

**AUTISM AND
OTHER
NEURODIVERSE
CONDITIONS**

**5-LEVELS OF
HEALING**

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Welcome to neurodiversity, one of my series of short health books. I aim to empower you to understand your body, how it works and why it may be sick or showing signs of sickness now.

I aim to share my knowledge and skills in learning who I am, so that you can do the same. This book is aimed at helping anyone who feels they have never fit into this world. Anyone who has feels misunderstood and anyone who has knowingly suffered trauma in early childhood. You don't need a label to be at home with us. I will be launching an online course to cover this in much more depth in the new year of 2023. In order to live your best life, It is both necessary and possible to heal trauma without re-living it.

I am passionate about the use of advanced Autonomic response testing, shamanism, functional medicine and coaching to help you decide which approach/es are for your highest and best.

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Venturous Hearts

PROLOGUE



Neurodiverse children and adults, please know your truth is about to be heard.

My savant skill¹ is the fascination of how the body and mind work. I followed this path from the age of 14 then later to understand my son, but in honesty I found myself. So as a neurodiverse person with a diverse health background, I see Autism and its sibling labels in a very different way. I wish to give credit to three dear friends and colleagues; Katt Lawrence, Emily Winter and Niki Skye for helping light my way.

¹ <https://www.ssmhealth.com/treffert-center/conditions-treatments/savant-syndrome>

This is a stand alone book in my series of eBooks where I examine and explain each organ or system from the 5-Levels of healing model. Today I want to bring my reader away from those systems to see neurodiversity from a different angle. I have also written this eBook from a top down rather than my usual bottom up approach. This is because early life trauma affects the spiritual body in a major way. Unless we heal this we cannot heal the body. We cannot heal trauma at the physical level alone.

Please allow me to take you into my world and hopefully enlighten yours through these 5 levels of understanding -
spiritual
intuitive
mental
energetic
physical

CHAPTER 1: SPIRITUAL

THE NEURODIVERSE PERSON AS A STRADDLER OF TWO WORLDS.



*Unless you fix the trauma.....the hole in the soul
....where the wounds started, you're working on the
wrong thing....I think it could be a game changer.*

Oprah Winfrey on 60 minutes, March 11, 2028

We are neither defective nor crazy. We are wonderful spiritual beings who straddle two worlds. We are here to help bring empathy back to the planet and support planetary ascension. This seems a pretty bold statement to make but then I can be pretty bold when required. It is time to speak my truth to the world. My own personal journey took me through all aspects of health then into the spiritual realms including shamanism and ascension school. In the middle there was emotional detox too. Working on my own birth trauma was life changing.

Being shown how birth and developmental trauma affects the development of the child spiritually, intuitively, mentally and emotionally, energetically and physically was profound.

Lawrence Heller confirms this in his book Healing developmental Trauma.

Birth trauma can include anything from conception through to one year old.

1. It can be as simple as your mother being incredibly stressed due to family loss of her mother, for example, when she was carrying you. It could be that you were an unplanned pregnancy. This elevates the mothers cortisol (stress hormone) which crosses the placenta with the potential to affect brain maturation in utero. It also means we can live in fight or flight / autonomic dysregulation after birth and well beyond.

2. It can be as catastrophic as a protracted labour followed by emergency C. Section where the lives of mother and child are on the verge of life or death.

3. In between these states we have those babies born prematurely or with known heart defects for example, who are also on the verge of life or death. This time mothers health is uncompromised. In all cases bonding at the crucial stage immediately after birth cannot occur.

If bonding cannot occur we lose connection to all that is. We also have those babies who are being birthed with the cord around the neck. These babies may or may not be able to bond immediately, depending on the situation. When I mention bonding I am referring to the immediate time after birth. The baby has just made its way down the birth canal, the most stressful time of its life (other than death that is). It needs to be laid skin to skin immediately over the mothers heart so it can hear the lub-dub sound it has been surrounded

and soothed by in utero. This allows the ventral branch of the vagus nerve to recognise calmness and bring the body back into balance. This gives the body its barometer so the amygdala and vagus nerve can work in harmony for self regulation. Porges has written extensively about self regulation and the human evolutionary wired stress response in his book polyvagal theory²

What is the connection between birth trauma and spirituality?

Heller³ (2022; 2012) and Router (2022) tell us that **the child who endures birth trauma never fully makes it to earth as an embodied being**. The world is a very frightening place where we constantly feel unsafe, we are unable to trust even our caregivers, we blame ourselves for this mismatch. Its what all children do in adverse conditions, such as family dysfunction. We develop a very disorganised and disordered sense of self which we take into adulthood, leaving us at a loss with social nuances. We try to navigate the adult world through a child's consciousness, meaning we feel like helpless victims in an unfair and punishing world.

When we lose this vital connection we do adapt, but insecure attachment leads to more developmental trauma so we identify with survival styles that keep us stuck in seeing

² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3108032/>

³ https://www.amazon.com/Healing-Developmental-Trauma-audiobook/dp/B00ZYL0D9S/ref=sr_1_2?crid=3Q0RIWL25PYYZ&keywords=laurence+heller&qid=1663512548&s=books&sprefix=Heller%2Cstripbooks-intl-ship%2C147&sr=1-2

the world through a child's eye. We grow up both seeking and fearing connection.

