

# Heidi's Holistic House of Recovery

## Blue-Print to Make Your Home a Haven - in Today's Toxic World

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### 1. CLEAN IT OUT! - (Prepare the ground level of your house)

**Clear out your home** - of chemicals, dyes, artificially flavored or preserved foods, toxic insecticides, "fake" fragrances/cosmetics, and chemically-laden cleaners.

**EDUCATION:** Generally, if its fast, cheap and easy, it's *not* good. Quality is an investment that pays.

- Chlorine and fluoride are scary chemicals. Research the internet! Replace water filters sooner!
- Carbonated drinks have over 25 chemicals, leaches calcium, and the sugar & caffeine are stimulants.
- Most foods are laced with MSG which is a *chemical* that tricks the brain into craving more and more.
- Aspartame was *accidentally* discovered by a pharmaceutical chemist trying to formulate a pill for peptic ulcers in adults. Now this same drug (Nutra-Sweet) is in practically every kid's food on the shelf.
- Most insecticides have a component of heavy metals plus serious chemicals that poison the central nervous system of insects (and humans) that breathe the vapors. They don't "wash off" foods.
- Most Cosmetics absorb into the skin and bypass the vital *filtering* of your liver. Find pure brands.
- Most Hot dogs are basically the left over "junk meat" of the pig. (Yes, the ears, snout, and tail!)
- Most fast and cheap foods (Jell-O gelatin, Ramen soup, and Kool-Aid punch) offer zero nutrition.
- Artificial flavors, binders, and preservatives are used to enhance poor flavor and increase storage time in warehouses. They have no nutrition, plus they can cause migraines, ADHD, and much more.

**ALTERNATIVE IDEAS:** For the most part, everything that was not good for Heidi, we could replace with a safer, "cleaner" version of quality products at any health food store. In time, we all benefitted.

- We found natural soda pop, chips, and treats instead of national brands. When Rod drove late at night, caffeine drinks were *replaced* with capsules of herbs like Ginkgo-biloba, Ginseng, or Guarana.
- We started using honey, agave nectar, or xylitol to replace white sugar and chemical sweeteners.
- We really enjoy lotions, cleaners and sunscreens, etc. from companies committed to natural purity.
- We had a professional spray our fruit trees/yard. **Diatect** (brand) insecticide is a safe, natural way.

### 2. Make it Real! - (Lay and maintain a rock solid foundation)

- **REAL Life** - To break our addiction to television, movies, and video games. We enjoyed local community theater musical productions like *Annie*, *Charlie Brown*, and *The Sound of Music*. I had to help Heidi learn *how* to play, and how to treat an animal. With a picture schedule of books, games, and out-door activities, we saw Heidi felt better - then she *behaved* better. Going to bed on time was very hard, but vital for family survival.

- **REAL Foods** - I don't relish cooking from scratch, but for the recovery/ health of our beloved child, we do what we can, using real butter, raw foods, and olive oil. No microwaving. New technology proves it kills vital enzymes and bits of paint, styrofoam, and plastic particles leach into your foods. We use a Toaster oven now.

- **REAL Juices** – squeezed or juiced at home from fresh organic **vegetables** and fruit. **Juicing** is a terrific way to **detoxify** Heidi and also give her a power-house of nutrition. Store-bought juices in are weaker with heated pasteurization. She will eat raw veggies throughout the day. We got the best water purifier we could afford.

- **REAL Milk Choices** - We knew Heidi probably needed to go dairy-free, but instead, we found a family that had fresh, raw goat's milk. (It digests much easier than cow milk.) Some friends found raw cow milk was better for them. Most autism experts indicate cow and soy milk is not as good, due to properties that mimic estrogen. Also, when we need to, we buy Rice or Almond milk for ALL of us. Cottage Cheese was okay for Heidi and we occasionally have white cheeses (no dye). The **Bio-Meridian scanning computer** helped determine all of this.

### **3. FILL IT IN! - (Repair the cracks and broken pieces of your base.)**

FACTS: We have a history of poor crop management, hormones injected into animals and antibiotic over-use. Toxic chemicals are on *everything*. (We have "cracks" all over!)

Heidi, (like most special needs kids) didn't eat well, chew well, digest well, nor absorb well! Most on the autism spectrum don't break down the proteins in grains or dairy properly, so they do a strict Gluten-free/Casein-free diet. (Available at health stores or "homemade") No more tummy aches, bloating, and gas! With each meal we still give Heidi **digestive enzymes** in a capsule, but we could open them and stir them in some things too.

- **Vitamins** - We give Heidi a good **quality multi-vitamin with trace minerals**. We add an extra **vitamin C**, an **Omega 3 fish oil blend** for brain function, and a good **B complex** to calm and boost her central nervous system. (Nordic Naturals or Barleen's brands filter out polluted mercury-laden fish issues.) She gets a natural source of **vitamin D** - from 20 min. of sunshine with no sun screens. **Probiotics** were very vital to balance the years of illness and over-use of antibiotics. (Research indicates *everyone* needs them on a daily basis to *build the immune system*.) Plain yogurt isn't strong enough, **Kefir** is better. **Herbs** are helpful for virtually any ailment know to man. It takes effort to educate yourself with books, the web, or experts in this area, but they are safe, natural, and generally have no side effects. We used common sense, an herbalist, and patient consistency!

