Overview of Dr. Woeller’s Autism Mastery Course
NUMBER OF CHILDREN IDENTIFIED WITH ASD

1 in 68

National Center for Health Statistics

1 in 45

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What Is Autism?

American Psychiatric Association Diagnostic and Statistical Manual (DSM) – Diagnostic Criteria for Autistic Disorder

6 or more identifiers from 3 major categories:

• **Social interaction impairments**
  • Failure to use eye contact, body posture, facial expression
  • Failure to develop peer relationships
  • Lack of social interaction, sharing, or enjoyment with others
  • Lack of social or emotional reciprocity

• **Communication impairments**
  • Delay or total lack in speech development
  • Inability to initiate or maintain conversational speech
  • Stereotyped or repetitive use of language

• **Repetitive and stereotyped behaviors, interests, and activities**
  • Abnormal intensity or focus on stereotyped or restricted patterns of interest
  • Inflexible adherence to rituals and routines
  • Repetitive movements (hand-flapping, finger flicking or twisting, or complex body movements)
  • Preoccupation with parts of objects

www.cdc.gov/ncbdd/autism

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List of Comorbid Conditions

Centers for Disease Control: “several medical conditions are significantly over-represented in people with ASD compared to the general population and other developmental conditions.”

Individuals with ASD have much higher than expected rates of various medical conditions studied, including:

• **Ear and respiratory infections**
• **Asthma, allergic rhinitis and atopic dermatitis**
• **Sleep disorders**
• **Headaches, migraines**
• **Seizures**
• **Gastrointestinal disorders**
• **Early mortality** – death rates ranging from 3 to 10 times higher than general population

“**Comorbidity is to be expected in autism spectrum disorders — directly or indirectly. Comorbid conditions may be markers for underlying pathophysiology and request a more varied treatment approach.**” **Isaksen, J., Bryn, V., Diseth, T.H., et al. (2012) Children with autism spectrum disorders—The importance of medical investigations. Eur J Paediatr Neurol. 17:(1):68-76.**
Medical Complexities of Spectrum Disorders (*examples*)

- **Genetics:**
  - Methylation (MTHFR), etc.

- **Nutritional Imbalances:**
  - Cholesterol deficiency, zinc and other mineral deficiencies.

- **Food Sensitivities:**
  - Gluten and casein peptides, multiple food allergies, phenol sensitivity, etc.

- **Digestive Problems:**
  - Constipation, diarrhea, Inflammatory Bowel Disease (IBD).

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Medical Complexities of Spectrum Disorders *(examples)*

- **Chronic Infections:**
  - Bacteria, e.g. clostridia, candida

- **Heavy Metal and Environmental Chemical Toxicity:**
  - Mercury, lead, arsenic, etc.
  - Glyphosate, organophosphates

- **Neuroinflammation:**
  - Microglia activation
  - Glutamate sensitivity

- **Neurochemistry Problems:**
  - Serotonin, dopamine, oxytocin, Cerebral Folate Deficiency.
The Many Faces of Autism

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Self-Injury
### Failure to Evaluate & Treat Appropriately By Some In The Conventional Medical Community – Prejudiced by the Diagnosis?

<table>
<thead>
<tr>
<th><strong>Child w/o Autism</strong> (example):</th>
<th><strong>Child with Autism</strong> (example):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical milestones delayed</td>
<td>Physical milestones delayed</td>
</tr>
<tr>
<td>Chronic diarrhea</td>
<td>Chronic diarrhea</td>
</tr>
<tr>
<td>Recurrent sinus, ear &amp; upper respiratory Infections</td>
<td>Recurrent sinus, ear &amp; upper respiratory infections</td>
</tr>
<tr>
<td>Eczema</td>
<td>Eczema</td>
</tr>
<tr>
<td>Bloating, gas and distended abdomen</td>
<td>Bloating, gas and distended abdomen</td>
</tr>
<tr>
<td>Anxiety, attention issues</td>
<td>Anxiety, attention issues</td>
</tr>
<tr>
<td>Irritable, poor sleep</td>
<td>Irritable, poor sleep</td>
</tr>
</tbody>
</table>

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Case Example

• 4 year old boy with diagnosis of autism
• 14 months began to lose eye contact, became withdrawn and lost interest in siblings.
• 16 months his stools suddenly turned loose and becomes excessively irritable.
• 17 months he begins to head bang, throw himself backwards onto floor without warning and begins to bite his hands.
• Other behaviors start, such as pressing his abdomen against furniture, e.g. sides of chairs, couch, or table.
• Becomes excessively picky as to what he will eat and drink.
• Parents remove casein and see positive changes in eye contact within the first week.
• Remove gluten, as well as introduce a multivitamin and he regresses within days:
  • *Stands close to the TV set side-glancing while twisting fingers.*
  • Increased hyperactivity and impulsivity.
Parents change diet to reduce various carbohydrates which improves his loose stools and abdominal bloating within two weeks.