From this perspective we may or may not be aware that we live much of our lives out of our bodies. Some of us know we are outside the body, others are so shut down the awareness of where we are is lacking. One of the most important observations when in this out of body state is the distinct lack of ability to ground. If we cannot ground we cannot meditate⁴. Grounding is also crucial to healing⁵. If we cannot ground we simply live in our heads. We all know how crazy the head can be.

Heller discusses 5 adaptive survival styles named after the core need at each developmental stage

1. Connection (Intellectual or Spiritual)
2. Attunement
3. Trust
4. Autonomy
5. Love/sexuality

Growing from a child to an adult we can accrue more of these adaptive styles but one of them will be at the core.

Stanislaw Grof, professor of psychology at the California institute of integral studies has also confirmed the connection; from many years of researching transpersonal

⁴ <https://www.barefoothealing.com.au/n/deepen-your-meditation-with-earthing>

⁵ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4378297/>

psychology as a pioneer of psychedelic psychotherapy⁶. Grof's birth trauma patients taught him that they needed to be reborn. Grof has been facilitating this through the use of Holotropic breath work. Grof believes and teaches of a subgroup of altered states that have direct healing potential. We also know from studies that deep meditative practise can induce altered states with healing potential⁷.

Ancestral trauma

Not many understood the concept that we may be affected by ancestral or intergenerational trauma until the last year or so. However youths with ASC who have been brought up by parents with post traumatic stress disorder are 3 times more likely to have experienced physical and emotional abuse⁸. There is also some evidence of those with ASC remembering previous incarnations⁹. William Bloom has a nice take on this too¹⁰. I don't believe any of us are exempt from intergenerational trauma. We live in a world plagued by wars and suppression so we have ancestors who have suffered from the behaviours of those affected by war as one example.

⁶ https://www.amazon.co.uk/dp/1438433948/ref=cm_sw_em_r_mt_dp_KW3ZFMH1TRWDCZK24PX7

⁷ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4479903/>

⁸ <https://onlinelibrary.wiley.com/doi/abs/10.1002/aur.2669>

⁹ <https://pubmed.ncbi.nlm.nih.gov/29602719/>

¹⁰ <https://williambloom.com/2020/08/07/past-lives-trauma-and-autism/>

I find this interesting as Kanner's first theory of autism identified mothers or our children as refrigerator mothers. Most of us mothers would be triggered by that label and quite rightly so. I am certainly not here to judge as I am also one of those mothers.

However, if we take a serious look at the lifestyle of the mother. In days gone there would be multiple generations of a family living together in small groups. Compare that to the life we live today. Mother needs to work to contribute to the family. She is generally the one who sacrifices herself to ensure her children have the experiences of their peers where possible. What today's mother doesn't have, is time to sit and play with her offspring. Her attention has to be in many places at once. Emotions of the children may come and go without being encouraged to be expressed and acknowledged in a healthy way. We are only just accepting how important emotions are for our physical health and our intuition. Klinghardt used to tell us that those with ASC carry at least 4 generations of ancestral trauma. I am not seeing this. In my practice I am seeing the mothers of the children I serve with ASC are carrying and clearing the trauma. The children are triggering the mother's trauma. Once families can see this without judging themselves we have something to work with.

Can this be healed?

Well it certainly needs to be understood and differentiated from psychosis and behavioural problems to offer the individual the best opportunity for self regulation of the nervous system. Is neurodiversity actually a condition? Personally I don't believe so. I believe it is an absolute gift

when fully understood and harnessed. However, to reach this stage requires much self exploration and therapy to uncover and heal the damage caused by societal conditioning (see chapter 3).

We have to also notice that more and more neurodiverse are being born. There are many theories for this that link it to all manner of physical sensitivities (see chapter 5). Those physical symptoms that come from our conditioning, as a result of being neurodiverse, may require support until such a time that we know who we are (see chapter 5). David Router would also advocate that functional medicine cannot work without healing functional consciousness¹¹. I would wholeheartedly agree.

Possible therapies

Self healing

Prayer

Meditation

Chanting

Ascension work

Consciousness energy work

Vibrational energy work

Network spinal care

¹¹ David Router pers com 2022



Further reading

My autism blog <https://venturoushearts.com/blog>

Heller's works on healing developmental trauma

Router's works on energetics for the highly sensitive

[https://www.youtube.com/channel/
UCkaNO2Q1Gy4NcKhvyYD7YAg](https://www.youtube.com/channel/UCkaNO2Q1Gy4NcKhvyYD7YAg)

5-Levels of Healing model

[http://klinghardtinstitute.com/wp-content/uploads/
2015/06/Explore-5-Levels-Of-Healing.pdf](http://klinghardtinstitute.com/wp-content/uploads/2015/06/Explore-5-Levels-Of-Healing.pdf)

CHAPTER 2: INTUITIVE

ASC, NEURODIVERSITY AND INTUITION



“Above all other voices, listen to your heart. Trust this internal guidance system to lead you down the right path. The more you tune in, the more it’ll tell you: you’re wise, loving, kind, capable. You’ll make it through. With love, you will. By grace, you will.”
Jennifer Healey

Intuition the ability to understand something instinctively, without the need for conscious reasoning.

