

# LETTERS

(continued)

Bruce has stopped yelling and screaming and biting his arm. He is quiet (not listless) and seems happy and content. He no longer performs his maddening acts of perseveration—the ritualistic and compulsive rituals that consumed hours every day and drove us crazy. On Sunday he sat and watched the Super Bowl on TV. He has never watched TV before in his life.

Because of his many compulsive rituals, it used to take him almost two hours to get dressed in the morning. Now he is getting dressed in five minutes. His eye contact has improved and he walks around with a happy smile on his face. There is something else, though . . . something intangible. Bruce is different. There is something in his eyes—they focus better, they have a glint in them, there is more awareness—and even more than that, there is a *je ne sais quoi* that cannot be put into words. My son is changed most remarkably.

Alice Kutzin, M.D.  
Thousand Oaks, CA

*Editor's note: Several weeks after this letter, Dr. Kutzin, a psychiatrist, wrote ARI again to comment on the additional progress her son made when she added vitamin B6 and magnesium to his supplementation program. "Bruce is a different person," she remarked. "He is extremely alert; he is very enthusiastic about life in general; he is interested in many things now, including his own speech," and is speaking with about 30% more frequency.*

*"It is now so enjoyable to talk to Bruce on the phone," she commented, "that I find myself calling him every day and looking forward to it, where before I would dread calling him once a week."*

## Facilitated communication "horror story"

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arm while Carla used a Canon Communicator to answer the questions under four separate conditions:

1. Condition A, in which both Carla and the facilitator could hear the questions. Of the ten questions asked in this condition, Carla got either eight or nine correct.

2. Conditions B and C, in which earphones were worn by Carla and the assistant. Twenty questions were asked, and the facilitator did not know whether or not she was hearing the same questions as Carla.

The result: when both the facilitator and Carla heard the same questions, Carla answered four out of ten correctly. When they heard different questions, Carla answered her own questions incorrectly, but gave four correct answers to questions *only the facilitator heard*.

3. Condition D, in which Carla heard the questions but the facilitator heard only

To the Editor:

My daughter Alina, who turned 22 last August, is home now and is doing meaningful work at Woolworth's. She has been on two tablets of DMG daily since August 1990, and her incidents of aggression and self-injurious behavior immediately dropped from two to three per week to two per year, and at a much milder level. She is mostly a happy person and it is a joy to have her home now. After 18 months of DMG, no ill side effects have been observed. (*Editor's note: DMG is non-toxic.*)

A Massachusetts Father

To the Editor:

[After starting my son on DMG] I noticed in less than 48 hours that he was much easier to handle. His 1-2 hour "whiny" period in the morning ceased and he was able to get over disappointments in a couple of minutes. Previously, any upset in his plans would set off a good 15 minutes of repeating, "that's okay, that's okay," until it drove us crazy. These are subtle changes, but they tremendously increased the harmony in our home,

Nicole Shultz, V.M.D.  
Greenville, N.C.

To the Editor:

[My daughter] Kim is a 23 year old non-verbal adult. It is my pleasure to write that a miracle has taken place overnight in her metabolism/behavior after taking B6. She has stopped "racing." She is calm, her concentration is focused, she listens and responds to instruction. She smiles broadly and laughs. She watches for eye contact with those she chooses, has stopped the self-stimulating hitting of neck and knees, and walks instead of runs. She has always enjoyed orchestrated music, but now she enjoys listening to words of songs. Her verbal responses are logical and appropriate. I am ever so thankful and try not to think, "why wasn't B6 suggested sooner."

Karen Carlson  
Novato, CA

To the Editor:

I am writing to share with you my experience of adding vitamin B6/magnesium to my son's diet. His useable vocabulary has tripled. His awareness and eye contact has increased. He has added several new foods to his diet and will try new foods that are offered to him. Everyone who comes into contact with him, including teachers, family members and friends, has remarked on the fact that he is more alert.

The most miraculous change is that he now lets me know that he understands almost anything that is said to him. (Before there was no reaction.)

He is interested in his classmates for the first time and craves affection at home. Even when he retreats to his "other place," he doesn't seem to be so far away as before!

Monica Rourke Palmer  
Cheshire, CT

To the Editor:

My daughter has slept through the night from the first dose of vitamin B6 and magnesium starting 2-1/2 weeks ago. She is also noticeably calmer. She has never slept all night in 9 years!!!

I am recommending vitamin B6 and magnesium to all parents of autistic kids.

Aileen Wolff  
White Plains, New York

## More on peptides, diet

In ARRI 5/4 we discussed the research of Paul Shattuck of England and Karl Reichelt of Norway, both of whom reported, in different studies, finding unusual patterns of peptides in urine samples of autistic children. We have received many inquiries from parents and professionals eager to learn how to apply these findings.

ARRI is in touch with Drs. Shattuck and Reichelt, and will continue to make their findings available to our readers as quickly as possible.

Note that Reichelt implicated peptides from milk and gluten as being detrimental to subgroups of autistic children in his studies, and reported that gluten-free and/or milk-free diets were helpful to children in these subgroups. (Gluten is found in wheat, rye, oats and barley.)

We have maintained for over two decades that food allergies are an important cause of autism, and that milk and wheat are in particular likely to cause difficulties. In ARRI 3/2 we published, as one of our very rare guest editorials, an article on food allergies by Mary Callahan, whose book *Fighting for Tony* (now out of print) described her son's recovery from autism when his milk allergy was discovered and treated.

For a copy of Mary Callahan's editorial, our 1972 paper on food intolerances and autism, and our allergies book list, send \$3.00 and a self-addressed, stamped envelope.

(The papers by Shattuck and Reichelt, and 13 other autism papers, appear in Vol. 3, No. 5/6, of *Brain Dysfunction*, available for \$28 from S. Karger, P.O. Box CH-4007, Basel, Switzerland.)

\*State "tortured" family," The Sunday Age, Melbourne, Australia, February 16, 1992.