

Gifts to Our Children and Their Families, from Dietrich Klinghardt, MD, Ph.D.

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There are few things as important to Dietrich Klinghardt, MD, PhD as sharing his healing gifts with our children. He is one of the foremost medical minds of our time and many practitioners all over the world incorporate his methods into their practices. Today, when so many of our children are autistic and the statistics are growing daily, Dr. Klinghardt has devoted a big part of his practice and his teachings to helping these children and their families and to helping practitioners know how to help these children. On August 8-10, 2008, Dr. Klinghardt invited speakers, practitioners and parents to a three-day seminar in Bellevue, Washington that explored solutions for parents, caregivers and practitioners. This followed a similar seminar that he offered in 2007 (*Explore, Volume 16, Number 4*).

Dr. Klinghardt began his presentation describing the exponential increase of autism in the last 20 years which, he said, suggests an environmental factor (one that has also increased exponentially). There are three possibilities:

1. **Toxins:** persistent or ever-increasing **toxins** that find their way into the fetus or infant (thimerosal, insecticides and BT toxin, food preservatives, etc.)
2. **EMF:** exposure of the pregnant mother to electromagnetic fields from cell phone radiation, radio and TV broadcasting, radar, wireless technology and other household sources (damage to the epigenome)
3. **Infection:** epidemics such as TB, measles etc have followed a similar growth-(and eventually remission-) curve. The spread and increased virulence of the relatively new Lyme-Borrelia strain could explain most epidemiological data and most immunological and metabolic data.

What could bring these 3 theories together?" he wondered. He believes that part of the answer to that question is global warming and electrosmog. "We are treating our children – unknowingly - the same way as the coal miners have used canary birds - to recognize, when the environment is becoming too toxic and it is time to get out, commented Dr. Klinghardt. "I strongly believe we should examine the illnesses of our children and apply the principles of what has been learned - for the adults as well as for the children. If humanity is to thrive, we have to change things. And it can be done. And it should be done – now."

Many people believe that autism is the consequence of an infection acquired in the womb. Many metabolic, anatomical and immunologic markers suggest a viral infection. Dr. Klinghardt reported that 72% of the children he sees with neuro-developmental disorders test positively (Western Blot) for Lyme Borreliosis (after antimicrobial provocation). 84% of their mothers test positively when provoked with antimicrobials prior to blood draw. Six out of 6 of his autistic children tested positively for the Borna virus (This virus is transmitted from horses, dogs and cats and causes autism-like neurological problems in horses and mental illness in adult humans. Children have not been studied). Microbes create biotoxins with effects similar to mercury, lead and carbon based chemicals.

The synergistic effect between toxins has only been poorly studied, said Dr. Klinghardt. An LD 1 of lead (one out of hundred rats dies) and LD1 of mercury given at the same time to a rat has an LD100 effect i.e. they all die. There is no computer model that can handle the synergistic effect of hundreds if not thousands of environmental toxins in our children.

Toxic body compartments cannot be patrolled by the cells of the immune system and become the breeding place for microbes. The higher the toxic body burden, the higher the microbial body burden. Toxins can lead to mutations and polymorphisms on the genome level, inhibit the enzymes responsible for elimination (proteome) and many aspects of the metabolome - and lead to a vicious cycle of entrapment of more toxins and growth of more pathogenic microbes

Electromagnetic radiation (EMR) drives the growth of microbes: molds increase their growth rate and put out far more virulent mycotoxins. They feel attacked and fight back. The same appears to be true on all levels of the microbiome: under the influence of man-made EMR - viruses, spirochetes, mycoplasma, streptococci, staph etc increase their individual self- defenses - while the host immune system (of higher mammals) is severely compromised.

