Dr. Donegan was completely exonerated and none of the evidence she presented was contested by the GMC.

- **Dr. Sherri Tenpenny** is an American physician [www.drtenpenny.com](http://www.drtenpenny.com)
- **The World Association for Vaccine Education (WAVE)** [www.novaccine.com](http://www.novaccine.com)  
“globally focused, non-profit, educational institution advocating reformation of the mass vaccination systems”.
- **The International Medical Council on Vaccination** [www.vaccinationcouncil.org](http://www.vaccinationcouncil.org)
- **The [www.vaccineinjury.info](http://www.vaccineinjury.info) website**
- **Dr. Viera Scheibner** authored a study of infants’ breathing patterns and cot death in the mid 1980s that pointed to vaccines as being a cause of cot deaths.  
[www.vierascheibner.org](http://www.vierascheibner.org)
- **Dr. Larry Palevsky’s article about “Vaccine Myths”**  
[http://drpalevsky.com/media\\_center.asp](http://drpalevsky.com/media_center.asp)

In 2004, Barbara graduated from the Lakeland College of Homeopathy. In 2010, she trained as a Certified CEASE Therapy Practitioner in the Netherlands. In 2011/2012, Barbara and a colleague facilitated the training of over 120 homeopaths to become CEASE Therapy Practitioners. She runs a busy clinic in Bromley, Kent and specialises in infertility and CEASE Therapy. She incorporates flower essences into her clinic, in particular Alaskan Essences. She is a member of the Alliance of Registered Homeopaths and abides by their code of ethics.

For further information or to contact Barbara, see [www.oaklandshomeopathy.co.uk](http://www.oaklandshomeopathy.co.uk) or call: 020 8466 5024 / email: [btibballs@btinternet.com](mailto:btibballs@btinternet.com).