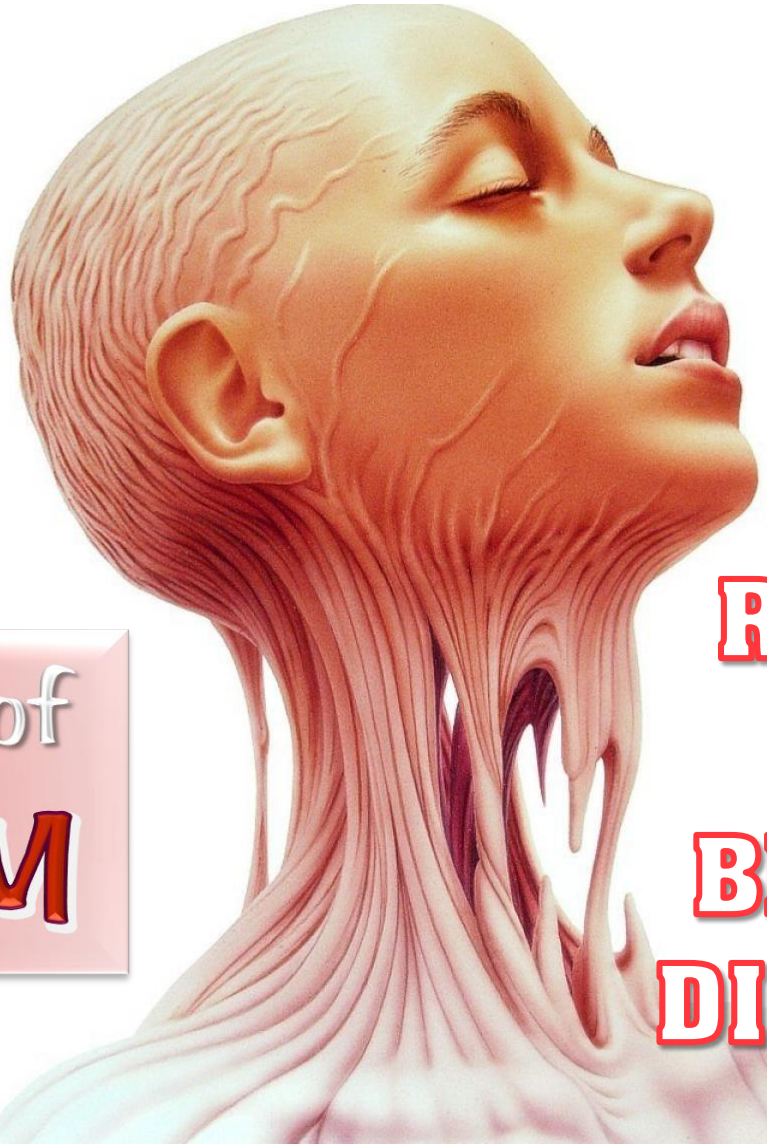
PART 12:



REFLEX RETENTION LEADS TO BRAIN BODY DISCONNECT

The Story of AUTISM

THE STORY OF AUTISM: A Brain Body Disconnect

What most people still fail to understand is that:
Autism is, at its core, **a sensory motor disorder.**

THE STORY OF AUTISM: A Brain Body Disconnect

All the other stuff – the poor communication skills, the social awkwardness, the lack of eye contact, the maladaptive behaviors – are just the result of being cooped up in a body that does not work the way it is supposed to work to make you feel in control.

THE STORY OF AUTISM: A Brain Body Disconnect

Primitive reflexes activate the senses and begin the process of organizing them in relationship to the rest of the body.

They are the precursors to proprioception so, if any of them are still active, then proprioception is not fully developed.

THE STORY OF AUTISM: A Brain Body Disconnect

Proprioception is an awareness of the body which stems from sensory receptors in the muscles and joints. These "proprioceptors" send pressure and movement impulses to the brain to **let us know where our body is in space.**

THE STORY OF AUTISM: A Brain Body Disconnect

When proprioception is off you can't properly feel the parts of your body.

When you lose awareness of what your limbs are doing, it can feel as though they exist as independent entities outside of you.

