Editorial

Autism: Evidence of Endogenous Poisoning

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Abstract

Ruth Whalen, a medical technologist with extensive knowledge of biochemistry, recovered from a 24-year course of central nervous system poisoning due to caffeine, other FDA approved toxins and chronic medical misdiagnoses. She then began experiencing symptoms of neurodegeneration due to stress, FDA approved toxins in her food and pesticides on her food. No longer willing to seek traditional medical care, Ruth researched, utilized Dr. Abram Hoffer's treatment plan for mental illness, which seems to have been overlooked by the mainstream medical community for approximately 45 years, and recovered. Ruth Whalen discovered that the body has a "second gear" system, which she reasons can be activated by oxidative stress. This second gear system is composed of extra methylated chemicals, including 3-O-methyldopa, a cytotoxic biochemical. According to Ruth Whalen, any substance or situation that causes the adrenal glands to be over stimulated can cause endogenous toxicity, which she proposes has been erroneously diagnosed as pesticide poisoning, autism, Parkinson's disease, Alzheimer's disease, and other named disorders.

Keywords: autism; schizophrenia; stress; vaccinated; endogenous poisoning; 3-O-methyldopa; A. Hoffer, M.D., Ph.D.; amphetamine; misdiagnosis

There seems to be some confusion in the mainstream medical community about the cause of autism. It appears to me that autism is endogenous methyl-alkaloid poisoning caused by excess use of the body's "second gear" system. I discovered this second gear system after experiencing twitches, attention deficits, and other symptoms of neuro-degeneration and pesticide poisoning from personal stress and becoming stressed from ingesting FDA approved toxins in my foods and pesticides on my food.

According to Le Chatelier's Principle, if the system is in a state of equilibrium and something occurs to change equilibrium, the system will shift in whatever way it can to restore equilibrium [1]. When the body is stressed, it shifts to a second gear [2]. In response to oxidative stress, the body methylates dopamine, dopa, and other biochemicals to prevent additional damage by oxidative stress. But, when the body remains in second gear, the build up of 3-O-methyldopa and other extra methylated chemicals can damage the central nervous system (CNS), because they can also cause carbon dioxide retention, methyl-alkaloid poisoning, and trigger a biochemical and immunological cascade as the body attempts to return to its steady state [2]. 3-O-methyldopa is methylated dopa, and 3-O-methyldopamine is methylated dopamine, and both are second-gear biochemicals [2, 3]. Educated in biochemistry, I am aware that substituting with methyl is a common organic chemistry reaction.

When a child is vaccinated with ethyl-mercury, the stress of vaccination and the toxicity caused by ethyl-mercury can cause the body to shift to second gear, and the methyl group in 3-O-methyldopa and 3-O-methyldopamine can help 3-O-methyldopa and 3-O-methyldopamine penetrate tissues. This situation can result in devastating damage to the brain and other tissues [2]. Similarly, according to *Fundamentals of General, Organic, and Biological Chemistry*, methyl-mercury's hydrophobic methyl group helps methyl-mercury migrate "into hydrophobic areas, such as cell membranes" [1]. Methyl-mercury causes permanent and crippling damage to the CNS [1,2]. In addition, 3-O-methyldopa causes damage to the CNS [2,3]. At this time, less information is available about toxic damages to the CNS from 3-O-methyldopamine, but 3-O-methyldopamine is a form of amphetamine involved in schizophrenia [2,3].

Thus, it is possible that many children exhibiting symptoms of so-called autism are experiencing endogenous toxicity due to being vaccinated with ethyl-mercury, which caused oxidative stress that, in turn, caused the body to shift into a second gear with respect to methylation [2]. The intact alkylmercury moiety, whether methyl or ethyl, damages the central nervous system [4], and triggers biochemical and immunological response as the body attempts to eliminate ethyl-mercury, which the body detects as foreign. Other children exhibiting symptoms of autism may be toxic from being stressed for reasons other than vaccination. It is possible that crying or dietary stressors caused adrenaline and oxygen levels to increase, and their bodies reacted to this stress by shifting to second gear [2]. In which case, stressed children may be methylating dopa, dopamine, and other biochemicals to prevent damage by oxidative stress. As a result, these children could be experiencing CNS deterioration from toxic levels of endogenous substances [2].

There is some supporting biochemical evidence that the symptoms of autism may be caused by methyl-alkaloid poisoning. For example, many autistic children have high levels of homocysteine [2,5], and methylation of dopa increases homocysteine [6]. Methylation is increased in many autistic children [7], a sign that these children produced excess dopa, which led to oxidative stress and triggered 3-O-methyldopa production [2]. In addition, bufotenine is an extra methylated biochemical, a second gear chemical [2, 3]. To decrease serotonin production, the body methylates 5-hydroxytryptophan to bufotenine, which is a psychoactive chemical [2, 3]. Bufotenine is present in autistic patients [8,9] and in persons diagnosed with schizophrenia [10,11], which is a toxic state [2,12,13]. Creatinine phosphokinase (CPK) is elevated with schizophrenia [2,12,13]

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and also with autism [14, 15], evidence of physical deterioration and adenosine triphosphate (ATP) deficiency due to the body using too much ATP in attempt to eliminate toxins. In addition, alkaloids increase acetylcholine, which would explain the muscle rigidity that autistic patients often experience [2].

It seems that many doctors, many other medical professionals, and numerous researchers are deficient in biochemistry knowledge. This apparent knowledge deficit may be causing more damage to patients than any benefit medical treatment is providing. However, there is hope for autistic patients. Niacin and other methyl acceptors may be able to detoxify autistic patients. Approximately 45 years ago, A. Hoffer, M.D., holding a Ph.D. in biochemistry discovered that natural methyl acceptors, such as niacin, thiamine, riboflavin, and ubiquinone (coenzyme Q10) can delay the progression of brain deterioration [16]. In Canada, Dr. Hoffer uses niacin and other methyl acceptors to cure schizophrenia.

When experiencing twitches, attention deficits, and other symptoms of neurodegeneration and pesticide poisoning from stress, I utilized Dr. Hoffer's findings and found that a high dose of niacin (500 mg per day) eliminated my symptoms by intercepting excess 3-O-methyldopa and other extra methylated chemicals that poisoned me [2].

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