

Theory of cause of autism - sodium

Very quick in my research into the brain I bumped into this video and I immediately knew this is it. I agree with the lady that a dyslexic person and even more so an autistic person goes through a complete pack of card (so to speak) in the brain unlike a non autistic person going for a more linear / sequential approach

<http://www.youtube.com/watch?v=Z2CljD1gEiE>

I knew very early on in my research to also look for a "hill" of salt specifically linked to autism

The theory. If the amygdala is oversided (see below link) and say it produces more sodium than it should. Then there will be more sodium in the neuron cell (sodium/ potassium pump) . This I assume will mean that the action potential will not be as good - neurons will not fire as well. Neurons that fire together wire together. Therefore this will not happen in autism. To balance things out as neurons fire less well more dendrites will be formed (see below link) and this will be the reason why especially autistic people will be able to see things others cannot as they will go through the complete pack of cards. The brain will compensate by more neurons firing on a bigger network but not at the same intensity as a non autistic person

I see that people with autism do get tired. I used to get very tired in high school and had to sleep just after school (being dyslexic and low on autism scale). The constant moving of sodium ions and potassium ions (more than others) will make one more tired even if we just sat in class like everyone else

I see that some autistic people have unusually large cortex's and unusually small cerebellums. Perhaps because an autistic persons cortex is wired differently it takes up some of the functions of the cerebellum. Also something going wrong with the amygdala with an autistic person will link into autistic poor social/ emotional skills and bad recognition of objects and faces. Here I refer to a study that showed that social communication is impaired in monkeys with damage to the amygdala

Should the theory stand up in practice the question then will be why does the body produce more sodium in the brain or what happens. A few suggestions then:

- Just simply that the amagdala produces more sodium due to some imbalance in the amagdala
- Autism went up hugely in the 80 and 90's and so did table salt level intake
- Table salt has the same amount of sodium as sea salt however it is in a chemical form that the body is not used to and takes more energy to break up + it pulls water to the outside of the cell. This combined with an autistic person perhaps not drinking enough water will cause I assume more sodium inside the cell
- Stanford University chemist noted the ability of weak earth magnetic fields disrupting the neuron lipid membranes such as those that serve as gatekeepers to chemicals entering or exiting cells such as the sodium/ potassium pump. Therefore massive increases in autism could also be linked to massive recent increases in mobile phones etc
- Carla Hannaford in her book "Smart Moves" mentions that when the ball of the feet of an autistic person gets massage it helps (actually refer to calf muscle but that it pushes against the ball of the fee). Could be the K1 acupuncture point linked to kidneys. The adrenal glands sit on the kidneys and is linked to water and salt production. Reflexology might be good for autistic people

See links below referring to above

<http://sfari.org/resources/sfari-wiki/dendritic-spines>

http://articles.cnn.com/2009-05-04/health/autism.brain.amygdala_1_autism-risk-autism-experts-amygdala?_s=PM:HEALTH

<http://www.ncbi.nlm.nih.gov/pubmed/7916237>