Oxford English Dictionary

Dr Damian Milton¹² sees neuro-divergency as a double empathy problem¹³. He purports that a two way communication difficulty exists between the neuro-typical and the neuro-divergent. This new theory is challenging the previous perception of the shortcomings in autism (lack of

¹² <https://kar.kent.ac.uk/62639/>

¹³ <https://www.tandfonline.com/doi/abs/10.1080/09687599.2012.710008>

theory of mind) as advocated by Baron-Cohen, Uta Frith etc. pushing the blame to the neuro-divergent. Milton is quite rightly saying that communication is two way. The neuro-typical majority in the population see themselves as right and the narrative plays to that premise. No judgement here, theories come and go. Whilst this theory is relatively new and yet to become rock solid, Milton has very clearly highlighted that two people who speak different languages cannot understand the other¹⁴. This matches insider accounts and Heller's Connection trauma accounts from clients and therapists.

Interestingly Mitchell et al (2021) advocate this social communication mismatch blame paradigm is the driver for the increased incidence of co-morbid mental health of the neurodiverse. Autistic burnout is a well known condition associated with suppressing the true self to meet societal norms of the neuro-typical framework. This requires camouflaging or masking, a strategy used by neuro-divergent to seem neuro-typical. This comes at great cost to the health of the neuro-divergent¹⁵.

When this happens it makes total sense that we would use other senses to communicate or read communication. However, many stop trusting their own intuition due to being this minority group.

14 <https://www.autism.org.uk/advice-and-guidance/professional-practice/double-empathy>

15 <https://www.spectrumnews.org/news/autistic-burnout-explained/>

Those with a high level of intuition (some call this 6th sense) are said to have psychic or clairvoyant ability. Intuition is the internal environment that allows one to evaluate and understand a situation. Empathy, by contrast, is the ability to understand or relate to another as if they were in their shoes. We see a range of these perspectives in neurodiverse individuals. Many are highly empathic, to the point of absorbing every emotion and other energies from others in the environment. Empathy can either be experienced as cognitive or affective. In the neurodiverse it tends to be very much affective, whereas the neuro-typical tends to be more cognitive.

Janae Elizabeth purports that those who call themselves empaths are actually neuro-divergent people with very active mirror neurones. They easily absorb the emotions of others and often cannot tell the difference between what is theirs and other's. This increases confusion in the neurodiverse person. We become overwhelmed, shutting down our own feelings due to the level of sensory bombardment of the situation. Energy is the neurodiverse person's first language, words are secondary.

“Neurodivergent people can understand each other's nonverbals even though we struggle with neurotypical's nonverbals. We take deep meaning from every aspect of a person's observable body language, including microexpressions and tone of voice. We intuitively understand people because we feel their energy. This sensitivity to nonverbal cues makes us very understanding carers for animals and small children”.

Kirsty Forbes.

Social media allows us a level of social connection that is in keeping with an energetic feeling of kinship and social connectedness. We are suspicious of incongruence or posturing and we are known for being honest in the bluntest way. The truth is so valuable to the neurodiverse that we will risk relationships that don't hold truth. We also become activists.

“If I didn't have Asperger's, I would be stuck in the social game that everyone else seems to be so infatuated with. I see the world in a different way, with a different perspective.”

Greta Thunberg

Reactions to stress and overwhelm?

We are hypersensitive to pain, especially the pain of social rejection. This comes from an evolutionary perspective of how humans are wired. It also comes from early life experiences or ACEs¹⁶. Having the gift of hypersensitivity comes at a price. Meltdowns are a way of discharging the excess energy build up. If it is unsafe or inaccessible to meltdown the body shuts down. The dorsal vagus nerve disconnects us from the world to protect us.

¹⁶ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6220625/>

Can this be healed?

As neurodiverse we spend a lot of time managing our energy levels, noting what nourishes and what drains us, because we have to. If we stop paying attention to our energy resources and nervous system state, we become ill mentally, physically, or both. This is why many of us develop chronic fatigue during our teen years or later. Wherever a huge change causing prolonged stress or adding to a previous stressor/s occurs eg. University or beginning work, there is a strong correlation with co-morbidity¹⁷.

The co-morbidities can be managed of course via functional medicine, herbal medicine, homeopathic medicine and others, as in chapter 5. However intuition can only come from life experience and knowledge. So it would seem we have two versions of humans, both with their own lack of communication integration. Maybe we simply need enough neurodiverse people to challenge our archaic systems or understanding.

¹⁷ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8085719/>

Possible therapies

Systemic family constellations

colour and sound therapy

Shamanism

Hypnotherapy

Jungian psychotherapy

NARM (Neuro affective relational model)

Radionics

Rituals

Network Spinal analysis with

Somato-respiratory integration

Holotropic breath work

CHAPTER 3: ENERGETIC

WHAT DO ASC AND OTHER NEURODIVERSE PEOPLE TEACH US ABOUT THE BODY ENERGETIC SYSTEM?



“If you run into nothing but danger and fear your brain gets stuck on just protecting itself from danger and fear.”

