

# Tinus Smits

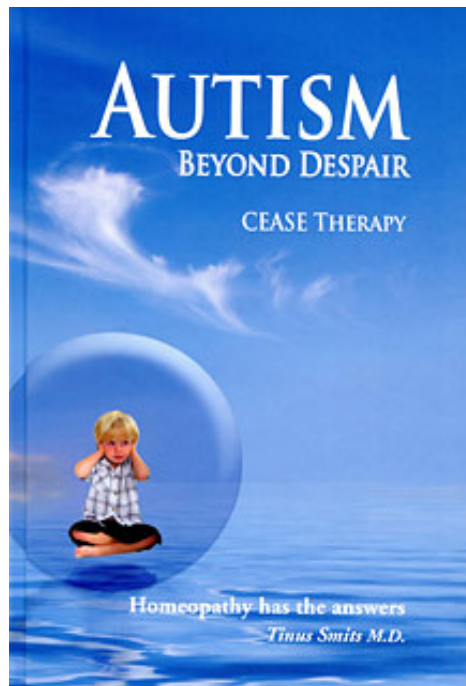
## Autism: Beyond Despair

Reading excerpt

[Autism: Beyond Despair](#)

of [Tinus Smits](#)

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***Case of a combination of detoxification, classical homeopathy and orthomolecular support, three years treatment***

Justin was 7 years old and diagnosed as PDD-NOS when I saw him for the first time in the summer of 2005. The dramatic change in his behavior took place when his parents took him to Kenya. He was then two and a half years old. He suddenly began having tantrums, turning his eyes away. This also happened during the night as if he were in another world. He never was an easy child, he was always crying as a baby and he would run in circles on the playground. But when the tantrums started, the parents knew that this was not normal. Such a change in behavior must have a reason, and I immediately suspected the tropical vaccinations he got just before the tantrums started (hepatitis A and yellow fever), plus Lariam, an oral anti malaria drug. He stayed in Kenya from April to December 2000.

Back home he got middle ear and throat infections with the usual rounds of antibiotics. This was May 2001, and one month later he had his tonsils and adenoids removed. But he had trouble coming out of the anesthesia. For a whole day he seemed to be in a trance and was unresponsive. Then at age four he got the usual DTPol and Neisvac-C shots. He then became very constipated for months. His stool had to be removed with enemas.

In 2004 he got another Hepatitis A shot. By that time he lived completely in his own world, with a lot of tantrums, and attended a special school for autistic children. He hardly was able to concentrate, spoke with one or two words, and was unable to tell a story. He saw only details, without being able to grasp a whole situation.

But this is only half of the story. As said before, he cried very often the first year and never slept during the day. He was bottle fed. He was full of tension, making fists with his hands. He suffered also from eczema from three months on (which was gone by the time of the consult).

It was not difficult to discover where all this came from. His mother had surgery in her third month of pregnancy for a benign lymph node in her neck, a long operation under general anesthesia and with antibiotics given preventively. This explains why he had so many problems when he got anesthesia himself at age two and a half. As a baby he already had diarrhea, which is still there, 4-5 times a day, sometimes solid, sometimes liquid. He also perspires profusely during the night, literally he is swimming in his perspiration as the parents express it. He has also a kind of herpes around his mouth and nose. All this indicates that his system is still reactive and that his body is trying to clear out toxins through his bowels and skin. His system is on survival mode so to say. His IQ is evaluated at 75, but for me this has no special value, because a blocked brain cannot function correctly. A virtuoso piano player cannot play Mozart with a broken finger; it has to heal first.

Treating more and more autistic children, I became aware also that the parents' history before the pregnancy should not be overlooked either. His mother had many courses of antibiotics for bronchial infections as a child and developed migraines from the age of 19 when she started birth control (which she used until she became pregnant). She also got a D&C with general anesthesia for a miscarriage shortly before her pregnancy with Justin. So there were many possible causations to detoxify.

On the mental and emotional level Justin had many typical autistic characteristics. He had poor social skills, as if he did not need others and did not understand other childrens' games. Nevertheless he liked to cuddle with his parents. He had no flexibility and was very obsti-

nate. He was obsessed with numbers. He was reckless in the face of danger and was afraid of nothing. He loved to play with a Game Boy. Instructions addressed to a group passed him by completely. He ate everything but did not have a favorite food.

With all this information it was possible to make a good analysis of Justin's life story and to plan his step by step healing, i.e. the solution to all the causative factors that led to his autism. It can easily be understood that it will be a process not of months but of years to eliminate all the disturbances in his energetic system.