THE STORY OF AUTISM: A Brain Body Disconnect

If your brain isn't working as it should to give you comfortable, voluntary control over your body, you might just feel that it has control over you.

THE STORY OF AUTISM: A Brain Body Disconnect

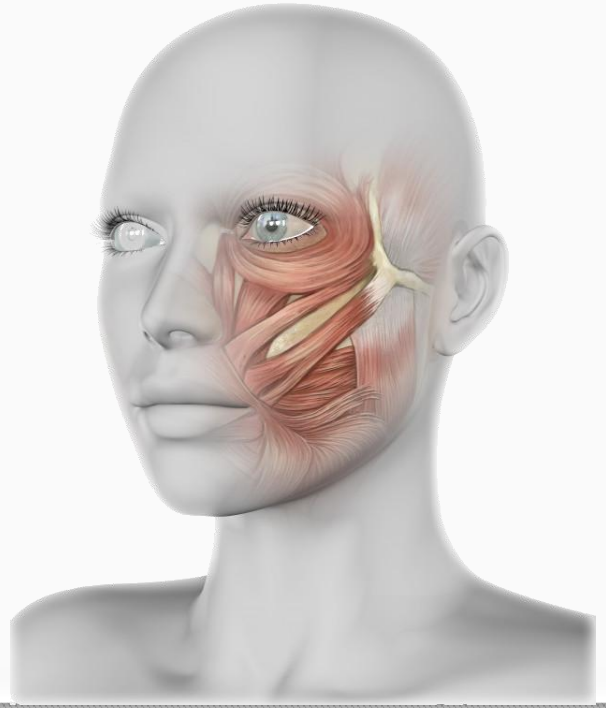
And, in a way it does, because if you are only getting partial sensations or no sensations from your fingers, hands, legs or any other body part, then the sensory information going up to the brain is going to be diminished or “off.”

THE STORY OF AUTISM: A Brain Body Disconnect

The motor planning output will likewise be “off.” Your body movements will likely be stiff and awkward. You might walk with an unusual gait and have difficulty with hand-eye coordination tasks.

THE STORY OF AUTISM: A Brain Body Disconnect

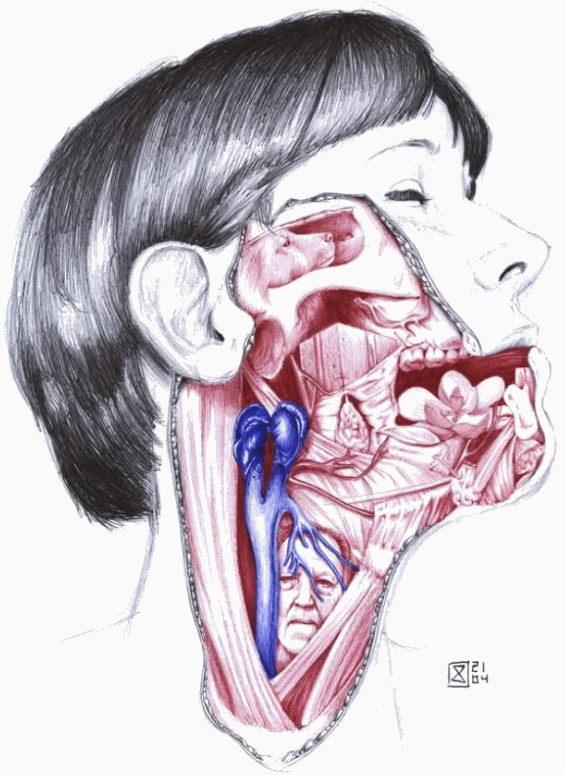
By body movements I am not just talking about moving arms and legs, but also head and eyes – to visually explore the world,
facial muscles – to express emotions, and lips, tongue and mouth – to articulate words.



All these body movements would be impacted.

