

# The Story of **AUTISM**

**PART 5:**

**LESS  
UNSTRUCTURED  
FLOOR TIME =  
MORE AUTISM**



# THE STORY OF AUTISM: Less Floor Time = More Autism

**It's time to FINALLY put 2 and 2 together!**

The reason AUTISM has been increasing in this country and around the world has nothing to do with vaccines or diet, and very little to do with genetics.

Estimated Autism Prevalence 2018



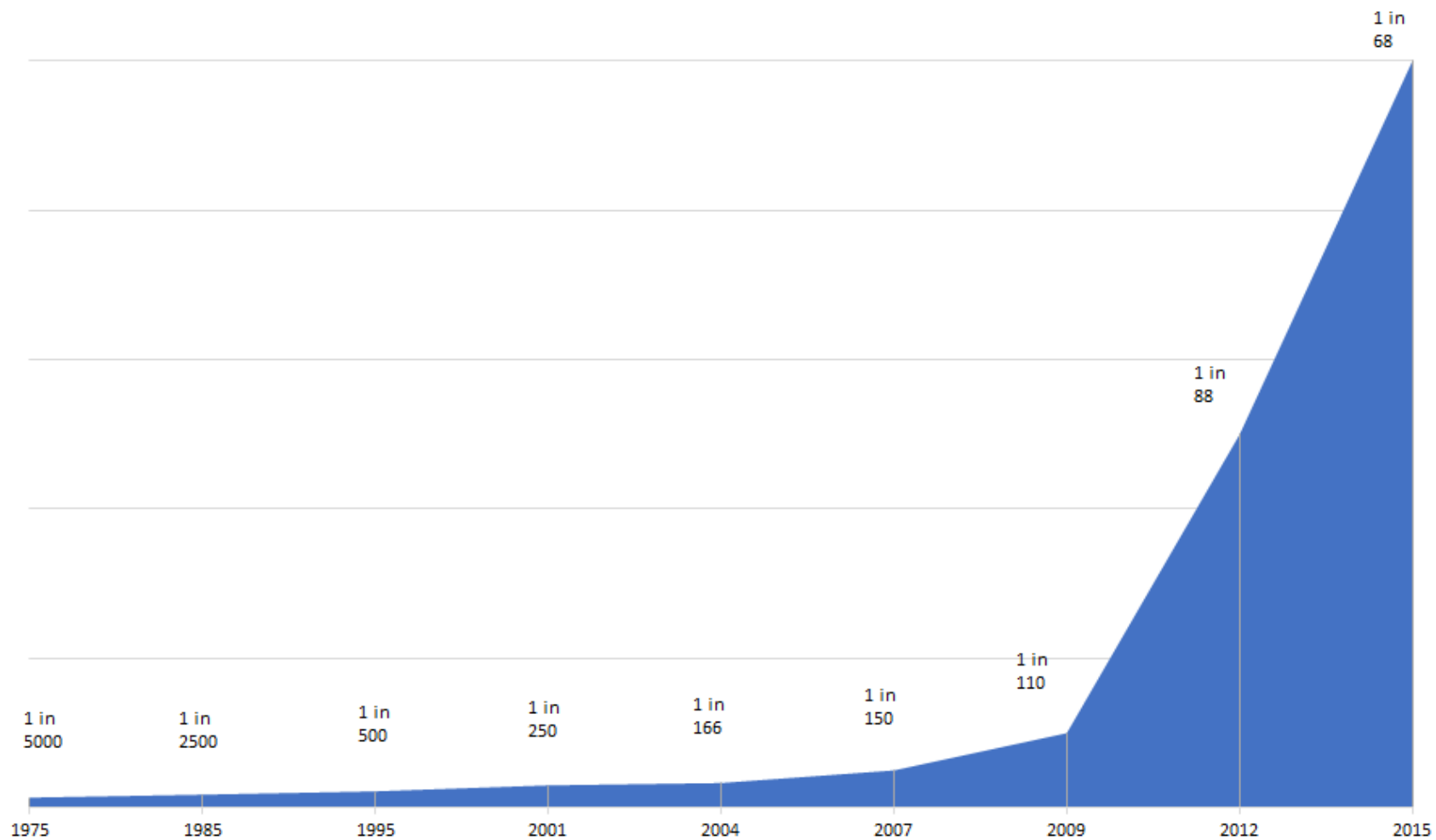
\* Centers for Disease Control and Prevention (CDC) prevalence estimates are for 4 years prior to the report date (e.g. 2018 figures are from 2014)

# THE STORY OF AUTISM: Less Floor Time = More Autism

**The cause of the increase in AUTISM is the decrease in active, explorative floor time that our babies have been getting with the passage of each decade from the 1960s on.**



## Autism Prevalence Rates



# THE STORY OF AUTISM: Less Floor Time = More Autism

Many parents, myself included, believed that a baby walker would teach their child to walk faster. Turns out, the opposite is true.

