

A man and a young boy are sitting on the floor, smiling and looking at each other. The boy is wearing a blue t-shirt with the text "SHINE YOUR LIGHT" on it. The man is wearing a grey sweater. They are in a room with a bookshelf in the background and colorful puzzle pieces on the floor.

Navigating Autism: A Guide for Parents

With the massive increase in autism over the last 20 years, people are constantly asking, "What is causing so many children to be diagnosed with autism? And... "What can we do to ensure our kids can thrive while being on the autism spectrum?" If you're not familiar, The Center For Disease Control reports that 1 in 36 children in The United States have Autism Spectrum Disorder or ASD. Autism is by far the fastest-growing developmental disability in the U.S.

Understanding the Causes of Autism

However, pinpointing the root cause of autism isn't an easy task because so many different things are adversely affecting these kids. Many people believe vaccines are causing the issues. Others think the heavy metals or pesticides in our environment are at fault. Some believe it's hereditary. And there are dozens of other theories as well.

Vaccine Theory

Some parents and researchers believe certain vaccines may trigger autism in susceptible children.

Environmental Factors

Heavy metals, pesticides, and other environmental toxins have been linked to neurological development issues.

Genetic Factors

Research suggests hereditary components play a significant role in autism development.

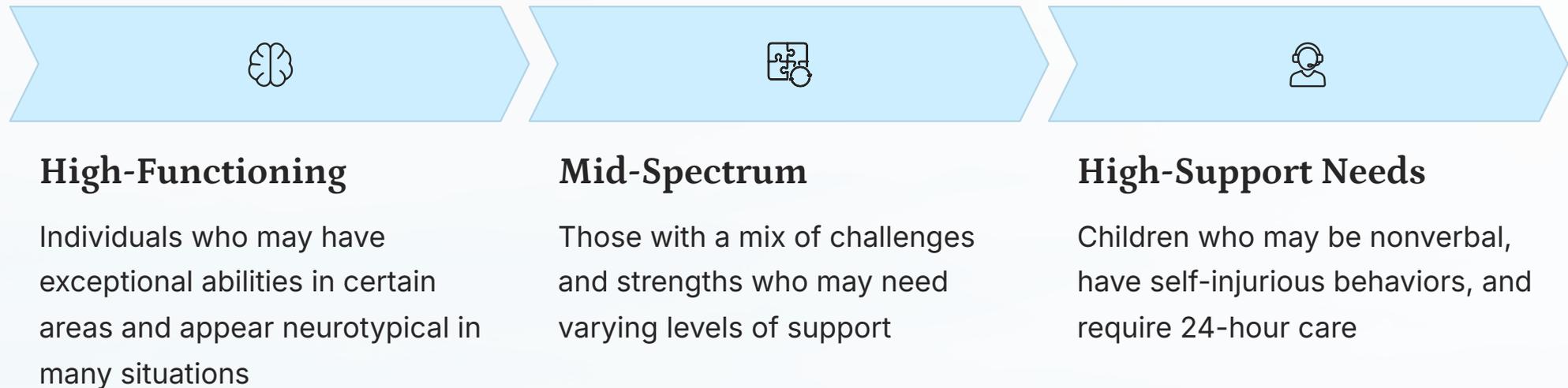
Multiple Causes

The truth is, it's a combination of all the above and so much more. So many things affect our precious children.

Sadly, the answers about autism aren't always clear to most people. It becomes even more confusing when you consider how far and wide the spectrum is and who is diagnosed with ASD.

The Wide Spectrum of Autism

On one end of the spectrum, you have high functioning geniuses who appear neurotypical to the average person. On the other end of the spectrum, you've got self-injuring and nonverbal kids who need 24-hour care and tens of thousands of dollars a year in medical treatments. These are not the same things.



The National Library Of Medicine reports that 30% to 35% of children on the spectrum are "nonverbal" or "minimally verbal." These nonverbal or minimally verbal children also often need 24-hour caretaking, have difficulty sleeping, self-injurious behaviors, seizures, and need assistance with daily living activities.

Lumping everyone together on the spectrum shoves the real problem under the rug and adds more confusion to the issue.

