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HERBAL G THERAPY

A Message of Hope from India for
Children with Autism and Brain Injury

By
Hulet Smith,
OTR/L, HC/MBA



Dr. Guntant Oswal, founder, Center for Life Sciences Health & Medicine in Pune, India.

When Hulet Smith, OTR/L, HC/MBA, traveled to The Center for Life Sciences in Pune, India, this April to meet with Dr. Gunvant Oswal [Dr. Oswal is an Integrated Medical Graduate BAM&S from the University of Pune], he was searching for ways to improve the quality of life for individuals with brain injuries. Specifically, he wanted to observe the effects of G Therapy [Gunvant Therapy], a pioneering treatment that involves administration of a special combination of herbal extracts in potentiated (homeopathic) form along with biochemical tissue salts.

Dr. Oswal works closely with his daughter [Dr. Pooja Upasani] and son-in-law [Dr. Shreerang Upasani], both have bachelor's degrees in Homoeopathic Medicine from Pune University.

An Invitation to Visit

"I contacted Dr. Oswal a year ago when the mother of one of my patients came across his website," said Smith. "Dr. Oswal's homeopathic G Therapy looked very safe, so I started talking with parents in England on the Yahoo G Therapy blog. I have many patients interested in doing more herbal types of therapy, and it's not possible for everyone to travel to India. I thought I could be a liaison between Dr. Oswal and patients who are interested in his G Therapy by emailing medical records and sending digital videos of the patients' status."

Dr. Oswal generously shared his knowledge via phone and email, and encouraged Smith to visit the center for hands-on experience and observations. "He sent me videos from his trips to the UK, including television interviews," said Smith. "He's a very humble man, focusing on finding solutions for treating autism and brain injury in children. There's not a lot of private therapy in India, so you have to train parents to use herbal therapy, do home-based sensory integration programs, and carry out specific targeted interventions for their children."

Smith also had a very personal reason for making the trip. "My 4-year-old daughter Sophia has cerebral palsy, and she has made remarkable progress using organic nutritional supplements, herbs, hyperbaric oxygen therapy, suit therapy, and an intense daily sensory diet which was established under guidance from Glenn Doman, founder of the Institutes for the Achievement of Human Potential and an expert on maximizing the potential of brain-injured and autistic



Hulet Smith (standing) conducting one of the daily lectures held at The Center for Life Sciences.

children," he said. "We stimulate the brain and help it become more organized. Sophia is where she's at because we worked intensively with her."

Today, Sophia is 100 percent medication-free, and has progressed from a blind, profoundly brain-injured child, to a brilliant little girl who reads, is learning to write, and has the vocabulary of an 8-year-old. She has recently begun walking short distances without her walker. "Her mother and I have dedicated ourselves to helping Sophia achieve all that she can be," Smith remarked. "This trip to India to learn more about G Therapy was an opportunity I just couldn't pass up."

Observable Results

Over a 6-day period from April 2nd till April 7th 2007 at the Center for Life Sciences, Smith reviewed and evaluated about 100 patients with a variety of diagnoses, recording his clinical observa-

tions at the end of each 12-hour day. His case study results are posted on Yahoo G Therapy Health Groups at <http://health.groups.yahoo.com/group/g-therapy/>.

"The patients ranged in age from 1 to 22 years," he wrote. "However, Dr. Oswal has treated patients as young as 3 days old with G Therapy. All age ranges appear to have responded positively to G Therapy. The typical G Therapy sustained treatment duration range was a period of 2-8 years, but some children have continued the treatment for more than 10 years because they are showing ongoing continuous improvement with motor and cognitive functioning."

"From the random sampling of 100 patients that I assessed this week, I am postulating that 20 percent of the children appear to be making significant functional gains after a period of G Therapy treatment," Smith continued. "Forty percent of the children are making moderate functional gains. Twenty percent are making marginal gains, and 20 percent are making just trace or no improvements in the functional life performance areas of motor, cognition, social and verbal communication skills. None of the patients or parents I saw reported any side effects or adverse reactions to the homeopathic G Therapy medicine."

