



**AUTISM RESEARCH INSTITUTE**  
*Autism is Treatable*

# Defeat Autism Now!

## “Mini-DAN!”

### *for Parents & Practitioners*

This conference will provide families and clinicians with a condensed version of the Defeat Autism Now! treatment guidelines, updated to include the latest research and clinical experiences.

## Sunday Full Day Session - August 16, 2009

- 8:30 am Welcome – James B. Adams, Ph.D., Science Coordinator of ARI/DAN!
- 8:45 am **Foundations of Biomedical Testing and Treatment – Anju Usman, MD**  
The key to implementing a successful biomedical treatment program lies in a strong foundational approach. This includes emphasis on a good history, physical exam, targeted laboratory testing, and an individualized strategy that best fits each unique patient.
- 10:15 am Break
- 10:45 am **Inflammation in the brain and body and how to treat it – Jeff Bradstreet, MD**  
Inflammation in the brain appears to be a key factor in autism. This discussion will explore the data linking changes in the immune system to autism and how inflammation both inside and outside the brain can influence recovery efforts. The link between the gut and the brain will be explained as well as multiple treatment options to bring proper balance back to the immune system.
- 12:15 pm Lunch (on your own)
- 1:30 pm **Gastrointestinal Issues and Biofilms – Anju Usman, MD**  
Even with traditional tools in place, such as using special diets, probiotics, enzymes, antimicrobials, and anti-inflammatory agents, many patients are still plagued with chronic GI complaints. Newer, research points to the role that intestinal biofilms play in chronic infections and to the effectiveness of symbiotics, enzymatic degradation, and iron chelators in normalizing gut health.
- 2:15 pm **Opening Detoxification Pathways and Addressing Toxic Metal Burdens – Anju Usman, MD**  
Toxic chemical and metal burdens adversely effect critical body systems as well as mitochondrial function. Enhancing our natural detoxification pathways is one way to lessen the load of toxins. We can also utilize laboratory testing and the patient history to optimize natural pathways and pick appropriate pharmaceutical options for detoxification.
- 3:00 pm Break
- 3:30 pm **Preventing and treating seizures and subclinical seizures in autism – Jeff Bradstreet, MD**  
Recent media attention has focused on seizures in autism. As many as 80% of children have abnormal electrical activity in their brain. This can disrupt language, cognition and memory and potentially lead to generalized epilepsy. Prevention and treatment options will be discussed, as well as the link to inflammation.
- 4:30 pm **Mitochondrial Disorders in Autism – Jeff Bradstreet, MD**  
Mitochondria produce ATP, the major fuel for the brain and the body. Impaired mitochondrial functioning results in many problems including impaired thinking and impaired motor function. This presentation will discuss how to assess and treat mitochondrial disorders.
- 5:00 pm End

### **Anju Usman, MD**

Anju Usman, MD is the medical director of True Health Medical Center and Pure Compounding Pharmacy in Naperville, Illinois. She specializes in the biomedical treatment of children with Autism/ADD and developmental delays. She has been involved in researching copper/zinc imbalances, hyperbaric oxygen therapy, nucca adjustments and chronic infections in ASD patients. She is also co-founder of ACE (Autism Center for Enlightenment), a non-profit dedicated to education, research, and support for families. Dr. Usman received her medical degree from Indiana University. She completed a residency in Family Practice at Cook County Hospital, in Chicago, Illinois and is board certified in Family Practice.

### **Jeff Bradstreet, MD**

Jeff Bradstreet, MD, is an internationally known clinician who specializes in treating children with autism. He is one of the leading trainers of Defeat Autism Now! physicians, and has conducted research studies on toxic metals, inflammation, and oxidative stress in autism. His clinical research is advancing our understanding of the biological mechanisms that cause autism, and providing important insight into how to treat it. He is licensed and practices in California, Florida, Arizona, and Dubai.

**Register on the Pasadena Conference form (attached) or online at [www.autism-conferences.com](http://www.autism-conferences.com)!**