After eight weeks on new diet he begins to have increased pressing of abdomen on furniture and now grabbing penis and pressing groin again furniture too.

Nystatin started for suspected yeast and child’s behavior becomes goofy, giddy and hyperactive with fluctuating bouts of rage and increased self-injury behavior.
Parents read online that liver support and heavy metal detoxification with a natural remedy of chlorella and other botanicals is necessary to heal the gut.

• Start remedy along with a probiotic for yeast and behaviors get worse.

• Child also starts to have facial tics.

• Anxiety levels significantly increased.

What Do You Do Now?
Integrative Medicine For Autism

- Autism Assessment
  - Signs & Symptoms
    - Lab Testing
  - Dietary Intervention
    - GFCF Diet, Food IgG Elimination, SCD, GAPS, Failsafe, etc.
  - Foundational Supplements
    - Starter Packets – multivitamin/mineral, EFAs, Cal/Mag, etc.
  - Digestive System Treatment
    - Candida, Clostridia Treatment, etc.
  - Methylation
  - Other Interventions

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1st Pillar
Dietary Intervention
2nd Pillar

Nutritional Supplements

Autism Mastery Course - http://autismmasterycourse.com
3rd Pillar

Digestive System Assessment: Understanding the Role of Toxin Producing Pathogens

Invasive Candida

Clostridia Bacteria
4th Pillar

Methylation Support

- Tryptophan
- Tyrosine
- Urea Cycle
- MTHFR
- BH4 Cycle
- S-MethylTHF +
- Folate Cycle
- Methionine
- SAMe
- SAH
- Methylation Cycle
- Homocysteine
- Cysteine
- Glutathione

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Matthew

• Typical early development
• At 4 months he received 7 vaccinations in a single day.
• Went from sleeping 8 hours per night to approximately 4 hours per night:
  • Didn’t sleep for more than 2 hours at a time and screaming most of the day and night.
• At 6 months he contracted chicken pox and then again at 3 years old.
• Frequently sick, but rarely developed fevers.
Matthew

• Seemed to meet most milestones, e.g. physical, but was often not interested socially and had poor eye contact.

• Behaviors became erratic, e.g. screaming. Would alternate between inappropriate giggling and tantrums.

• Language was significantly delayed which eventually lead to diagnosis and early intervention at 2-1/2 years old.
Most Beneficial Interventions

- Diet: GFCF, SCD, low oxalate, etc.
- Methyl-B12 therapy
- Treating gut dysbiosis
- Supplement Interventions:
  - Foundation
  - Mitochondria
  - Gut/Immune Support
- Respen-A
- Low Dose Naltrexone (LDN) for immune system.
- Homeopathy
- Ion Cleanse Footbath for detoxification.
- DIR/Floortime
- Speech & Music Therapy

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“What we did is not extraordinary, others have too. Don’t let anyone tell you otherwise. Recovery is happening, my son is proof. We need to stand strong in our convictions that we are a generation of parents doing what many have said is impossible. We are recovering our children and undoing the damage done to them.”

Terri Hirning
Course Modules, Information and Materials

Autism Mastery Course
Module #1

Road map:
• Getting started with testing.
• Integrating the 4 pillars in practice.
• Identifying comorbid conditions that can be addressed quickly and how to prioritize intervention.

Integrative Medicine Academy
**Organic Acids Test (OAT):**

- Why this test is so important in practice?
- Why it is best to start with this test over others?
- Highlighting priority markers on the OAT and relating it to your patient/client.
- Why some markers are more important than others?
- Integrating the OAT with other testing, e.g. GPL-TOX (*environmental chemicals*), *Hair Metals*.

