

Rapid Recovery Hyperbarics

9439 Archibald Ave. Suite 104 Rancho Cucamonga CA, 91730

909.477.4545 | www.hbot4u.com



Autism/ ADD

Autism is a multi-system disorder characterized by immunological, gastrointestinal, endocrinological and neurological dysfunction. While in a healthy state the immune/gastrointestinal, endocrine and neurological systems work in a coordinated integrated fashion, children with autism appeared to lack this integration.

Since autism is a multi-system complex disease, it therefore necessitates a holistic understanding of how systems interrelate and how the body functions as a whole. Only a physician who has much experience in treating children with autism and who have a holistic understanding can adequately treat such patients. Additionally, understanding the environmental causes is crucial to the adequate treatment of autism and related disorders. These requirements are exactly the principles that guide Dr. Kellman's practice of medicine. The treatment of autism is a natural specialty for Dr. Kellman.

Children are entering a world full of pollution, toxins, artificial and unnatural foods, electromagnetic radiation and spinning incompatible with their vulnerable immune and nervous system. The dysfunctional immune system leads to gastrointestinal dysfunction and a concomitant inability to begin to process the external environment which begins on a gut level. The numerous neurological messenger molecules and neurotransmitters found in the gut testify to this function of the gastrointestinal system.

While children are now suffering from a new class of diseases due to environmental causes, autism is one of the most serious disorders of childhood. In addition to environmental causes, immunizing young babies whose immune system is still undeveloped with such a wide variety of immunizations even if they are free of mercury will likely wreak havoc on the immune system of young children. Yet because we are enamored with pharmaceuticals and the profits they reap, immunizing children at such a young age has become standard care. Yet anyone who has a more holistic and a clearer understanding of human physiology and development will understand that we are endangering children.

Additionally, our children are exposed at young ages to toxic levels of lead, mercury, arsenic and a wide variety of chemicals such as PCB's and perchlorate (a toxin from rocket fuel) that not only affect brain function but also affects thyroid function. Add additives, sugar, and foods full of toxins, pesticides, hormones and hydrogenated oils and we are well on our way on breeding a new era of childhood diseases.

Attention deficit disorder and hyperactivity in our children is also a result of toxins, excessive sugar intake, additives, heavy metals and adrenal dysfunction. Moreover, electromagnetic radiation, the overuse of cell phones and computer is adding fuel to the fire. Our children are entering into such a fast-paced world, that seating in classrooms is not providing enough stimulation to match their brains that have been wired to adapt to our new environment.

Rapid Recovery Hyperbarics

9439 Archibald Ave. Suite 104 Rancho Cucamonga CA, 91730

909.477.4545 | www.hbot4u.com



So many studies have been done on the biology of autism, yet the information frequently appears contradictory and confusing. What we desperately need is a cohesive and coherent understanding of this literature. We need to understand what the studies are saying to us. Because Dr. Kellman is an internist and a holistic medical doctor for the past 15 years and had studied the philosophy of medicine and science, he is in excellent position to make sense of these studies and to develop a unified theory and understanding. His understanding of autism is also rooted on systems theory, the theory that scientists use to explain the natural world. According to Dr. Kellman, systems work together in nature and in the human body to produce the whole, and the whole is more than the sum of its parts. The new diseases of childhood, like autism, PDD, NOS, and many variations thereof according to Dr. Kellman result from a poor and delayed development of this integration. His success in helping so many children with these disorders rests in the fact that he helps to restore this integration. This requires not only knowing how to practice the science of medicine but also the art of medicine.

Dr. Kellman believes that this lack of integration develops early on, perhaps in-uterus, due to toxins and an over-stimulation of the immune system. This leads to gastrointestinal dysfunction and then neurological and endocrine dysfunction. The overuse of antibiotics, the sheer number of immunizations and the overwhelming amount of toxins not only weakens the immune system but it creates an imbalance. This leads to auto-immune diseases often seen in autism. The use of natural compounds such as transfer factors and astragalus and enzymes can be beneficial.

Being the fact that the gut contains more neurons and brain molecules than our spinal column, the gut becomes the first brain that is used to perceive the world. Dr. Kellman wrote about this concept in his first book "Gut Reactions".

