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Case Studies in ASD Remission: A Personalized Approach

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ABSTRACT

Recent evidence strongly suggests that autism spectrum disorder (ASD) involves neuroinflammation. This inflammation can begin during early pregnancy (classic autism) or in the early years of development (regressive autism). The specific onset and nature of the insults that trigger neuroinflammation contribute to the multifactorial and multisystemic nature of ASD, leading to diverse manifestations such as communication difficulties, social interaction challenges, repetitive behaviors, and sensory sensitivities. Consequently, any intervention approach must be highly individualized and personalized to address the unique needs of each individual with ASD effectively. Understanding the specific inflammatory pathways involved may guide the development of targeted treatments. Here, I report on case studies involving autistic children with diverse etiology (classic and regression ASD) diverse disorder manifestations, and treatment goals. These cases illustrate the heterogeneity of autism spectrum disorder and underscore the need for personalized treatment plans. Notably, one case demonstrated complete remission of autism symptoms following targeted interventions, suggesting the potential for significant improvement in this condition. The observation of complete remission, measured by the ATEC score, offers hope for improved outcomes in this challenging condition. The primary interventions employed include: 1. Restoration of microbiome balance. 2. Detoxification of heavy metals and other environmental toxins. 3. Immunomodulation. 4. Correction of metabolic abnormalities using a nutrigenomics approach. 5. GABA/Glutamate balancing 6. Neuromodulation through photobiomodulation, brainwave entrainment (BWE), and functional near-infrared spectroscopy (fNIRS) neurofeedback. These interventions collectively aim to address the underlying physiological imbalances, downregulate neuroinflammation, and promote neuroplasticity.