

In This Issue

[Lara Pullen, PhD
Scientific Researcher
and Mother of Three,
Founder of
HealingThresholds.com](#)

[Autism Movement
Therapy® Chicago
March 13th & 14th
Workshops](#)

[Music + Movement +
Mind = Miracles Benefit
Club Nokia
Los Angeles Saturday
April 17th, 2010](#)

Articles

[The Censorship of
Autism Treatment -
Dr. Wakefield](#)

[L.A. Confidential:
Seeking Reasons for
Autism's Rise](#)

[Month Of Conception
Linked To Birth Defects
In United States](#)

[New Study Backs Parent
Age-Autism Link from
Reuters Health](#)

[Rising Autism Numbers
-- Leading Federal
Official Says "No
Question That
Environmental
Exposures Are A Factor](#)

[Is autism genetic?
Researchers zero in on
an answer](#)

Dear Joanne,

Did you know that rapid movement activates the amygdala, the brain's emotion center and that **up and down, forward and sudden halt, and side to side movements help to organize the brain, making an individual more available for learning.**



Dr Temple Grandin PhD, well known author, professor at Colorado State University and autism advocate tells us that "repetitive rocking motion that requires a person to continually find and re-find their balance stimulates areas of the brain where learning receptors are located."

HBO's "Temple Grandin" Tells the Inspirational Story of Autism Advocate

On February 6 at 8 p.m. (ET/PT), HBO will premiere an original film based on the inspirational true story of Temple Grandin, starring Claire Danes. **Temple Grandin** paints a picture of a young woman's perseverance and determination while struggling with the isolating challenges of autism. Temple is a highly successful doctor of animal sciences, a best-selling author and an internationally renowned autism advocate.

Thank you for your continued support!
Autism is all of our responsibility!

Sincerely,

Joanne Lara, MA
Founder/Director
Autism Movement Therapy, Inc.



Please consider making Autism Movement Therapy, Inc. your cause.

We appreciate your generosity in our continuing support of autism research, environmental reform and community outreach. Together we can make a difference!



Lara Pullen, PhD



Lara Pullen, PhD is the CEO and Co-Founder of HealingThresholds.com. She is a former research scientist in the field of immunology and has been a medical writer since 1999. Lara has written on a wide range of topics from Alzheimer's disease to diabetes to heart disease. She is the mother of three children, the youngest of whom has Prader-Willi Syndrome, putting him at risk for autism.

Reserve your Program Ad Space NOW!

Music+Movement +Mind = Miracles

Club Nokia, Los Angeles Saturday April 17th, 2010

Please Contact Chelsea Coleman
venicemermaid@gmail.com
310.497.7946



Happy Valentine's Day

**Lara Pullen, PhD
Scientific Researcher and Mother of Three, Founder of
HealingThresholds.com**

My son was born five years ago with Prader-Willi Syndrome (PWS). The diagnosis was very grim and we were told that he would be short, fat, mentally retarded, and likely autistic. We were also told that he would be low-energy by nature and have trouble moving.



The geneticist told us that we should just take him home and love him. We did that, of course, and more.

I decided that if there was something known about PWS, I would do it. Anything that could be done for my child, I would do it. I have a medical background and so I pulled every scientific paper written on PWS. I read them all. I focused not on the conclusions, which made me feel hopeless, but on the data, and I tried to weave together an approach to heal his broken body. This required learning about metabolism, neurodevelopment, nutrition, exercise, and more.

I increasingly discovered that some of the best thinking on the subject of nutrition and neurodevelopmental therapies was in the field of autism. So, I read voraciously about autism. I organized everything I read into an evolving treatment plan for my child. I assumed that he was at risk for obesity and short stature and cognitive delays and learning disabilities and autism. I also assumed that all of these risk factors could be modified by therapies and his environment.

My brother-in-law Dan Kohn saw many of the things that I was doing for Kian. He was impressed with the way I systematically went through the literature and basically placed everything into a yes, no, maybe pile. He was impressed with the way I made connections between different pieces of scientific literature and from the scientific literature to my child. He felt that it was a shame that most parents did not have the training or the resources to do this for their own children.

When things began to stabilize for my son, Dan approached me with the idea of launching a Web site that would be an unbiased doorway into the scientific world of autism therapies. The Web site would look at every published study and summarize it so that parents could get the bottom line and see if it made sense for their child. The Web site would be free to parents and would be a tool for choosing therapies as well as for communicating about therapies to their child's physicians and therapists.

