

Autism Society of the Bluegrass and
Cardinal Hill Rehabilitation Hospital
proudly present:

THE SECOND ANNUAL
BLUEGRASS AUTISM SYMPOSIUM

Exploring educational, biomedical and therapeutic interventions
for Autism Spectrum Disorders



CARDINAL HILL REHABILITATION HOSPITAL
Lexington, Kentucky

SATURDAY, FEBRUARY 24, 2007

WELCOME TO THE SECOND ANNUAL BLUEGRASS AUTISM SYMPOSIUM

Exploring educational, biomedical and therapeutic interventions
for Autism Spectrum Disorders

The Autism Society of the Bluegrass and Cardinal Hill Rehabilitation Hospital present a one-day conference focusing on the most recent trends in Autism Spectrum Disorder. This year's conference goals are to promote a better understanding of ASD and improve outcomes and quality of life. Presentations will explore resources, diagnosis, treatment, and interventions, and will include a first-person account of living with ASD. The conference will be of interest to parents, caregivers, educators, students, and health care professionals.

Conference Goals: The participants will be able to:

1. Utilize resources and interventions to facilitate toilet training, classroom learning, language, socialization, and sensory processing.
2. Discuss current trends in the diagnosis and treatment of ASD.
3. Explore the challenges of living with autism from a first-person perspective.
4. Identify strategies to help those who live or work with people on the autism spectrum.

About the Autism Society of the Bluegrass

The Autism Society of the Bluegrass is a chapter of the Autism Society of America. Our mission is to provide education, advocacy and support to families, educators and health professionals affected by autism spectrum disorders in the Bluegrass area. Meetings are generally held on the last Monday of the month at St. Michael's Episcopal Church, 2025 Bellefonte Drive, Lexington, from 6:30 to 8:30 p.m.

About Cardinal Hill Rehabilitation Hospital

Cardinal Hill Rehabilitation Hospital's mission is to provide benchmark patient and customer services in physical rehabilitation. A leader in delivering significant clinical and programmatic advances in healthcare, Cardinal Hill offers a full continuum of care through comprehensive rehabilitative services.

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- Conference Schedule -

		Room #
7:30-8:15 a.m.	Registration & Continental Breakfast	2
8:15-8:30	Welcome & Announcements.....	3 & 4
8:30-9:30	Phillip DeMio, M.D.	3
	Biomedical Treatments for Autism Spectrum Disorders	
	Michael McSheehan, M.S.	4
	Educating Students with Autism in General Education Classes: Evidence-Based and Promising Practices to Facilitate Membership, Participation, and Learning	
9:30-10:30	Michael Lang, MFA.....	3
	Safe, Natural Alternatives to Traditional Chelation Therapy for Children with Autism	
	Scott Bellini, Ph.D.	4
	Building Social Relationships	
10:30-11:00	Break sponsored by Houston Nutraceuticals	
11:00-12:00	Devin Houston, Ph.D.....	3
	Enzymes: Application to Dietary Protocols in Autism	
	David Hamrick, M.S.	4
	Weathering Autism	
12-1:30 p.m.	Lunch on your own	
1:30-2:30	Michael Payne, M.S.	3
	Beyond Autism: A Nutrigenomic Approach to Neurological and Auto-Immune Disorders	
	Sami Baker, BCABA.....	4
	Toilet Training for Children with ASD: Some Helpful Hints and Resources	
2:30-3:30	Susan Costen Owens, MAIS, RA	3
	The Oxalate Story: Bringing Us Surprising New Insights About Autism and Developmental Delay	
	Julie Kraska, B.S., O.T.R.....	4
	Sensory Processing Disorders: Three Symptom Clusters	
3:30-3:45	Break sponsored by Houston Nutraceuticals	
3:45-4:45	Diane M. Kennedy & Rebecca S. Banks, M.A.	3
	The Importance of The ADHD-Autism Connection: Toward More Accurate Diagnosis and Interventions	
	Susan M. Owens, M.S., CCC-SLP	4
	Social Language	
4:45-5:00	Wrap-up/Evaluations	

Exhibits will be open from 7:45-5:00 p.m.

