



## Enzymes for Autism & Children's Digestion

Presenting Karen DeFelice Msc

April 2005

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**Dear Kalyna,**

In observance of National Autism Awareness month, we are dedicating this issue to a special interview with enzyme specialist and author, Karen DeFelice, M.Sc.

### Featuring: Karen DeFelice Msc

Karen DeFelice is the author of [Enzymes for Autism and Other Neurological Conditions](#) and [Enzymes for Digestive Health and Nutritional Wealth, The Practical Guide for Digestive Enzymes](#). She is also the mother of two boys, who has dealt with an autism spectrum condition, as well as other neurological conditions, and has seen dramatic improvement in her children's conditions through the use of enzyme therapy. She has a Masters Degree in Science, and works in education and the sciences. "Many neurological conditions, including autism, can be improved with digestive enzymes. I have personally experienced dramatic progress." stated DeFelice. "Enzyme therapy is one of the fastest emerging successful alternatives for digestive health and Theramedix will be an important force in helping to get vital information and enzymes into the hands of those in need."

### Case Study- Enzyme Therapy for Kids with Autism

Karen first became interested in enzymes after a long struggle with the health of her son. Karen knew there was something different about her first born son right away, as he would often maintain a screaming cry, and at 4 months old he still maintained no eye contact with anyone, and was not interested in the 'normal things' that children are attracted to, such as pets. Later his behavior became more pronounced, as he preferred playing with gadgets over people, was sensitive to light and sound, and would sit and bang his head against the floor or wall repetitively. When he was 3 yrs old he was taken in for an evaluation, and was diagnosed with Pervasive Development Disorder-Not Otherwise Specified, or PDD-NOS, an umbrella term for autistic-type behavior.

At age 5, when it was time for him to enter school, his condition had only become worse, so his doctor started him on Zoloft. This worked to calm his behavior somewhat, but he still spent much of the night banging his head, and was not attentive in school. At age 7, Karen took him to another neurologist and he was started on Amytripline. This improved his condition significantly, as the head banging was improved about 50%, but he was still difficult around the home. At age 9, Karen eventually added a supplemental enzyme (a peptidase) that was specific to milk protein to his regime. There was immediate improvement in his condition, as the head banging was stopped entirely, his mood became improved, and he started doing well at school. Later she also gave him a broad-spectrum digestive enzyme, but the largest improvement happened after the addition of the peptidase, as apparently he had been sensitive to the milk proteins in dairy. Karen's son is now 13, is maintained on lower doses of enzymes, and is doing well.

### Education is our Best Remedy

Due to her experiences and the desire to get the word out to others, Karen started an email chat group, website (see [www.enzymestuff.com](http://www.enzymestuff.com)), wrote books, and is now speaking and writing frequently about enzymes. She does not take monetary compensation from any enzyme company as she sees this as her way of giving back and contributing to the cause of enzyme education. Through her chat room on enzymes she has had access to numerous case studies of people and parents using enzymes, and she is keeping a database of their results. Karen points out the lack of practitioners that use enzymes, and the desire by many who contact her to find such practitioners. You may reach Karen at: [defelice@thundersnow.com](mailto:defelice@thundersnow.com).

### Quick Links...

- Please visit our Website- [www.enzymeresearchgroup.net](http://www.enzymeresearchgroup.net)

Enzyme Research Group - Professionals in Collaboration

Email: [info@enzymeresearchgroup.net](mailto:info@enzymeresearchgroup.net)