

# Coached Experience

## 9-Week Autism Transformation Program



We rise by uplifting others.

# Guided Coaching: 9-Week Autism Transformation Program

Dear Parent,

With my background of 6 years in autism advocacy, extensive research, and deep engagement with hundreds of autism families, alongside my personal connection to autism, I present to you "**The 9-Week Autism-Transformation Program.**"

This comprehensive guide blends the most effective strategies from biomedical/functional interventions, occupational therapy, and ABA positive reinforcement, all with a sensitivity to create safe and healthy spaces. Our aim is to promote development and nourish bodily, family, and home environments, allowing our neurodivergent children to blossom and flourish in their true happiness.

I am passionately dedicated to sharing my expertise and experience with you through this parent-friendly Intervention, empowering you to break through your child's symptoms, reclaim your own power and happiness, and ultimately transform your entire family dynamics.

As a parent myself, I deeply understand the journey, the hardship, and the struggle, which is why I am driven to provide you with this invaluable tool. There is no greater blessing than witnessing your children find their smiles again and paving the way for them to lead fulfilled lives. Stay positive, stay focused, dream big, and take decisive actions towards your goals - Push Through!

Sincerely, I wish you abundant achievements!

Much Love, Alex

Founder, Autism Uncovered | Autism Advocate | Single Mom of Two Amazing Autistic Children

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Dear Parent,

Let's embark on a journey together, navigating step-by-step through this clearly structured guide. We'll delve deep into uncovering the hidden underlying bottlenecks, addressing the root cause to reinstate health and function. By creating a 'functional' bodily environment, we ease surface symptoms and invite effective therapeutic interventions. Our approach extends beyond therapy sessions, fostering progress within a playful home environment tailored to your child's needs. We enhance the transformation by creating a playful home environment where your child can thrive. Tailored to their individual needs, this nurturing space fosters growth and development naturally and effortlessly alleviating the stress of weekly therapy sessions. With occupational therapy elements seamlessly integrated into your daily routine, you can witness your child progress and flourish within the comfort of home!

At every moment, I am here for you: Whether you need an emotional outlet to unwind, cry, and release the sadness you have carried, or to share your victories, big and small, as we move forward. This is always a safe, judgment-free space. I will be your motivator, your source of information and strategies, your coach, and also the fellow parent who's been there – navigated the same worries, pains, and grief. I extend a helping hand to guide you toward reclaiming a life filled with some sense of 'normality', like participating in playdates, family visits, and every aspect of family life.

Witnessing your child's progress will fill you with a sense of heroic achievement, replacing feelings of heartbreak, loss, and isolation with confidence and empowerment. This achievement belongs to you, and no one can ever take it away. This journey is not just about benefiting your autistic child; it's about brightening your overall family dynamics and instilling trust in the future. Rest assured, you're in knowledgeable and experienced hands with me.

Much Love, Alex

Founder, Autism Uncovered | Autism Advocate | Single Mom of Two Amazing Autistic Children

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## Week-by-Week detailed Course Description

- **Week 1: Unveiling Health & Home Challenges** - During this initial week, we delve deep into understanding your child's health journey and the unique challenges your family faces on a daily basis. We meticulously review your child's medical and developmental history, spanning from pregnancy to present day. This comprehensive assessment includes examining medical reports, past tests, medications, and diagnoses. By gaining insight into your day-to-day life and challenges, we lay the groundwork for setting achievable goals and developing a customized strategy. Together, we identify stressors and work to eliminate them, while also planning effective techniques to navigate daily life with ease.
- **Week 2: Locating Your Child's Health Position** - In the second week, we focus on pinpointing your child's current health status. Through a series of medical evaluations, including a Comprehensive Digestive Stool analysis, Oral Mito Swab, and a Full Blood test on Metabolites, we gain clarity on your child's mitochondrial function, metabolic profile, and potential deficiencies or toxic buildup. Additionally, a DNA test is conducted to identify any SNPs or compromised genes. This thorough assessment provides us with valuable insights into your child's health roadmap, guiding us in investing time and resources wisely to address underlying health issues and symptoms.
- **Week 3 - 4: Embracing Dietary and Digestive Solutions, Tackling Sleep Issues** - Over the course of these two weeks, we begin implementing an autism-friendly diet tailored to your child's preferences. We assess past challenges related to feeding and digestion, making necessary adjustments to the diet and implementing a safe detoxification protocol. By identifying and addressing digestive issues, we aim to strengthen the immune system, reduce inflammation, and support overall health and development. Additionally, we start addressing sleep disorders by enhancing your evening routine, promoting better rest for both you and your child.

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- **Week 5: Customized Supplement Plan** - During week five, we introduce a tailored supplementation protocol to support your child's global health and development. With swift implementation, these supplements aim to alleviate core symptoms and improve your child's overall well-being. Our approach prioritizes strategies that minimize stress and resistance, ensuring your child's emotional, psychological, and physical well-being remains our top priority.
- **Week 6: Crafting a Playful Home Environment** - This week, we focus on enhancing your child's play environment to foster optimal development. By decluttering and incorporating beneficial toys and equipment tailored to your child's needs, we create a calming space conducive to growth and learning. Whether it's a sensory swing, calming lights, or motor skill-enhancing toys, we strive to create an environment that supports your child's unique developmental journey.
- **Week 7: Optimizing Mitochondrial Health** - Building on the insights gained from previous evaluations, we adjust dietary and supplement plans to optimize mitochondrial function. As the powerhouse of each cell, mitochondrial dysfunction can contribute to a range of issues, including developmental delays, cognitive impairment, sensory processing issues, and digestive problems. By addressing these underlying issues, we aim to improve your child's overall health and well-being.
- **Week 8: Understanding DNA Test Results** - In week eight, we delve into the results of your child's DNA test, empowering you with a deeper understanding of their genetic makeup. While genetic mutations cannot be altered, identifying them allows us to navigate around potential challenges with targeted interventions, such as dietary adjustments or specific supplements. For example, mutations on genes like MTHFR or COMT can impact various bodily functions, including mood regulation, cognitive function, and detoxification processes.

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- Week 9: Reflecting and Refining - As we near the end of our journey together, we take time to reflect on the progress made and refine our strategies for future success. By recapitulating effective tools and techniques, we ensure you feel confident and empowered to continue navigating this journey independently. Our goal is to equip you with the knowledge and resources needed to foster lasting improvements in your child's health and well-being.

I am honoured and excited to Guide you!

Much Love & Keep pushing it! Much Love, Alex