Session 1 - 8:30-9:30

Biomedical Treatments for Autism Spectrum Disorders

Phillip DeMio, M.D.

Autism Spectrum Disorders include several diseases from Autism to ADD and OCD. These are medical not mental disorders. A description of their biomedicine reveals the underlying physical abnormalities that lead to the symptoms. Diet, supplements and detoxification will be discussed.

Phillip C. DeMio has been an M.D. for over twenty years. He graduated from the CaseWestern Reserve University School of Medicine with honors in metabolism, women and children's health, and neurosciences. Prior to medical school he taught and worked in the organic chemistry laboratory at Creighton University in Omaha Nebraska. He is a DAN! physician, an author of medical topics including alternative and conventional medicine, and is accredited for speaking nationally on medical topics including brain toxicology, nutrition, and use of supplements in health and disease for children and adults. Dr. DeMio's philosophy is that our children and loved ones are first and foremost in all of our treatments.

Educating Students with Autism in General Education Classes: Evidence-Based and Promising Practices to Facilitate Membership, Participation, and Learning

Michael McSheehan, M.S.

There is a growing body of research on teaching students with ASD academic content. How does it translate into practice in the classroom? What supports need to be in place for this to happen? This keynote will highlight the most recent advances in inclusive education research for students with ASD. Examples will emphasize students with labels of autism and cognitive impairment engaged in general education classrooms learning general education academics.

Mr. McSheehan is Clinical Assistant Professor of Communication Sciences and Disorders at the University of New Hampshire and a Project Coordinator with UNH's Institute on Disability/UCED. With training in speech-language pathology, specializing in augmentative and alternative communication, and now working on his doctorate in autism spectrum disorders and teacher education, Mr. McSheehan's primary area of interest is the learning of general education curriculum in the general education classroom by students with significant (cognitive) disability labels. From research conducted during a 4-year federally funded project, Beyond Access, he recently co-authored three peer-reviewed articles about the Beyond Access Model, high expectations, and learning of academic content by students with significant disability labels, and is co-authoring a chapter on "Membership, Participation, and Learning of General Education Curriculum by Students with ASD who use AAC." He is past Chair of the TASH Education Committee, guest faculty in UNH's Inclusion Facilitator Program, faculty member for the Annual NH Summer Institute on Autism and the NH Resource Center on Autism Spectrum Disorders, and presents internationally at professional conferences and for family organizations.

Safe, Natural Alternatives to Traditional Chelation Therapy for Children with Autism

Michael Lang, MFA

While heavy metal chelation with DMSA/DMPS has helped many children with Autism on their way towards recovery, it has also caused some moderate to severe regression in many others. What is the reason for this disturbing scenario? Conventional pharmaceutical chelation agents like DMSA/DMPS are potentially toxic to the liver, immunosuppressive, dysbiosis-promoting, and broadly nutrient depleting (particularly in regards to glutathione) in their own right and may place an additional burden on a body already facing similar challenges from metal toxicity.

Parents and practitioners need better tools to detox the children they care for in order to better follow the Hippocratic credo of "First, do no harm." I have carefully developed a natural chelation and detoxification program to better meet the needs of our children without all the adverse effects associated with DMSA/DMPS. My intention is for this program to be used to naturally and safely support optimal nutritional, antioxidant, and sulfur status, while naturally promoting normal cell function, and a safer rate of detoxification.

Michael is the father of two children formerly on The Autism Spectrum and fully recovered using only nutritional detoxification protocols. He is also a nutritional consultant and parent-researcher who has devoted the balance of his life to establishing both a more effective primary biochemical impact theory for Autism as well as early diagnosis and treatment programs for children on The Spectrum. Michael's operating philosophy of cause and effect is "that while mercury and other toxins may be the rocks thrown, sulfur chemistry is the window that they have broken." He has lectured internationally to parents, students, and practitioners about his theories and nutritional protocols and is also the founder and formulator of BrainChild Nutritionals, a company fully committed to meeting the specific nutritional needs of Children on The Spectrum.

