

**‘Specialization in ICTs and Special Education: Psychopedagogy of Integration’
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AUTISM AND NUTRITION

PAPADATOU – KONTOU DIONISIA

POSTGRADUATE
THESIS

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Abstract

The last few decades, dysfunctions that children develop after their birth are increasingly discussed. Researchers are conducting a series of studies, regarding autism and the symptoms that make a specialized doctor diagnose that some people are in the range of it.

At the present research, studies are being presented by important researchers who prove that there are some factors that can influence people in the range of autism, positively or negatively.

Interest has been shown about autism the last 70 years. Apart of autistic children displays mental disablement. Another part, displays normal to high Intelligence Quotient and another one displays high skills in fields, such as math, physics or music. In some cases, they can even display epilepsy.

More specifically, gluten-free diet is also being discussed – casein (GFCF), which helps with social interaction, eye contact and the improvement of the child's behavior. Parents are being asked to fill in the corresponding questionnaires in order for their approval, of the research and the treatment that is going to be used, to also be in written form.

Afterwards, the role of sugar is being presented, on people's lives. On people of ordinary growth or individuals suffering from ASD. Through researches, sugar seems to be in food that people could never imagine it would be and bring negative consequences upon the organism. Moreover, vitamin-supplements and heavy metals, greatly contribute to autism. There are studies that through experiments and treatments prove their impact on children and in particular on children diagnosed with autism. Namely, deficiency of certain vitamin-supplements can lead to really harmful repercussion for the organism.

In addition, a significant factor that can affect a person even before his birth is the environment. Environmental factors have adverse influence on autism, even during pregnancy. Dysfunction is possible to appear on the fetus either from air pollutants, or from food, which has not been well rinsed etc. so that a chromosome anomaly happens. Abroad, laser phototherapy on the head, which helps children with autism, is becoming popular. In Greece, some researchers work on the infrared light therapy.

In conclusion and accordingly with all the above-mentioned a series of researches will follow, that will prove that therapies for autism exist, as long as we are ready to accept the problem and deal with it.

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