

Turning the lights back on

When you think of standing in front of your electricity board and that sinking feeling when you see switches have tripped, this is how a parent feels when faced with an autism diagnosis. At The Star Academy our aim is to find the right switches to turn the lights back on. If you can flick the right switch at the right time anything is possible!

'He used to point, he used to babble until the lights went out and now he's lining up his toys and running in circles. The only communication he uses is to take my hand and lead me around the house showing me what he wants'.

Another common theme I hear daily from parents dealing with a long list of behavioural and developmental challenges is that their child is a 'picky eater'. The gut brain connection here is an undeniable fact. A treatment plan that investigates and focuses on gut health and nutrition is an important key to winning the war on autism. Restoring health and functionality to these children is absolutely possible.

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Message from a Warrior Mom – Tracy Clarke



Message for parents that have a new diagnosis:  
You're here, you have a diagnosis, and it's brand new. You searched, you asked, they said, - except they didn't say what you wanted to hear. How can it be? They don't tick all the boxes on the website you Googled that said 'signs of autism'. Your heart is shattered - the world around you has slowed down, people talk but you can't hear - in fact simply breathing is difficult right now. You've spent the days since the diagnosis crying, awake, petrified and alone. So you Google again, and again and again, only to feel better that you found a website where your child checked even fewer boxes - so that's it, the Doctors were wrong ... You wake up only to relive the previous day's fears and questions (it's like a movie on repeat). The truth is the only one that can press play again is YOU ... press play. I urge you press play and this is why...

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MEDICAL CORNER

Saccharomyces boulardii: the antibiotic resistant probiotic



Like many people, I came across *Saccharomyces boulardii* (*S. boulardii*) while I was forced to take a course of antibiotics. As I began to do my research, I realised that this crazy little probiotic yeast is one of the most proven supplements on the market today, with hundreds of peer reviewed studies proving efficacy.

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ARTICLES

Red Flags for Autism



Knowing and acknowledging these flags in your child can make a difference in their treatment. Early intervention of these symptoms is key to success in cases with children with autism. As autism can be diagnosed as early as 18 months of age, early diagnosis and treatment is very important in helping and healing your child, and in some cases their recovery.

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Demi working in Saudi Arabia



I'll never forget the day Ilana asked if I'd be interested in working in Saudi Arabia. I laughed it off because, Saudi? No ways. I've heard all these horrible stories, Saudi? No. But again, Jenna asked, "How do you feel about Saudi?" and when I knew they were serious I had to give it some thought.

After much consideration I decided it'd be good for me to at least try. It all happened so quickly. Visas done, flights booked, and I was off to live in Jeddah, Saudi Arabia on the 17th January. I landed at King Abdul-Aziz airport and fell in love almost instantly.

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Contact Bendels Consulting for tax relief benefits if you receive an autism diagnosis for your child.



**BENDELS CONSULTING**  
The Tax and Disability Specialist

Tax giving you a headache?  
You could qualify for additional tax relief if your child attends The Star Academy.

Let us review your tax matters  
0881 BENDELS (238 3357)  
info@bendelsconsulting.co.za

**sait** Member of the South African Institute of Tax Practitioners  
www.bendelsconsulting.co.za

RECIPE CORNER

Brain Buster Smoothie



- Ingredients:**
- 1/2 cup organic frozen unsweetened blueberries
  - 1/2 cup medium banana, sliced and frozen
  - 1/4 cup coconut oil
  - 1/2 avocado
  - 1 scoop vanilla Complete
  - 1 cup unsweetened vanilla almond milk
  - 1 handful of ice
- Instructions:**
- Put all ingredients in a blender or food processor, and blend until smooth.

Justin – Mission Possible – Portrait of Hope



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My message is one of hope and my wish is for every parent is that you find the strength to fight for your child and the right switches to turn the lights back on.

Ilana Gerschlowitz



[www.TheStarAcademy.co.za](http://www.TheStarAcademy.co.za)

