



*Total Wellness
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Institute*

Autism Expert Course

Introduction and Syllabus





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Health Coach Course

About the Founder



- Nancy Guberti, MS, CN, Functional Medicine Specialist
- IMMH Practitioner (Integrative Medicine Mental Health)
- GFCF Diet Counselor
- Author, Healthy Living Everyday, Total Wellness for Mind and Body
- Practitioner Speaker Educator for Desert Biological
- Speaker for Desbio/Trinity School of Natural Health certified class
- 21+ years private practice in Greenwich CT
- Utilizing functional medicine lab testing, creating customized supplement and food regimes
- Autism Expert Practitioner Training Program
- Total Wellness Empowerment Monthly Mentorship
- Total Wellness Empowerment Mentorship
- Look & Feel Great Method: 9 to Steps Healthy Living based on clinical research
- Total Wellness Empowerment Podcast



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Why You Need This & We Need You

- We need You, the Autism community needs you! You can positively impact the lives of many.
- Too many families have no where to turn in finding valuable autism approaches that will cover functional medicine testing, customized supplement regimes and nutritional intervention all in one place. YOU can be the expert that partners with them to take action. Your knowledge is needed! Be their hero assisting in the healing process. Expand your practice as you help a child. The rewards are immeasurable.
- In 1975, 1 in 5,000 children were diagnosed with autism. The current rate is 1 in 68, and it shows no sign of slowing down. “At today’s rate, by 2025, one in two children will be autistic.” -MIT researcher, Dr. Stephanie Seneff.



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Autism Experts are in Demand

We need more Autism Experts!

There are too many kids diagnosed with ASD and not enough practitioners to help them. Autism is on the rise and you can be that expert that makes a huge impact today.

New Revenue Stream by Expanding Your Practice

Create new revenue stream by expanding your practice to an ever growing client base. Learn how to implement a successful business blueprint.

Accelerate Your Learning & Improved Outcomes

Start implementing faster by avoiding the lengthy learning curve, trying to figure it out all by yourself and years of expenses attending numerous fragmented conferences. Learn it all in one place to start seeing clients faster.



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Learn the biomedical and nutritional approach for neurological conditions

- The purpose of **biomedical & nutritional treatment** is to optimize the physiological factors that impact brain function and development. These include nutrition, metabolic status, immune function, environmental factors, and others. With insightful functional medicine testing, one will gain insight into the imbalances going on and can customize a nutraceutical and food protocol.
- Parents, caregivers, therapists, and conventional doctors should all be aware of the biomedical and nutritional interventions available to provide insights into how a child's body is functioning.
- These interventions can affect not only children's health, but also their learning, behaviors, moods, socialization, and much more.



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What is a Biomedical and Nutritional Approach?

- Biomedical approaches study the individual carefully to gain insight into the imbalances and root causes of symptoms. They treat the underlying causes of the symptoms, based on functional medical testing, scientific research, and clinical experience, with an emphasis on nutritional and nutraceutical interventions.
- They offer new ways of understanding and addressing autism, anxiety, obsessions, illness, imbalance, and compulsive behaviors.
- They address adrenals imbalances, anxiety, obsessions, and compulsivity, which are common in ASD and are symptoms of underlying disease and dysfunctions.



Why Use a Biomedical Approach?

- Biomedical research suggests that food and supplements affect health conditions such as autism, asthma, sensory issues, learning disabilities, attention issues, social anxiety, mood regulation, adrenal imbalances and more. Imbalances in digestion and absorption of nutrients, immune dysfunction, and detoxification problems play a central role in causing behavioral and mood changes. Most conventional therapies do not offer biomedical interventions, leaving parents and caregivers to learn about them on their own.
- Use of a whole-body approach to identify the core imbalances, including the gut-brain connection, hormonal imbalances, immune system dysfunction, mitochondrial dysfunction, and methylation defects, are central to biomedical approaches. Nutrient-dense foods, supplements and homeopathy are beneficial ways of addressing these underlying metabolic imbalances.