Dr Bessel Van Der Kolk

E-motions

E-motions are energy in motion. This means they need to be able to flow through the body. They are an internal state serving to drive particular behaviours¹⁸. The basic emotion behaviours are naturally born instincts that are evolutionarily

¹⁸ <https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00781/full#B98>

adaptive¹⁹. We need to feel them all, because they all serve a purpose to support human survival. Whilst it is difficult to measure emotional responses, Darwin did propose that Fear might be the dominant emotion for human survival, being innate rather than experiential²⁰. Darwin also observed that insects had these five basic emotions²¹.



¹⁹ <https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00781/full#B120>

²⁰ <https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00781/full#B102>

²¹ <https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00781/full#B29>

The ancient medicinal arts of Chinese, Tibetan and Ayurveda have always believed and taught that certain emotions are connected to certain organs. As we are discussing neurodiverse brains it would be prudent to consider emotions associated with the brain and neurodiverse conditions.

Brain:

Neglecting your body's computer by downloading mental viruses in the form of negative thoughts, worries and stresses. Feeling out of control, depressed, bored, flat, disinterested, disheartened and sleepy. Feeling like your mind is hazy, scattered, conflicted or confused.

Autism:

Feeling imprisoned inside a limited world and frustrated by your dependence on others. A sense of being shut out and looked down on. Desire to rise beyond and show your creativity and genius. Fearful of being laughed at, cast out, or humiliated. Not knowing how to get in touch with your own intuition.

Asperger Syndrome:

Difficulty fitting in. Feeling like no one understands or relates to you. A sense of isolation, loneliness, and separation. Fear of not being accepted or liked. Feeling uncomfortable with people, not knowing how to communicate your feelings. Seeming aggressive and forceful when all you really desire is attention, love and understanding.

Anxiety:

Thinking about the past and future, not trusting the flow of life. Feeling insecure, unsupported and helpless to change your situation. Focussing on negativity and limitation, and allowing yourself to wallow in fear.

Attention deficit Hyperactivity disorder (ADD/ADHD):

Difficulty concentrating or paying attention. Boredom, frustration, aggression. Not knowing how to share or communicate your feelings. Feeling trapped, forced to do what you don't want to do and what doesn't interest you.

Dyslexia:

Feeling pushed to perform and to please people. Shamed, humiliated, and embarrassed for not living up to parental and teacher expectations and for your lack of original ideas. Wanting to do things your own way. Desire to communicate on a deep, soulful level, which is often misunderstood by others.

Epilepsy (affects 30% of neurodiverse people)

Feeling attacked, criticised, and condemned to a certain fate. Out of balance with life. Feeling neglected, mistreated, abandoned, unwanted, violated. Belief that something is wrong with you²².

²² Segal I (2010) The Secret Language of Your Body. Beyond words.

Psychological theory

Behavioural psychology tells us that humans are gifted these five dominant emotions²³. The rest of our emotions are complex combinations of these. These five dominant emotions are primordially wired into us. We needed them for our own survival from the days when we were prey for large animals. We cannot change this so we need to appreciate the large animal is now the traffic jam, email list, bills, commitments, health, the trappings of western society.

Sadly societal conditioning has eased us out of feeling. Emotions such as anger and fear are dismissed as unimportant or negative but in fact both are fuel for change. Both emotions generate action in us but shame prevents us feeling them. What we can feel we can heal²⁴.

How does “not feeling” affect the body?

When emotions are suppressed the energy around the organ/s associated with the emotion becomes stagnant or blocked. We need the energy to move so that the blood

²³ <https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00781/full>

²⁴ https://www.amazon.co.uk/dp/0091884497/ref=cm_sw_em_r_mt_dp_6FFRE339E1Q4RB8AH5QP

supply carrying nutrients cannot reach the organ. Without nutrients the organ begins to malfunction. We may then decide to take high doses of vitamins and minerals because we sense the depletion. However this can set up a supplement addiction. This is never the answer. It may help in the short-term. It may also hinder progress because the liver and kidneys need to process all the extra. A number of authors have focussed on the emotional aspect of health over the years. Names such as Gabor Mate²⁵, Candace Pert, Bessel Van Der Kolk²⁶, Inna Segal²⁷ and Jacques Martel²⁸ are the forerunners. The current zeitgeist supports fully the notion of trauma as a root cause of illness but we have to be sure of what we are communicating when we use the word trauma. We can be at risk of over inflating or of trivialising by not being aware of our terminology.

Can this be healed?

Energy healers have been at the forefront of healing trauma and emotions for decades. Healing modalities such as

²⁵ https://www.amazon.co.uk/dp/178504222X/ref=cm_sw_em_r_mt_dp_FFHNZAYN5SK3RDWTCKGE

²⁶ https://www.amazon.co.uk/dp/0141978619/ref=cm_sw_em_r_mt_dp_G7ZMTXNJ9NZQPD28ZY9W

²⁷ https://www.amazon.co.uk/dp/1582702608/ref=cm_sw_em_r_mt_dp_WD0AA78Y709C1YMHAMKV

²⁸ https://www.amazon.co.uk/dp/1644111896/ref=cm_sw_em_r_mt_dp_BWQ4M63JHXK2CS75BW63

acupuncture, homeopathy, NEShealth, bioresonance, vibrational healing such as music and movement, drumming circles, gong baths, sound baths or biofield tuning are all methods with strong validity²⁹. Eileen McKussick has helped us to understand the science behind vibrational healing³⁰. Shamanic healing is a little more esoteric due to our loss of connection. The results can be amazing. However, we do need to resonate with the healer and the therapy to be successful.