Because of Dr. Kellman's background in holistic medicine and in his understanding of the gut-brain connection as he explained in his book, he has a strong passion in helping children who suffer from a disorder that comes from a lack of this integration. His treatment's protocols are based on the retracing of the way the body normally develops this integration. In his mind he goes back in time and rebuilds and repairs what should have happened naturally. This requires a keen understanding of the physiological sequences the body goes through at a very early age. It therefore requires an understanding of when to use various treatments, for example when to do chelation, when to do hyperbaric oxygen, when to restore gut function, when and how to modulate the immune system and when to use this neurological rejuvenation program.

Perhaps his greatest contribution to the field of autism is his groundbreaking discovery, based on the TRH stimulation test that a large percentage of children with autism, ADD, PDD and NOS have a low thyroid. This has been missed by so many doctors.

What I have found is that the routine tests, including TSH frequently fail to diagnose hypothyroidism in autistic children. I am detecting this epidemic because I use a more sensitive thyroid test called the TRH stimulation test. By using the TRH test, I have found that many children with autism have a low thyroid. This is frequently missed for years by doctors even those who treat children with autism. It should not be surprising that so many children have a low thyroid. According to the Center for Disease Control and Prevention, perchlorate, has seeped into our drinking water and food crops. Looking at data of over two thousand Americans, exposure to perchlorate can affect thyroid health even at low levels, how much more so in our developing children. Additionally, scientists have recently found that PCB's in our environment

Rapid Recovery Hyperbarics

9439 Archibald Ave. Suite 104 Rancho Cucamonga CA, 91730
909.477.4545 | www.hbot4u.com



not only cause brain dysfunction but also thyroid dysfunction, contributing to the epidemic of thyroid disease. While some children have been put on thyroid hormone, based on the routine testing, the TRH Test frequently reveals that their dose has been wrong.

Based on this groundbreaking test, Dr. Kellman has treated these children with natural thyroid hormone and the results have been extraordinary. Sometimes within one week hyperactive children became calm, some children became more verbal, and within one to three months over 90% of the patients have seen a remarkable recovery. Attention span, cognitive function, language, and sociability has improved significantly on these children. Additionally, the use of thyroid hormone helps the other treatments work so much better.

In summary, although Dr. Kellman is a Defeat Autism Now doctor and uses these protocols, he goes much beyond it. Because of his deep holistic orientation and his understanding of autism, he uses new and novel natural supplements, hyperbaric oxygen therapy and suppository chelation at the right time. And because he treats the foundations such as a low thyroid and restores integration in the body many children have made great improvements and are well on their way to full recovery.

WHAT IS UNIQUE ABOUT DR. KELLMAN'S APPROACH TO THE TREATMENT OF AUTISM

- Dr. Kellman is known for his use of a more sensitive thyroid test called the TRH Stimulation test, which can pick up an under-active thyroid missed by all the routine blood test. He has shown that close to 80% of children with autism and autism-related disorders have a low thyroid that was missed.
- Numerous children's lives have been turned around because of Dr. Kellman's detection and treatment of low thyroid. If a child's thyroid is low irrespective of how many holistic therapies she/she is receiving, they cannot adequately heal because thyroid hormone is crucial for brain function and development.

"Missing this diagnosis is one of the main reasons why so many autistic children are not sufficiently getting better in spite of all the doctors they have seen."

- Dr. Kellman understands autism as a lack of integration of systems, and he focuses on repairing this integration. Based on this understanding he knows when to use which treatments.
- He understands that there is a mind in the gut and based on his book "Gut Reactions" he focuses on re-establishing ecological balance in the gut, which then improves neuro-endocrine function.
- Dr. Kellman is one of the few practitioners who uses topical supplements, improving patient's compliance.

