Nutrition and autism

Health & Medicine

Autism and Nutrition Article 10: Developmental Neurotoxi of Industrial Chemicals. One of the crucial elements identified in the article is the relationship between industrial chemicals and process and development of autism. Notably, the author of the article uses the Institute of Public Health study, Denmark to make a number of observations. Firstly, he identifies that the causes of neurodevelopment disorders such as Attention Deficit Disorders (ADD), autism among many others remain largely unknown. However, a study done revealed that industrial chemicals such as methyl mercury, lead, polychlorinated biphenyls (PCBs) have been linked to neurodevelopment disorders (Grandjean and Landrigan 2167). Moreover, the elimination of lead-loaded petro has been identified as a deliberate campaign program that has been adopted to eliminate the adverse effects of the chemical substances. The article, therefore, links development of autism t exposure to chemical agents and thus its prevention lies squarely on elimination of exposure.

Besides, the author identifies that children are more prone to these chemical agents. Exposure is mainly through maternal transfer to the baby during pregnancy or consistent early exposure to these chemicals. Whichever the case, there are over 200 chemicals that have been proven in laboratories to inhibit brain development. However, there is a critical impediment identified by the author as stumbling a block in avoidance of these chemicals. Firstly, the threshold to prove is too high and require study sample with the control group that is impossible due to ethical consideration. Besides, there are still gaps in chemical neurotoxicity tests leading to insufficient literature (Grandjean and Landrigan 2169). Despite the shortcomings, the article suggests removal of food items that contain these dangerous elements.

I feel that the article is scientific and ought to offer direction to food industries that use chemical additives as preservatives or as food components. Mercury and lead have been identified many times as the dangerous elements whose exposure at pregnancy predisposes to teratogenicity. I consider the article findings on chemicals in food, fuel or any other source substantially convincing and policy makers should work around the clock to prevent exposure as an important step in prevention against autism and related conditions.

Article 14 Vitamin B6, Magnesium and Combined B6-Mg: Therapeutic effects in childhood autism.

The article explores nutrition, autism and how a combination of nutritional supplements can benefit autistic children. It further reports experimental studies that help affirm suggestion that vitamin B6 and Magnesium element combination is more clinically effective than magnesium or Vitamin B6 alone. A study that used a sample of sixty autistic children identified that although vitamin B6 and magnesium depicted positive improvement in eye contact and urinary behavior. Moreover, the combination of the two supplements had incredible effects than any of the single element (Martineau 146). Vitamin B6 is identified as an important nutritional additive that helps stabilize brain growth and development. Evidently, the article confirms that the vitamin is essential for over 60 biological processes with brain development being a crucial role. Autism is a condition of poor brain development and vitamin B6 and magnesium are identified to poses synergistic therapeutic effects. Most importantly, the authors identify addition of vitamin B6 and magnesium to daily diet has profound results in autistic children. Notably, it improves eye-contact, improved performance

and activity and improve reasoning and judgment (Martineau 151). However, the authors identify that magnesium and pyridoxine are good for overall health outcome, and parents should strive to ensure these elements are rich in diet. Green vegetables have these elements in abundance.

Based on prior nutrition and clinical nutrition literature, I am convicted that magnesium and Vitamin B6 are crucial in the treatment of autism. Evidently, pyridoxine is an important component for normal brain development. Magnesium, on the other hand, improves brain functions. It is, therefore, significantly true that the combination of these two dietary additives can be the answer to autism conditions. Furthermore, by conducting a systematic study on the magnesium alone, Vitamin B6 alone, combination and control group, the authors prove the scientific basis of the therapy.

Works Cited

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