Dear Colleague,

Perhaps two of the most alarming health crisis’s we are facing as a nation these days are **autism and autistic spectrum disorders including Asperger’s syndrome.** The prevalence increases with each new study, boys being far more commonly affected than girls. Lesser conditions on the spectrum include both attention deficit disorder (ADD) and that combined with hyperactivity (ADHD). The dramatic and rapid rate of increase in these conditions indicate some kind of environmental influences.

You have no doubt heard the debate about vaccines, but here are ***two potentially causal factors that seem to be well-founded and are disturbingly off the public radar***.

1. **“1st Trimester Use of Antidepressants Use Tied to Autism”** a study by Johns Hopkins linking use of SSRI’s (Celexa, Lexapro, Prozac, Paxil, Pexava, Zoloft) to autistic spectrum disorders and developmental delays can be found on psychcentral.com
2. **“Monsanto’s Roundup herbicide may be most important factor in development of autism and other chronic diseases”**. Glyphosphate, the active component in Roundup, inhibits cytochrome P450 (CYP) enzymes which are essential in catalyzing the oxidation of organic substances. It is somewhat complex, but devastating in how it interferes with metabolic functions and the body’s ability to rid itself of toxins. Besides autism, linked to GI tract disorders, diabetes, heart disease, obesity, Parkinson’s and Alzheimer’s. See paper at mercola.com

The formidable powers of agribusiness and Monsanto have effectively led the media to form the GMO debate around “Frankenstein foods” and their nutritional equivalency to un-modified crops. They purposely overlook the **salient point that the reason most are genetically modified is to allow the crops to be heavily sprayed with Roundup to kill adjacent weeds while not harming the crop, this allow larger harvests with less work**. Worse yet, some weeds are now becoming resistant to Roundup. Farmers are now combining heavy doses of Roundup with other weed-killing chemicals because of this resistance. These combined effects have not been studied at all.

*High levels of Roundup (glyphosphate) are found in GMO corn, wheat and soy. Almost all US grown corn and soy is now GMO. Glyphosphate is also found in high-fructose corn syrup (made from GMO corn) which is pervasive in processed foods. I encourage you to avoid these GMO foods, eat organic, and to share this critical message about prevention. Our patients need to become informed about this terribly important health issue.*

**Most autistic children have extremely poor visual skills.** **Fortunately, optometric vision therapy can be a very useful adjunct to other interventions for people on the autistic spectrum**. We had had great success in improving their tracking skills and visual attention, making and holding eye-contact, balance, eye-hand coordination and body-space awareness. Below I share with you an excerpt from a letter I recently received from the mother of teenage, fraternal twin boys who did vision therapy, one with autism and the other with Asperger’s syndrome.

*“…You may want to know why I am writing to gloat about my sons’ accomplishments. It is because I want to thank you for all you did to shape these accomplishments. Our chance to work with you and complete vision therapy were key to helping our boys achieve and succeed. Whenever given the opportunity I share the benefits of vision therapy and how it has helped our sons”*

Please don’t hesitate to call to talk about any patient or client you feel may likewise benefit from vision therapy. They are also free to call and talk to me about their particular situation.

Sincerely,

Cornelius Mietus, OD, FCOVD