“Motion is essential to our emotional processing and helps us express our feelings. We stim: tap, dance, flap, bounce, spin, rock, and wiggle, in order to stay in touch with our Inner Selves and our intense emotional world. When we are not allowed to do these things, we shut down on the inside and outside.”³¹

Janae Elisabeth

Janae has written a beautiful paragraph here that I would extend to say all those behaviours stimulate the vestibular system, which in turn stimulates the vagus nerve. The role of the vagus nerve is to recognise that the danger has passed and respond by bringing the body back into rest and digest

²⁹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5859346/>

³⁰ https://www.amazon.co.uk/dp/164411318X/ref=cm_sw_em_r_mt_dp_74CPTVMPQBS26XEVBD5Q

³¹ <https://autietraumageek.medium.com/lost-in-translation-the-social-language-theory-of-neurodivergence-part-1-of-2-1963ba0073c5>

mode (parasympathetic dominance)³². The ventral branch of the vagus nerve serves us in the social engagement system³³. In essence coming into parasympathetic alignment brings us back to self.

Music³⁴, dance³⁵, singing / humming / chanting³⁶, spinning³⁷ and breath work³⁸ all support vagal tone and activity. Our special children have been trying to teach us this for many years. May the awakening continue.

³² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3108032/>

³³ <https://ct.counseling.org/2016/06/polyvagal-theory-practice/#>

³⁴ <https://www.musichealth.ai/blog/music-and-the-vagus-nerve>

³⁵ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7266962/>

³⁶ https://sass.uottawa.ca/sites/sass.uottawa.ca/files/how_to_stimulate_your_vagus_nerve_for_better_mental_health_1.pdf

³⁷ <https://pubmed.ncbi.nlm.nih.gov/34024797/>

³⁸ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6189422/>

Possible therapies

Biofield tuning

Microcurrent therapies

Acupuncture

Bodywork / touch

Breath therapy / Heartmath

Yoga

Qigong

Meditation

Holotropic breath work



Further reading

Please read the books and papers in the footnotes of this section if this appeals to your interest.

CHAPTER 4: MENTAL

ASC, NEURODIVERSITY AND SENSE OF SELF



“Listen to your own voice, your own soul; too many people listen to the noise of the world instead of themselves.” – Leon Brown

To feel whole in the world we all need to be fully accepted and to have purpose. When we have early life traumas that have left us in a constant state of fight for flight we are very aware of the impact we make on others. We blame ourselves for everything that could possibly go wrong. Others tell us how we should feel, often with the best of intentions of course. If we cannot listen to our own soul we disconnect from ourselves, creating years of anxiety. If we can listen to our own soul we contest the narrative until we burn out doing so. Our voices become stifled. Then during mid to late teens, if not before, the co-morbidities of chronic fatigue, depression, epilepsy, sleep disorders, food intolerances, gastro-intestinal disturbance, ADHD, Obesity and pyroluria occur.

The biggest issue for the majority of humans is self rejection. Birth and developmental trauma disconnects us

from self and others. Our environment is very trauma unaware so in many busy environments we are treated from a behavioural perspective when in fact we simply don't see the sense in much of human behaviour. Enduring this level of emotional pain without being able to regulate it; and therefore lacking the emotional intelligence to speak our truth leaves us only the behavioural route to tell our carers and teachers we are in emotional pain. This is why meltdowns are common in childhood. The overwhelm can be excruciating.

Practices such as time out are often delivered to us or perceived by us in a punitive way so we reject ourselves even more. When we reject ourselves enough the body tells us with physical symptoms. Some of us who are more empathic will go on to develop co-morbid conditions (see physical chapter).

This is the saddest aspect of neurodiversity because right now the world needs the creativity of the neurodiverse, who see the world from a much bigger perspective. They also steadfastly pursue their goal (some call this soul purpose) to the exclusion of all other. This is often because learning in linear fashion is so difficult when all senses are switched on full volume for 24 hours a day. However it is also a gift rather than a disorder, to have the tenacity, the (often untaught) skills and the passion to follow our souls plan.

All this incoming sensory information has to be filtered through the brain. All we can do is grab snippets as they fly through the brain at 4000 mph and hope that at some point the snippets we grab make a complete picture. Those with the most severe (life threatening) birth trauma are also known to channel the collective consciousness (Router 2022) because they fail to embody fully (Heller 2020, 2012) as

stated in chapter 1. The labels assigned and the subsequent attention that brings specifically to someone with connection trauma (craving connection and yet fearing it at the same time) can have a massive negative effect on the already damaged sense of self. It may be worth re-reading the excerpts from Segal (2010) in chapter 3 again now as they may make more sense.

Can this be healed?

