

## **Autism and Food Intolerance**

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**Introduction:** The purpose for research is inspiration from one child with autism in my family, from heteroanamnesis and symptoms, I decided to do the test-the first daughter of my sister with diagnosis; autism, she had multi food intolerance, than with prof.Blyta we started with follow up panel (a big panel with more analysis: blood, urine, faecal, biochemistry also microbiology) but the first test was food intolerance for those patients. The connection between Autism and food intolerances is likely to lie in the higher prevalence of intestinal permeability that it seen in autistic patients. They have intestinal permeability, the largest protein undigested into the blood, from this process can develop food intolerance and food allergy. For food intolerance is responsible IgG or IgG4 and those antibodies reacted as adaptive immune system. The IgG antibodies then fix to the food proteins to form an immune complex in the blood stream. If the immune complex fixes to a tissue it will eventually lead to tissue damage from inflammation and specific symptoms which vary from person to person is the most important casein intolerance and gluten intolerance because from casein has a pathological mechanism of casomorphine formation also from gluten intolerance to gliadinmorphine, these findings are specific for pathologies such as Autism, delays in psychomotor, delays in speech, mood, anxiety, hyperactivity, etc. but it is another of my research on gliadinomorphine and casomorphine with Autistic children's.

**Method:** About 50 patients with autism diagnosis, aged from 5-9 years, have been tested in rapid blood tests for determination of specific IgG4(human) or Nutri Smart-test, DST-diagnostische system and technologien GmbH -Germany.

**Results & Conclusion:** The results of tests were positive 99% and those are from food intolerance Casein, Gluten, Cow's milk, Sheep milk, Goat's milk, Egg white, Egg yellow, Soy, Wheat, Peanut, Banana, Tomato, Potato, Meat mix, Legume, Almun, Hazelnut, Apple, Pineapple, Kiwi, Rye, Fish mix, Mustard, Cacao, Grain mix, Tuna, Veg mix, Lamb etc. those are the most frequent positive results with IgG 4 concentration in level 2 and 3(3 is the high level concentration). Also they have and clinic information's for gastrointestinal symptoms excessive production of gas, belching and abdominal pain, diarrhoea, gastric reflux, high rates or inflammatory bowel disease etc. Cause of food intolerance are digestive enzymes deficiency, but it can also be a secondary problem as a consequence other diseases.

#### **Recent Publications**

1. Food intolerance and Autism, ARVIN med
2. H<sub>2</sub> breath test and lactose, fructose malabsorption, ACTA scientist.
3. From casein to casomorphine, from Gluten to gliadinomorphine, shows a strong association with autism ethology, and treatment. The ASD problem is food and biochemistry, these make the change of the genetic mutations- Nutritional, science and food Chemistry- on June 22-23.2020-Toronto.

#### **Biography**

She started working in Olive medical Laboratory and now she is currently working as a Resident Doctor in Biochemistry Institute Skopje, North Macedonia.