



Stop Autism Now! A Parent's Guide to Preventing and Reversing Autism Spectrum Disorders

Fife Bruce

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Over 1 million people have autism. This number is rapidly growing. Over the past several years autism has increased to epidemic proportions. Thirty years ago it affected only about 1 in 2,500; today 1 out of every 88 children in the United States and 1 out of 64 in the UK are affected. Autism has quickly become a worldwide problem. Over the past 12 years there has been a 17 percent increase in childhood developmental disabilities of all types including autism, attention deficit hyperactivity disorder (ADHD), epilepsy, mental retardation, and others. Currently in the United States, 4 million children have attention deficit hyperactivity disorder, the most common learning disability, and an incredible one in six children are classified as learning disabled. Why the sudden astronomical rise in developmental disabilities? Most doctors have no clue what causes autism, nor any idea how to prevent or even treat it. The only medically recognized form of treatment is an attempt to teach affected children how to manage the disorder and live with it. Antidepressants, antipsychotics, and stimulants are often prescribed to help cope with symptoms. No possibility of a cure is offered, as the condition is considered permanent—in other words “hopeless.” Autism, however, is not a hopeless condition. It can be prevented and successfully treated without the use of drugs. This book describes an innovative new dietary and lifestyle approach that has proven very successful in reversing even some of the most severe developmental disorders, allowing once disabled children to enter regular school and lead normal, happy, productive lives. There is a solution. You can stop autism now! “Dr. Fife has done an outstanding job on Stop Autism Now! This book gives the latest stats on the pervasiveness of autism spectrum disorder and more importantly, viable solutions. With food lists and recipes galore, Dr. Fife makes the diet doable and manageable and worth your effort to try it.” --Carolyn Dean, MD, ND, Author of The Magnesium Miracle “ Bruce Fife has produced another masterpiece. Autism is a subject that I have spent a good deal of time analyzing, researching, and writing about and no one does a better job condensing and explaining what is known about this terrible disorder than does Doctor Fife. His advice, designed to treat this disorder, is based on good science and practical experience. This book will help millions of children who have become a victim of a health policy gone mad. Parents should all have this book on their bookshelves and refer to it often.” --Russell L. Blaylock, M.D, Author of Excitotoxins: The Taste That Kills

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