

Testimonial on the effects of Omega 3 on Autistic Spectrum Disorders

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My husband, Julian, and my youngest two sons have Autistic Spectrum disabilities which have been significantly helped by regularly taking the purest available form of Omega 3 oil.

This is their story.

Julian had speech problems as a child and extremely slow monotone speech as an adult. His sentences were simple and he struggled to follow questions with more than one option or instructions with multiple parts. Struggling with schooling and having to re take his last year to give him a chance of passing his exams, he was finally diagnosed with dyslexia and dyspraxia. We suspect that he also has a degree of Aspergers Syndrome, but this has not been formally diagnosed.

Julian learned to drive a car with a manual gear box, but wrote off seven cars in a row, as he could not juggle the need to brake, change gear, and steer fast enough when faced with sudden or unexpected actions of other road users. He switched to a car with an automatic gear box, with more success, but when I met him I would not get in the car with him unless I drove.

Then we found Forever Living, and in particular their Arctic Sea capsules containing a very pure source of Omega 3 oils. Julian began taking the maximum adult dose and within a month his reaction times had improved, and his speech, while still monotone, had become quicker and more fluent. After about 3 months I had the confidence to let him drive with my eldest son and I in the car.

It's now seven years since Julian started on the Omega 3, and many people he works with do not realise that he has any form of disability beyond the fact that he is still a little slow reading or getting things done.

When Julian's two sons were born it was clear from early on that they had each inherited some of their father's difficulties. Neither rolled over before 9 months, crawled before 18 months, or walked before the age of 2 years old, even with the help of physiotherapy. Both also had feeding difficulties which later became speech problems, and had significant difficulties understanding the world around them.

David, now 7 years old, has been diagnosed with Aspergers Syndrome, and his 5 year old brother is currently being assessed for the same thing. We started to give both boys reduced doses of Omega 3 from Forever Living once they reached 2 years old, and both showed significant improvement in all areas within just a few months.

There have been occasions when we have run out of the Forever Living Arctic Sea, and had to use high street brands for a while. Each time the effects of the change quickly become apparent. Julian's speech and reaction speeds slow, as if he is exhausted, and he becomes prone to depression. David loses the ability to tell when he needs to wee, and will wet himself up to five times a day, though he fails to understand why that should be an issue. Isaac develops a stammer in his speech as if he can't find the next word fast enough, and becomes very emotional and tearful. Put them back on the FLP Arctic Sea, and things will return to 'normal' within a month.

I genuinely believe that the Omega 3 from Forever Living has made a significant difference to our family, and feel that the purity of the source oil plays a big part in that.

Liesl Brain (Forever Living distributor)