



The Autism Revolution: Whole-Body Strategies for Making Life All It Can Be

Dr. Martha Herbert, Karen Weintraub

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“An in-depth, scientific—yet hopeful and positive—look at how the brain and body work together . . . [Dr. Martha Herbert] has developed a new way of seeing autism.”—*Library Journal*

After years of treating patients and analyzing scientific data, Harvard Medical School researcher and clinician Dr. Martha Herbert offers a revolutionary new view of autism and a transformative strategy for dealing with it. Autism, she concludes, is not a hardwired impairment programmed into a child’s genes and destined to remain fixed forever. Instead, it is the result of a cascade of events, many seemingly minor. And while other doctors may dismiss your child’s physical symptoms—the anxiety, sensory overload, sleeplessness, frequent illnesses or seizures—as coincidental or irrelevant, Dr. Herbert sees them as vital clues to what the underlying problems are, and how to help. Drawing from the newest research, technologies, and insights, as well as inspiring case studies of both children and adults, Dr. Herbert guides you toward restoring health and resiliency in your loved one with autism. Her specific recommendations aim to provide optimal nutrition, reduce toxic exposures, limit stress, and open the door to learning and creativity. As thousands of families who have cobbled together these solutions themselves already know, this program can have dramatic benefits—for your child with autism, and for you, your whole family, and perhaps your next baby as well.

“Invaluable . . . a must-read . . . Dr. Martha Herbert gets it. She not only gets it, but she puts it out there in an awesome book so the rest of us can get it, too.”—Autism Watch

“[Herbert] goes further than most autism specialists. Her impressive science background merges with common sense and even intuitive sense [making] complex scientific and medical materials seamlessly blend with a holistic viewpoint.”—Relieve Autism

“Hope and practical guidance . . . With this easy-to-read book, parents can gain wisdom on how to guide your child to achieve a healthy and thriving life.”—Mom Central

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