Infants do not have a blood brain barrier (BBB) until 18 months of age: they are completely vulnerable. Even teenagers are far more sensitive to EMR than adults. Astrocytes are responsible for creating the blood brain barrier. Past the BBB the brain has a poor immune system: astrocytes and microglia are the only cellular defense the CNS has against invading microbes. Yet, it is the first group of cells paralyzed by methyl- and ethyl-mercury.

Dr. Klinghardt had many suggestions regarding what seems to help autistic children the most. According to Klinghardt's Trojan Horse Theory: Mercury is the stealthy door opener. It is installed into the brain via the vaccines before the blood brain barrier had any control.

Some of Dr. Klinghardt's suggestions for detoxifying metals include:

- Desferal: 500 mg in 4 divided doses over 4 days, 500 mg/week or up to 1x monthly (Kruck protocol for Alzheimer's disease)
- DMPS and glutathione: very effective in neural therapy and ganglion blocks
- Learn the simple and safe neural therapy injection techniques!
- Sound cracked Chlorella (BioPure): 4-20 grams/day
- Cilantro tincture (high HgM): 10-15 drops in hot water before meals and at night, or topical as segmental therapy treatment
- Matrix Metals (BioPure): nanonized cilantro and chlorella: 1-8 sprays nasally twice daily
- Intestinal binding: beta sitosterol, charcoal, chlorella, apple pectin, zeolites, chitin and chitosan
- DMSA: 10 mg/kg/day in divided doses q3-4 h (3 days on, 11 days off) or 100 mg 3-4 times per day only 2 days per week (only 20% absorption). Best: rectal suppositories 10 -30 mg/kg up to 3 times per week (80% absorption)
- D-Penicillamine (Russell Jaffe protocol)
- D-Alpha Lipoic: 100 mg q 3-4 hours (600 mg/day)- helps glutathione bound toxins to make it through the cell wall
- Organic freeze dried garlic (highest in alliin & energetically enhanced, from BioPure) -- 2-3 caps after each meal 3-4 times/day
- Phospholipid Exchange (from BioPure: energized phospholipids, alpha-Lipoic acid, magnesium and Na-EDTA)- enhances acetylcholine in the brain
- Cold processed whey (branched chain amino acids)
- Dopamine is most depleted when chronic infections are present. Use Mucuna powder as precursor (1 tbsp/day) or "Bitter Orange" (2-6 caps at bedtime)
- Exercise – avoiding post exercise fatigue
- Electro-mobilization (KMT 24, Toxaway foot bath Sauna

- Photo-mobilization (health light, photon wave and green laser photophoresis, Valkion singlet oxygen energy (water and inhalation))

To diagnose metal toxicity Dr. Klinghardt recommends:

- Porphyrin test – may indicate body burden
- Urine challenge – indicates those metals that are easily mobilized with the agent used
- Stool test – major route of detox but test seems inaccurate (split sampling unsatisfying).
- Hair analysis: excellent to monitor effectiveness of detoxification agent (if hair levels of toxin go up for a while), best for methyl-mercury
- Red cell test: depends on active transport (vulnerable to lack of ATP) – may or may not represent true levels
- Diagnosis of Biotoxins
- No practical test is available for typical biotoxins from microbes (gossypol, quinolinic acid, mycotoxins)

Indirect tests include:

- Mold panel (IgE, IgG) or skin testing (AAEM)
- Herpes panel (IgG, IgM)
- Chlamydia panel (IgG, IgM)
- IgeneX Lyme and co-infection panel
- Assume the client has mycoplasma
- Test for thioethers from devitalized or root canal teeth: ALT testing
- Best and least costly alternative: ART testing (direct resonance)
- Tests for Xenobiotics
- Urine organic acid test (indirect) and urine tests for phthalates and PBDEs
- Autonomic Response Testing

The Klinghardt Axiom is as follows: ***“The body always strives to achieve equilibrium between stored unresolved emotional issues, toxin storage and the presence of pathogenic microbes.”***

The reverse axiom is as follows: “a patient cannot be “detoxed” beyond the degree to which also emotional issues are released.”

