* PATIENT UPDATE FORMS*
*REQUIRED ONE WEEK BEFORE ALL CONSULTATIONS*
It is a requirement before all office and phone consultations to complete a patient update form. We request that you email the form one week prior to your consult date. You can even simplify the process by saving it on your computer and making any adjustments as needed before each appointment. The Existing Patient Update Form can be found on our website www.drohara.com in the Forms section. Please do not use the optimalhealthinitiatives@gmail.com email for anything other than patient update forms.

This process will make your consult much more productive and ultimately save you time and money. Thank you for your cooperation!

EMAIL CORRESPONDENCE
~As many of you have found email to be the best way to contact us, we have set up EZ Mail accounts for you. This account allows you to communicate frequently (and as extensively as you require) with Dr. O’Hara and Dr. Szakacs. Every few months, you will receive an invoice for the doctor's time spent on email, at the doctor’s discretion. This amount will be charged to your credit card and a receipt will be sent to you. If these are brief or infrequent emails, there will be no charge.
~Email contact with the physicians is a non-covered service under insurance company policy. These fees will be directly billed to the patient and the fees are recognized by the patient as their responsibility. You should not submit invoices for email correspondence to your insurance provider.

**PATIENT NOTICE**
To remain an active patient of the practice, it is a requirement that each patient must be examined by one of the physicians at least once a year in the CT office.

Pearls From Defeat Autism Now! Atlanta

<table>
<thead>
<tr>
<th>Toxin Websites:</th>
<th>Magnesium Deficiency Symptoms:</th>
</tr>
</thead>
<tbody>
<tr>
<td>·Agency for Toxic Substances (atsdr.cdc.gov)</td>
<td>·Migraines</td>
</tr>
<tr>
<td>·Environmental Working Group (ewg.org/issues/mercury)</td>
<td>·Constipation</td>
</tr>
<tr>
<td>·Scorecard.org</td>
<td>·Chocolate craving</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Unusual sources of toxins</th>
<th>·Insomnia</th>
</tr>
</thead>
<tbody>
<tr>
<td>·Arsenic and fluoride found in tap water</td>
<td>·Muscle weakness</td>
</tr>
<tr>
<td>·Cadmium and arsenic found in cigarettes</td>
<td>·Fatigue</td>
</tr>
<tr>
<td>·Mercury found in high fructose corn syrup</td>
<td></td>
</tr>
</tbody>
</table>

Safe limits of mercury (1 mcg/kg/day) 12 year old eating typical diet with corn syrup (3.2-5.0 mcg/kg/day)

<table>
<thead>
<tr>
<th>Apraxia and Speech Delay – Possible Treatments</th>
<th>ADHD – Possible Natural Treatments</th>
</tr>
</thead>
<tbody>
<tr>
<td>·L carnosine</td>
<td>·Pycnogenol</td>
</tr>
<tr>
<td>·Carnitine</td>
<td>·Carnitine</td>
</tr>
<tr>
<td>·Acetyl L carnitine</td>
<td>·Zinc</td>
</tr>
<tr>
<td>·Ubiquinol (active form of COQ10)</td>
<td>·Iron</td>
</tr>
</tbody>
</table>

| ·Anti-seizure medications | ·EFAs (high dose without vitamin A) |
| ·Vitamin D | |
| ·Vitamin E | |
| ·Zinc | |
What is Biofilm?

- Collection of microbial communities enclosed in matrix of negatively charged polysaccharide substance held together with calcium, magnesium and iron
- Matrix protects against phagocytosis, antibiotics, immune modulation and antimicrobials
- Also outer membrane proteins of matrix not expressed on outer layer (but rather internalized into biofilm) and therefore not recognized by immune system
- Consider biofilm if recurrent or persistent dysbiosis, recurrent otitis, sinusitis, dental caries, initially do well with antifungals and then no response, stool and urine cultures negative but does well on antifungals or antibiotics
- Treatment includes probiotics and prebiotic (symbiotic = combination of probiotics and prebiotic), EDTA (enhances affect of antifungal or antibiotic), iron chelating compounds, mucous degrading enzymes
  - Lactoferrin retains motility in bacteria and does not allow it to form biofilm aggregates (especially pseudomonas – serratiopeptidase also helps)
  - Fibrinolytic enzymes help to break down staph
  - Chitosan (derived from shellfish) – has NAG and thins biofilm, especially strep
Biofilm Treatment protocol (very long process – may be years; average 4-6 months; improvements seen in weight gain, behavior (including PANDAS, OCD and tics), and stools)