Building Social Relationships

Scott Bellini, Ph.D.

Children with autism not only want to develop social relationships, but are able to build meaningful friendships with peers once they have received effective social skills training. Children need to be taught how to be successful with peers in real-world environments. Dr. Bellini will outline a strategic process for recognizing and addressing social skills deficits based on the most current research on individuals with autism. He distinguishes between skills deficits (knowing how to do something) and performance deficits (applying the learned skill) and discusses ways to help children bridge the gap between ability and action.

Scott Bellini is the Assistant Director of the Indiana Resource Center for Autism (IRCA) at Indiana University, Bloomington, Indiana. Dr. Bellini received his Ph.D. in School Psychology from Indiana University, Bloomington in 2002 and his Master of Science in Educational Psychology in 1999. He is currently serving on the editorial board for the journal, Focus on Autism, and is a member of the Autism Services Work Group, a committee commissioned by the U.S. Department of Health and Human Services. He has published manuscripts and spoken nationally on the topic of social-emotional functioning of children with ASD. In addition to his work at the IRCA, Dr. Bellini is a licensed psychologist working in a private practice in Southern Indiana where he develops and delivers social, emotional, and behavioral interventions for children and adolescents with ASD.

Session 3 - 11:00-12:00

Enzymes: Application to Dietary Protocols in Autism

Devin Houston, Ph.D.

Dietary enzymes, while relatively new to the autism scene, are now considered mainstays in supporting good gastrointestinal health. As enzyme therapy is now incorporated into accepted treatment protocols, many more companies now offer competing enzyme products. Enzymes are very specific in their function, therefore; knowledge of different kinds of enzymes is necessary to adequately address specific digestive problems. Protease enzymes are helpful in breaking down food proteins such as gluten, casein, soy, cereals, etc. Often, these proteins are involved in the food intolerances suffered by many. By breaking down these proteins more thoroughly, smaller fragments are produced, which are less likely to be allergenic or to set off the body's immune system. Carbohydrase enzymes are helpful in disaccharide disorders, such as lactose and starch intolerance, which affect many with inflamed GI tracts. Phenolic intolerance to many fruits and vegetables can also be addressed by appropriate enzyme usage.

Devin Houston is owner and President of Houston Nutraceuticals, Inc, a company specializing in the distribution of proprietary digestive enzyme products. He received a Bachelor of Science degree in Medical Science in 1980 and a Doctorate in Biochemistry from the University of South Alabama College of Medicine in 1987.

Dr. Houston's research at the University of Virginia and St. Louis University School of Medicine encompassed enzyme function in neurology, G-protein mediated receptor function, drug abuse, and diabetes.

Weathering Autism

David Hamrick, M.S.

Living with an autism spectrum disorder is a very interesting experience. David Hamrick will discuss the progress he has made in school, college, and adult life. In addition, the presentation will cover topics such as the following: special interests, early intervention, transitions, employment, and visual stimuli. This session is highly recommended for parents of newly diagnosed children on the autism spectrum and professionals who would like to have an insider's view on autism. Come learn how autism does not always interfere with a person's success in life!

David Hamrick is a 27-year-old man with high-functioning autism. He has recently completed his Master's of Science degree in meteorology from North Carolina State University in Raleigh. In 2003 he graduated magna cum laude with a Bachelor of Science degree in meteorology. He is currently a meteorologist with the National Weather Service in Jackson, MS. In addition to his academic pursuits, Mr. Hamrick is also very active in the autism community. He has been an active board member of The Autism Program of Virginia and has served as an officer of a Virginia autism society chapter in Newport News. Since 1999, he has been a frequent presenter at autism conferences throughout Virginia and neighboring states about how autism has personally influenced him. Mr. Hamrick is also developing a website about his personal experiences with autism and how parents and professionals can better understand the disorder and how to cope with difficult circumstances when they arise.

Beyond Autism: A Nutrigenomic Approach to Neurological and Auto-Immune Disorders

Michael Payne, M.S.