We sadly have lived in a very punitive society for hundreds if not thousands of years. Sadly our neurodiverse population have been treated behaviourally during this time. I don't believe any human is exempt from this but the neurodiverse are the most sensitive on the planet. They are also the most intuitive so they fully understand the impact they have on others, even if they have no social understanding of why this happens. They have a strong tendency to blame themselves for everything bad that happens anyway, so all behavioural intervention does is hammer a square peg in a round hole and reaffirm their "badness". We are in charge of our own destiny and our healing so understanding who we are, how we received our conditioning and how that has affected our energy is paramount to healing mind, body and soul. I believe the body is primed for healing, we are responsible for finding the tools to assist our own healing. The most important emotions we need for this are love and gratitude³⁹.

³⁹ https://www.amazon.co.uk/dp/1440178046/ref=cm_sw_em_r_mt_dp_M9FS7MK5YYV6EJWAPG6C

As for neurodiversity, I don't see it as a condition to be "healed" or as a dysfunction to be "managed". I see it as a gift to be nurtured and treasured. I see our children as 5th Dimension ready trying to live in a 3rd Dimensional world⁴⁰.

Possible therapies

Applied psycho-neurobiology

Mental field therapy

Psychotherapy

Thought field therapy

Eye movement desensitisation and reprocessing (EMDR)

Homeopathy

Network Spinal analysis with

Somato-respiratory integration

Holotropic breath work



FURTHER READING

The works of Olga Bogdashina

<https://www.olgabogdashina.com/about>

⁴⁰ <https://venturoushearts.com/blog>

CHAPTER 5: PHYSICAL

HOW DOES THIS AFFECT US AT THE PHYSICAL LEVEL?



Given all the above there are physical and environmental factors that also occur in autism, leading to intestinal hyper permeability, neurotransmitter and hormone imbalance, food intolerances, opioid excess, nutrient deficiencies and heavy metal / chemical toxicity. Treating these without regard for trauma can separate the child more from their peers, siblings and family because it sets them out as being “different” or “not feeling loved as they are” unless the family embrace this as a family with all members following the nutritional intervention. Every family will address this in their own way so I am not making a blanket statement that applies to all. I am simply creating awareness so that informed parents can, if called, factor this into their already busy lifestyles.

Without this awareness even the absolute best of intentions from a deep place of love can be misinterpreted from small child’s viewpoint. This in turn can create attachment and developmental trauma that further pushes the button of autism and low self-esteem. I believe these biochemical anomalies are secondary to straddling both worlds. Overwhelming sensitivity originates from an over-exaggerated fight or flight response.



Biochemical impact of emotions

Biological Impact of an exaggerated stress response

The biological impact of persistent stress can be profound. We are primordially wired for survival from days when we were prey for large animals. We cannot change how we are wired but we also have not adapted in the best way. We need to change our lifestyles for the benefit of humanity. Let me explain what happens when we perceive danger.

Fear is the emotion that triggers the amygdala to sense danger. The amygdala send out signals to the various organs of the body to set off the Hypothalamus, Pituitary, Adrenal (HPA) axis response we call fight, flight or freeze / sympathetic dominance. The dorsal branch of the vagus nerve stimulates the freeze response. The adrenal glands secrete adrenaline and cortisol. Adrenaline speeds up the heart rate and tightens the blood vessels so blood can be pumped round the body quicker for fuel. At the same time blood is diverted from the digestive system to the peripheries (arms and legs) for the power to fight or flee. The immune system switches from surveillance and attack to inflammation so the blood will clot quickly if we tear our arm on a branch as we flee. Once the danger has passed the ventral branch of the vagus nerve senses this, bringing the body back into homeostasis (balance). Cortisol is then used up to reduce the inflammation. Humans are designed to be in fight or flight for a maximum of 15 minutes every 2 weeks. Let that sink in.

What happens when the stress response cannot switch off?

When we have suffered early life traumas we have never had the opportunity for the body to know what it feels like to be in rest and digest / parasympathetic dominance. Gadgets such as weighted blankets and vagal nerve stimulators can help but we have to be very careful not to move someone too quickly from sympathetic / HPA axis dysfunction to parasympathetic dominance. Humans are creatures of habit. Even when the place we are at is not pleasant we know the pattern. When the pattern changes the super sensitive feels

the biochemical change like a tornado running through their veins. This makes us run back into the old pattern if emotions get the better of us.

Pyroluria

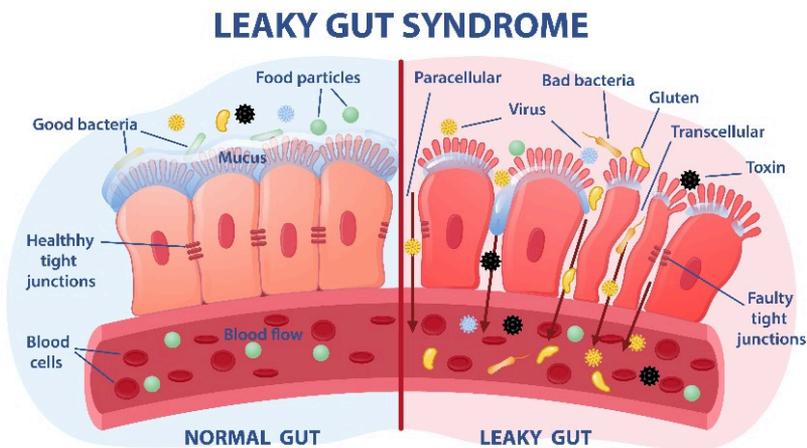
Brought to the forefront of medicine by orthomolecular medicine gurus Dr Carl Pfeiffer and Dr Abram Hoffer in the 1950s; Pyroluria is no longer seen as a diagnosable condition. There are many reasons for this that are not the focus of this e-book⁴¹; suffice to say it is not the usual underlying cause, however it is a huge part of the bigger picture. When treated successfully it can reduce anxiety, depression and hormone imbalances to enable a better and more sustained healing of the gut brain axis. However, the older we are the more care needs to be taken due to the impact on major detoxification systems.