Step 1 – Lysis/detachment of biofilm (on empty stomach)
- Enzymes (mucostop, lumbrokinase, nattokinase, serratiopeptidase, SPS30, papaya or pineapple)
- Oral DisodiumEDTA or Apple Cider Vinegar
  - Minuza honey with apple cider vinegar 1 tsp. each improves taste & helps lull germs
- Lactoferinn (do not do if very sensitive to whey)
- NAG (N-Acetyl Glucosamine)/Chitosan

Step 2 – microbial killing (antifungals/antibiotics – give 15 minutes later and can give with other meds; often start with herbals)
- Agent varies with microbiologic growth (bacteria, fungus)
- Die off often occurs at Day 21 (includes irritability, aggression, hyperactivity, sleeplessness, skin rash and fever)
- Don’t combine minerals with antimicrobials
- Berberine for staph/strep
- Biocidin for gram negative germs
- OOO/caprylate/OLE for yeast
- 3 Lac for enterococcus

Step 3 – clean up (like a toothbrush – a few hours after step one but can be at night)
- Charcoal, fiber, modified citrus pectin, alginates, brown algae

Step 4 – rebuilding and nourishing gut lining
- Probiotics, prebiotics, fermented foods
- Diet – SCD or at least high antioxidant (high ORAC value- Acai, noni, goji), low sugar and low AGE (advanced glycation end-products such as brown, fried or heated at high temps like French fries, cake, dark sodas, donuts)
- Supporting nutrients include xylitol, aloe, EFAs, slippery elm, marshmallow, ginger, colostrum

Other thoughts:
- Hold calcium + iron (4 weeks)
- Breast Cancer may be a biofilm disease

Treatment Pearls from Autism One - Chicago:

Oxidative Stress (consider if lost language or multiple regressions after illness)
- Melatonin
- Zinc
- Carnosine
- Carnitine
- CoQ10

- Check fasting lipid profile
- Cholesterol may help to decrease irritability, hyperactivity, aggression, SIB, temper tantrums, ADHD

Mitochondrial dysfunction (MD)
- Primary MD – 1/200 with genetic mutation
- Secondary MD – Exacerbated by:
  - Valproic acid (depletes carnitine)
  - Salicylates
  - Oxidative stress
  - Decreased glutathione levels
  - Heavy Metals/ Pesticides
  - Propionic acid (from clostridia or inappropriate carbohydrate digestion)
- Signs/Symptoms MD
  - Development delay/ slow cognitive speed
  - Hypotonia
  - Constipation
  - Fatigue
  - Seizures
  - Abnormal porphyrins may be related to mitochondrial dysfunction

Non-anemic children with ferritin (iron store) less than 30 (from Konofal et al, Pediatric Neurology. 2008: 38(1): 206-6)
- Iron improved ADHD symptoms
- Effects comparable to stimulants
**NEWS FROM LAUREN LEE STONE**

Energetix Homeopathic regimen to protect against the Flu. It is easy and safe for both children* and adults.

**To be used for protection against the Flu:**

**Adult Dosage:**
- Rehydration: 1 dropper full in 8 ounces of water daily
- Core Echina V: 1 dropper full twice a day
- Drainage Tone: 1 dropper full twice a day
- Core Mycelia Blend: 1 dropper full twice a day
- Flora Synergy: 2-4 capsules per day
- ViruChord: 1 dropper full once a week unless symptoms arise (see below)

**Add in at the onset of symptoms:**

**Adult Dosage:**
- Temple Guardian: 1 dropper full twice a day
- Flu Tone: 1 dropper full twice a day
- ViruChord: 1 dropper full once a day

*Children should always be dosed at 1 drop per 10 lbs for all Energetix homeopathic drops.

Please feel free to contact our office for more information, to order products or to make an appointment.