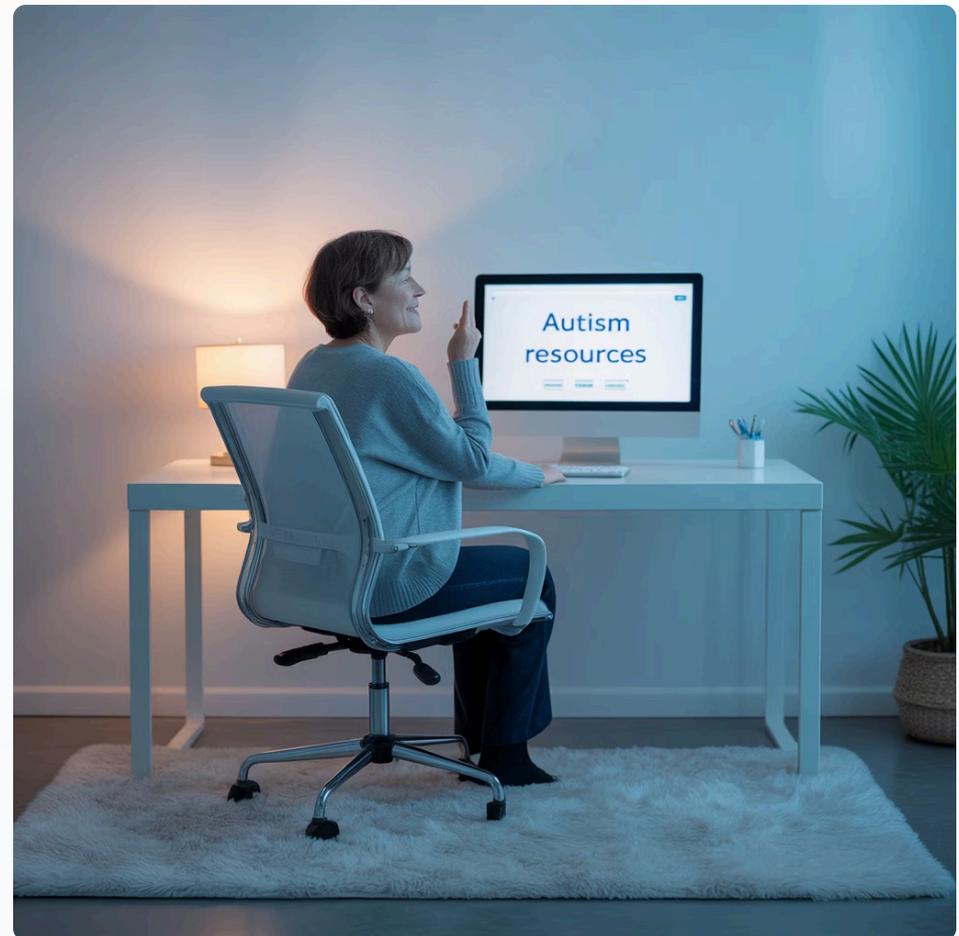
Navigating the Autism Maze

So how are parents supposed to navigate this maze of confusion? That's what this free autism guide hopes to help with. Our goal is to give you encouragement, optimism, and resources to help make a difference in your family's lives.

Additional Autism Help

If you desire additional autism help, please consider joining our SpectrumABLE community at the following link... <https://www.lyndsymoffatt.com/join-spectrumable><https://www.lyndsymoffatt.com/join-spectrumable><https://www.lyndsymoffatt.com/join-spectrumable><https://www.lyndsymoffatt.com/join-spectrumable>

Make sure you read that page so you can better understand the options available to you and your family.



Why This Guide Matters

This guide provides practical information, emotional support, and actionable steps to help families affected by autism spectrum disorder navigate their journey with greater confidence and hope.

The Little Thing That Makes a Big Difference

"Attitude is a little thing that makes a big difference."

- Winston Churchill

I love that quote because it is so true. To maximize your efforts on any healing or self-improvement journey, a "positive mental attitude" is crucial for success. If you can't see a brighter day or the light at the end of the tunnel, it will make every roadblock and bump in the road seem like an impassable mountain.

Stress Management

A positive attitude can help you cope with the stress and challenges. It can also help you feel more in control of your situation and better handle setbacks or difficulties.

Physical Health

A positive mental attitude can tremendously impact your physical health and those around you. Studies have shown that people with a positive attitude tend to have lower levels of stress hormones in their bodies, which helps the immune system and can assist with healing for yourself and your child.

Motivation

A positive mental attitude can help you stay motivated and engaged in your child's recovery process. It can also help you maintain a sense of hope and optimism, which can be critical in helping you stay focused and committed to your goals.

A positive attitude can help you feel more connected to others and more supported during your healing journey. It can also help you feel more empowered, which can help improve your quality of life and overall wellbeing.

