



## ADD / ADHD / Autism - Hope and Natural Solutions by Dr. Daniel Pompa D.C. (Pompa Health Solutions - [www.drpompa.com](http://www.drpompa.com))

### *Natural Treatment for Attention Deficit / Attention Deficit Hyper and Autism Spectrum Disorders*

At Pompa Health Solutions, children with ADD / ADHD like behavior and those within the autism spectrum (ADD through autistic) all start out on the same program. The approach is the same because the root causes are the same; that is, nutritional imbalance and neurotoxicity leading to neurological damage. The further a child is to the right of the spectrum (exhibiting disorders like sensory integration, aspergers, and autism), the more neurotoxic he/she is. We know that such children will not recover without proper detoxification; therefore, we apply all the steps outlined below. To the left of the scale, however, we need only assist the body back to balance with chiropractic care, dietary modification, and education. Besides Dr. Pompa's Healing Diet, very little detox is needed with this condition.

Numerous studies over many years have conclusively linked AD(H)D type behaviors to such things as traumatic birth process (leading to misalignments of the spine called subluxations), the consumption of sugar-rich and processed foods containing preservatives and dyes which create subluxations, and to metal and chemical toxicity from environmental sources and vaccinations. In our practice, without prescribing medication, we have overcome the ill effects of these things at a 100% success rate when parents partner with us in following our program for the well-being of their children on the autism spectrum.

Before we begin the program, our behavior consultant conducts an initial assessment to explore the severity of behavior and level of need. The consultant attempts to identify external factors (**environmental and nutritional**) and internal factors (**emotional, dental, and visual**) that may be triggering behavioral issues. Following the assessment, we use a series of protocols to treat and remove central nervous system interference. We also work with other specialists who treat and remove additional interferences. As a result, we can better guide the parents and the child into an individualized plan of care or treatment plan according to our prescribed protocols. In some cases, it may be necessary to begin at a more advanced level due to individual sensitivities or extreme levels of behavior.

## STEP 1: DR. POMPA TESTING PROTOCOLS

Testing is essential in determining if neurotoxicity is a factor and in identifying the toxins we are up against. It also helps us target the source and remove it prior to detox. Knowing that each child is different, the doctor decides what particular tests are needed (for a listing of tests and detailed information about our protocols, contact Pompa Health Solutions at 724-940-7733 or visit [www.drpompa.com](http://www.drpompa.com)).

## STEP 2: SUBLUXATION EVALUATION

You must have your child checked for subluxations. Anywhere on the spectrum, these kids usually have a loss or reversal of the normal cervical curve, as mentioned above. This is typically the first neurological upset to the immune system and nerve system, and it sets off a complex dysfunction inhibiting the immune system from dealing normally with its surroundings, particularly the toxic stress from the standard American diet, vaccines, and the environment. For most children, all we need do is remove the interference from this structural problem, and then the nerve system (God's healthcare plan) does the healing. In more severe cases, we need to go to the next step, and possibly beyond.

## STEP 3: DR POMPA'S "HEALING DIET"

This is the most specific diet for neurotoxic syndrome because it is the only diet that detoxifies and heals at the cellular level. It also includes specific supplementation (for detailed information about our protocols, contact Pompa Health Solutions at 724-940-7733 or visit [www.drpompa.com](http://www.drpompa.com)).

Using exercise, dietary changes, and supplementation with children on the autism spectrum, we typically progress them through treatment at a much slower rate; therefore, we approach treatment with smaller steps to thoroughly accomplish our goal of system detox.

## STEP 4: DR POMPA'S DETOX MODALITIES FOR SEVERE CASES

Stronger detox modalities are typically needed only when children are on the far right of the spectrum; that is, with conditions like Asbergers Syndrome, sensory integration, and autism (for detailed information about our protocols, contact Pompa Health Solutions at 724-940-7733 or visit [www.drpompa.com](http://www.drpompa.com)).

Steps 1-3 must precede this step in order to properly detoxify children with this level of toxicity.

Pompa Health Solutions is the only clinic in the Pittsburgh and Wexford, PA area combining these specific types of protocol. These life changing protocols are developed from years of research and personal experience (call Pompa Health Solutions at 724-940 -7733 or visit [www.drpompa.com](http://www.drpompa.com) to receive a copy of Dr. Pompa's son Dylan amazing recovery story). Because of this, we feel confident that we lead the Pittsburgh, PA in the treatment of children with neurotoxic syndrome.

Finally, please note that we ultimately treat **children** --- not syndromes or diseases. Pompa Health Solutions and Dr. Daniel Pompa's passion is to see kids enjoy normal happy lives, behaving as normal children do --- not perfectly, but in a balanced way. You see, during years of toxic exposure, a child can learn certain behaviors, and, in time, he will use those behaviors to acquire desired things and to control situations. His success reinforces the behaviors, thereby creating positive experiences for him, and then the behaviors become tools for future use. After treatment and the completion of our protocols, these "tools" often present themselves even though toxicity and/or interference in the central nervous system have been removed. At times, it may be difficult for parents, and others directly involved, to approach positive behavior modification in a balanced way. This is when our behavior consultant can step back into the picture with additional ideas to address the learned behaviors and help bring balance, harmony, and peace back into your family life.

Yes, there is hope.