We launched Healing Thresholds in 2007 and we were very pleased with the results. Over the years we have accumulated over 2,000 research and news summaries and have 12 fully referenced fact sheets on the 12 most popular autism therapies. We have approximately 100,000 page views per month and we receive many heart warming emails from people around the world who have learned something useful from our site.

Many people ask what therapies I use for my son. Every child is different and what works for my son may not work for your son. We use many of the common autism therapies. These include: speech therapy, sensory integration therapy, vitamin C, B vitamins, magnesium, essential fatty acids, as well as a casein-free, gluten-free diet. All of these therapies are described in detail on Healing Thresholds.

We have also been firm believers in movement therapy. While reading the literature, I became convinced that movement was critical for growing a healthy brain and nervous system. So, I got my son moving early and often. Unfortunately, we did not have access to dance therapy and I did not know of Joanne Lara when my son was born. Instead, we wove together a program of therapeutic riding, Yoga for the Special Child, swimming, and later gymnastics, and ice skating. Our whole family stays moving and we are the healthier for it. We are very much looking forward to Joanne's upcoming workshop in Chicago. I will be there with my son and my oldest daughter to learn and to move and to stimulate our brains!

My son is 5 ½ now. He is a bright and active little boy who is mainstreamed in a Montessori school. He is extraordinarily social and can work like nobody's business. He wants to be an actor when he grows up.

**Autism Movement Therapy® Workshop with Joanne Lara, MA
Special Education, BA Dance**

Register on-line at www.autismmovementtherapy.com

When: Saturday March 13th, 2010
Where: Hubbard Street Dance Center

Lou Conte Dance Studio (Studio D)
1147 W. Jackson Blvd.
Chicago, IL60607
(312) 850-9766 1-4pm \$150

When: Sunday March 14th, 2010
Where: Dance Center Evanston
1934 Dempster Street
Evanston, IL60202
(847) 328-6683 10-4pm \$165



Participants receive an Autism Movement Therapy® Handbook & an aut-erobics® DVD. Designed for parents, teachers, paraprofessionals, caregivers, dancers, professionals & individuals on ASD spectrum to develop skills and strategies for instruction of Autism Movement Therapy®. Movement & music, connecting left & right hemispheres of the brain for a "whole brain" cognitive re-mapping approach to increase on-task activity, social skills & speech & language skills is explored through sequencing and patterning techniques. Workshop consists of short PowerPoint lecture, a 45 minute class followed by an activities & strategies practicum.

Enrollment limited; all levels welcome; advance enrollment required.
www.autismmovementtherapy.com to register on-line or call 323.240.0361

Joanne Lara, MA founder Autism Movement Therapy, aut-erobics® DVD, adjunct faculty National University featured on: Foxnews.com, abc 7 News, KCSN 88.5 FM, LA Shrink Wrap, Health Net Radio, Autism OneRadio, KBUL 970AM Tommy B Show, WVNJ Sam Greenfield Show, For the People w/ Chuck Harder, CRN Digital Talk Radio: The George Putnam Show, Denver Post, UPI.com & Forbes Magazine

Music + Movement + Mind = Miracles

**Club Nokia, Los Angeles
Saturday April 17th, 2010**

Featuring
Mike Garson, Keyboard
(David Bowie, Smashing Pumpkins, Nine Inch Nails, Gwen Stefani, Stan Getz, Freddie Hubbard)

Benefiting

**Dr. Martha Herbert, PhD
TRANSCEND Program**

Visit for more info...
www.autismmovementtherapy.com

Joanne Lara MA, is a core adjunct professor at National University in Los Angeles, California. Lara earned her master's in Special Education; Moderate/Severe & Multiple Disabilities from California State University, Northridge and her B.A. in Dance from the University of South Florida. She holds a California Moderate/Severe Education Specialist K-12 teaching credential and taught in the Los Angeles Unified School District for over 10 years, where she worked exclusively with students with autism. Founder of Autism Movement Therapy and **aut-erobics**, she Lara teaches Autism Movement Therapy classes in Van Nuys, CA where she also has her private consultation practice. For more info call 323 240-0361 or visit www.autismmovementtherapy.com or www.theautismexpert.com

[Forward email](#)

SafeUnsubscribe®
This email was sent to joanne@theautismexpert.com by joanne@theautismexpert.com.
Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by
Constant Contact
TRY IT FREE