The Power of a Positive Attitude

I want to remind you that regardless of where you are today, your attitude will tremendously affect the results you'll experience in the coming days.

Sometimes, staying positive is easier said than done. That's why I built the SpectrumABLE community: to help you surround yourself with hundreds of likeminded people who make staying positive and on track much easier.

✔ Join Our Community

I'd love to help you stay positive and welcome you into our group. You can learn more about the SpectrumABLE community and our course by visiting <https://www.lyndsymoffatt.com/join-spectrumable>

Being part of a supportive community can make all the difference in maintaining a positive outlook during challenging times. When you connect with others who understand your journey, you gain not only emotional support but also practical advice from those who have walked similar paths.

You Are the Average of These Five People

"You are the average of the five people you spend the most time with."

- Jim Rohn, World-renowned motivational speaker

If the people you spend the most time with are lazy, pessimistic, uninspired, or lacking belief... There's a very high probability you'll share these negative characteristics, too.

Recognizing Negative Influences

I know this all too well. When I began my healing journey with Dominic, many people in my life weren't very supportive. My family was worried I might be taken advantage of by quack doctors and bogus information.

Taking Control

I knew I had to take matters into my own hands. I decided to create the lifestyle and the social circle I intentionally wanted and needed in my and my children's lives.

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Making Difficult Choices

My boyfriend at the time didn't support my choices to get healthy (thankfully, I got out of there as quickly as I could). And most of my friends weren't inspiring me to be a better person, much less an inspirational leader to thousands of others.

Building a Supportive Network

I found the perfect doctor who believed in my child's abilities and bright future, with a track record of success. I found a wonderful man who supported my desire to get healthy and treated my kids like his own.

I started an online community called [SpectrumABLE](#) that is into holistic health and healing like I am because I wanted to surround myself with like-minded moms in search of something better, so I created it myself.

Creating Your Support System

Honestly, it was a lot of work, but it has been worth all the blood, sweat, and tears because now I'm surrounded by wonderful people who inspire me daily. Also, I love providing a place that can be life-changing for people like you.

I know how hard it can sometimes be to find the kind of people you want and need in your life. If you're feeling similar... I want you to know that the [SpectrumABLE community](#) is always here for you.

Why I Created SpectrumABLE

I created it specifically to support anyone who needs a little help along the way.

I know how much something like this would have helped me when I started 11 years ago.

And that's why I pour my heart and soul into it daily to help families like yours.

Building a [supportive community](#) around you is one of the most important steps you can take on your autism journey. The right people will lift you up when you're down, celebrate your victories, and provide valuable insights when you face challenges.



Community Benefits

- Emotional support from people who understand
- Practical advice from experienced parents
- Resources and information sharing
- Motivation to stay positive and committed

One of the Biggest Traps Moms Fall Into

One of the biggest traps I see moms fall into when trying to heal their children is... They don't spend enough time taking care of themselves. This can be a HUGE mistake. I know because I used to do it myself.

As mothers, it's easy for us to prioritize our children over ourselves. It's hardwired into our DNA. But the reality is... We need breaks. We need rest. We need rejuvenation from time to time.

Prioritize Self-Care

We must prioritize our well-being and self-care to give our children the best version of ourselves.

Find What Works for You

This may be bi-weekly or monthly massages. Spa days. You may enjoy running. Or you may want to lay by the pool and catch some sun rays and a little peace and quiet.

Make It a Priority

Whatever it is that makes you feel better, do more of that. Make it a priority. Because you deserve it.

Your loved ones deserve you to be at your best. They need you to be grateful, happy, and to have faith!

Since this is such an important topic, I have included a complete training module all about self-care in the [SpectrumABLE course](#). I wanted to share in more detail how important it is and how easy it can be to prioritize your self-care to ensure you get everything YOU need throughout this process.

The Dangers in Your Home

When I began removing toxic things from my life, I never thought it would include my pillow and toothpaste. That was the furthest thing from my mind. However, the more I researched creating a healthy and healing home, the more shocked I was at how many toxic products are commonplace in most people's living spaces.



Personal Care

Soap, shampoo, toothpaste, deodorant



Household Cleaners

Laundry detergent, surface cleaners



Bedroom Items

Pillows, mattresses, sheets



Home Features

Carpet, lightbulbs, dryer sheets

Discovering all the toxic products that are commonplace in most households became overwhelming. And disheartening, too. It's like our families are under constant attack by these companies we grew up liking and trusting.

