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Christina Adams

USA

Camel milk use in autism and related disorders: Treatment, current science and challenges

Autism, or Autism Spectrum Disorder (ASD), is characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication, along with unique strengths and differences. The Centers for Disease Control and Prevention (CDC) estimates autism occurs in 1 in 36 US children as of 2016; the rate is 4 times higher in boys than girls. Signs appear between 2 and 3 years of age, but patients can be diagnosed as early as 18 months; infants as young as 6 months can benefit from early intervention. Motor skill impairment, food sensitivities and GI issues are common. Researchers opine that autism is a complex disorder. Although genetic abnormalities are increasingly explored, recent studies have implicated physiological and metabolic abnormalities in autism spectrum disorders, particularly immune dysregulation or inflammation, oxidative stress, mitochondrial dysfunction and environmental toxicant exposure. Adams has long theorized that camel milk addresses allergic response and inflammation in ASD and other inflammatory diseases. Research-based evidence suggests that camel milk is rich in enzymes, antibodies and vitamins that benefit autistic children. Parents report better sleep, increased motor planning abilities, improved spatial awareness, more eye contact, better expressive language abilities, resolution of skin disorders and fewer gastrointestinal problems. While the U.S. Food and Drug Administration cautions consumers about raw camel's milk, to date both raw and pasteurized camel milk has been safely consumed in the US with no confirmed problems. A study by Baba Farid Centre for Special Children (BFCSC) along with National Research Centre on Camel (NRCC), Bikaner, has revealed that autism is a biomedical disorder and has indicated that camel milk is beneficial for autistic children. Improved safe distribution of camel milk would benefit ASD families, other patients and camel cultures. The paper would relay important advantages of camel milk for autistic children and adults, and shed light on new markets and challenges for struggling camel cultures and emerging camel dairies.

Recent Publications

1. Shabo Y, Yagil R. 2005. Etiology of autism and camel milk as therapy. *Int J Disab Hum Dev.* 4:67–70.
2. Christina M. Adams (2013). Patient Report: Autism Spectrum Disorder Treated With Camel Milk. *Global Adv Health Med.* 2(6):78-80. DOI: 10.7453/gahmj.2013.094. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3865381/>
3. Askale Abrhaley & Samson Leta (2018). Medicinal value of camel milk and meat. *Journal of Applied Animal Research* Volume 46 issue 1 <http://www.tandfonline.com/doi/full/10.1080/09712119.2017.1357562>
4. Laila Y. AL-Ayadhi1 and Nadra Elyass Elamin (2013). Camel Milk as a Potential Therapy as an Antioxidant in Autism Spectrum Disorder (ASD). *Evidence-Based Complementary and Alternative Medicine* Volume 2013, Article ID 602834, 8 pages <http://dx.doi.org/10.1155/2013/602834>
5. C. Lord, E. H. Cook, B. L. Leventhal, and D. G. Amaral (2000). "Autism spectrum disorders," *Neuron*, vol. 28, no. 2, pp. 355–363.
6. *Adv Exp Med Biol.* 2015;861:93-8. doi: 10.1007/5584_2015_145. Inflammatory Activity in Autism Spectrum Disorder. Tonhajzerova I(1), Ondrejka I, Mestanik M, Mikolka P, Hrtanek I, Mestanikova A, Bujnakova I, Mokra D. https://link.springer.com/chapter/10.1007%2F5584_2015_145

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7. Rossignol DA, Frye RE. A review of research trends in physiological abnormalities in autism spectrum disorders: immune dysregulation, inflammation, oxidative stress, mitochondrial dysfunction and environmental toxicant exposures. *Mol Psychiatry*. 2012 Apr;17(4):389-401. doi: 10.1038/mp.2011.165. <https://www.ncbi.nlm.nih.gov/pubmed/22143005>
8. Mihic T(1), Rainkie D(2), Wilby KJ(2), Pawluk SA(3). The Therapeutic Effects of Camel Milk: A Systematic Review of Animal and Human Trials. *J Evid Based Complementary Altern Med*. 2016 Oct;21(4):NP110-26. doi: 10.1177/2156587216658846. <https://www.ncbi.nlm.nih.gov/pubmed/27432772>.

Biography

Christina Adams is the author of "A Real Boy: A True Story of Autism, Early Intervention and Recovery," the story of how she stopped her son's unexpected descent into autism and illness and won him a second chance for a full life. Her work and writing appears in leading international publications and her patient case report "Autism treated with camel milk" has been cited many times and increased global industry interest.

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