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**Julie Tyler:** Just introduce yourself first. Tell me your name and your profession or designation, I guess, as it were. And go ahead.

**Daniel Kalb:** Hi. My name is Dr. Daniel Kalb. I am the owner and practitioner here at Coal Springs Family Medicine. I'm board-certified in family medicine and also have worked through an organization called the Autism Research Institute with autistic children for more than 10 years. Prior to doing this work in private practice, I was in academics at various institutions and residency director of a residency in family medicine and also received a master's in public health in preventative medicine. So, I'm here today to talk about autism and the role of bowel dysfunction and the potential therapeutic role of colonics in the care of autistic children. I have a large practice of thousands of children from around the South that come to this practice because they are interested in an intervention program called the biomedical intervention for the care of autistic children, which is largely a natural program, natural interventions, diet, gut health, supplements and vitamins in order to effect change in these children.

**Julie Tyler:** So, having said that, since diet is obviously integral to improvement on some level, how does introducing colonics either work to support the diet, or do you see there's a chronology of therapies as they should be introduced? In other words, when do you introduce colonics? You know what I mean? How do you address that?

**Daniel Kalb:** Let me talk about how colonics might fit into the therapeutic recommendations for children

that're on the spectrum, and when I say children on the spectrum, I also want to qualify that these are children with any developmental disorder. We have assigned a name to a constellation of symptoms that include speech delays, other developmental delays, some ritualized behaviors, et cetera, which qualify them to be put in the box of autism-spectrum disorder, but there are so many children that're affected with pieces of that developmental problem like just speech delay or sensory-integration disorders or attention-deficits or hyperactivity or the full autism spectrum. *And all of these diseases are related, and the way colonics fits in is these disorders are all immune-system dysfunction disorders, period.* This is about the immune system, 75 percent of which is located in the gut. If the gut is messed up, brain's going to be messed up, and it's that simple. And all the neurochemicals that have to do with normal balance of neurotransmitters. They all come from the gut as well. And one of the cornerstones of these children with autism is that the *majority* have bowel dysfunction. They are either constipated or they have diarrhea or a mixture of both. They malabsorb. They have awful diets. Their sensory-integration disorders leads them to eat five foods, all of which are the long foods. They're not absorbing nutrients, and of course their brains are not working. Of course their behavior is through the roof, and so bowel healing is incredibly important, and there are some extreme examples where kids have terrible IBS, terrible inflammatory indicators, which you can do testing for, and you'll see bowel dysbiosis, tons of abnormal bacteria, tons of yeast overgrowth, species of yeast that you can't even pronounce, parasites. It's just phenomenal. Why are they so heavily colonized by these things? It's because of their immune dysfunction, which is part of this whole disorder. So, where colonics fits in is we want to be able to repopulate their gut, heal their gut by, of course, probiotics, digestive enzymes, trying to alter their diet, but it's through colonics that you really cleanse and detoxify all their previous antibiotics, all of the foods that are attaching to their bowel walls, the fact that they have some predisposition to accumulate toxins, have difficulty disposing of toxins.

You can help them therapeutically through all of that. You can also use colonics as a means of doing stool transplants, which have been phenomenally successful in this population. It's difficult in some cases to actually implement that, but the results can be phenomenal.

**Julie Tyler:** Because you are seeing a lot of discussion, even within the FDA recently about fecal transplants, but it's being directed towards C. diff more so than for autistic...

**Daniel Kalb:** Fecal transplants began to come into the focus in the traditional medical environment when there was this case of a couple, man and woman, and this woman was nearly dead from C. diff. She responded to treatment. Her husband, however, did not. He was hospitalized, and at his dying moments, some doctor said, "Hey, let's go ahead and transplant stool from your wife into you, because she responded and you didn't." Well, they did that and within an hour the guy was fine, out of the ICU and was fine. And so all of a sudden there was this incredible interest in it. Well, the in autism community, in the spa-medical group, we've been focused on the importance of bowel health and normal bowel bacteria *forever*. And that's really key. Now the role of a stool transplantation would be in kids that are just not responding to all the repopulation with the healthy bacteria that we've been trying to do. And we even use probiotics, all the different types, we will rotate them, various supplements, look in to enzymes that have to do with biofilm, trying to address yeast with various treatments like using direct antifungals or herbal antifungals like grapefruit-seed extract or caprylic acid. Even despite all these measures, if children are having a hard time with forming normal stool patterns, then colon hydrotherapy is the way to go.

**Julie Tyler:** So, in other words, you can try these methods of treatment, and depending on how urgent or how severe the case, then you might resort to something like a stool transplant?

**Daniel Kalb:** I think that all children that are on the spectrum or have a related developmental disorder have an immune dysfunction. And nearly all would benefit from colon hydrotherapy; I'm convinced of that. In addition to the oral treatment that you do to try to populate the bowels with healthy bacteria, there's a small set that may even...that're severe and may benefit from stool transplant, but that'll be a small percentage. But *all of them* would benefit from colon hydrotherapy.

**Julie Tyler:** Can you talk a little bit...touch on some of the more remarkable cases or patients that you...the autistic children that you've seen respond to colonics?

**Daniel Kalb:** The patients that I've seen that have responded to colonics or those that have had trouble with...despite oral treatments still continue to have inflammatory bowel symptoms, and there are several examples of these children who are so constipated, no matter what you do, that they literally can't detoxify, and the colon hydrotherapy has helped in several cases, where, when you can get them going, you can clean out their bowels, they are calmer. They are happier. They are more able to learn, to progress in speech. Their eye contact is better. Their focus is better, and there have been a number of cases where that has occurred.

