

Comments From Parents Who Have Used This Program With Their Child

“He used to have that ‘I hate you’ kind of thing and lately he’s been running up and hugging me, no problem.”

- Peter R: father of a 5-yr old

“He used to have major tantrums, hitting himself, throwing himself against the wall. Now we might have a minor tantrum now and then, but then he calms down.”

- Dan S: father of a 6-yr old

“I remember starting the program and thinking, if I could only feel there is some hope here, I’d be so happy by this time next year. I never dreamed he’d emerge so tuned in, so vocal, so inquisitive, so loving, so aware and so happy. I’ll never stop singing the praises of qigong, I hope that this method becomes much more common for helping autistic children. You’ve literally changed our lives.”

- Tina B: mother of a 3-yr old

“The shell that was around him has dropped off, and he has light.”

- Mary S: mother of a 6-yr old

“It’s a lot easier than I thought it was going to be. At first I was like, ‘oh, my gosh! I’m not ready for this.’ But it’s not hard. It really isn’t!”

- Alice M: mother of a 5-yr old

“One day he just put his arms around me and said ‘I love you mommy’. You could see in his eyes he understood love.”

- Linda L: mother of a 3-yr old

“When we believed that autism was permanent and unchangeable, we wouldn’t have thought of trying to improve it. Now we believe autism is treatable. We do the massage every day.”

- Deb M: mother of a 6-yr old

“We started looking for sensory help and had no idea that other areas like speech and language would also improve. I had no clue. I’m just dumbfounded by the whole thing!”

- Bonnie L: mother of a 5-yr old

“Now he wants to brush his own teeth, he lets us brush his hair; I even checked him for head lice last night. When I started he said, ‘don’t hurt me.’ After a moment he said, ‘that doesn’t hurt.’ I was checking him like any other kid and he didn’t scream or fight.”

- Keith R: father of a 4-yr old

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WELCOME!

In picking up this book, you have taken the first step in embarking on a magnificent journey, one that can have a significant positive impact on your child's struggle with autism and on your family. For centuries, Chinese medicine has treated children's illnesses with massage and diet. On the pages that follow, you will learn a simple fifteen-minute massage program to help your child's nervous system open up and become more aware of the world around him. Given every day for five months, it will reduce the symptoms of autism and improve sleep and digestion. The research shows that when combined with some simple dietary recommendations and commonsense protection from toxins, this program can strengthen the body, mind and emotions of your child, and set him or her on a more normal developmental path.

Chinese medicine offers many different home massage programs for different children's illnesses and disabilities. This book describes a program that has been shown in rigorous scientific research to significantly diminish the effects of autism and sensory problems in children age six and under.* It is important to say that it is not appropriate for children with other serious medical conditions, such as uncontrolled seizures or severe emotional disturbances, nor has it been proven to be the optimum massage treatment for older children with autism. But for the children under six with autism or sensory problems, parents who give their children this simple, daily, fifteen-minute massage reported that within a few months mood and behavior was better, social and language skills increased, and the stress of caring for their child with autism was significantly diminished.

Our earliest research used trained practitioners who worked intimately with the families who participated in the studies. This work occurred over a prolonged training and included twenty subsequent visits where the practitioner administered the massage, in addition to the daily massage done by the parents at home. We were delighted with the



IS THE OST HOME PROGRAM RIGHT FOR YOU AND YOUR CHILD?

The OST Home Program is a treatment that you will be giving your child at home. It is important to make sure it is the *right* treatment for you and your child. Our definition of a right treatment to put in parent's hands, is a treatment that is safe, effective, non-invasive, and can be successfully carried out by parents without taking too much of their time and energy. All treatments take a parents' time and energy, but some are much more burdensome than others. As you are researching and coming to your decision, here are some questions that will help you decide.

For whom is the OST Home Program recommended?

Our research has shown that the home program is safe and effective for children with uncomplicated autism who are six years and under, and are not undergoing other intensive medical treatments.

Who is it the OST Home Program not recommended for and why?

- **Children who have active seizures.** If a child has an active seizure disorder that is not controlled on medication, then the gentle qigong tapping on the head can actually trigger a seizure. These children should not receive qigong massage unless it is under the direction of a Chinese medicine physician.
- **Children who have other complicated medical and emotional conditions.** The OST Home Program is just one of many possible massage programs, and is tailored for uncomplicated autism and sensory problems. Children with other severe physical or emotional problems would need a different home program, and it

should be individually tailored to them by a Chinese medicine physician.

- **Children who are going through a lot of medication changes.** The success of qigong massage comes when the parent can read and respond to the child's cues during massage. While a child is going through a lot of medication changes, the medication is affecting the child's body, and this makes it difficult to know whether the child is reacting to the massage or reacting to the medication. Some strong medications like Tegretol, or Risperadol tend to block the effect of the qigong massage altogether. In general, it is better to wait until the child is stabilized on medication before beginning the home program.
- **Children going through chelation therapy.** Chelation is a very strong treatment. It releases toxins and can cause regressions in behavior. It is much better not to mix qigong with chelation as the chelation process makes it far too difficult for the parent to tune the massage to the child.

What about children who have sensory problems but not autism?

As long as they are not on strong medications, don't have other complicated medical and emotional conditions, and are otherwise in reasonable health, the home program can help their sensory problems. If they don't fit this description, you would need to see a Chinese medicine physician to individually tailor a home program.

Can I give the massage to my other typically-developing children?

Absolutely.

Can I give the massage to my older child who has autism?

The research is not in on this one. You will have to decide for yourself and do what is comfortable for you. Some of our parents have given the massage to their older children and had great results. Others couldn't get past the initial difficulties and the child's rejection of touch. We hope to do a research study with older children so we can encounter the problems systematically and be in a position to offer strategies.

Can I give the massage to other children with other medical conditions?

Better not. We are currently researching a home massage program for cerebral palsy and Down's Syndrome. Keep checking our website. If the study results are good, we will post the information there as soon as we have it.