The body burden of stored toxins predicts the presence of pathogenic microbes: the immune system cannot achieve dominion in contaminated body compartments. Microbes grow and prosper proportional to the amount of toxins stored.

Lyme disease is behind many chronic illnesses, said Dr. Klinghardt. Lyme can mimic MS, myelopathy, polyneuropathy, brain tumors and encephalopathy. It can cause meningitis, encephalitis, neuritis, mania, depression, OCD, schizophrenia, anorexia and dementia. Fetal Borreliosis can cause fetal death, growth retardation, cardiac anomalies, hydrocephalus, blindness, neonatal respiratory distress, SIDS and toxemic pregnancy.

To treat Lyme in children successfully, said Dr. Klinghardt, we have to use:

1. anti-mold strategies: fluconazole, itraconazole, voriconazole, rhizols, MMS and propolis vaporizers and
2. anti-viral strategies (measles, herpes type I, II, EBV and HHV-6): valtrex, MMS, rhizole zeta, change of redox status by using DMPS, DMSA or glutathione/NAC or Valkion singlet oxygen energy

3. anti-parasitic drugs. A large reservoir of spirochetes resides in the gut and modulates the GALT. It becomes part of a defective therapy-resistant microbiome. The use of anti-parasitic drugs is most effective (Alinia, Biltricide and Rhizol Gamma)

Rhizols are ozonated plant oils. The ozonides transfer oxygen and change the environment in which anaerobic pathogenic germs live, making it aerobic. This prevents anaerobic germs, such as Clostridia, from multiplying. The oil is surface-active and, with its active substances, moistens the intestinal mucous membrane where nests of fungi and bacteria and parasites might be located.

Klinghardt Lyme treatment

Component 1: decrease microbial numbers

- Rhizol Gamma: treats most parasites, all mold and yeasts, Bartonella, Ehrlichia and most Borrelia species: up to 20 drops t.i.d.
- Rhizol Zeta: treats most known viral infections (all herpes viruses inc. HHV-6): up to 20 drops t.i.d.
- Freeze dried garlic: allicin is effective against Borrelia, Bartonella, HHV-6, and mold. The many sulfur compounds detoxify mercury and many environmental toxins dissolve in water – up to 3 caps q.i.d.
- Acidified sodium chlorite (MMS) is very effective for Babesia, mold, viruses and many other microbes
- Other frequently used options: singlet oxygen, bee venom therapy, high dose niacin, “Buhner” herbs as tincture (5 in 1 from Biopure)

Component 2: remove biotoxins and biofilm

- Gut biofilm and persistent toxins in bowel wall: Clay: ½-1 tsp b.i.d for 4-6 weeks always with large amount non-psyllium fiber product or large dose chlorella
- Consider conventional medications along with biological agents (EDTA, DMSA, Penicillamin, i.v. Vit C, etc.)
- Chlorella: 20 tbl 10 min after rhizoles or MMS and 30 min before meals. Biotoxins respond to the same elimination agents as other toxins do
- Cilantro: up to 15 drops t.i.d. in hot water
- Nanonized chlorella: Matrix Metals (BioPure): 2 sprays into nostrils 1-2 times per day
- Get melatonin levels up. Sleep in the dark, turn off the fuses. Turquoise light 1 hr after sunset

Component 3: modulate the immune system

- Auto-urine therapy (best: i.m 2 ml twice weekly) plus chlorella in high doses
- Enderlein remedies (apergillus niger, penicillum notatum and fortatum, Pleo Ut and Ut-S)
- Homeopathy and laser field restructuring: treat for every medication, vitamin or homeopathic the child or the mother has ever been on
- Valkion water with singlet oxygen
- Colonics, colonics, colonics
- Mental Field Therapy and Family Constellation work
- Decrease EMF exposure
- Neural therapy: inject all scars and treat associated memories