**Julie Tyler:** Do you see that after a series of colonics...were they evolved to a point where their bowel can behave on its own, or do you ever worry that they're going to be addicted to colonics and not be able to function without the colonics? What's your thought on that?

**Daniel Kalb:** Colonics is a supreme anti-inflammatory treatment and an antioxidant, and that's not something that you're dependent on. That's a curative treatment for a problem that has existed for a long time. Now, it may take a long time and multiple therapy sessions,

depending on the child, in order to achieve a lasting effect, but there's no addition or dependence on that therapy.

**Julie Tyler:** We've covered a lot. Sometimes I get to the point where it's like, "I'm in the 'I don't know what more to say' world." But if there's anything, what would you like to add to that or say to autistic parents?

**Daniel Kalb:** I mean, the one thing I want to say, to paint a broader picture, is that in these autistic children, in which we are in the midst of an epidemic, we know that this is immune dysfunction and we know that this is coming from the environment. We know that there's an interaction between a genetic potential and the environment triggering or flipping the switch on those genes, which is called epigenetics. Genes are not hardwired. We have *learned* that they are absolutely susceptible to influences from the environment and make bets, which can be flipped on and flipped off. Now, what happens in the autistic kids is that these children are the canaries in the mine. They are reflecting the magnitude of the insult that we have imparted on them from our environment. What is that insult? Well, food, right? Totally changed our food supply, genetically manipulated. Wheat is 10 times more immunogenic than it's ever been before, soy, corn, and all the animals and chickens and cows that eat that stuff, so the milk's affected, everything, fish, everything. So, we have to be much more careful about our sources of food, because we have created immune activation, right? Create immune activation, what're you going to do? You're going to switch these genes on, and you're going to do that because of foods, because of chemicals, because of additives, preservatives, because of high-fructose corn syrup, because of colors, dyes, flavors. You're going to do it because of heavy metals that are in our environment. There are multiple triggers potentially, and if you have a sensitive child, this is what you're going to see. But guess what? This is *at the root of virtually all illnesses*. I mean, why do we have so much autoimmune disease in this country?

Why do we see so much lupus now and rheumatoid arthritis and MS? If you collectively look at all of the autoimmune disorders, that's the third-leading disease entity in this country behind heart disease and cancer would be autoimmune disease. It's huge. And what is going on with this immune-system dysfunction? It must be triggered by something. It's got to be triggered by the environment interacting with the genes, and we have to reverse that. So, yes, autism is an immune-system dysfunction disorder. Yes, so is fibromyalgia and rheumatoid arthritis and lupus, and so is ulcerative colitis and Crohn's disease, and so is eczema, and so it just goes on and on. And so we have to address calming down the immune system and trying to stop all of those environmental insults that potentially impact on the expression of these disorders and help the body detoxify, and that's really where all the colonics comes in. You help the body to rid itself of these toxins.

**Julie Tyler:** Just one last question. If you were to look at the group of parents with the autistic kids, what would you say the percentages of those parents who believe that vaccines were the trigger finally for their...or do more of them have the view that it's a compilation of triggers? Any thoughts on that vaccine issue?

**Daniel Kalb:** I can't really comment on what parents think the role of vaccines is. The way I view the role of vaccines is that vaccines don't cause autism. That being said, toxins cause autism. Toxins interacting with the genetic potential cause immune dysfunction, which through epigenetics changes those genes, expresses those genes, and, boom, you get autism. Now, do vaccines fit in that picture? Well, sure, it's one of the potential insults, right? We used to inject mercury. We still have vaccines that have mercury in them. Mercury's the second-most toxic substance on the planet, behind uranium, so that could be a problem for some kids. We've taken them out of most of the vaccines, but we still have formaldehyde, aluminum. There are still chemicals and preservatives, so maybe

that's a factor for some children, but really you have to look at this as a whole scope. I would move the uproar about vaccines to red dye and purple dye. I mean, we are poisoning everybody. There is *no dispute about the data on that*, and yet there's no discussion about how to get rid of that stuff. I mean, that's really where the culprit is. I mean, let's get rid of high-fructose corn syrup. Let's get rid of those crazy preservatives and additives and leave the vaccine question as a personal decision for doctors and parents to make among themselves.

**Julie Tyler:** I guess when you have the amount of vaccine shots all occurring at once with a child that may have already a compromised immune system, they might even be sick. I've interviewed people whose child had pneumonia at the time...they just happened to go get the vaccines, so already the cards are stacked against them, and then the final insult. It's just too much. There's a threshold, I guess, that the body has to deal with...these toxins...the toxic load, so to speak, and once it's too much, it's too much.

**Daniel Kalb:** The threshold that finally triggers an autistic expression, in my experience...I've seen thousands of these children...is sometimes getting eight shots at once, whether a kid is sick or not. Sometimes it is the fact that they've had so many ear infections because they've been sensitive to foods that have never been taken out of their diet that their immune system's just completely awash. And so, anything will trigger the expression of this developmental problem. So, in some cases, you could definitely track it to a vaccine. The kid was fine, had a bunch of vaccines. A few weeks later, the kid's gone, lost eye contact, all language. And I have multiple cases like that. Now, no, that's not the majority of the autistic kids I see, but I think that the link that ties them all together is that there are environmental insults and there's problems with the natural process of detoxification. And the formula is *what's coming in and not going out*, this equals *symptoms*. And if we can help them fill the colander with holes, they're going to spill

out the toxins. And that's what colonics are going to do and the supplements, which help with that.

**Julie Tyler:** Thank you.

**Daniel Kalb:** You're welcome.

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