

## Cole's Story

8 years old



Our son Cole was diagnosed in 2001 with Autism at the age of three and a half years old. He could have been diagnosed earlier but what a parent wants to be told is that there is a developmental delay and other problems with their child, not autism. We immediately started him with speech therapy and got him into the intermediate unit for school.

As a child he was very hyperactive, screamed constantly, and was very aggressive, especially with pinching. He totally ignored us and would prefer watching tapes from morning to night if we would let him. Eye contact did not exist.

**“For years we felt like we were prisoners of our home because going anywhere was a nightmare.”**

By the time he was in kindergarten and first grade his aggression became more intense with pinching, biting, kicking, choking and throwing himself down. He was not easily redirected. The school had talked to us that it was possible that they would have to find another place for him outside the school district. I was completely lost as to what to do next. His diagnosis changed to Autism with hyperactivity with aggression, and he was treated with major medications for hyperactivity and aggression. These were not medications we wanted to use, but felt we had no choice because of his behaviors.

I went to my first Autism Society Meeting and the guest speaker was Dr. Neubrandt talking about Methyl B12 injections. I immediately called after the meeting and waited for our first appointment. We started with the Methyl B12 injections and saw that Cole was a ‘responder’ in March of 2005. We have since then added

Methyl B12 and folic acid nasal spray, low dose Naltrexone, vitamin and mineral supplements, and we have done different testing.

We have seen that Cole is responding to everything that we have tried thus far, but to varying degrees.

However, in February of 2006 we started doing HBOT, Cole being eight years old. Since the drive was too far, we found a place closer to us and have been doing two dives per week at one-hour intervals. We have thus far observed increased speech, eye contact, interaction with peers and family, and just so much more awareness of what is going on around him.

Behavior issues have decreased so much that we lowered his major behavioral medications by half and feel that we could actually take him off of it completely at this time. His diagnosis was recently changed in June 2006 to Autism with HISTORY of AGGRESSION. Wow!! That's something to say right there.

For years we felt like we were prisoners of our home because going anywhere was a nightmare. So many times only one of us could go out with our other son, while the other stayed home with Cole. That's not the way it should be. Fortunately, we now have come out of that prison and can go out to eat, go visiting people at their houses, go to theme parks, etc.

In April we actually went to a hotel with an indoor water park, something that we could never before even think of doing with Cole. Cole was wonderful there, so well behaved, no screaming and he waited patiently in line for the slides. No one, other than us, probably noticed that Cole was different that day. We were all so proud that day when we left.

We would never have been able to do the things we are doing today without all the interventions we have tried since meeting Dr. Neubrandt and HBOT. I have had so many people come up to me and say, “We can't

believe how far Cole has come since last year and especially the last couple months with doing HBOT”.

We are only able to do two dives per week at one-hour intervals because of the distance to get there. We are at thirty-four dives right now. Other things that we have noticed include:

- Increased eye contact
- Awareness of everything around him
- Sociability increased
- Interacting more with family and others
- Aggression decreased dramatically
- Starting to try things he's never done before
- Speech increasing in all areas
- Able to be redirected more easily

The other day he jumped off the diving board at a pool and swam to the ladder by himself three times. He's now trying to ride a scooter properly, pushing off with his foot.

Some of the things he has been saying lately make us realize how much he actually understands in life that we didn't realize. You can actually see him when he gets mad that he is trying to control it with a squeeze to the arm instead of a pinch. At school he is having more and more good days with no aggression.

His life is not perfect yet, but we do see so many possibilities for him down the road. He is slowly coming back to us in all areas. We will be continuing with HBOT, no doubt!

**Doctor notes:** *There are at least two beliefs that have become “iconized” by various groups and have made the rounds: a) the 40-treatment icon, and; b) the must-get-there-as-soon-as-possible-or-it-won't-work icon. Both of these beliefs are false and hurt children. The reason they hurt children is because many parents stop after 40 treatments when their child should receive more, and because parents who cannot do 5 or more treatments per week are often led to believe that they will only be wasting their money until they can commit to doing this number of treatments on a weekly basis. Once again, this type of thinking hurts children by delaying a treatment that is proving itself to be valuable for most of them. Cole's story demonstrates very nicely that the second icon is definitely false!*