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**Module #2**

*Autism Mastery Course - [http://autismmasterycourse.com](http://autismmasterycourse.com)*
Module #3

All about the clinical intake:
• Reviewing the health questionnaire.
• Obtaining information beyond the questionnaire.
• Information you must obtain in your initial intake.
• Prioritizing the intake information for more effective intervention.
Addressing Chronic Candida and Biofilm:

- Understanding candida toxicity.
- Best lab testing for candida.
- Behavior analysis related to candida.
- Clinical outcomes.
- Challenges.
- Treatment protocols – *both prescription and natural*.
- Integrating a biofilm program.
Module #6

The Biological Toxicity of Clostridia Bacteria:

• Understanding clostridia toxicity.
• Lab testing analysis.
• Behavior analysis.
• Clinical outcomes.
• Challenges.
• Treatment protocols – *both prescription and natural*.
• Integrating a biofilm program.
Module #7

The Role of Diet in Autism:

• Which diets are best?
  • GFCF, SCD, GAPS, Feingold vs Failsafe, etc.

• Molecular basis for special dietary restrictions.

• Troubleshooting problems that occur with certain diets.

• Necessary resources for advanced dietary intervention.
Focus on Oxalate Problems:

- What is oxalate biochemistry?
- How is candida related to oxalates?
- Health and behavior impact of high oxalates.
- Necessary supplements for high oxalate conditions.
- Prioritizing which foods to avoid.
- Clinical troubleshooting of oxalate problems.
- Does your patient/client even need to do a low oxalate program?
All About Methylation:

• Why is it so important in autism?
• What can be expected from treatment?
• Testing options.
• How to do Methyl-B12 injections?
• Non-injection forms of Methyl-B12.
• Other methylation supplements and medications.
• Troubleshooting problems.
Module #11

Cerebral Folate Deficiency:
• Folate receptor problems.
• Problem with dairy and folate transport into brain and nervous system.
• Testing and treatment options.

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Module #12

Neurochemical Imbalances in Autism:
• The role of quinolinic acid in autism.
• Serotonin imbalances.
• How do these imbalances link to other health problems such as chronic infections?
• What therapies are useful for certain issues?
Module #13

Troubleshooting Problems in Autism:

• Troubleshooting from A to Z.
• Anxiety, aggression, other behavioral problems, constipation, sleeping issues, etc.
• Common occurrences that you will definitely see in practice.
• Is everything related to a medical problem?
Module #14

Digestive stool analysis and parasite pathogen testing and treatment:

• How to interpret testing and clinical correlation of lab findings.

• Parasite detection – *B. hominis*, *G. lamblia*, *C. parvum*, *E. histolytica*, *others*.

• Natural and antibiotic treatment options.

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Module #15

**Bridging the Gap to Other Testing and Treatments:**

- Vitamin D
- Hair analysis
- Low cholesterol
- Low lithium
- Oxytocin therapy
- Respen-A
- PANDAS
Module #16

Heavy Metal Toxicity, Thyroid and Adrenal Problems:

• Heavy metal testing.
• DMSA, DMPS, EDTA and protocols.
• Natural detoxification options.
• Thyroid and adrenal evaluation and treatment.
Bonus Material!

1. Supplement Rules and Helpful Hints
2. Stool Versus Organic Acids Testing
3. Lab Reviews of High Oxalates
4. Phospholipase A2 and Ibuprofen Trial in Autism
5. The Role of Environmental Chemicals in Autism:
   - The use of Great Plains Laboratory’s GPL-TOX Profile and interpretation of results.
   - Glyphosate toxicity, OAT and clostridia bacteria.
   - Markers on the OAT that can be linked to mycotoxins (mold toxicity).
   - Protocols for sauna detoxification and ION Cleanse (foot bath)
   - Updated information on the use of glutathione, lipoic acid and other antioxidant supplements.
   - The use of NDF, NDF-Plus and other natural detoxification supplements for environmental chemicals and heavy metals.
   - New case presentations and lab review examples for various tests such as the Organic Acids Test (OAT), GPL-TOX, etc.
Course Documents

- 40+ practice support documents.
- Lecture slides in full color PDF.
- Lecture slides in full color note-taking format (PDF).
- Brandable documents to be used as patient/client handouts.
- Copy or Methyl-B12 for Autism ebook.

1. Evaluates for various fungal toxins, including specific markers for candida. Many people rely on stool testing for candida diagnosis and miss out on the presence of candida toxins obtained through the Organic Acids Test. Candida can create problems with brain and nervous system function which presents as anxiety, irritability, aggression, self-injury, and neurological issues.