I retained the following causative elements: antibiotics used by his mother during childhood and her pregnancy with him, and by Justin himself during the first years of his life; then his mother's anesthesia during the pregnancy and that of her son at almost three years. With that we have to pay attention to his vaccinations, first to the yellow fever and hepatitis A shots after which his behavior changed completely, but also to the other usual vaccinations (Neisvac-C, MMR and DTPP/Hib) which he got in the first and second year of his life. Finally we keep in mind Lariam, a drug he took during six months in Kenya. Because autism is not provoked just by one factor but by an accumulation of different causations, the detoxification of all the factors should heal this boy completely. Experience taught that the detoxification of the cause which provoked the switch from a normal to an autistic child is not enough and will only give a partial improvement. The order in which this detoxification is done is not fixed and can be executed in a variable order. Mostly a reverse order is used, with the most recent cause healed first, but also the most probable and striking causations can be detoxified first. Later on, less probable factors can also be resolved to complete the healing process if necessary.

I started Justin's treatment with a course of Antibiotics (a homeopathic mixture of the most common antibiotics), every potency twice in 4 weeks and after a 2 weeks rest Nux vomica in 4 weeks to detoxify the

anesthesia. Nux vomica is a wonderful homeopathic remedy for this, but is nevertheless not a perfect match. It is rather complicated to find out the specific anesthesia used and then to get the homeopathic remedy made from it. Fortunately there is also a mixture available with all kinds of anesthetics called General Anesthetics. At that time I was prescribing Nux vomica because I was not yet very familiar with its use, otherwise I certainly would have used it. Through experience this method of treatment for autism has step by step been improved. That is why I am able to present the CEASE method to the world, having learned from experience and always looking for a more successful approach.

Along with this he also was given the usual fat-soluble vitamin C (ascorbyl palmitate) and water soluble vitamin C with magnesium and zinc and fish oil. This orthomolecular treatment helps to make the healing process smoother and quicker.

On both courses he had severe fever blisters on his face, around his mouth, nose and eyes, indicating that the detoxification had started. He fell asleep more easily, and curiously enough he started to tell his dreams every morning. He also had pain in his abdomen on a regular basis. Before continuing to detoxify the yellow fever (Stamaril) I decide to start with Saccharum officinale 30C, twice a week, and Saccharum officinale D6, one tablet per day for two months, because of his bowel problems, the enormous sweating and his mental-emotional picture. During this treatment his speech was progressing, but he still had the fever blisters on his face, and his eczema came back over his whole body. His stool became more solid, but the sweating was not better. All eruptions during such a healing process have to be seen as temporary means that the body needs to detoxify and find a better balance. This means also that the disease is healing from more to less important organs, from the inside out. Suppressing these eruptions from outside with ointments just sabotages the body's efforts to heal and pushes it back to a deeper level again.

Then the Stamaril was given over 4 weeks. The parents talked about a breakthrough. The eczema, blisters and night sweats were much less, and he stopped biting his nails. But the real breakthrough took place on the mental and emotional level. He was more open, his empathy strongly increased, he was much more connected with his feelings and was upset if other people were suffering. He would react when his parents spoke to him. Saccharum off 30C also seemed to work better. His mood changed from rebellious to kind, he could easily be corrected, and he became more flexible. Finally he had no further abdominal pain and his stool was solid after many years of diarrhea. His concentration was still very bad, and he still had his strong obsession with numbers. At school he was teachable and his aggression was gone. His flexibility greatly increased. At this point the parents evaluated his healing at 60 or 70%, which is already an enormous improvement.

Then the Stamaril course was repeated and Saccharum was increased to a 200C once a week. During the Stamaril course his fever blisters increased again as during the first course. On the Saccharum officinale 200C he reacted quite violently: he became very rebellious and obsessive and the night perspiration increased again. The reason for such a strong aggravation was a misunderstanding; the parents gave the Saccharum twice a week instead of once a week. When this medication was stopped the aggravation disappeared quickly. On the second course of Stamaril, every potency was given until no reaction.

After that a big change took place in his energy. He became very insecure and had hardly any interest in the world around him; his empathy had gone again and he stopped showing his emotions. He was focusing on negativity. His speech had in contrary progressed and his interaction with other children was better. Is there reason to believe that he cannot be healed and that he will stay autistic for his whole life? Surely not; such waves in the healing process are not abnormal and a consequence of changing energies. Here homeopathy is again

a master therapy to adapt to the new situation and to help him with the next step in the healing process. Not every step can be successful either, but all the important causations must be addressed.

