

## **ANDERSON UPPER CERVICAL**

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# **Contributing Factors to Autism**

Autism is a developmental disorder that is characterized by difficulty in social interaction and communication as well as by restricted patterns of thought and behavior.

**The following information addresses other factors that you may not have been aware of:**

*Dr. Mercola, October 2017 "Are C-sections Contributing to Autism?"*

- ✚ Studies have found an association between C-sections & autism. In one, C-section born children had a 21% higher risk for developing autism.
  - The following three factors contribute to rising autism rates:
    - The use of synthetic oxytocin to induce labor
    - Changing environmental conditions in the womb
    - The increasing trend of elective C-sections
- ✚ Folate deficiency has been shown to raise a child's risk of autism by inhibiting detoxification of pesticides.
  - It plays a critical role in preventing DNA mutations, helping protect against breast & uterine cancer.
    - **Your best source of Folate is food:** leafy green vegetables, especially broccoli, asparagus, spinach & turnip greens.
  - **Folic acid is NOT the same as Folate.** It is a synthetic form of vitamin B9 – it's used in supplements & added to processed food products. Not all of the folic acid you consume is converted into the active form of vitamin B9 in your digestive system and needs to be converted in your liver or other tissues. This process can be slow & inefficient in some people having high levels of un-metabolized folic acid build up in your bloodstream negatively affects your health.
- ✚ Toxic exposures from multiple sources, glyphosate in particular, while in utero, has been cited as a risk for autism on numerous occasions.
  - Glyphosate is widely used on genetically engineered crops & the pesticide **cannot** be washed off as it's taken up into every cell of the plant. As a result, non-organic foods are proving to be a significant source of glyphosate exposure. Pesticides can also increase the risk of premature delivery, another risk factor for autism.

***We encourage spending time researching what you ingest, get injected into your body, as well as what you spray/ is sprayed on your food.***