

The Relationship Between Autism and Food and the Role of Nutrition in Alleviating Some Autistic Symptoms and Improving Abilities

Abdulhadi Mohamed Jumaa*

Physiology Department, College of Medicine, Tikrit University, Tikrit, Iraq

***Corresponding Author:** Abdulhadi Mohamed Jumaa, Physiology Department, College of Medicine, Tikrit University, Tikrit, Iraq.

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Diet is the origin of every medicine Prophet Muhammed said it more than 1400 years ago, the stomach is the home of disease, and diet is the origin of every medicine, and just as the ancients said that health begins from the mouth, as modern science has proven that these great sayings apply to many diseases of our time, including autism disorders, the health of the digestive system is part basic, important, and the first step in the medical program applied in the field of autism, as parents notice the presence of many digestive system problems in their children, they notice the improvement when applying programs to treat the digestive system under the supervision of a specialist doctor in this field by developing treatment programs suitable for the child and his lifestyle, that the healing of the intestinal wall means an improvement in the ability to digest and absorption, and get rid of the microbes that cause chronic infections, and get rid of the toxins that are secreted from them, and protect the body from the leakage of allergens, pollutants, and toxic metals that enter through the mouth.

Although parents deny the existence of a link between autism and food for decades, there is research that has been conducted that has shown that certain foods affect the mental development of some children and cause types of autistic behavior, and this is not because of allergies, but because many of these children are unable to digest certain proteins well.

Researchers in England, Norway and the University of Florida have previously discovered peptides with narcotic activity in the urine of a high percentage of children with autism, and narcotics are preparations such as morphine that affect brain performance, and these results have recently been confirmed by researchers from the Johnson and Johnson Diagnostic Center clinical calendar. The two most important proteins that cause this problem are gluten - a protein found in wheat, oats, rye and barley, and casein - a milk protein.

Supporters of the theory of treating autism with food believe that although milk and wheat are the only foods that a child eats sometimes, and his diet consists entirely of milk, cheese, cereals, pasta and bread, there may be a good reason to limit the child's intake of these foods, as narcotic substances such as opium are addictive. High degree, if your child eats these highly sedating foods, he will be addicted to these foods that contain autistic proteins, and although your child seems to be hungry if these foods are withdrawn from him, many parents mentioned that their children after the reaction to withdrawing these foods for the first time they become more craving for food then, after a few weeks, many children surprise their parents by expanding their diets. Proponents of this theory say that children who eat a large amount of gluten should show improvement when gluten is removed.

Some parents have reported that their children's response was more pronounced with milk and some with gluten. Unfortunately, gluten seems to take longer to clear from the system than casein does. Urine analyzes show that casein clears from the system in about three days. But it may take up to eight months for peptide levels to decrease with a gluten-free diet. And if followed by this diet deterioration

or regression (rebound response), continue in the same way. This means that the child will undoubtedly benefit. It may seem like a lot of work for questionable wages, but this may be the most important step you take in a child's life.

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