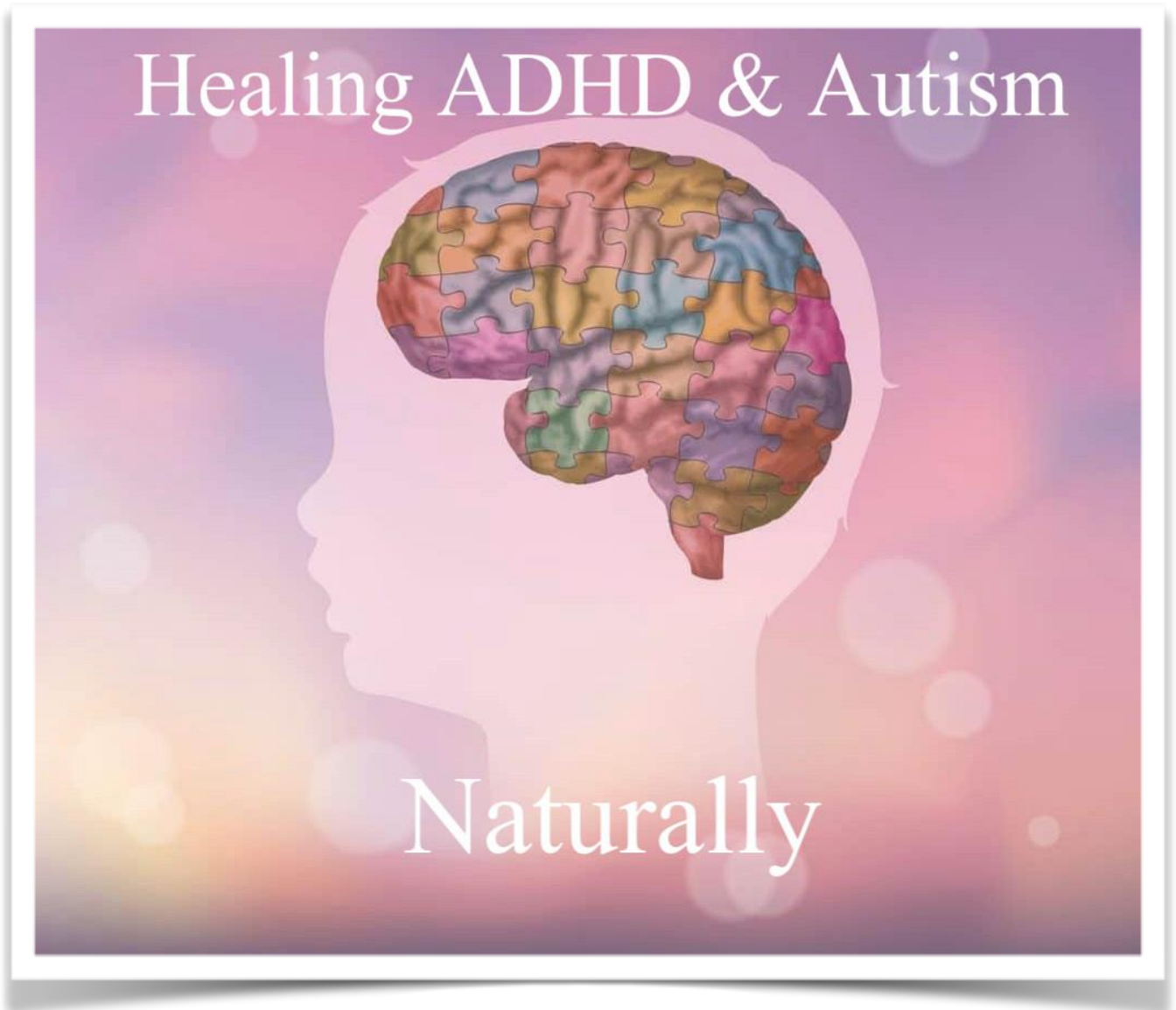

Help your Child Recover from
ADHD & Autism Naturally.