Living Well Today is a center of excellence providing counseling to individuals with autism spectrum disorder, multi-chemical sensitivities, chronic fatigue and auto-immune disorders. Michael Payne, founder, was once an investment banker who had various neurological and autoimmune conditions that led to disability. He entered functional medicine in order to recover his own life and now serves 1000 children and 400 adults with various autoimmune disorders.

In 2000, Michael graduate from the VCU/Medical College of Virginia with a Masters of Science in Rehabilitation Counseling. He has continued his studies with the Functional Medicine Institute, and received his Certified Nutrition Specialist from the American College of Nutrition. His current interest is in nutrigenomics in order to create a personal roadmap to discovery.

Michael Payne is the founder of LivingWell Today, a nutritional rehabilitation firm that specializes in the support of neuro inflammatory diseases in adults and children with the main focus in autism. LivingWell Today has created support plans for over 1000 children in the past 3 years. The children of autism have taught us much about MS, Parkinsons, and Alzheimers which LivingWell Today also supports.

Michael Payne has a master's degree in rehabilitation counseling and is a certified nutritionist with the American College of Nutrition. He is also a graduate of the Institute of Functional Medicine. You can view Michael's full autism presentation on www.mediasite.com and search for Michael Payne.

Toilet Training for Children with ASD: Some Helpful Hints and Resources

Sami Baker, BCABA

Potty training is often a common challenge in children with autism and other developmental disabilities. Although with various procedures, toileting skills can be taught to children with autism at home and in the classroom setting. This presentation will address these procedures, use of reinforcement to aide in potty training and common problems when potty training. Both parents and educators are encouraged to attend.

Sami Baker is the behavior specialist for the Endeavor Program at Carriage House Educational Services & Preschool in Louisville, KY. She is a Board Certified Associate Behavior Analyst who received her coursework from Dr. Vincent J. Carbone. Ms. Baker has a Bachelor of Science in Psychology and an Associate of Science in Physical Therapy from the University of Evansville. In the past six years Ms. Baker has worked in one-on-one and classroom settings with children with autism. She currently provides training and consultation for parents and classroom staff of the Endeavor Program and Carriage House Preschool. The principles of Applied Behavior Analysis serve as the foundation for her training and consultation.

Session 5 - 2:30-3:30

The Oxalate Story: Bringing Us Surprising New Insights About Autism and Developmental Delay

Susan Costen Owens, MAIS, RA

Oxalate is a toxin and anti-nutrient usually associated with kidney disease, but which also can have toxic effects in other organs of the body such as the brain. Oxalate can be absorbed through a leaky or inflamed intestinal tract, and it can be made in excess by our bodies or by our flora under various conditions common in autism. Oxalate interacts with the sulfur system at many levels, and its elevation may have more serious and different consequences in people with an abnormal sulfur chemistry. Recognizing the likelihood that excess oxalates were being absorbed from the diet in autism because of gut inflammation, Mrs. Owens did a pilot study and found that children with autism did seem to have abnormal oxalate levels in urine, suggesting a need for lowering the oxalate content of their diets. Children trying the low oxalate diet made rapid improvements in many areas, including gut function, growth, urinary areas, speech and some core behavioral and developmental areas. Mrs. Owens will discuss how these findings require us to lay aside a view of autism as a disorder reflecting permanently disrupted development of the brain, and offers instead a view held by others who find that restoring normal gut function provides the main route for producing substantial neurological improvements in most of these children. She will also discuss how similar interruptions in developmental processes may occur in various genetic conditions where abnormal gene expression may cause a disruption of gut integrity.

Susan C. Owens is a graduate of Vanderbilt University. She completed her masters degree at the University of Texas at Dallas where she studied neuroscience and cell biology before becoming a member of the Defeat Autism Now! Thinktank, a project of the Autism Research Institute. She has lectured all over the United States and in many other countries and has done presentations for the Center for Disease Control and the National Institute of Health in Bethesda. Her first decade in autism research focused on learning the complexity of the sulfur system in human metabolism making it easier to understand how sulfur in the body interacts with other chemistry and biology in a way that affects development. In the last two years, she identified an important but related area of research, and as a result started the Autism Oxalate Project.