Even when you may think you're buying the healthiest options, you're often duped by clever marketing tricks and ambiguous language. The only defense to protect yourself is education.

Creating a Healthy Home Environment

Learning what's in all your products is essential because many could hurt you and your family. It's also essential to learn how to read ingredient labels.

What You Need to Know

- It is essential to know what's in your sheets
- Knowing why you shouldn't use 90% of commercial dryer sheets is crucial, too
- Understanding ingredient labels on all products
- Identifying marketing tricks that hide harmful ingredients



Common Toxic Exposures

Many everyday products contain endocrine disruptors, carcinogens, and neurotoxins that can be particularly harmful to children with autism who may already have compromised detoxification systems.

There's so much to know, and I completely understand if you feel overwhelmed. I was, too. But, the more I learned how to create a healthy home, the more I realized it just takes a bit of planning, preparation, and study.

That's why I have created an entire module in the [SpectrumABLE program](#), all about detoxing your home and turning it into the healthy environment your family deserves it to be. [Click Here To Read More About SpectrumABLE.](#)

Staying the Course

Let's face it: our journeys aren't always easy. There may come a time in the healing process when you may want to throw in the towel and quit everything. I've been there, and I know the feeling.

Build on Progress

Staying committed to the healing process is vital because it allows you to build upon any previous progress. It's like climbing a ladder, and you want to keep making it to the next rung so you can make it to the top.

Avoid Regression

You can't just jump ahead. It doesn't work like that. You have to pick back up where you left off. And the last thing you want to do is fall off and have to start all over again.

Develop New Skills

You'll develop new skills and coping mechanisms that will enable you to better navigate challenges in the future.

I can tell you from experience that watching Dominic have regressions was one of the most painful moments in my life. Any time he'd have the slightest regression, it became an instant reminder of why we must stay committed to the process for an extended period.

The Benefits of Staying Committed

Staying committed to the healing process can also help to improve your relationships with your family over time. When people feel better, they treat others better. It can be easy to get agitated and lose our cool when feeling down or not at our best.



Improved Family Relationships

Better health leads to better interactions with loved ones



Continuous Progress

Consistent effort leads to compounding positive results



New Coping Skills

Develop better ways to handle challenges as they arise

Staying committed to the healing process can have a massive transformative effect on your life and your family. But staying committed is sometimes easier said than done.

It's helpful if we have accountability partners and encouragement from other moms. A place where we can talk with others who understand and empathize with us. That's why I created [SpectrumABLE](#): to provide that exact type of space.



Support When You Need It

If you feel like you'd benefit from having a giant support group in your corner rooting you on, I encourage you to learn more about SpectrumABLE at <https://www.lyndsymoffatt.com/join-spectrumable> I'd love to support you and keep your commitment strong on this challenging journey.

Never Say These Three Words

Many people prevent themselves from starting or staying on the SpectrumABLE healing journey because they tell themselves things like...

- "I can't afford to heal my kid."
- "I can't afford doctor visits that aren't covered by insurance."
- "We don't make enough money to buy organic food."

Yes, specialized doctors can be expensive. And yes, organic food can indeed cost more than conventional food. However, there are a few things you can do to combat this.

The first thing is NEVER to say... "I can't afford" when it comes to anything.

I understand if money is tight and you're already pinching pennies. But when you say you can't afford something, you're subtly hypnotizing your subconscious mind to block any abundance from coming your way.

Reframing Your Financial Mindset

Instead of saying, "I can't afford," whatever, try something like this...

“

"I don't currently have the money to purchase organic food, but I'm going to write down ten ways I can earn a little bit extra each month to make better food choices."

“

"I may not have the money just yet, but I know God will provide me a way to make it happen."

“

"I'm going to work extra hard this month and ask my boss for a raise to purchase better food for my kids."

”

It's all about being creative and, more importantly, optimistic with your words. Also, it's about searching out alternative options to help you bring down the costs. It's about believing in yourself and knowing it can get better. Believing it will get better.

Creative Solutions

- Start using more delivery services to save time and gas money
- Buy in bulk more often to bring down the price
- Make friends with local farmers who might barter or give discounts



What I know is this... Where there's a will, there's a way. But if you keep repeating a negative mantra like... "I can't afford"; the universe will find a way to keep you broke and unwilling to give you the abundance you or your child may need.

Making Healing Affordable

In the [SpectrumABLE course](#), we understand that many people are struggling financially. That is why I offer tons of tips on getting the best food on Earth while doing everything we can to make it more affordable and attainable.