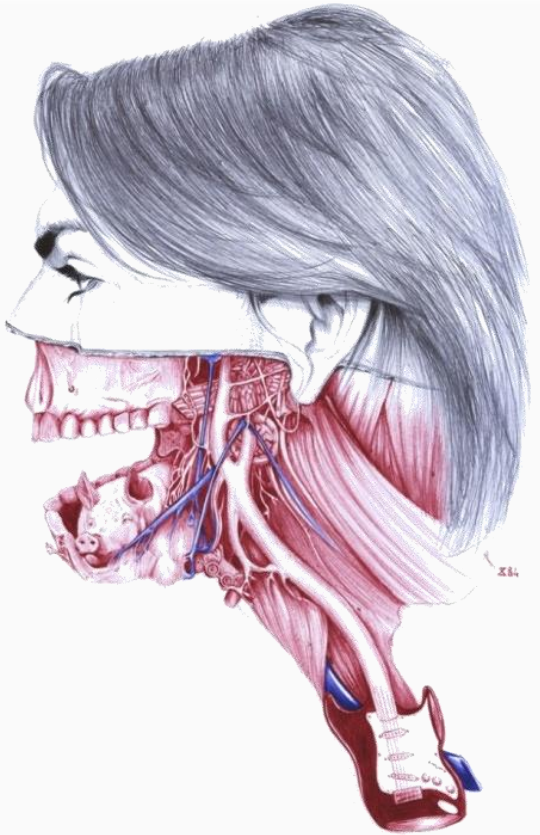
THE STORY OF AUTISM: A Brain Body Disconnect

The more complex the motor activity, the more complex the processing involved. And the more senses you involve, the even more complex it gets.



THE STORY OF AUTISM: A Brain Body Disconnect

Small wonder then that people with autism generally have difficulty with the most intricate and complicated sensori-motor task – a task that only humans have mastered – that of speech.



THE STORY OF AUTISM: A Brain Body Disconnect

The fact is, learning to speak is impossible without a finely tuned, fully functional facial proprioceptive sense. To articulate even a single word we need to coordinate our tongue, breathing and jaw muscles. This complexity increases when we combine hearing words and speaking words in rapid, coherent sentences in normal conversation.

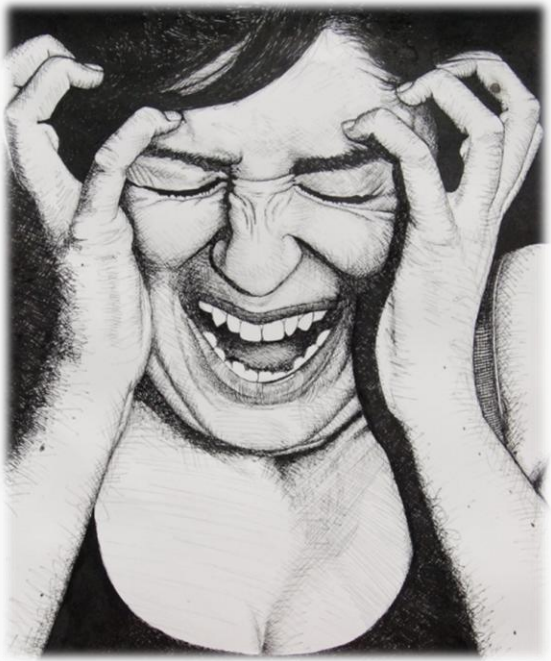
THE STORY OF AUTISM: A Brain Body Disconnect

You can bank on the fact that kids and adults with ASD want to communicate. It frustrates them that they cannot speak as easily and normally as we do, especially as many probably have far more language than they are able to articulate, stored in their non-verbal right brains.

THE STORY OF AUTISM: A Brain Body Disconnect

And this frustration sometimes builds to a point where they "act out." Their "challenging" behaviors are their means of communication.

They are a symptom of the underlying problem.