Walkers actually delay walking. They also encourage the wrong muscles (in the toes) to develop in the wrong order, which upsets the functional wiring of the brain.



# THE STORY OF AUTISM: Less Floor Time = More Autism

**When babies sit and pull themselves up, they are learning how to balance.** Being in a walker means less time on hands and knees in a crawling or pre-crawling position, which is important to developing weight bearing through the pelvis and shoulders.





# THE STORY OF AUTISM: Less Floor Time = More Autism

When confined in any kind of walker or carrier, babies cannot manipulate and experiment with their bodies freely.



# THE STORY OF AUTISM: Less Floor Time = More Autism

**And it is this unfettered experimentation that prevents any glitch from happening that could detour the ongoing developmental process.**





# THE STORY OF AUTISM: Less Floor Time = More Autism

Walkers, bouncy seats and baby swings are not the only “mother’s helper” innovations that have helped to turn young babies into couch potato buds.



# THE STORY OF AUTISM: Less Floor Time = More Autism

HDTV, CDs, DVDs, iphones and the ever expanding computer technology have certainly played their role in nudging the rate of autism upward.



# THE STORY OF AUTISM: Less Floor Time = More Autism

As our babies become toddlers, then kids and then teens, their addiction to electronics and video games only gets stronger. Some children play these games for hours at a time, which prevents them from playing outside and building important neuro-muscular connections.



# THE STORY OF AUTISM: Less Floor Time = More Autism

**Our nervous system is build on motor input. The more, the better.** And yet, in our increasingly tech-centered world, we have lost sight of the importance of movement in the lives of our kids.



# THE STORY OF AUTISM: Less Floor Time = More Autism

Every new technological gadget that comes on the market to entice our kids away from physical activity is contributing to the increasing rate of learning problems we see in our children.



# THE STORY OF AUTISM: Less Floor Time = More Autism

Of course, not every baby who uses a walker winds up with autism. And the majority of kids who spend the majority of their time playing video games do not wind up on the spectrum.

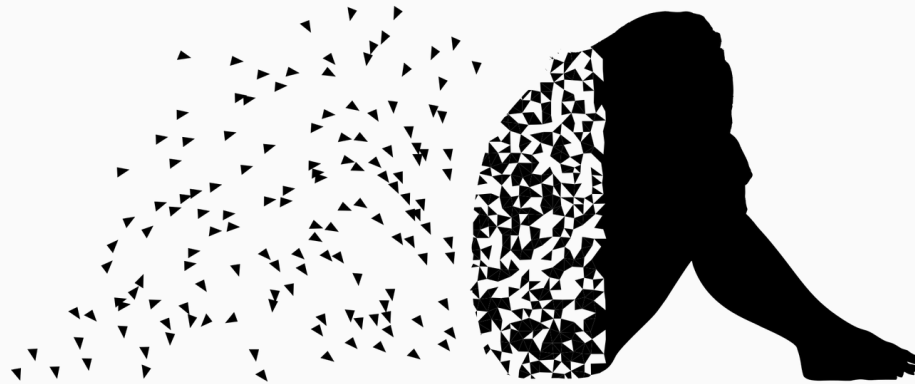
**A neurological glitch makes the difference.**





# THE STORY OF AUTISM: Less Floor Time = More Autism

**A NEUROLOGICAL glitch, in the form of the retained wiring of one or more primitive reflexes, triggers a cascade of ground up, circuitry detours that result in AUTISM SPECTRUM DISORDER.**



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## What could trigger this glitch?

1. **Pregnancy Problems** – poor diet, chronic stress or illness
2. **Birth trauma** – C-section, induced or prolonged labor

**But the PRIMARY REASON that an infant's early reflexes fail to integrate is ENVIRONMENTAL.**

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And the cause is not toxins nor chemicals. **It is the increasingly convenience dependent, hi-tech environment we live in that is responsible for the lack of unfettered infant movement,** which is the primary reason that primitive reflexes fail to integrate.

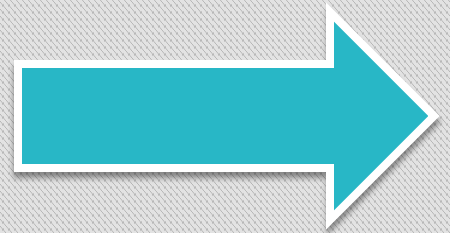


# THE STORY OF AUTISM: Less Floor Time = More Autism

Fortunately, this is the only factor that is reversible.



GO ON TO THE NEXT PRESENTATION



The Story of  
**AUTISM**

**PART 6:**

**IT ONLY TAKES ONE  
REFLEX TO START  
THE TOPPLING**