

# **Ten Key Interventions for ASD**

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1. Autism diet (e.g., broccoli [has sulforaphanes], probiotics, omega 3 fatty acids, diet low in refined carbs, accommodations for individual food sensitivities [e.g., celiac disease, lactose intolerance])
2. Optimal evaluation and management of medical and neurological comorbidity (e.g., seizures, gastrointestinal problems, pain [including headaches, migraine], nutritional deficiencies [e.g., vitamin D deficiency, hypomagnesemia, B1-Thiamine, B3-Niacin])
3. Environmental adaptation (aka Nidotherapy [www.nidotherapy.com](http://www.nidotherapy.com) )
4. Optimal demand on the individual with ASD
5. Behavioral Interventions / Stimulus control (Applied Behavioral Analysis ABA) (with guidance from a BCBA [Board Certified Behavioral Analyst])
6. Multi-Sensory interventions (with guidance from an Occupational therapist)
7. Language and communications interventions (with guidance from a Speech Language Pathologist)
8. Emotional and Social Resilience Training (e.g., Secret Agent Society [[www.sst-institute.net](http://www.sst-institute.net)], UCLA PEERs program [[www.semel.ucla.edu/peers](http://www.semel.ucla.edu/peers)])
9. Supplements and herbal remedies (e.g., N-Acetyl Cysteine, Omega 3, Probiotics, Vitamin D3, sulforaphane, probiotics, CBD [cannabidiol], digestive enzymes, Methyl B12, Melatonin for insomnia)
10. Psychiatric medications (e.g., Stimulants for ADHD, SSRIs for anxiety; Aripiprazole or Risperidone for severe persistent aggression / self-injurious behaviors)

### Web resources:

1. Vanderbilt Kennedy Center  
<https://vkc.mc.vanderbilt.edu/etoolkit/physical-health/health-watch-tables-2/checklist-autism/>
2. Currently, a vasopressin 1a receptor antagonist Balovaptan is in phase 3 trial to see if it may reduce social cognition deficits and may have other benefits <https://theaviationstudy.com>
3. Inspirational narratives of women with late diagnosis of ASD:  
<http://www.bbc.com/news/resources/identity-women-late-diagnosis-autism>

### **Suggested Reading:**

Grinker R, R. Unstrange Minds: Remapping the world of autism. A father, a daughter, and a search for new answers. 2007. Basic Books Publishing.

Markram K, Markram H (2010): The intense world theory – A unifying theory of the neurobiology of autism. *Frontiers in Human Neuroscience*, 4(22), 1-29.

Hendren R. Complementary and Alternative (Biomedical) Treatments for Autism Spectrum Disorder. McDougle CJ. Editor. *A Primer on Autism Spectrum Disorder*. Oxford University Press 2016; pp 301-320).