THE STORY OF AUTISM: A Brain Body Disconnect

The fact is, **If you don't hear yourself speak, you are not going to learn to speak.**

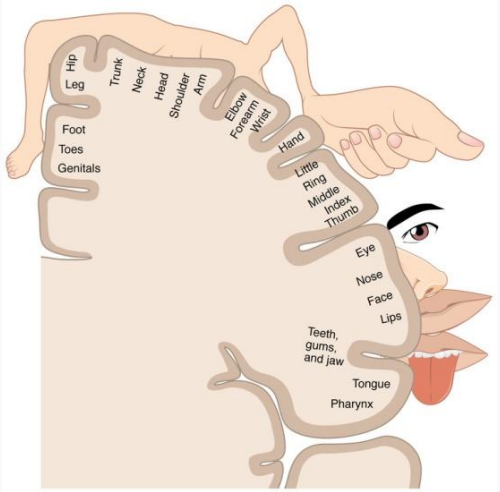
THE STORY OF AUTISM: A Brain Body Disconnect

It's not even a matter of hearing others speak. If language learning were a matter of memorization, most people with autism would talk non-stop. But it is not. There is a missing link and that is proprioception.

THE STORY OF AUTISM: A Brain Body Disconnect

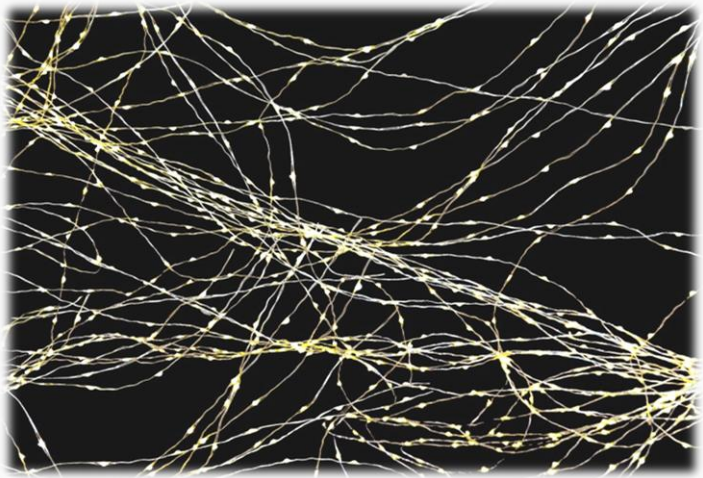
Simply put, the only way to properly learn spoken language is to use spoken language. And in order to use spoken language, you must be able to feel and control the movement of your mouth, tongue and lips.

The sense that enables you to do this is proprioception.



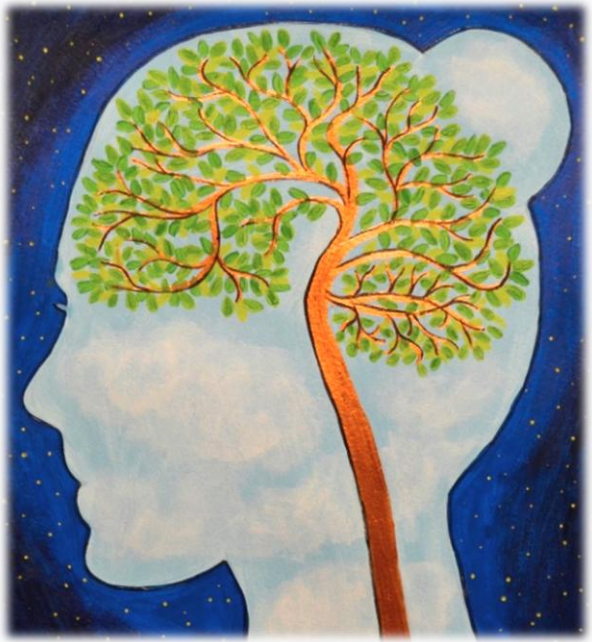
THE STORY OF AUTISM: A Brain Body Disconnect

In most individuals with ASD, this sense is lacking – to a greater or lesser degree, due to the fact that they have retained primitive reflex wiring impeding the smooth flow of information from the lower level to the upper level of their brains.



THE STORY OF AUTISM: A Brain Body Disconnect

Anyone diagnosed with ASD has some level brain body disconnect as well some degree of right brain, left brain disconnect.



And, regardless of where one falls on the spectrum, this wiring dysfunction has its roots in the retention of primitive reflexes.

GO ON TO THE NEXT PRESENTATION