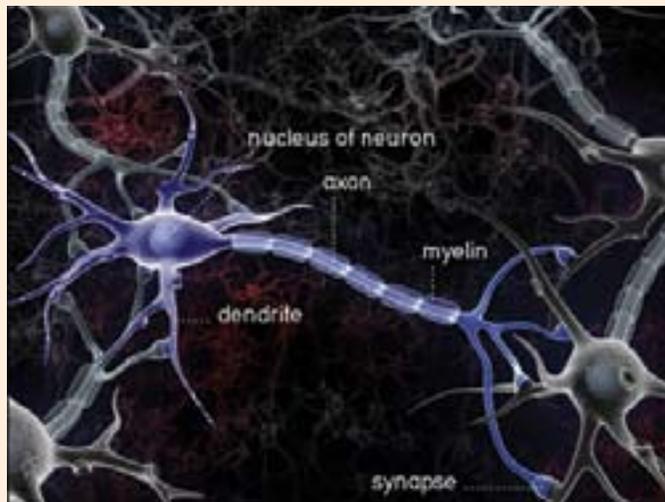
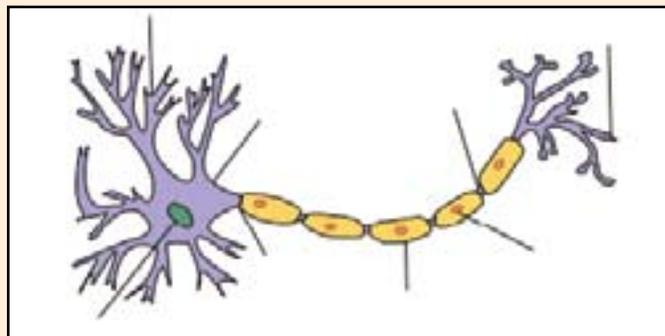
How does it work?

According to Dr Oswal, "The medication was developed over 25 years through research in Ayurveda and homeopathy, and when taken stimulates neurotransmitters and acts as a nerve growth factor. The body salts bring about the necessary changes in neurotransmission, while the herbal extracts act as a catalyst. The degree of improvements, however, depends upon the brain damage and patient response." Explains Dr. Oswal, "A unique combination of herbal extracts in potentised form and biochemical tissue salts are prescribed all together, or in certain cases as individual components."

"G Therapy has shown remarkable improvements in the motor and higher cortical functions of the brain in over 10,000 cases, with a success rate of minimum 70 percent," Dr. Oswal explained. "The results have been scientifically well-documented by independent medical professionals. The improvements in patients, along with parents' and medical experts' opinions, before and after treatment, are video-recorded and documented. There is also significant objective evidence of the efficacy of G Therapy in the form of improvements observed in nerve conduction velocity studies in cases of chronic degenerative or demyelinating neuropathies."

Dr. Oswal is the first to acknowledge that no one understands the exact mechanisms behind G Therapy. "It is seen that a wide range of pathologies and physical and cognitive disorders are helped by G Therapy," he noted.

Dr. Oswal has implemented G Therapy in youngsters with a variety of diagnoses that include all types of cerebral palsy, congenital



brain anomalies, hydrocephalus, ADHD, kernicterus, metabolic disorders with neurological complications, strokes, mental retardation, learning disabilities, Down Syndrome, Asperger's Syndrome, autism, and many other forms of developmental disabilities.

Smith's experience in India substantiated Dr. Oswal's thinking. "My clinical observations on G Therapy are very impressive and promising," he wrote. "The anecdotal clinical evidence that I have observed this week supports the hypothesis that Dr. Oswal's homeopathic G Therapy medicine optimizes the brain's ability to stimulate branching and myelination of the axons/dendrites of the neuron. G Therapy also clinically appears to have the potential to regenerate the axon and stimulate excitability in the neurotransmitters, resulting in the creation of more organized neurotransmission pathways. The clinical manifestation of neuronal myelination is evident through my observations of improved fine/gross motor function, the gaining of developmental milestones, improved cognition, improved behavior, improved language, improved circulation, improved bladder/bowel control, and improved self-care skills in the neurologically-impaired child and adolescent."

Dr. Oswal explained that the degree of improvement in any given case cannot be predicted, and depends in part on the degree of initial disability. "G Therapy does not claim that it can make every



People in the community gather for one of the daily lectures at The Center for Life Sciences.

spastic walk and the mentally retarded to achieve normal IQ," he said. "It should also be noted that there is a definite number of patients who fail to respond positively to G Therapy. However, G Therapy has shown persistent results... and it is up to the developed countries with modern amenities and electrophysiological studies available to think, to test and to verify the efficacy of G Therapy, so it can be made available to all the needy individuals."

G Therapy Availability and the Pharmaceutical Industry

Dr. Oswal states: "It would be a great service to humanity if G Therapy could reach the many thousands of patients worldwide through a partnership with an established pharmaceutical company."

Supporting Families

Smith's professional interactions with Dr. Oswal served to strengthen his already powerful commitment to the families he serves. "He has heightened my passion for intervening with severely-impaired children and coaching their parents to make the difference in their lives," he noted. "We have a contract with Babies Can't Wait, the early intervention program in Georgia. In my region, I'm the go-to guy for these babies. My message is: We can be your coach and



Hulet Smith working with a young patient while Dr. D.P. Jha (sitting) and Dr. Priya Natarajan (far right) observe.