✔ Did You Know?

Some of the most healing foods in the world grow in the wild for free!

Flexible Payment Options

I also offer various payment plans that allow people to get started without breaking the bank.

Mindset Matters

However, you need to remember that if you have a hard-wired belief that you can't afford something, your mind will continue to anchor that belief, preventing you from ever having the things you need and deserve.

Abundance Thinking

Shifting from scarcity to abundance thinking opens up possibilities you might never have considered before.

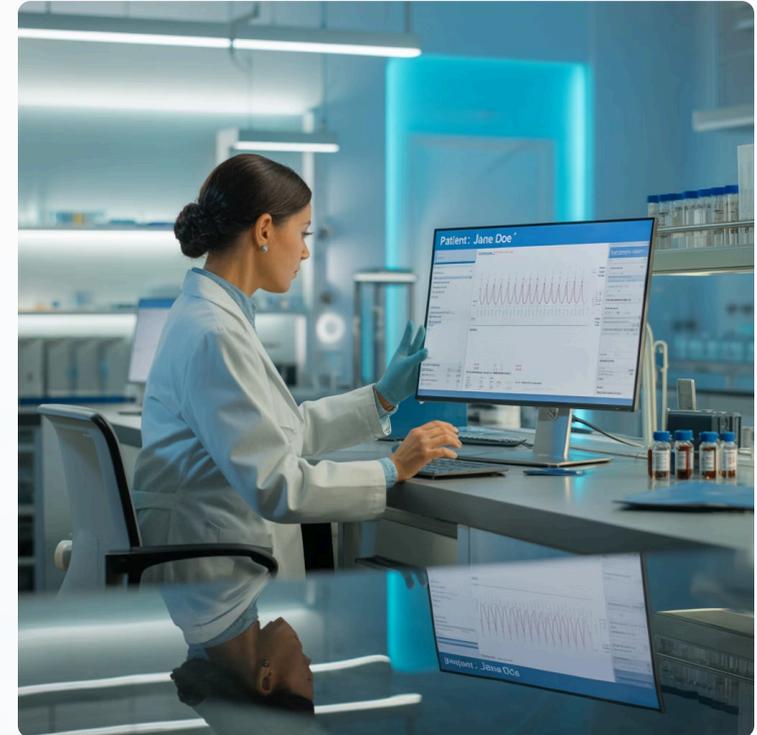
There are many creative ways to access healthy, healing foods and therapies without breaking the bank. Sometimes it just takes a shift in perspective and the willingness to explore unconventional options.

We're All About Testing, Not Guessing

The last thing I want to discuss in this short report is testing so that you can get accurate data on the issues and nutritional deficiencies you or your child may be facing.

Many practitioners and doctors are basically throwing medical spaghetti against the wall and seeing what sticks. Not only is this unadvisable, but it can sometimes be downright dangerous. Some treatments are so dangerous it's like playing Russian Roulette with your health. You need to be careful.

Before deciding on a healing protocol for yourself or your child, you must be equipped with as much accurate information as possible. This is where lab tests come in. I can show you more info on this in our [SpectrumABLE community](#).



1 Get Accurate Data

Thankfully, I can help my clients order any lab tests they need so we can pinpoint the exact root of the problem instead of playing a risky guessing game.

2 Make Informed Decisions

Every parent should have as many facts and biomarkers in front of them as possible so they can make the most informed decision for their family.

3 Access Discounted Testing

All SpectrumABLE members receive a discounted price on lab tests, and I'd love to help you get started so you can accurately assess your best next steps.

The Importance of Proper Testing

When it comes to helping children with autism, a targeted approach based on solid data is far more effective than generalized protocols. Every child is unique, and what works for one may not work for another.

30%

Nutritional Deficiencies

Many children with autism have specific nutritional deficiencies that can be identified through proper testing

40%

Gut Health Issues

Research shows a significant percentage of children with autism have gastrointestinal problems that can be addressed

25%

Environmental Sensitivities

Many children on the spectrum have identifiable sensitivities to environmental factors that can be measured

To discover more about SpectrumABLE and our approach to testing, please visit

<https://www.lyndsymoffatt.com/join-spectrumable>

With the right information, you can make targeted interventions that address your child's specific needs rather than using a one-size-fits-all approach that may not be effective.