Energy Medicine and Autism

Examples of well-known damaging effects of energy to the body include:

1. High frequency electromagnetic radiation (EMR) leads to cancer from radioactivity, and leukemia from x-ray exposure

2. Light: Too much sunlight exposure (sunburn) = infrared light. Nightlights cause eye problems and decreased melatonin levels in children
3. Sound: Tinnitus can come from too much noise exposure. Cancer from infrasound exposure (i.e.vibrating refrigerator, near-by freeway tunnel)

Possible sources of damaging energy to the unborn or young child include household currents and fields (cordless phones, wireless, appliances), incoming information carrying radio waves (cell phone and radio/TV broadcasting), light and noise (night light, street lights, traffic, heat pumps).

According to Dr. Klinghardt, two parameters that determine and predict the future health of a child are as follows:

1. Body Voltage in the sleeping location of the pregnant mom or the infant after birth. The body acts like an antenna for ambient electric fields in the home and builds up electric tension against the ground, which interferes with numerous biological and physiological functions. Body voltage increases towards the center of the body. The measurement requires an inexpensive instrument (Multi Meter). Since our neurons operate at voltages between 80 and 120 milliVolt (mV), the threshold at which artificially induced body voltage interferes with our normal physiology is at a level at or above 80 milliVolts. The higher the body voltage, the worse. Reported damage caused by EMF includes damage to the developing neuronal networks, to cell signaling mechanisms, the epigenome, to the cell membrane (“cell membrane sensitivity”) interruption or stimulation of cell signaling molecules and damage to the DNA itself.
2. Microwave exposure of the pregnant mom or the infant after birth. This measurement addresses the effects of cell phone radiation (from nearby emitter), wireless technology in the home (or from neighbor) and cordless phones. Anything over 1 microWatt/square meter in the sleeping location is expected to cause biological, immunological, physiological and neurological consequences. The higher, the more devastating. We use a German made instrument from “Gigahertz Solutions,” model HFE 35C (around \$800)

Known biomedical effects include:

- Decrease in pineal function with decreased melatonin production (insomnia, lowered immune status
- opens blood brain barrier
- Autism and other neuro-developmental disorders in exposed infants
- increased leukemia and cancer rates
- brain fog, fatigue, short term memory loss
- synergistic effect with all other types of radiation
- disturbs all known intrinsic rhythms (EEG, heart rate variability, breathing pattern, 24 hr meridian activity, bowel movements, detoxification, etc),
- blocks blood-brain and gut barrier (leaky gut syndrome) in stuck-open position leading to neurological illness (Parkinson, MS and ALS, autism,etc.), food and environmental allergies
- synergistic effect with other fields, increases mold growth and mycotoxin production in homes
- lowered immune status (decreased IL-10, increased IL-1, IL-6, decreased NK cell activity)

Autism and the wireless age: is humanity committing collective suicide or are we “just” destroying a few generations of children?

To make an electrosmog diagnosis, said Dr. Klinghardt, we need appropriate electronic instruments, which are very objective, but cannot predict the biological effect on the particular individual). Radiaesthesia is very subjective, but only 2-8 out of a hundred practitioners are

accurate. ART (autonomic response testing) is very reliable in the hands of well trained practitioners). Heart Rate Variability measures accurately the biological effect of the field in this particular location on this particular organism.

The 2-step EMF Solution for the autistic child that Dr. Klinghardt suggests is as follows:

1. Switch off all fuses at bedtime. Buy some flashlights or find electrician who can install a “demand switch”)
2. Create a Faraday cage around the bed (Best: the sleep sanctuary from www.BioToolsforWellness.com)

The results: instant improvement of sleep and mood. Other neurological improvements and increased responses to biomedical and neurosensory treatment modalities may take a few months but are dramatic.