Pyroluria is a heme processing disorder characterised by the elevation of mauve factor or hydroxyhemepyrrolin-2-one (HPL) in the urine. This HPL cleaves aldehydes, one of which is B6. Zinc and other synergistic nutrients are also cleaved. Omega 6 is depleted due to the excessive levels of toxins that omega 6 generally removes. The impact of pyroluria is far and wide, affecting the production, effective use and breakdown of hormones, neurotransmitters, digestion (beginning with low stomach acid), immunity and detoxification. Symptoms occur in all these systems and pathways. See diagram below

⁴¹ <https://pubmed.ncbi.nlm.nih.gov/33902305/>

Digestion

So as mentioned above; the blood is diverted away from the gut when we are under undue stress. This means there are less nutrients reaching the gut to allow it to function well. Stomach acid is the first to decline but this sets the deck of cards falling, thereby reducing digestive enzyme, bicarbonate, bile acids, output. Proteins, fats and carbohydrates that are not fully digested and assimilated will putrefy in the gut causing localised inflammation. Once gut inflammation rises, the normal diversity of the gut microbiome is disturbed. Those yeast, bacteria, worms, viruses and parasites being kept in check by our immune system now overgrow to party on the dying flesh. This increased activity causes an increase in toxicity levels from their bodily functions. This raises levels of Zonulin which in turn opens the normally tight junctions of the gut wall.



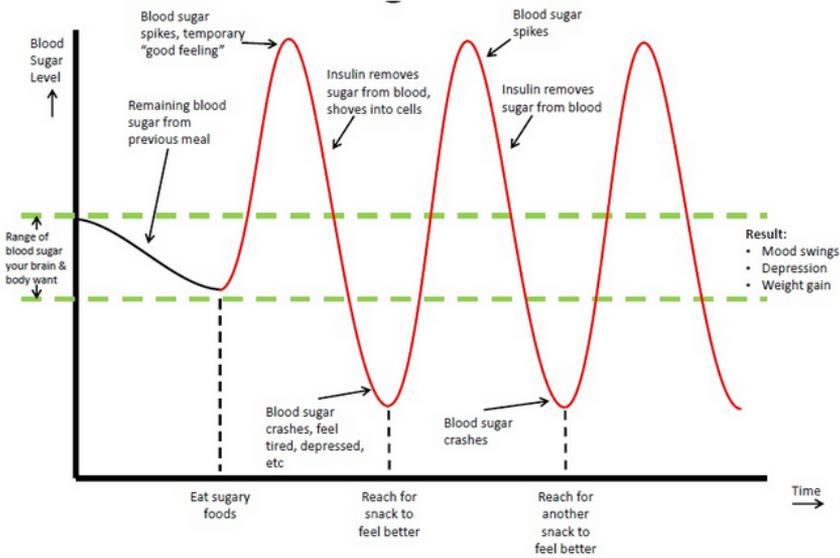
Sieve or colander?

Once the gut wall becomes more permeable the protein fragments of the partially digested foods leak out through the gaps causing immune reactions. We call these food intolerances. Some foods are more difficult to digest, such as gluten and dairy, so these may be the first foods to cause symptoms. Over time this can lead to auto-immune conditions. Gluten and dairy can cause opioid toxicity⁴².

At this point all the toxins created will be leaking into the blood stream, finding their way all around the body and brain, interfering with normal enzyme activity. The body will feel under par. Minerals are being used up quickly to neutralise the acidity in the body and to maintain the blood pH at 7.4. This pH is crucial for survival. Only a 0.2 difference can require residency in the intensive care unit, so the body is magic in managing this.

Low levels of digestive juices make it harder for the body to attain the levels of energy from minerals and other nutrients from foods. This also makes it harder for the body to maintain good blood glucose balance. Poor blood glucose balance has catastrophic effects on hormones and neurotransmitters as can be seen on the diagram.

⁴² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5025969/>



Blood glucose roller coaster

When the body cannot attain enough minerals to keep homeostasis a build up of heavy metals such as aluminium or mercury may occur. These interfere with enzyme activity, hormones, neurotransmitters and the energy system of the body. They can be related strongly to disease. Some examples are Alzheimers and aluminium⁴³, Mercury and Autism⁴⁴, heavy metals and mitochondrial malfunction⁴⁵. This may be one reason why vaccines have sometimes been blamed for the incidence of Autism. However, it is important to note that

⁴³ <https://www.sciencedaily.com/releases/2021/04/210409124748.htm>

⁴⁴ <https://pubmed.ncbi.nlm.nih.gov/27473827/>

⁴⁵ <https://www.sciencedirect.com/science/article/abs/pii/S0300483X22000488>

we don't all react so an underlying cause for this lies within the gut brain axis. The sad thing is that babies can't tell us exactly where it hurts. So if we have a screaming baby and no medical knowledge, unless we are taught what to look out for we are often lost as mums. Eventually the problem moves from being a digestive issue such as colic, constipation or diarrhoea to a more profound emotional or behavioural issue. If we then see it as a behavioural issue our children blame themselves for being sick, causing angst etc then we see more disconnect.