The SpectrumABLE Approach

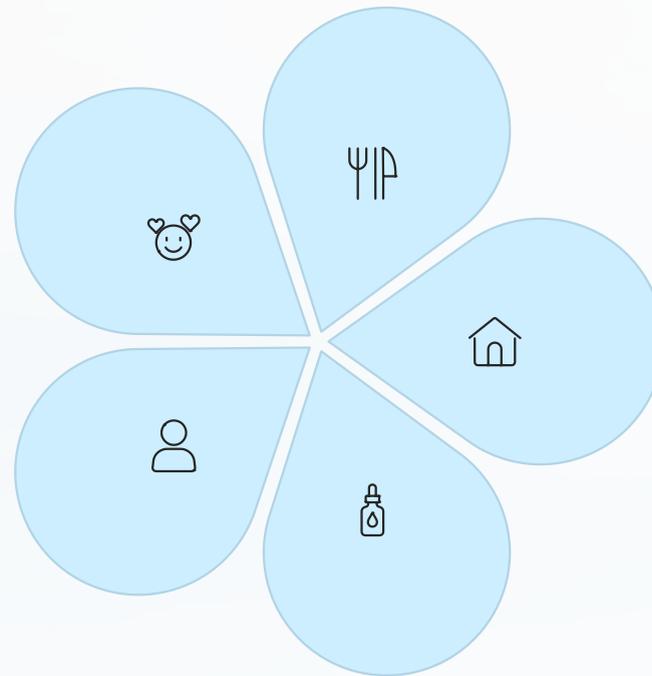
At [SpectrumABLE](#), we believe in a comprehensive, individualized approach to helping children with autism thrive. Our program combines multiple elements designed to address the whole child and support the entire family.