Sensory Processing Disorders: Three Symptom Clusters

Julie Kraska, B.S., O.T.R.

What are the symptoms of Sensory Processing Disorder? The vast amount of information available on this subject can at times be overwhelming and frustrating for families and professionals to sift through. Why are so many children demonstrating so many behaviors? Why do the behaviors look and affect each child so differently? It is because clusters of symptoms may occur independently or in combination with each other and the behaviors can be so diverse in severity. This presentation will introduce the participants to a new way of thinking about Sensory Processing by introducing three major patterns and the subtypes that have been identified to be present with a Sensory Processing Disorder.

Julie Kraska is the owner of Kraska & Associates, Inc., a private practice providing pediatric occupational and speech therapy services in Lexington, KY. She is a 1980 graduate of Eastern Kentucky University with a Bachelor of Science degree in occupational therapy and in 1982 became certified as a registered occupational therapist. She has presented nationally, regionally, and locally in the areas of sensory integration, attention deficit, oral-motor feeding, and state regulation in infants.

The Importance of The ADHD-Autism Connection: Toward More Accurate Diagnosis and Interventions

Diane M. Kennedy & Rebecca S. Banks, M.A.

In many cases, students with ASD are often misdiagnosed as ADHD. Regrettably, an ADHD diagnosis often traps children with autism in an alphabet soup of labels to account for their myriad symptoms, even though these symptoms are often better explained by an ASD diagnosis. This informative seminar introduces a new perspective on ADHD and autism, focusing upon the issues surrounding accurate diagnosis and effective interventions. Using the latest research in ADHD, autism, and co-existing conditions, we discuss similarities in social-communication impairments and behavior.

Diane M. Kennedy, author of the much acclaimed book, *The ADHD Autism Connection*, began her foray into the ADHD/Autism arena in an attempt to find answers and help for her three sons and husband who all have some form of ADHD/ASD/Asperger's syndrome. Diane is a former state advisory board member of Children and Adults with Attention Deficit Disorder (CHADD), a longtime member of the National Attention Deficit Disorder Association (ADDA) and the Autism Society of America (ASA). She has worked as a professional member of the media for over twenty-five years. She is an international speaker and frequent guest of radio, television and print.

Rebecca S. Banks is co-author of *The ADHD-Autism Connection* and has worked as an educator for over twenty years at both the university and high school levels. In addition to serving as a free-lance editor and professional writer, she is an experienced national seminar speaker and has extensive experience in curriculum/material development. She is a longtime advocate for exceptional children, adults and their families.

Social Language

Susan M. Owens, M.S., CCC-SLP

This presentation is intended to increase knowledge of social language and the key aspects that promote successful communicative interactions. We will discuss how to recognize opportunities for meaningful socializations and support them through the use of visual and verbal supports. Verbal and non-verbal forms of social language will be explored

Susan M. Owens is a Speech Language Pathologist in Lexington, Kentucky. A graduate of the University of Kentucky, she has worked with persons with autism in the public school system, clinical, and outpatient settings. Her experience includes the development of speech, various language forms, social skills, behavior management, augmentative communication, and feeding skills. She currently works in a private practice setting focusing on the communicative and academic needs of children and adolescents.

Special Thanks

We would like to thank the individuals and businesses that helped make the Bluegrass Autism Symposium a reality.

Special thanks go to our sponsor and donors:

Sponsor

Houston Nutraceuticals, Inc.

see contact information on following page

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Scott Bellini
Building Social Relationships
<http://newsinfo.iu.edu/news/page/normal/3715.html>

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Diane M. Kennedy & Rebecca S. Banks
The ADHD-Autism Connection:
A Step Toward More Accurate Diagnosis and Effective Treatment
<http://adhdautismconnection.com/>

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Upcoming Conference:

Special Education and the Law

Pete Wright of Wrightslaw coming to Lexington, KY! Mark your calendar - save the date for an all-day training on legal issues regarding special education!

August 22, 2007

8:00am- 4:00pm

Cardinal Hill Hospital
Lexington KY

This training cosponsored by ASBG, Down Syndrome of Central Kentucky, UK College of Social Work Training Resource Center, and CRISES. For more information contact tynerwilso@aol.com.