I then put Justin on *Carcinosinum cum Cuprum 30C*, a homeopathic remedy that fits perfectly with his lack of self-confidence and obsessive behavior with lack of flexibility. The *Saccharum officinale D6* once a day was continued to support his digestive system. When I saw the parents 4 months later there was some progress, especially his speech continued to develop, but his uncertainty had not really progressed. The parents had stopped the *Carcinosinum cum Cuprum* on their own after one month because they did not see much progress. These things happen and the homeopath just has to cope. At every consultation the reasons for good or bad results have to be evaluated carefully in order to lead the patient to complete healing.

So I put Justin again on the *Carcinosinum cum Cuprum 30C*, and because some of the *Saccharum* symptoms like the night sweating had increased again, I prescribed this remedy in an *LM6* every day, except for the one day per week that he got his *Carcinosinum cum Cuprum*.

Three months later there was nice improvement. In the beginning of this treatment he became very emotional with a lot of crying. The parents were amazed at what he could do. He was more connected with the world around him and could make snappy observations. He started to experiment with all kind of things typical for his age. He was able to follow programs on TV, and his empathy came back again. He showed more emotions, sometimes being very sad. He even started to say 'she' when talking about his sister. His fever blisters almost disappeared. He still needed a lot of support, but he had more self confidence. Now I switched him to the *200C* once a week of *Carcinosinum cum Cuprum* and to the *LM12* of *Saccharum officinale*. I realized that we had not yet completed the detoxification of his

vaccines, but as long as he was progressing with the actual medication it was wise to continue. Nevertheless there is a big chance that this process will get stuck somewhere because of a blockage caused by the vaccines or other causations that are still not resolved.

And indeed when I saw Justin and his parents four months later, the healing process had slowed down. Sure, he was able to express himself correctly and to tell a story that made sense, he was flexible and able to make a plan for himself for the day. Nevertheless he was still sweating a lot at night, and his obsession with numbers had not disappeared yet. The sweating showed that his system was still overloaded with toxins (the body was using the sweat as a way of eliminating them).

Then the detoxification continued with the Hepatitis A vaccine (Havrix), then the Neisvac-C, followed by the MMR and finally the DTPP/Hib, with a two week interval between every course of four weeks.

During the Hepatitis A course he became very obstinate and restless, but after the course these symptoms disappeared again spontaneously.

On the Neisvac-C course he had no reactions, but on the MMR there was clear progress in his cognitive skills. He started to ask questions and had more different interests. His obsessions become less for the first time and he was able to draw other pictures instead of series of numbers.

On the DTPP/Hib detoxification he became unbearable, was in a constant hurry, and wanted to try out everything that came up in his mind. Also the fever blisters on his face came back again. But after this detoxification he became very calm and flexible.

Then there was an intermezzo with a red and swollen finger around the nail. The family doctor prescribed antibiotics that again would set his healing process back. Fortunately homeopathy has good remedies



for such infections. I prescribed for him Silicea D12 in water, a sip every hour for a week, and asked his parents to call with a report after 24 hours. The infection was then already better and after a week it was completely healed.

His school report was very positive: less angry; more able to have a conversation; understood more, listened better, got less frustrated, was able to follow instructions to the whole group. He was still behind with his vocabulary and with reading.

The conclusion of the parents after these four detoxifications was that there was a huge improvement. When I asked them how far the healing process had progressed, the father hesitated. He says: 'I would say 100%, but there is something that is still not as it should be to declare him 100% healed. He has little interest in the world around him. He has no hobbies, no ambition, he is not interested for example in learning to tie his shoes. He never asks why. He does not feel any need to nourish himself on the intellectual level.' His mother said: 'During the detoxification we had the impression that there was a breakthrough, but at the end he fell back as if there is still something missing.'

Then I realized that he was now in a state as if he were still half under anesthesia and I remembered that the detoxification of the anesthesia with Nux vomica did not give the expected improvement. Therefore I decided to start right away with Opium, another remedy used in homeopathy to detoxify anesthesia. Opium has the same dullness and lack of interest. I kept in mind that the MMR and DTTP/Hib should be still repeated at least one more time and that the detoxification of Lariam should also be done to complete the whole treatment. The course of Opium over 4 weeks had indeed the expected and desired results. First he became rebellious again, but soon he became more alert and started to play football with other children even if he didn't know them. His father went with him to an amusement park

and really had the feeling of having a normal child who enjoyed all the attractions and was able to stand in line and wait his turn nicely. It was as if the haze had finally been lifted from his brain. Even his teacher was surprised that he could read calmly and retain everything he had read.

Now we approached the final goal of his healing process, that is the complete healing with the restoration of all the damage that was unconsciously done to a healthy boy. These last steps I will guide him through also and make sure that nothing has been overlooked that can still harm him in his functioning on the mental, emotional and physical level.

When the MMR course was repeated, his parents said it was like a wonder. After three years his profuse sweating at night stopped suddenly. He also took more initiative.