Rapid Recovery Hyperbarics

9439 Archibald Ave. Suite 104 Rancho Cucamonga CA, 91730

909.477.4545 | www.hbot4u.com



- Because Dr. Kellman developed the Neurological Rejuvenation program he uses many of the same compounds that improve neurological function in the elderly for children with autism, and autism related disorders.
- Dr. Kellman uses various nutraceuticals and hyperbaric oxygen therapy to ignite the cells capacity to rejuvenate and heal.
- Dr. Kellman is a Defeat Autism Now certified practitioner.
- Tests include: Most sensitive thyroid test - TRH Stimulation test, liver function test, chemistry, CBC, vitamin and essential nutrient blood test, in depth celiac/gluten tests, RBC mineral and toxic heavy metal levels, full evaluation for Lyme disease and co-infections, immunological profile, porphyrine testing, essential fatty acid blood evaluation, inflammation evaluation, free radical evaluation, hormonal evaluation, adrenal test, IGG food allergy test, stool analysis, organic acid evaluation, amino acid test and provoked urine heavy metal test.
- Treatments include: natural thyroid hormone replacement, nutrient and mineral replacement, oral and cream trans-dermal form, IV and IM glutathione, B6 and B12, carnitine, phosphatidyl choline, etc. IV and suppository chelation, gluten/casein free diet, SCD, hyperbaric oxygen therapy (hard and soft chambers), infrared light therapy and sequential homeopathy.
- It is Dr. Kellman's passion to give these special children they deserve, and help them to become the great person they can be.

Amino acids: **YES**

Essential fatty acids supplementation: **YES**

Antifungal pharmaceuticals: **YES**

Glutathione (IV): **YES**

Anti-inflammatories for inflammatory bowel disease (Rx): **YES**

Gluten and casein-free diet: **YES**

Anti-yeast diets: **YES**

Heavy metal detoxification: **YES**

Chelation (IV): **YES**

Methylcobalamin (injection): **YES**

Chelation (rectal suppositories): **YES**

Nutraceuticals: **YES**

Chelation (transdermal products): **YES**

Rapid Recovery Hyperbarics

9439 Archibald Ave. Suite 104 Rancho Cucamonga CA, 91730
909.477.4545 | www.hbot4u.com



Probiotics: YES

See also Heavy Metal Detoxification

Specific carbohydrate diet: YES

Colostrum: YES

Transfer factor: YES

Diet avoiding food allergens: YES

Vitamin/mineral supplementation: YES

Digestive enzymes: YES

Vitamin C and/or Minerals (IV): YES

Hyperbaric Oxygen Treatment: YES

HYPOTHYROIDISM AND AUTISM, THE HIDDEN CONNECTION

Low thyroid is caused by environmental toxins gastro-intestinal dysfunction and immunological imbalances. These are some of the same causes of autism. Thyroid hormone is crucial for brain hormone and development.. Although is low thyroid typically causes fatigue and weight gain in adults. In children, it can cause anxiety, irritability, and no weight gain. However, some children with autism who have low thyroid may have cold hands and feet, constipation or sometimes abnormal and loose vowel movements and dry skin. The inability to concentrate, focus, poor eye contact and general cognitive dysfunction are also signs of thyroid dysfunction. In addition, high cholesterol and low vitamin A - a frequent finding in children with autism and autism-related disorders- is a sign of low thyroid, yet most doctors do not have an explanation of why these children have low vitamin A and high cholesterol, but a low thyroid certainly explains it.

Dr. Kellman is a pioneer in the uses of a more sensitive thyroid test called the TRH stimulation test. This test is not a typical blood test but is a challenge test, which used to be used by doctors until about 10 years ago when the routine test became available. However ,the two test are radically different, one is a static blood test and the TRH test is a stimulation test, a challenge test, where upon injection of a natural hormone, called the TRH, we can see how the pituitary responds which gives a indirect understanding of how the thyroid is functioning. This brilliant test was unfortunately put on the shelves of modern medicine collecting dust until Dr. Kellman brought back into use.

There has never been a study to show that this test is not necessary, in fact it is widely known by more and more people including doctors that the routine thyroid blood tests are failing us.Dr. Kellman has found that close to 80% of children with autism and autism-related disorders have low thyroid.

Rapid Recovery Hyperbarics

9439 Archibald Ave. Suite 104 Rancho Cucamonga CA, 91730
909.477.4545 | www.hbot4u.com