Emotional Support

A community of parents who understand your journey

Parent Self-Care

Tools and strategies to maintain your own wellbeing



Nutritional Guidance

Specific dietary approaches based on individual needs

Home Detoxification

Creating a healthy environment free from harmful chemicals

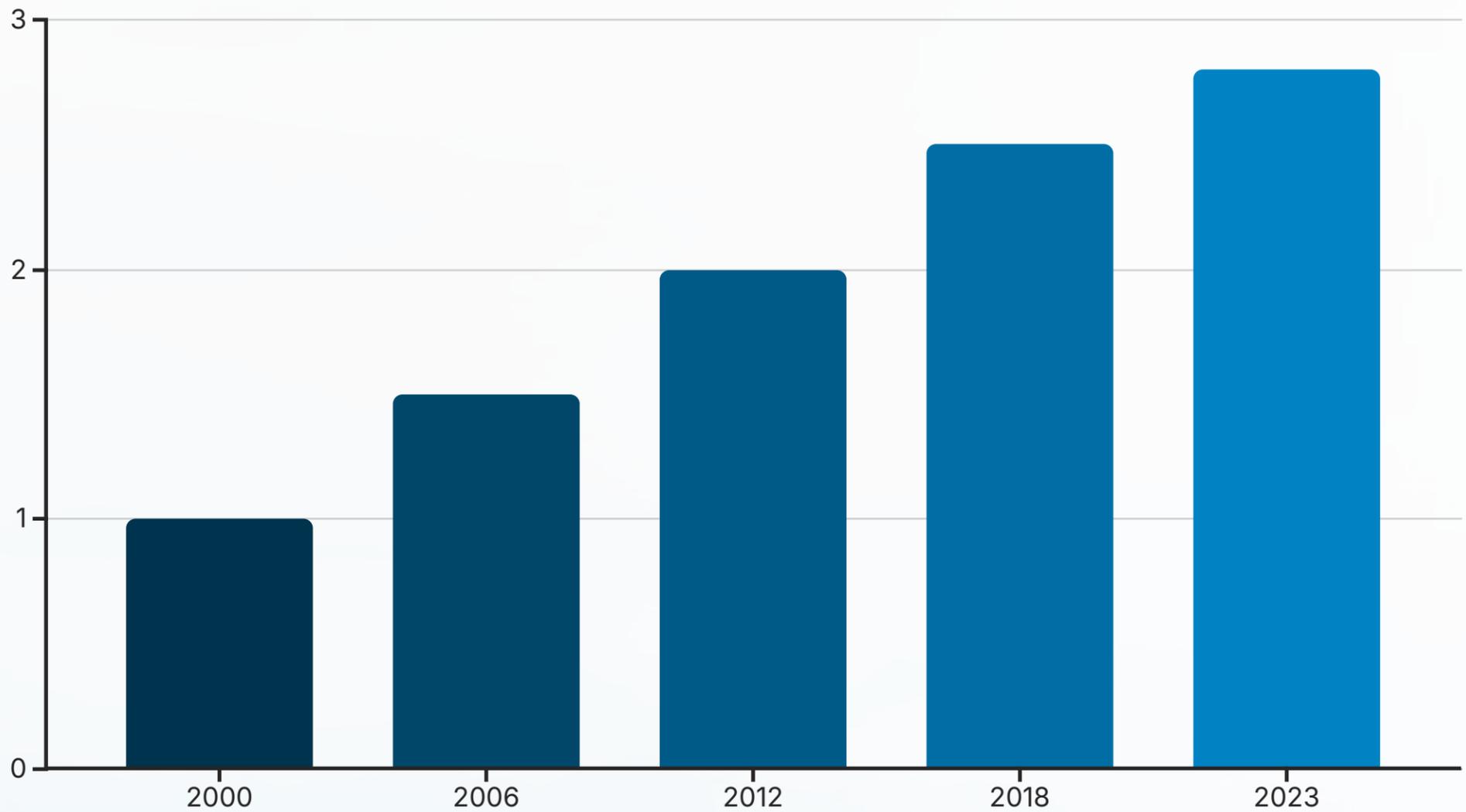
Targeted Testing

Identifying specific issues through appropriate lab work

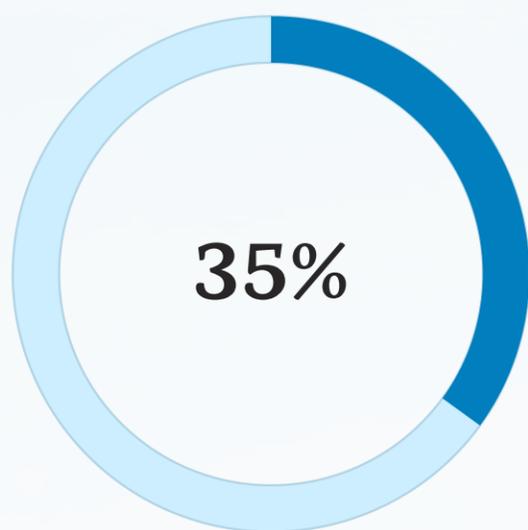
Our approach is designed to empower parents with the knowledge, tools, and support they need to help their children reach their full potential. We believe that with the right support, children with autism can make remarkable progress.

Autism by the Numbers

Understanding the scope of autism in the United States helps put the importance of proper support and resources into perspective.

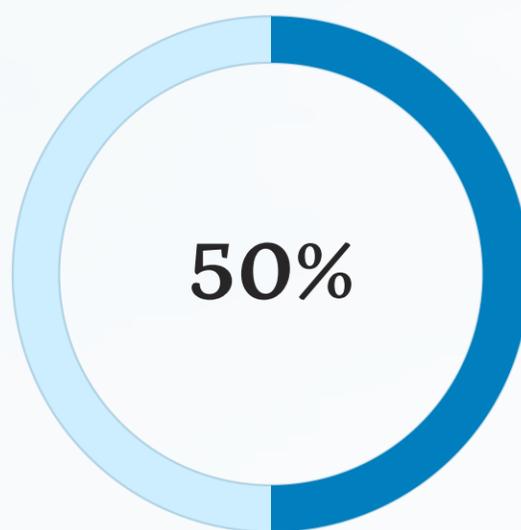


The CDC reports that 1 in 36 children in the United States have Autism Spectrum Disorder, making it the fastest-growing developmental disability in the country.



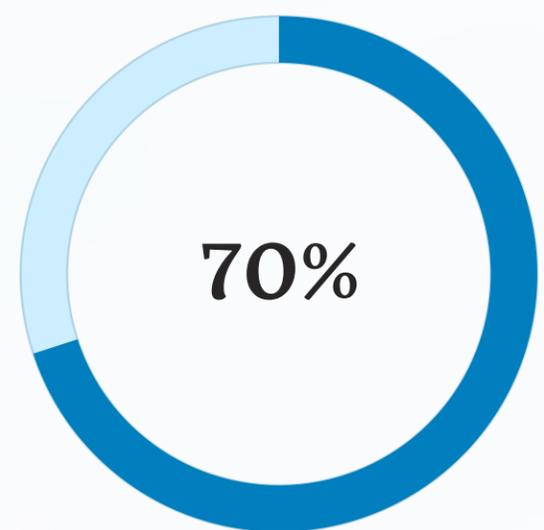
Nonverbal Children

The National Library of Medicine reports that 30% to 35% of children on the spectrum are "nonverbal" or "minimally verbal"



Sleep Issues

Approximately half of children with autism experience significant sleep problems



Co-occurring Conditions

A majority of children with autism have at least one co-occurring medical or psychiatric condition

These statistics highlight the importance of comprehensive support systems for families affected by autism.

