

Forward

A Word from the Author

In most cases the forward of a book is not written by its author. However, autism is not a conventional condition and neither is my approach. So it is no surprise that the forward of this book is not following what is considered the standard norm. My program for children with autism is approached from the heart as well as the head; as a mom first then as a scientist. As a parent, I understand how debilitating it can be when your child is not well and how it makes it almost impossible to get through a day. I care about the children. I care that each and every child is given the best chance to recover. I care that the parents understand what has happened, why it has happened and what to do about it. My heart goes out to each parent; every child is precious to me and it is for this reason that I continue to share my knowledge through a program that has made a positive difference for so many.

The concept of this book was to explain the program in laymen's terms so that anyone can understand the "why" behind the symptoms. Understanding the science allows you to make specific choices for your child and their individualized pathway to recovery. This book encompasses revised and updated content contained in my previous book *The Puzzle of Autism* including information from my power point presentations and the thousands of posts that I have authored from my online discussion group over the years. The goal was to create a comprehensive and easily readable work that walks you through the protocol in a more organized fashion than in the previous book.

For those of you who are used to reading my personal comments on your test results or the email responses on the discussion group, some of the copy in the book may not read like "Dr. Amy". The book was written with the help of a professional writer in order to better clarify a point or ensure that concepts were conveyed in a manner that could be easily understood by someone without a science background. My heart and my thoughts are still with every parent who reads this book even if some of the particular words used in a sentence are not the

exact phrases I might have chosen. What is most important to me is that you are able to comprehend the program in order to help recover your child.

Also, I find that it does help to view the same information in several different formats. Using the book, the workbook and the DVDs should provide every parent the background needed to understand and implement this program. The workbook was compiled from my posts on our discussion group by the (cyber) moms who help answer your questions on that forum. The book was written with the help of a professional writer to allow for a logical and easy to follow guide to the program. The DVDs give you my view of the program, presented in my own words. Along with the discussion group and these resources you should be able to understand and utilize this program for your child.

It has almost been a decade since I began using this approach in my personal practice. Since that time I have shifted from working one on one in order to reach more of you through the use of these resources. To date I have now worked with almost 10,000 families throughout the world. The program really does work, but it takes time and patience. It is a marathon, it is not a sprint. So take a deep breath, get out a highlighter and slowly work your way through the book and the workbook, watch the DVDs and sign onto the discussion group. Please know that I am beside you each step of the way, helping you to recover your child.

With love and hope for recovery for each and every child,
Dr. Amy

I. Foundations of a New Approach