2. Evaluates for two specific toxins related to clostridial bacteria: methylmercury and 4-ethylamino-1-(guanidino)butanol. Both of these toxins can inhibit acetylcholinesterase, an enzyme leading to excess dopamine and toxic reactions in the brain and nervous system. Behavior problems such as moodiness, irritability, aggression, self-injury, and neurological issues can sometimes be caused by these clostridial bacteria.

3. The information from the Organic Acids Test helps to prioritize treatment intervention instead of just assuming everything is a candida problem. Testing for candida when clostridial bacteria are present can lead to problems, i.e., worsening behavior.

4. Evaluates for high oxalates (organic acids). Oxalates are compounds found in many foods, and can be worsened by candida overgrowth. High oxalates are associated with pain in the joints, muscles, and connective tissues. They can also trap heavy metals (such as mercury, lead, and arsenic) in the body, leading to mineral imbalances as well. Behavioral and self-injurious tendencies have been associated with high oxalates.

5. Evaluates for mitochondrial imbalances. The mitochondria are the energy factories of our cells. Often they are stressed because of toxins from yeast, bacteria, mold, and even oxalates. Mitochondrial dysfunction is seen in autism and can be a contributing factor to poor attention and cognitive skills, as well as poor physical growth and development.

6. Evaluates for imbalances in Dopamine (DA) and Norepinephrine (NE). The balance between these two important brain chemicals is critical for attention, focusing, mood, and other functions of the nervous system. Attention deficit problems are commonly associated with norepinephrine imbalances.

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Ongoing Access To Dr. Woeller

Scheduled Question and Answer (QA) Sessions

• LIVE QA sessions that include:
  • Answering your specific questions
  • Breakout lectures
  • Case reviews
  • Lab interpretation

• ALL QA sessions are recorded and available for viewing.

Website Forum

• Daily access to Dr. Woeller for ongoing questions and answers.
• Share in access to other course attendee questions and insights.

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Certificate of Completion

Continuing education credits available from over 25 hours of course lecture material.

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• Cut out years of training, countless hours studying and thousands of dollars traveling to conferences and seminars trying to figure out how to best help this population of patients/clients.

• Get immediate help for your questions through the ‘Attendee Forum’ and have access to cutting edge information right from your computer – *whether at home or in the office.*
Why Take This Course If You Are a Health Practitioner?

- Learn to quickly prioritize what laboratory tests to do first with your patient/client, organize their clinical history information in a cohesive fashion and get started with the most consistently effective therapies.
- Learn to quickly troubleshoot common clinical challenges seen in practice and devise strategies to improve clinical outcome for patients/clients.
- Get an abundance of practice support material - office documents, patient handouts and protocols, lecture material and much more.

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Why Take This Course If You Are a Health Practitioner?

- Expand your practice to a much needed group of individuals – your help is needed.
- Provide help, hope and encouragement for parents desperately working to improve the health of their children – and actually see the positive results from your efforts with kids getting better.
- Generate a new revenue stream for your practice at the same time knowing that you are really making a difference.
Why Take This Course If You Are a Parent?

- Eliminate months and potentially years of frustration trying to figure out things on your own by becoming empowered through your own education regarding biomedical intervention with the tremendous potential to help your child.

- Get immediate help for your questions through the ‘Attendee Forum’ and have access to cutting edge information right from your computer.

- Learn to prioritize which laboratory tests are most important for your child and why, what the various markers mean from these and prioritize what interventions to focus on as top priority items.
Why Take This Course If You Are a Parent?

• Learn to troubleshoot common behavioral and biomedical challenges often seen in integrative health practice.

• Learn to devise strategies to improve the best outcome for your child.

• Obtain doctor designed information for your own education, and share this information with your child’s personal medical professional to assist in their treatment.
Kurt N. Woeller, D.O.

- Integrative and functional medicine physician for 20+ years.
- Author, educator and international speaker on biomedical intervention for autism and integrative medicine.
- Lab advisor for BioHealth Laboratory.
- Clinical consultant for Great Plains Laboratory.
- Co-founder of Integrative Medicine Academy.
- Specializing in autism-spectrum disorders, autoimmune diseases, gastrointestinal disorders and other chronic health problems.

Autism Mastery Course - http://autismmasterycourse.com
Designed for health professionals, but anyone can take the course.

AutismMasteryCourse.com

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