Then the DTPP course provoked a strong reaction. He became quite obsessive again and his behavior was more autistic-like, as if he got his wires crossed and got stuck in his established patterns. After the course he improved again, but that meant that both the MMR and especially the DTPP had to be repeated. Apparently the information in his energy which is built up with the MMR and DTPP energy is still there, otherwise there would not have been such a strong reaction. Nevertheless both courses improved his concentration and at school he was really doing his very best. Only his verbal capacities like understanding and speaking in complete sentences were still weak.

The course with MMR did not give further reaction, but on the DTPP he reacted again, especially on the 1M and 10M. His blisters disappeared completely. He became talkative and started to write down stories, showing his creativity. His speech is nevertheless still far behind compared to his classmates. Now he is open and alert and his empathy has increased a lot. He has become independent also, riding his bike

alone or taking the bus alone. He suddenly started to tie his shoes also. He enjoys going on holiday. The only detoxification left on our list is Lariam. But the parents reconfirm without any hesitation that they don't have an autistic child any more, just a child with some speech and language problems. Will the detoxification of Lariam give a boost to that also? Time will give us the answer.

When I reread his healing story, I realize that nowadays based on many experiences with these treatments I work more systematically, preferring mostly to finish all the detoxifications first and then pass to general homeopathy to complete the process if necessary. Sometimes for the comfort of the parents, the child or the school, a well chosen homeopathic remedy can be given in between or along with the detoxification courses. Also detoxification of a substance has to be repeated as long as there are reactions. Reactions means that the information is still in the energetic system and should be cleared out completely before passing to the next. When this is not done properly this can still be repaired later as I have done in this case.

***Testimonial of Justin's parents - From calculator to story writer***

Our son Justin is almost 11 years old now; he has been diagnosed as PDD-NOS and attends a special school for autistic children. Our son has already been treated for more than three years by Dr. Smits. Our initial request was to improve especially his concentration and language. Justin had problems with reading and speech in general, had difficulties to evaluate a situation (action and reaction), had difficulties to play with other children. Sometimes it was difficult to make contact with him and he could panic and become angry when he could not take stock of the situation. He would easily grumble or have tantrums. He always was in a hurry when he had to perform tasks at school. He was completely obsessed by numbers, so severely that it blocked somehow his normal development. He could fill notebooks with numbers for hours. With that he had several physical complaints

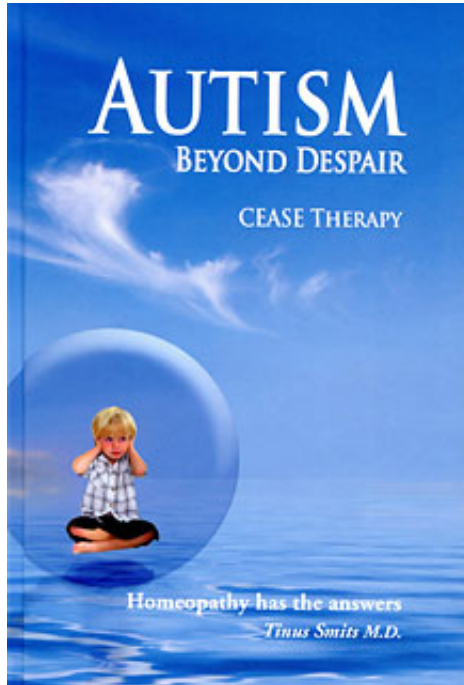
like eczema, liquid stools, night sweats, and many blisters in his face around mouth and nose.

Nowadays Justin has no tantrums and can make contact without any problem. He can easily evaluate a situation and does not have problems changing from one situation to another; you don't have to prepare him beforehand. His constant hurry has disappeared when performing tasks at school. He is less distracted and he is not sitting any more in a box, but at a table next to another child. He has become more social ... he stopped filling up notebooks with numbers but is writing stories he invents himself.

Recently we evaluated his healing at 100% concerning his autistic behavior. What is still left is a language problem. It is as if through the treatment of Dr. Smits his autism has completely disappeared. As Dr. Smits says: it is like an onion and we take off a layer until we reach the core. Now we will focus on his language problem and that is why he will go after the summer holidays to a special secondary school for children with language and speech problems without disturbances in behavior.

As parents we are very happy with this situation. Justin is a sweet and happy boy, loved by everybody. He sleeps well, eats well, does not use any medication except the homeopathic ones, practices sport and feels well. We can take him everywhere and have a normal family life. From his physical complaints almost nothing is left. What is still left is only linked with his speech and language problems and not with any autistic feature.

Thank you Dr. Smits for all we have achieved so far.



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