

## Another Fully Recovered Autism Case

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After Brown's fully recovered autism case, clinical treatments for another autism case have almost completed. Recently I have expressed my opinion to George's parents and come to conclusion that I have met their original requirements regarding the improvement to his symptoms. George's everyday life and study have shown significant improvement. His diagnosed autistic symptoms have already disappeared and we can conclude that his autism has been fully recovered.

The treatment for George is much longer than Brown. It took one year and half (vs. four months for Brown). During this long treatment process, his conditions have gone through many ups and downs. In the first three months, his improvement was very obvious. But in the next two to three months, his improvement seemed to be stagnant. But his parents did not give up. They observed even more carefully about his changes and spent more efforts to train him. And they could still notice the improvement in many aspects. Because they really trusted my medical experience and my promise to the efficacy, they were very confident. With their persistence and cooperation, I am able to complete the recovery for this case at last.

Until three years old, George's development was normal and he did not have any clear symptoms. But he liked to eat a lot and was fond of sweet food. So the pathogeny for his autism could be related to improper diet. After three years old, he began to show aloofness. For example, he cried constantly when other kids were around and did not like group activities. He was diagnosed as autism at age five. At age six, he was labeled as mild mental retardation by his school. He was eight years old at the first visit to my clinic. Intellectually he grew slowly and could not catch up with his peers. His thoughts appeared to be younger than his age. He behaved impatient, hyperactive, and unfocused. He could not continue with a deep conversation and could not repeat the things that just happened.

Here was the detailed diagnosis at the first visit (he was 8):

- Gross motor is normal
- Fine motor is normal
- Adaptability is normal
- Language ability is at the level of five years old
- Social ability is at the level of four years old

From first visit on 09/20/2003, he has been treated with therapeutic massage (i.e. Tui-na) and herbal medicine. After six months' treatment (in 03/2004), his language and social abilities had reached to the level of six years old. In the annual assessment on 04/14/2004, his school concluded that his improvement was very significant and removed him from the list of "mild mental retardation".

Due to his communication difficulties, George had a bad temper and often cried intensely. When other children came to visit his home and stayed temporarily, he would start crying and was hard to stop it. Sometimes he even vomited and had fever from the situation. Such behavior could not stop until the visiting child left. Before going out, parents must talk to him ahead of time or he would not be obedient. He was aloof and was not interested in group activities. After treatments, he becomes easier to get along with other people and begins to show interests and care for other family members. For example, he helped his sister to tidy up scattered toys and was willing to dine together with other family members; he cared about whether his mom had eaten dumplings and proactively picked dumplings for her to eat; he liked to hug his parents to show his passion. He becomes sensible to others and is no longer self-centered. His mood becomes stable and his parents can just tell him before going out. He can play happily with his brother and sister. One time his elder brother drank the juice from his cup by accident. After his parents criticized his brother about it, he was happy to accept the remaining half cup of juice. He becomes obedient and knows how to get snacks by currying favor with parents. He listens and behaves politely. He knows to say "Thank you" after eating cookies. As to his social skills, he requested to help other classmates at school; he can carry on the conversation with other students while waiting for his parents to pick him up. From all the above behaviors, we can tell that George's isolation symptoms have been corrected.

As to intellectual ability, George has also progressed significantly. As treatments go on, his learning capability is improved. He has become active and mature to his age. His school study is obviously improved and he is able to catch up even though the material is more advanced. His hand-writing is good and he completes assignments in time. His reading is also improved and he knows to ask related questions. In daily life, he is more and more active. Sometimes he can play tricks and knows to protect his younger sister. Sometimes he even knows to use tricks to get what he wants. For example, one time he came home and saw pizza on the top of dining table. He wanted to eat that pizza but wanted to find out if it was OK with his mom. His mom asked whether he had eaten his lunch in order to test his wisdom. If he said "Yes", he could not eat that pizza because his mom would not allow. If he said "No", that would be a lie but he did not want to lie. So he answered "I don't remember". This was a clever answer so that he did not have to lie and he could eat that pizza. From this small event we can tell the degree of improvement to his intellect. In his school's meeting for parents on 03/21/2005, his teacher described his progress with a surprising tone.

Before treatment, George was slow in thinking, could not have an in-depth talk, unable to repeat things just happened. Sometimes he had some bruises from a fight at school. When his parents asked about it, he often looked puzzled and could not describe what happened. After treatment, he had made a huge progress. Recently he talks a lot and can carry on conversation with parents with various topics such as anything that he has seen or any problems that he has thought of. He raises many very specific questions such as "why there is fog?" and "why there are water drops on the body of car in the morning?". He even inquires with his mom about "How to apply for a credit card" and "why newspaper/magazine circulation has to be limited". As treatment goes along, his rebellion thinking grows. Sometimes he can argue with parents and often complains things that are unfair to him. His narrative ability is also improved. Once he described to his

mom every detail at school that he helped other students. After a quarrel with his sister, he told his grandma the whole thing about how his sister hit him and how he yelled back to her. He likes to share with parents what happens at lunch in the school.

As to the focus issue, the improvement is also obvious. His eyes became focused even in the beginning of treatment. His learning capability has been improved significantly. He can complete his own assignments all by himself. He pays attention to good hand-writing. While doing his assignments, he does not leave his seat as often as before. Sometimes he does not want to do his assignments but is corrected quickly under the guidance of his parents. He understands that he needs to finish assignments before going out to play. He can be quiet and behaves better in a small classroom. He may behave differently in a large classroom. But I don't think this is an issue and should not be used as symptoms because such behavior can happen to normal children. Even though George's speech ability is not yet at the same level as his peers, it should not be used as diagnosis for autism. The speech ability can be improved by specific training and such improvement also takes time.

With close corporation from his parents, George has received 204 treatments of therapeutic massage in the period of 18 months and has also taken herbal medicine. We can simply tell from the above descriptions that the original requirements of his parents have been met and the autistic symptoms have disappeared. The original diagnosis for his autism is no longer valid. So we consider George's autism treatment has been completed and he has basically been fully recovered. So George's case proves that autism can be fully recovered by the treatment of Chinese medicine together with specific training from parents.