Autism Specialty License Plate for Kentucky

Note: Please visit Natalie's table in the exhibitor area today!

Senior Girl Scout

Natalie Pope has a goal. She is planning, for her Gold Award project, to produce an autism

specialty license plate for the state of Kentucky. Natalie is dedicated to the success of this project for a very personal reason; her younger brother was diagnosed with autism in 1994.



Join her in promoting autism awareness in Kentucky by applying for your specialty license plate. Visit www.kyautismawareness.com for the application form and frequently asked questions. Nine hundred (900) signed applications forms, each accompanied by an undated check for \$28.00, are required by the Kentucky Transportation Cabinet prior to beginning production of the plate. Please order yours today!

Autism Society of the Bluegrass

Remaining 2007 Meeting Schedule

Feb. 26	Aug. 27
Mar. 26	Sept. 24
April 30	Oct. 29
May - no meeting	Nov. - no meeting
June 25	Dec. - TBA
July 30	

Please join us! Meetings are generally held on the last Monday of the month at St. Michael's Episcopal Church, 2025 Bellefonte Drive, Lexington, from 6:30 to 8:30 p.m. Dues are \$12 per year.

Check out our website: www.asbg.org

Special Events

April - Autism Awareness Month:
We will be screening the movie, *Mozart and the Whale*: A dramatic-comedy, inspired by the lives of two people with Asperger's Syndrome, a form of autism, whose emotional dysfunctions threaten to sabotage their budding romance. Starring Josh Hartnett and Radha Mitchell.

Summer: Free Family Outing to Lexington Legends Baseball game

Fall: Annual 5K Run/Walk

Watch for details on our website: www.asbg.org

Welcome to Cardinal Hill Rehabilitation Hospital

General Information

Food Service:

Our cafeteria is located on the first floor. Please take the elevators to the first floor, exit left and follow the corridor into the dining room.

General Entree:	\$2.06
Specialty Entree:	2.75
Vegetable:	1.06
Salad Bar:	3.25 lb.
Dessert:	1.08
Large Drink:	.80
Small Drink:	.70

Fast Food Restaurants:

CHRH is located at the corner of Mason Headley and Versailles Road. On Versailles Road there are numerous fast food restaurants. Across the street on Versailles Road to the right is Dairy Queen, on the left is Long John Silvers, Kentucky Fried Chicken, Pizza Hut, Burger King, McDonald's, and Arby's, which is just a few minutes drive.

Dine-In Restaurants:

Located on Harrodsburg Road, you can dine at Logan's Restaurant (turn left at Harrodsburg Road and Mason Headley intersection) or at Frisch's Big Boy, which is located by turning right at the same intersection of Harrodsburg Road and Mason Headley. Further down from Frisch's Big Boy, you will find additional restaurants including Longhorn Steaks, O'Charley's, Ruby Tuesday's and Chick-Fil-A.

Rest Rooms:

To the left as you exit Conference Rooms 3 & 4.

Emergency Phone Calls:

Cardinal Hill's phone number is (859) 254-5701. The operator must be told that this is an emergency and that you are attending a seminar in the Center of Learning.

In Case of Fire:

All participants are to leave by the closest doors marked by exit signs. Please stay together in a group until a Cardinal Hill official gives approval for re-entering the facility.



OFFERING AUTISM PATIENTS AND PARENTS MORE THAN JUST HOPE.

Wellness Health + Pharmacy's comprehensive Autism Support Program, one of the very few of its kind, is dedicated to the following beliefs:

- Autism is a condition that can, in many instances, be reversed through bio-medical intervention.
- Treating autism involves more than prescription drugs alone can achieve.

Toward those ends, Wellness has created a one-stop resource for quality products, support and information to treat and defeat Autism.

We actively support local Autistic organizations. We're a corporate sponsor of the nation's leading non-profit Autism organization. We've also made it our goal to stay abreast of new medical research—and to share significant new Autism treatment ideas and information.

AUTISTIC PREPARATIONS

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* above available in oral caps or oral suspension

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