Can this be healed?

Most definitely the physical aspects of health can be healed. However the results are generally fairly temporary unless we also address functional consciousness (Router 2022). If we don't address the issue of trauma we get emotionally triggered by any sensory experience that reminds us of the childhood "wounding". We are unlikely to be aware of this due to lack of functional memory. This lack can be the result of the child being too young to remember a specific event, or that event occurring during the gestational period. Or it can be due to the trauma being too great for the child to process, so the brain shunts it into the amygdala. Here the memory cannot be accessed by talking therapies, only by sensory experience. Hence the constant triggering.

We can of course keep the body stable and functioning physically whilst the emotional healing is being addressed. Stabilising blood glucose, addressing food intolerances, functional digestion, removing heavy metals and other toxins,

rebalancing the gut microbiome and healing the gut wall. All this is absolutely possible. We can also use food and nutrients to reduce the anxiety / stress / depression so we gain better communication between the gut and the brain. The aim here is to balance the hormones and emotions to support full and total physical healing.

Does this mean neurodiversity is “curable”?

Possible therapies

Diet and exercise

osteopathy

Chiropractic

Physical therapy

Drugs and herbs

Orthomolecular medicine

Aromatherapy

Homeopathy



FURTHER READING

What makes us who we are and how does that makes us sick

<https://venturoushearts.com/wp-content/uploads/2022/08/Free-offering-booklet-copy.pdf>

Digestion and the gut / brain axis

<https://venturoushearts.com/wp-content/uploads/2022/08/Book-Series-Digestion-GB-axis.pdf>

CHAPTER 6:

FINALE



We are neither defective nor crazy. We are wonderful spiritual beings who straddle two worlds. We are here to help bring empathy back to the planet and support planetary ascension.

Anne Taylor-Pemberton (2022)

Why do we believe everything is a condition that has to be cured? Neurodiverse people are a true gift to a society that so needs their creativity and their steadfast pursuit of their truth. They are usually huge advocates for humanitarian causes. They are devoutly empathic when their traumas are healed and the body then spontaneously heals. When understood and accepted for their gifts they excel, teaching us way beyond the confines of the 3rd dimensional reality of the human mind. Neurodiversity has been suggested as being the new human.

The therapies considered in each chapter can bring the body back into homeostasis and heal the traumas that have

precipitated or advanced the disconnection. This can help a neurodiverse person to reach their full potential and feel good about themselves. Connection is what all humans crave. Without it we would have died or been eaten so this is an evolutionary requirement.

“Is Autism the next stage of human evolution?”

Tony Attwood⁴⁶ (BBC 2017)



FURTHER READING

<https://venturoushearts.com/wp-content/uploads/2022/08/Free-offering-booklet-copy.pdf>

<https://venturoushearts.com/wp-content/uploads/2022/08/Book-Series-Digestion-GB-axis.pdf>

⁴⁶ <https://youtu.be/vdQDvLXLqiM>

ABOUT THE AUTHOR



I have spent my entire life trying to understand every aspect of humans and their illness. My working life has taken me through training in many health modalities. Nursing, Psychology, teaching, Functional medicine, nutrigenomics, heartmath, NEShealth, live blood analysis, bioresonance, energy / vibrational medicine and now trained by the world renowned Niki Skye and source as a medical intuitive. Whether you are just starting out or you have “tried everything” check me out here.

<https://venturoushearts.com>

Mob: 07986735118

If you are drawn to my work then my gifts are here to empower you to heal you.

Following completion of intake forms and a 90 minute consultation on zoom or in the office, you will receive a very comprehensive and personalised analysis of your case with a phased plan and links to the tools and services that you need to access to heal you. If you need confirmation of my analysis findings you will also see links to the most useful and cost effective tests, saving you thousands of pounds. Many of these tools are free on youtube. You will also gain the knowledge of how long it might take to recovery, assuming compliance of course.

Namaste

My published books are available on Amazon

The Vitamin Cure for Digestive Disease

[https://www.amazon.co.uk/dp/1681628287/
ref=cm_sw_em_r_mt_dp_E9VC0VRN3SAY7RXSRQGH](https://www.amazon.co.uk/dp/1681628287/ref=cm_sw_em_r_mt_dp_E9VC0VRN3SAY7RXSRQGH)

Using Nutrigenomics within Personalised Medicine: A Practitioners Guide

[https://www.amazon.co.uk/dp/1848194137/
ref=cm_sw_em_r_mt_dp_XE3E3XQDQR616PZZ29XD](https://www.amazon.co.uk/dp/1848194137/ref=cm_sw_em_r_mt_dp_XE3E3XQDQR616PZZ29XD)

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