Other suggestions include:

- Get rid of cordless phones at home and get corded phone
- Use PC rather than laptop whenever possible. Have “box” as far away from chair as possible (best: outside, since computers outgas Beryllium, mercury, lead and PBDEs)
- No wireless internet at home or in office
- Use metallized grounding sheet under regular bed sheet with ground wire either in earth (best) or attached to metal-waterpipe (not the ground in electric outlet, since most often 60Hz flicker on it)
- In most cases: install metallized mosquito net (shield) to deflect incoming microwave. In office, or if possible at home: use metallized paint or conductive Silica-paint on walls
- Have experienced ART practitioner or Building-Biology expert check home for geopathic radiation and move bed location or work-site accordingly
- If you are chronically unwell or have a diagnosed medical illness and you have not responded to treatment, assume that electrosmog is keeping you from getting well. Fix it!
- If you do not absolutely have to use a cell phone, get rid of it. Making monthly payments drives the industry and leads to the installation of more broadcasting panels in your neighborhood
- If you continue using a cell phone, get ear piece with air conduction
- Evaluate and reprocess most traumata with MFT (conception to now)
- Evaluate and understand most unresolved psycho-emotional conflicts and make fresh decisions (PK, MFT)
- Uncover related family patterns of illness and do family constellation work

The Lyme Autism connection was discussed by Tami Duncan. She described Lyme disease and its co-infections and diagnostic tests and treatments ranging from using antibiotics to using herbs. She talked about gestational Lyme borreliosis and implications for the fetus. She talked about the different phases of the disease, active, dormant and cystic stages. In an informal Lyme-Autism study, she said, 19 autistic samples were obtained and 5 controls. The study concluded that a statistically significant number of children with autism are infected with Lyme disease. Pregnant women can pass Lyme disease on to their children, and Lyme can be transmitted via sexual contact or in utero. Symptoms in ASD children include obsessive compulsive disorder, abnormal blood flow to the brain, fatigue, rash, constipation/diarrhea, abdominal pain, achy joints and muscles, poor balance, delayed development and heavy metal toxicity. She cautioned the audience to ask these questions: Is your child improving the way you would like in his/her current treatment program? If your answer is no then...look under every rock to find the answer for your child, don't stop until he/she is healthy, continually education yourself and never discount something without researching it yourself.

Milena Sideris-Brooks is a health coach for ASD. She sees autism not so much as a disorder or a disease, but a social, cultural phenomenon purposeful to our evolution in consciousness. Toxic thought produces toxic behaviors which produce toxic bodies and vice versa. The autistic mind is as capable of intimacy as any other, she says, only we have to go to the mountain – they will let us in if we share their values. There are things we can learn from autistic. It's important to keep things in perspective.

Mary Coyle, D.J. Hom, Wellness Renewal, New York, discussed how to optimize the autistic child's homotoxicology protocol. Homotoxins are substances toxic to humans and reduce the conductivity of the extracellular matrix. Before beginning a homotoxicology protocol, it is wise to open the channels of elimination using specially formulated herbal remedies designed to remove toxins from the eliminative organs, such as the liver, gallbladder, kidneys colon, and lymphatic system. Homeopathic products are designed to put energy into the cells and promote cellular regeneration. This is coupled with a homeopathic product designed to distress and open up the emotional blockages.

A presentation chock full of solutions for practitioners and parents was given by Amy Derksen, ND, who works with many autistic children in Bellevue, WA. She said that children who become symptomatic with ASD have a high toxic load, such as Lyme neurotoxins and co-infections, heavy metals, emotional burden from the parents, high EMR exposure, phthalates or other environmental toxins (BT), high microbial load (molds, parasites, viruses), food allergies, increased intestinal permeability and decreased nutrient absorption and sensory overload. This may be why it is one thing (like vaccinations or Lyme exposure) that may be the tipping point into developing symptoms

Up to 2/3rd of the mother's body burden is passed on to child during gestation and breast feeding, and up to 70-80 % of mother's mercury burden from amalgam fillings. It is very important to look at your child's history and mom's history to help determine what the biggest obstacles may be, said Dr. Derksen.