Introduction

ADHD and Autism are *Biological* disorders, *not* mental illnesses.

Therefore, you can recover from autism, naturally! I know because I have seen others transform from anxious, aggressive, and racked with debilitating symptoms to calm, easy-going, healthy well balanced kids. I'd love to help you do the same for your own child.

Talking about ADHD and autism a few misconceptions, Autism is an advanced stage of ADHD and neither are genetically caused, nor are they caused or healed by merely improving the child's gut health.

The culprits are toxic heavy metals in the brain, the most common being mercury and aluminum, with close runners-up of copper, nickel, cadmium, lead, and arsenic.

Teenagers and ADHD

Many young adults with ADHD now have another problem compounding their original



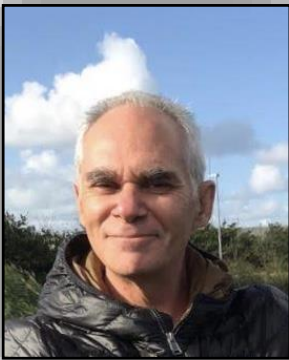
Improved sleep, digestion, and positive social engagements



Increased focus and a much greater sense of self confidence



The ability to reach their fullest potential and live a healthy, happy life



issue that of, chronic adrenal malfunction, severe fatigue, and high anxiety as a result of prescribed amphetamine burnout.

All of these conditions can be reversed, In a moment, I will tell you how.

My natural passion for seeing profound change occur in others and with my holistic background and knowledge of the energetics of the brain, through my Training In Medical Qigong, assured me that Autism and ADHD are reversible and would heal if given the right support.

While I knew I could help others recover from autism, it quickly became apparent that in order to find the answers and get the help I needed, it was up to me to pull all the pieces together. Which is exactly what I've done and what I want to

share with you. Alan Olivier

Your Simple 4-Step Plan

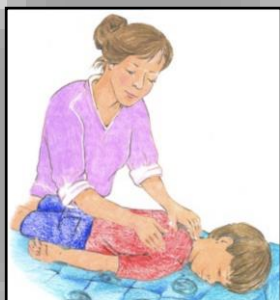
I know how the overwhelming amount of information out there can leave you feeling insecure about who to trust and like you might never stumble on the answer.

But I believe you deserve to have a simple holistic plan that will help your child naturally recover from the symptoms of Autism and ADHD without going broke paying for harmful medications. We work towards this recovery through **four simple phases**:



Phase One : Diet & Natural heavy metal detoxification.

Learn how to remove heavy metals from your body without causing further harm. As well as foods that will end adrenal fatigue and lift your energy, naturally without stimulants or candy.



Phase Two: Chinese Qigong massage for Autism

Learn about.. Chinese Qigong massage, not only does it calm the child down but it also works deeply to repair all levels of disrepair in the body. Included are Self love ,good health and chakra meditations with parent



Phase Three: Chinese Qigong exercises

Learn these specialized not easily available children's Qigong medical prescription exercises, that not only help them recover from Autism and ADHD, but also from any other ailments they may have.



Phase Four: Brain support and repair

Learn how the brain is fueled and the right foods for brain health, as well as specialized brain exercises that awaken your child's brain and rebalance the brains chemicals.

Autism / ADHD Parents Training Workshop

Diet and detox protocols 9am 12 noon
foods to avoid

Foods to include

Snacks to take to school

Detox protocols

...Lunch

2pm Massage Practice

Breaking up rigidity and getting blood to flow

Clearing stagnation in the head

Clearing the liver and gall bladder

Clearing the nervous system

Detoxing the body.

Working with your child

- Learn how to have an Open parent-child communication, thereby expanding the basis of your relationship.
- Create an avenue for your child to ask for what he/she wants, and gives you an opportunity to give it or to explain why not.
- Provide a basis for a synergy within the family of cooperation, appreciation, and understanding.
- Help you in making life less frightening -- more fun and easier for your child.
- Self love and energy center balancing exercises for your child
- Chinese exercises for brain development
- Introduction to brain exercises for older kids.

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