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Week 1: Biomedical Overview

What You will Learn:

- Introduction to Autism Expert Training
- Autism & Related Disorders - today's epidemic
- Additional Disorders occurring along with ASD
- Future Predictions of Crisis
- BioChemistry Overview



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Week 2: Initial Intake Questions

What You will Learn:

- Initial Intake Session with Caregivers is crucial
- What Questions to Ask and Why
- Uncovering hidden information assisting with future treatment approach
- Understanding importance of child's medical history
- What to visibly look for in child and caregivers



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Week 3: Importance of Functional Medicine Testing

What You will Learn:

- Crucial role of testing and priority of each
- Recommended testing for families on limited budget
- Organic Acid Testing
- Peptide
- Heavy Metal
- Toxins
- Food Intolerances
- Diagnostic Stool
- Hormone
- Thyroid
- Adrenal
- Lyme
- CBC looking at Vitamin D & cholesterol markers
- List of Functional Medicine Labs



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Week 4: Chronic Candida, Bacteria, Parasites, and Other Health Complications

What You will Learn:

- Why is Candida a culprit?
- Linking Candida to other health ailments
- Signs to look for in patient
- Vicious cycle of feeding candida
- Toxicity of candida in body & brain
- Natural remedies for treatment



Week 5: Why is the Adrenal system key for Behavior & Focus?

What You will Learn:

- Excessive stress may cause an inability to appropriately respond appropriately to stressors, and may be the causative factors to many physical and sensory symptoms in children autism spectrum disorders.
- Understanding the Adrenal System Role in ASD
- Crucial role of Organic Acid Testing and Neurotransmitter markers
- Behaviors associated with Adrenal Imbalances
- List of Signs & Symptoms



Week 6: Healthy Food Regime - Beyond just GF/CF

What You will Learn:

- Role of Gluten & Casein Peptides
- Beyond GF/CF diet
- Major Food Culprits causing Neurological Issues
- Review of Common Food Regimes
- Dietary Resources
- Food Recommendations for Breakfast, Lunch, Dinner, Snacks



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Week 7: Role of Nutraceutical Customized Protocols

What You will Learn:

- Learn how to customize nutraceutical regimes
- Quality vs. Quantity of supplements is key
- Homeopathic products
- Probiotics
- Enzymes
- Candida protocols
- Adrenal protocols
- Immune Support
- Brain Support
- Detox Protocols



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Week 8: Putting it all together - Treatment Blueprint

What You will Learn:

- Information without implementation will not help heal the ASD individuals.
- Providing a blueprint to follow to implement knowledge learned to get started with being an Autism Expert.
- Will review resources, intake forms, and provide FAQ from parents and caregivers.
- Review common challenges that families face and how you can offer solutions.
- Discussion of common troubleshooting.



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Are YOU ready to make an impact on the world?

- Have you given any further thought to what your life would be like if you could transform the lives of people around the world by empowering others?
- I want to help you through the ENTIRE PROCESS of becoming a powerful professional health coach.
- My training will teach you the knowledge you need to know to become a healthcare practitioner that has helped build my successful healing practice
- And I can't express to you enough how rewarding it is to know that those of you who have committed to improving your lives, are becoming so successful just because you weren't afraid to take the first step. You are certainly on your way to becoming the person you've always known you were capable of being.
- On the other hand, if you haven't made the commitment yet, what are YOU waiting for?
- The Autism Expert course is designed to teach you how to achieve a level of confidence SO profound that you can literally boost your self-esteem AND start empowering others along with being successful sharing your message, passion and purpose. The families of special needs children need your help.

To your success and empowerment,

Nancy



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Are YOU ready to make an impact on the world?

Register online at: <https://totalwellnessempowermentinstitute.com/>

Call 203-542-7390 or 203-548-0317

Leave your email address when you call