Success Stories from SpectrumABLE

While every child's journey is unique, many families have seen remarkable progress through the [SpectrumABLE](#) approach. Here are just a few examples of the transformations we've witnessed:

Dominic's Journey

My own son Dominic has made incredible progress through the approaches I now teach in SpectrumABLE. From struggling with severe symptoms to thriving, his journey inspired me to help other families.

Behavioral Improvements

Families report significant reductions in challenging behaviors when they identify and address underlying physical issues through proper testing and targeted interventions.

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Communication Breakthroughs

Many children who were previously nonverbal have begun to communicate after their parents implemented the nutritional and environmental changes recommended in our program.

Family Transformation

Parents who learn to prioritize self-care while helping their children often report that their entire family dynamic improves, with less stress and more joy in daily life.

These stories remind us that progress is possible and that with the right approach, children with autism can reach their full potential.

Key Components of the Healing Journey

The journey to helping a child with autism thrive involves several key components that work together synergistically.

Nutrition
Proper diet tailored to individual needs

Self-Care
Maintaining parent wellbeing throughout the journey

Support
Community and resources for the whole family



Detoxification
Removing harmful substances from the environment

Testing
Identifying specific issues through lab work

Therapies
Targeted interventions based on individual needs

Each of these components plays a vital role in the overall healing process. At [SpectrumABLE](#), we provide guidance on implementing all of these elements in a way that works for your unique family situation.

When these components work together, they create a powerful foundation for healing and growth that addresses the whole child, not just isolated symptoms.

Next Steps on Your Journey

If you're feeling inspired to take action after reading this guide, here are some practical next steps you can take:

01

Read This Letter...

Visit

<https://www.lyndsymoffatt.com/join-spectrumable> to read more about SpectrumABLE and how it can help your family.

02

Assess Your Home Environment

Begin looking at potential toxins in your home that could be affecting your child's health.

03

Consider Proper Testing

Think about what testing might be beneficial to better understand your child's specific needs.

04

Prioritize Self-Care

Start implementing small self-care practices into your daily routine to maintain your own wellbeing.

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Join Our Community

Connect with other parents who understand your journey and can provide support and encouragement.

Remember, every journey begins with a single step. You don't have to implement everything at once. Start where you are, with what you have, and build from there.

Resources and References

Here are some valuable resources and references mentioned throughout this guide:

SpectrumABLE Resources

- Join SpectrumABLE:
<https://www.lyndsymoffatt.com/join-spectrumable>
- Community support group for parents
- Comprehensive course on healing approaches
- Discounted lab testing options

Research References

- CDC: Autism rate rises to 1 in 36 children:
<https://publications.aap.org/aapnews/news/23904/CDC-Autism-rate-rises-to-1-in-36-children>
- "Minimally verbal" children with autism spectrum disorder
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8432069/>
- 25 to 35% of autistic children are considered minimally verbal -
<https://pubmed.ncbi.nlm.nih.gov/27120989/>



Additional Reading

There are many excellent books on autism healing approaches that can complement the information in this guide. Look for titles that focus on holistic, whole-child approaches rather than just managing symptoms.



Local Support

In addition to online communities like [SpectrumABLE](#), look for local support groups in your area where you can connect with other parents face-to-face.

A Message from Lyndsy Moffatt

Thank you for taking the time to read this guide. I hope it has provided you with valuable insights and a sense of hope for your journey ahead.

I created [SpectrumABLE](#) because I believe every child with autism deserves the opportunity to reach their full potential, and every parent deserves the support and resources to help make that happen.

My own journey with my son Dominic has taught me so much about perseverance, hope, and the power of a holistic approach to healing. What started as a personal quest to help my child has grown into a mission to support families around the world.

Join Our Community

I invite you to join our SpectrumABLE community where you'll find support, resources, and hope for your journey. Visit

<https://www.lyndsymoffatt.com/join-spectrumable> to learn more.

Remember

You are not alone on this journey. There is hope, there is help, and there is a community of parents just like you who understand what you're going through.

With gratitude and hope,

Lyndsy Moffatt