- Heidi improved when she had **DETOX HERBS** that cleansed and built her clogged-up liver with milk thistle, yellow dock, dandelion root, and more. We all had **Candida, a fungal - yeast-based condition** from antibiotics in the past, and too many sugars, stress, meat, and bakery goods. **Garlic** and **Pau D'Arco** herb is helpful, but sometimes ASD kids need the prescription of Diflucan or Nystatin. Heidi had parasites so consistently using herbal blends of black walnut hull, pumpkin seed, garlic, and clove helped. New research indicates Tylenol stops the production of vital **glutathione** (which helps you release toxins), so now we use Motrin (rarely).

### **4. Build it up! - (Build the 4 walls of your home, brick by brick)**

**Mind, Body, Heart, and Soul** - (Mentally, Physically, Emotionally, and Spiritually)

There are countless ways we could build these 4 areas, but we also learned it was wise to not over-load Heidi. Example: in the summer, she could only take about one outing in the morning maybe like going for an errand with me and a second one in the afternoon like swimming. A day at Disneyland or a marathon shopping at a mall *was brutal*. Big department stores would overload her keen senses (sight, sounds, smell, taste, & touch). **But, as we did each new method of healthy interventions, this sensory - sensitivity gradually faded!**

We figured out Heidi hated big, noisy indoor swimming **pools** with the strong chlorine smell, kid's shrill voices, and splashing. We found a great alternative because Heidi LOVES going over to a little **natural hot springs pool**. (Google to find one) These outings **strengthened all four areas at once**: 1) Soaking in the mineral water detoxifies the *body* of impurities. 2) The quiet setting relaxed her (often racing) *mind*. 3) The atmosphere was great to *emotionally* reconnect with the family. 4) When surrounded by Mother Nature, one can spiritually "tune in" to God's pure love. If you can't go to a natural springs make a mini spa at home: 1-2 cups of **Epsom Salt** in a hot bath tub are detoxifying, safe, and calming. A drop or two of essential oil may also be helpful.

Heidi has **deep spirituality**. She loves pictures of Jesus and Bible stories in videos, books, and DVDs. Our family found great power in faith, fasting, and prayer. The power of gratitude is truly amazing! And they're all free! It was hard to ask for help at times, but in humility, we shared our truth and trials with our church and it became healing to find support through babysitters, meals, and kind words of love.

**Music, dance, and art** are great ways to build the 4 walls. Heidi enjoyed them but needed teachers with great patience, so it didn't happen frequently. Rod and I did some of these and it was very helpful to our emotions.

**Natural Alternative Health** - There are several safe therapies that helped us all so much!

Body work: **massage, cranial sacral therapy, foot/zone therapy** with oils, and regular **chiropractic** adjustments. The Asyra (brand) **Electro Dermal Scanning computers** (vibrational medicine) were so precise and kid-friendly to find allergies, vitamin deficiencies, the presence of heavy metals, and insecticides lodged in Heidi. **Homeopathy** drops were an easy way to de-sensitize her body, re-educate it, and expel the toxins. **Aromatherapy** with pure and natural **essential oils** like frankincense, mandarin, or lavender oils is great. Every night and morning I rub some on her feet, which automatically support her internal organs, etc. When Heidi was getting sick, we rubbed oils on her spine. We rarely needed antibiotics and discovered a lot of safer, healthy resources from **health food stores**. (For example, oil of oregano is anti-viral and anti-biotic.) We found many helpful resources for natural healing options with people in the health food store's "information" section.

**Energy work** - Knowing we are not simply physical beings, but in truth, we are **spiritual beings**, having a human experience, I was also guided to find some sweet emotional and spiritual tools that Heidi really responded to. Most are based on a blend of ancient truths and modern techniques - for healing the injured body, brain, and emotions. It's difficult to explain them on paper because it's subtle and intangible at times. *But it is real.* I always did the treatment first to see if it *felt right* to implement for Heidi. It's important to find providers who are pure minded individuals that have honed their tools not only with training and skill, but also with integrity, humility, and pure insight. It's not often covered with insurance but it is worth it. I can compare just doing physical interventions with Heidi without this energy/emotional support is like using an old typewriter or even an electric typewriter - to a modern day computer! Why settle? *It takes healing to a whole new level!*

The **BodyTalk System** is a non-invasive, intricate, and amazing protocol using easy muscle testing and gentle tapping on the head and chest. The headquarters is based in Florida and they have certified providers all over the world. **Rapid Eye Technology**, based in Oregon, is another fantastic way to heal emotions. Through simple blinking your mind can "unhook" from past traumas and emotions. It just becomes a softened memory. Founder, Mrs. Renae Johnson (who has an autistic son) and I feel is a woman of integrity and inspired insights. **Emotional Freedom Technique, Quantum Touch, and visualizations** are phenomenal tools also.

## **5. BRING IT ON! - (Top off your House with the Roof)**

Fun, Family, Friends, and Festivities!

These are wonderful ways to enhance life. Arrange to do some activities with only your spouse or other children. (Please remember, the real quality of life comes by doing the first four steps of this holistic house.)

## **6. SEE IT THROUGH! - (Maintain your house over time)**

With health, it's not an event, but a process of lifestyle changes. (It's like daily dental hygiene - you just do it!) Remember the **Tortoise and Hare** story? With autism, health, or anything, **slow and steady wins the race.**

Be a team: **Do Your Part, Do your Best, and Let God, Do the Rest!**