Good food choices: Sugar options: agave, xylitol, honey, stevia. Drink clean water. Eat high ORAC foods (good antioxidants), organic, non-GMO (possible bacterotoxin and neurotransmitter inhibitor), fermented foods, fresh vegetables and fruits, limited dyes and preservatives, grass-fed meats without hormones/antibiotics. Seek out food (not junk) to replace gluten and casein, use Ghee. Good fats include avocado, olive oil and flax. Reduce exposure to mercury and other heavy metals

Reducing Vaccine Burden: Never give Tylenol as preparation or for a fever after (it reduces glutathione production and makes thimerosal more difficult to clear from the body). Never vaccinate while your child is ill (runny nose, fever, diarrhea, hay fever). Try not to give more than one vaccine at a time. The MMR can be given in individual components. Double check that vaccines are Thimerosal-free. No flu shots if possible. Fever support: cool bath, homeopathics (Belladonna, Zicam, any combo sold for colds/flu). The younger a child is, the more vulnerable his/her neurologic system is to the toxins.

Tonsils: Chronically infected **tonsils** are often a major contributing problem in brain inflammation/autism/autoimmunity. Degenerated tonsils often house multiple bacterial and viral colonies and produce potent brain neurotoxins. Strep related brain autoimmunity symptoms in

autism include verbal stims, repetitive, ritualistic, obsessive-compulsive behavior. Be prepared that currently ENT doctors often do not believe that tonsil infections are problematic - and resist performing a tonsillectomy.

Gut Biofilm: (information provided based on research of Dr. Anju Usman). Resistant strains of bacteria and yeast produce a polysaccharide matrix (aka biofilm) to protect them from the surrounding environment. This may explain why several kids are having normal looking stool cultures, but have great responses to anti-fungals and regress when discontinuing them. It is essentially a layer that encompasses the organisms we are trying to treat, making it very difficult to treat the infections without needing doses so high that would harm our children. The biofilm essentially hides these infections from our immune system. The biofilm has a negative charge and is held together by molecules with a positive charge (like calcium, magnesium and iron). This layer also contains several different heavy metals.

This biofilm also prevents the normal flora (like acidophilus) from thriving. The biofilm progresses when sIgA levels are low. Children who may benefit from the biofilm protocol are those with persistent dysbiosis, those with other evidence of gut pain, those with resistant strep infections and those with resistant Lyme disease.

Gut Biofilm Protocol (in development by Dr. Anju Usman) is as follows to be done twice daily:

- **Step 1- Lysis and Detachment of the Biofilm:** Use enzymes and/or chelators on an empty stomach to “punch holes” in the biofilm
- **Step 2- Target the Microbe:** 30-60 minutes later take antimicrobials (Lyme, yeast, bacterial treatments)
- **Step 3- Clean Up the Mess:** 1-2 hours later (or at night) take toxin binders
- **Step 4- Rebuild:** Probiotics, fermented foods, vitamins

Dr. Derksen ended with the reminder: Kids are healing every day!!!

The **Klinghardt Academy of Neurobiology** (www.klinghardtneurobiology.com) was recently formed by Dr. Klinghardt with a purpose to offer his teachings, his writings, his methods, his techniques, his protocols and his vision to the world. It has risen from the ashes of the American Academy of Neural Therapy and the Institute of Neurobiology. Its first seminar of the 2009 year will be a conference on Chemical and Heavy Metal Detoxification on February 27-March 1, 2009 in the Seattle area. Dr. Klinghardt will be joined by a number of speakers, all on the cutting edge of making a real difference in changing the lives of all of us who are affected by chemical and heavy metal toxicity. Please join Dr. Klinghardt and gain a great deal of knowledge about how to deeply help yourselves and your patients.

Sidebar: Klinghardt Autism Seminar