

## Alternative Treatments for Autism

Usually the first treatment mentioned for Autism is medication. This is changing. More people are open to trying alternative treatments. Medications can have terrible side effects, so more people are looking for natural products. Here are some alternative treatments used for Autism.

### Nutritional

There are several diets that can be used when treating Autism. They range from eating Gluten free products to eliminating dairy from the diet. Some Autistic children have a sensitivity to certain ingredients in food. These ingredients will contribute to behavioral problems, or meltdowns when eaten.

### Omega 3's

Omega 3 has been found to be helpful in treating Autism, as well as many other disorders. People using the Omega 3 have found better sleep patterns, social interaction, and over all health of their child. People wanting to try this alternative treatment can add fish oil to their children's diet. Fish oil can be found in capsule form or liquid. Some children have trouble swallowing the capsule. The liquid form can be found in a flavorless type that is mixed in a drink.

### Music Therapy

Several studies have found music therapy to be very beneficial to the Autistic child. Sometimes an Autistic child will sing along with music while they will not speak. This is one way of working on the child's speech. The music can be soothing to an Autistic child. It can relax them enough to take part in an activity with other people.

### Sensory Integration

Children with Autism can be very sensitive to noises, tastes, textures, and smells. Sensory integration therapy helps the child to deal with whatever it is causing them problems. It can also be used to calm a child with something like a certain smell or texture.

### Speech Therapy

Speech therapy is a must for any child with Autism. Children with Autism usually misuse words. They often have a hard time understanding the meanings of words

like few or many. Speech therapists can help teach gestures and communication skills to nonverbal children. They can help the child to learn how to read other people's body language.

### Play Therapy

Play therapy can be very useful when treating an Autistic child. Play therapy allows the child to relax and focus on things they enjoy. A therapist working with an autistic child will play on the floor with the child. They will give the child various toys and see if the child takes a liking to one of them. If the child begins to play the therapist will then try to interact with the child. After the therapist has formed a relationship with the child they might bring another child into play therapy. This can be a great way to get the Autistic child to play with other kids. Usually a therapist does the play therapy, however the parent can do the therapy after they have learned the techniques used.

These are just a few of the many alternative treatments available for Autism. Medication does not have to be a first resort. These can also be combined with medication for a better treatment plan.