Patti Sylvia: 203-834-2813 ext 19 or psylvia@drohara.com
Lauren Lee Stone: 203-834-2813 ext 16 or lstone@drohara.com

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**HBOT NEWS**

There are a limited number of **Soft Chamber** HBOT rental slots available for the summer.

**Hard Chamber** HBOT is available for weekday and weekend use at our office.

Information packets including pricing information and literature are available upon request.

Please contact Shannon Claussen at 203-834-2813 x18 or sclaussen@drohara.com with any questions you may have, to schedule HBOT or to request an information packet.

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**Saving Our Kids, Healing Our Planet (SOKHOP)**

The organizers of SOKHOP, are proud to announce that in an unprecedented collaboration, the prestigious University of Medicine and Dentistry of New Jersey will sponsor the next **SOKHOP Green Expo**. The two day program will take place on the campus of the medical school (in their state of the art educational conference center) in Newark, New Jersey on September 12-13, 2009. This is not just another "GREEN" conference. **SOKHOP Green Expo** offers real solutions for the growing health problems that affect our children. Dr. Szakacs will be speaking at this event.

Please visit their website at [www.SOKHOP.com](http://www.SOKHOP.com) for more information or contact them directly at [greenexpo@SOKHOP.com](mailto:greenexpo@SOKHOP.com).

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**EXCITING SUPPLEMENT UPDATE ABOUT CANDIDASE, MUCOSTOP and VIRASTOP**

Theramedix, the professional arm of Enzymedica is now available through Vicki Kobliner. She carries the more commonly used products as well as many others. Use the following guide to order:

- CDX is equivalent to Candidase
- SPS30 is comparable to Mucostop (slightly more potent)
- PRX is comparable to Virastop (but PRX is more potent, so you take less)
- PHB is equivalent to PHBasic

To order supplements, please contact Vicki at 203 834-9949 or vicki@holcarenutrition.com.
NEWS FROM LORI CODA

Does your child suffer from symptoms relating to: Autism, PDD-NOS, Anxiety, ADD, ADHD, OCD, Learning Disabilities or Sleep Disregulations?

Perhaps you haven’t heard of Neurofeedback and QEEG Brainmapping.

What is Neurofeedback?
Neurofeedback is Brain Exercise. It is a training process in which an individual leads his/ her brain through exercises that improve the brain activity which then improves performance and behavior of the brain. It is non-invasive and fun. It is done using a specialized Neurofeedback computer system in our office. Your child will play specialized Neurofeedback games or watch specialized movies while doing the Neurofeedback. A QEEG/ brain map is required in the assessment process for Neurofeedback. Once a QEEG is completed, a tailored Neurofeedback protocol will be recommended.

What is a Quantitative EEG (QEEG) / Brain Map?
A QEEG brain map is a diagnostic procedure that provides essential information about how the brain is performing. The QEEG permits us to observe the brain regions in terms of their electrical activity and their degree of connection with one another. If a region has too much or too little electrical activity, the brain’s performance is not optimal. Furthermore, regions that are inadequately connected to other regions will diminish the brains ability to process information. The QEEG/ brain map measures these values and relationships in the brain. It is then compared to a database allowing us to evaluate areas of strengths and weakness in a given person. Once a QEEG/ brain map is completed, interventions such as Neurofeedback, supplements, medications and behavioral modifications can be tailored to meet your needs.

If you are interested in QEEG Brainmapping and/or Neurofeedback please feel free to call Lori Coda at our office 203 834 -2813 x15 or by e-mail loricoda@drohara.com.

There are a limited number of spaces available for the summer. Please contact Lori to discuss availability.

Lori Coda has been in the field of Special Education for 22 years. She has an undergraduate degree in Psychology, a master’s degree in Special Education, and post-masters training/ certification in TEACCH, Social Skills, Therapeutic Listening, QEEG Brainmapping and Neurofeedback.

NEWS FROM VICKI KOBLINER

NEED A YEARLY NUTRITION CHECK-UP?