Dr. Guntant Oswal and his granddaughter.

teach you to do the same interventions for your babies that we do as therapists. For those families who have the desire, I assist them with creating a frequent and intense daily sensory stimulation program which provides structured input at the developmentally appropriate level. The foundation of the home program includes making the floor a way of life. Children should be on the floor in prone as much as



Architectural presence of the Center for Life Sciences.

possible, with parents and caregivers providing range of motion (patterning), visual stimulation, vestibular stimulation, auditory stimulation, or reading to the child. Not everyone has the financial resources for elaborate equipment or supplies, but everyone can carry out these measures once they are properly instructed.”

Smith spoke passionately about a holistic approach to the treatment of individuals with brain injury, pointing out: “Let’s get the child on the floor for tummy time, provide frequent, targeted sensory stimulation, use good nutrition, and implement healthful nutritional measures to build up the immune system. I feel that OT has not always considered optimized nutrition as an essential component of the rehabilitation program. Fortunately, for our patients, our country is starting to look for more balance with the introduction of these healthy lifestyle choices.”

“G Therapy is not a magic pill that allows you to sit the child in the corner and wait for him to improve,” Smith emphasized. “The brain is a sensory organ and develops through its sensory pathways. A severe- to profoundly-impaired child strapped into a wheelchair won’t grow and develop unless we offer appropriate sensory integration techniques targeted at the level the child has attained to this point. More severely-involved children need to be stimulated frequently and intensely throughout their waking day. We can’t expect everything to happen in a 45-minute per week therapy session.”

“Nature gives us a very pure lesson,” Dr. Oswal concluded.

“Even the ant is a big teacher for us. Each organism is engaged in the fight to have an active, purposeful and meaningful life. The past is gone and the future is not known, but we can create potential in every child so they may have a brighter future and achieve their potential. So, whatever you observe, just simply take it in and do what is right.”

What does G Therapy cost?

G Therapy costs approximately \$2000 USD for the initial patient evaluation and six months worth of “G” tablets. However, Dr. Oswal does not turn away any child for lack of financial resources. People with financial hardships are advised to contact Dr. Oswal directly to discuss the financial hardship. Dr. Oswal’s contact information can be found at this link: <http://www.gtherapy.org/contactus.htm>

Can I get G Therapy for my child without traveling to India?

No - not at the moment. Someone has to travel to Pune, India, to pick up the “G Therapy” pills for the child at Dr. Oswal’s Center for Life Sciences Health & Medicine. The Center is described online at www.g-therapy.org. Dr. Oswal does allow a group of parents to send a representative to Pune, India, to pick up the G Therapy pills for a group of children. Currently, one cannot get G Therapy pills via the mail.



Gardens of the Center for Life Sciences.



L to R - Dr. D.P. Jha, Occupational Therapy / Department Head at the Center and also teaches occupational therapy at Pune University, Dr. Priya Natarajan, staff Occupational Therapist at the Center, Hulet Smith, OTR/L and Dr. Gunvant Oswal.

Will G Therapy Ever Be Available in the USA?

Maybe in the future. Dr. Oswal and Hulet Smith, OTR/L, are currently considering setting up a collaboration clinic in the US ... near Atlanta, Georgia. Children would come to Hulet Smith for assessment, and a video link with Dr. Oswal's Center in India would be established. But, it will be several months before we will know if this is possible and if US Customs will allow the G Therapy pills ("herbal supplements") to be shipped to the USA via FedEx. Navigating US Customs and the legal process for importing G Therapy is the only barrier holding up importation of G Therapy into the US. However, we are working diligently to solve these problems. For now, the only way to get G Therapy is to travel and see Dr. Oswal in Pune, India.

Biographical Information on Hulet Smith, OTR/L

My wife (Megan Smith, PT) and I (Hulet Smith, OT) practice Pediatric Physical & Occupational Therapy in Athens, Georgia. I am a board member and serve as Chief Operational Officer with RehabMart, LLC, found online at www.rehabmart.com. I work as an OT with the Babies Can't Wait early intervention program in Georgia and I serve as a school system consulting OT with Northeast Georgia RESA. Megan and I focus on treating children in our area of expertise, which is neurological injury. We own a hyperbaric oxygen chamber and Megan is a Thera-Suit method-trained physical therapist. We operate a very

holistic practice that is not in alignment with the traditional medical model of pharmaceuticals and surgery. We implement developmental rehabilitation plans which are very eclectic and centered on Doman's method of intervention, optimal organic nutrition, nutritional supplements, herbal supplements, sensory integration, hyperbaric oxygen treatment, and suit therapy using the intensive exercise unit. The Therasuit is designed by Izabela Koscielny, PT www.suiththerapy.com

I am a 1993 graduate of the Occupational Therapy program at the Medical College of Georgia. I am also a graduate of Brenau University graduating with a Master's degree in Healthcare Business Administration. I'm a member of the American Occupational Therapy Association, The Georgia Occupational Therapy Association, The International Association of Hyperbaric Oxygen Therapy, and I'm a consultant to the Georgia Medical Care Foundation. My wife Megan is a member of the American Physical Therapy Association. **TAP**

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