Just as a yearly physical is important for good health, in our kids a yearly nutrition check-up is essential- Children’s bodies change quickly and adequate intake varies as they grow. Last years diet may not be adequate today. Consider the following:

- Do you know if your child is growing appropriately?
- Is his/her special diet nutritionally complete or deficient on one or more needed nutrients?
- Is it the right diet for his or her specific needs?
- Lack of calories and protein will affect learning and focus-it’s not just food sensitivities that require monitoring.
- Nutrients from foods are best absorbed and assimilated- supplements are important but are not a replacement for food-broadening food choices is a priority.
- Certain cooking techniques such as soaking grains can make nutrients more bioavailable.
- Some children may be sensitive to the sugar in fruit – it may not be a yeast problem!
- Organic meat may not be the optimal choice for protein needs.

To make sure your child’s diet plan is on target, make an appointment with Vicki for a yearly nutrition check-up. Contact Holcare Nutrition at 203 834-9949 or vicki@holcarenutrition.com.
Return of Separate Measles, Mumps, Rubella Vaccines Planned for 2011

Dr. Bob Sears has received official word from a Merck representative that the company plans to resume production of the separate M-M-R component vaccines. They anticipate these becoming available in 2011 (no actual month specified). This is good news for those parents who want the vaccines separated, but the two year wait will leave some kids unprotected. In his MMR blog from January (http://www.askdrsears.com/thevaccinebook/archives/2009_01_01_archive.asp) he discusses all the ins and outs of deciding whether or not to do the full MMR. Delaying it definitely puts children at risk of catching these diseases. Parents have to weigh all the information and decide what to do. The good news is that it looks like the separate shots will be back. We will certainly let you know as soon as they become available in 2011.

On May 1st, 2009, A Way To Learn, LLC opened its doors in Westport, Connecticut. Michele Isenberg and Dawn Matera have been working with students with learning disabilities for over ten years, and have come together to meet a great need in the community. They offer tutoring support, social skills groups, and study skills classes to reach every learner. They specialize in ADHD, executive function disorders, processing difficulties, and students on the autism spectrum. They support home-schoolers by offering flexible daytime programs designed to meet the individual needs of each student. Whether you need PPT and advocacy advice, academic enrichment and coaching, or specialized social skills groups, A Way To Learn is waiting to help your child succeed.

For more information, please visit www.awaytolearn.net.

IF YOU WOULD LIKE TO SPECIFICALLY DO A SOCIAL SKILLS GROUP AT OUR OFFICE, PLEASE CONTACT SHANNON AT 203-834-2813 X18.

Upcoming Events

Dr. O’Hara will be speaking at the following conferences:

September 11-13, 2009   Minneapolis, MN   Defeat Autism Now! Clinician Training
October 4, 2009    New York, NY   NAA-NY Autism Conferences of America
October 8-12, 2009   Dallas, TX   Defeat Autism Now! Conference & Clinician Training

Dr. Szakacs will be speaking at the following conferences:

September 13, 2009   Newark, NJ   Saving Our Kids, Healing Our Planet Green Expo
October 12, 2009   Dallas, TX   Defeat Autism Now! Clinician Training

VIA Micro-Sites

What is a Micro-Site?

- An easy and innovative way to keep everyone in your life connected and involved with your child’s progress
- A place where you can tell your child’s story complete with photos
- A discreet way for others to donate money on behalf of your child for approved therapies and interventions
- A way to maintain your own blog giving updates on your child’s progress
- Submit receipts for approved therapies and interventions for reimbursement

Go to www.vianow.org for more details

*Certain restrictions apply.

**SUPPLEMENTS**

Please call or email in supplement orders from Vicki Kobliner and Lauren Stone before you come to pick them up.

· For supplements from Lauren Stone, please contact Patti Sylvia at 203-834-2813 x19 or psylvia@drohara.com.

· For Supplements from Vicki Kobliner, please contact Traci Madeson at 203-834-9949 or traci@holcarenutrition.com. To order online go to: www.holcarenutrition.com.

WE HAVE A NUMBER OF INFORMATIVE BOOKS AVAILABLE IN THE OFFICE FOR PURCHASE.

WE ASK FOR A $15 DONATION TO VIA, VITAL INTERVENTIONS ACCESSIBLE

VIA PROVIDES RESOURCES TO FAMILIES WHO CAN NOT OTHERWISE AFFORD BIOMEDICAL INTERVENTIONS

VISIT THEIR WEBSITE AT www.vianow.org

Please visit our website: www.drohara.com