

The Misunderstood Individuals on the Autism Spectrum: How a Structured Multi-Modality Holistic Process Can Help Them

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ABSTRACT

Children and adults on the autism spectrum have long been considered developmentally delayed and limited in their cognition. Recently, enhanced communication methods such as Spell 2 Communicate have revealed them to be highly observant, sensitive, and emotionally mature. Significant improvements in communication, socialization, cognition, sensorium, health and behavior can be achieved with homeopathy, a form of natural medicine. This research study documents the improvements with a specific form of homeopathy developed to help children on the autism spectrum. Twenty-five children undergoing homeopathic care were scored by their parents using a standard questionnaire, the Autism Evaluation Checklist (ATEC) developed by the Autism Research Institute. The checklist was designed to be completed by parents, teachers, or primary caregivers. The Autism Research Institute provides the checklist in PDF format and offers an online version. The questionnaire was administered at the beginning of homeopathic care and again in March of 2025. Subjects showed an average of 48.5% improvement over an average of 39 months. A similar smaller study was conducted on seven children with significantly delayed development due to other conditions such as PANS/PANDAS. Subjects showed an average of 68% improvement over an average of 31 months. This paper also describes additional holistic modalities that parents can implement at home to develop their children's capacities. Based on the improvement levels achieved by the methods documented here, the approach and procedures documented in this study show significant potential for helping to alleviate the pain and suffering of these children and their families, to increase their chances of living a more fulfilling life, and to reduce magnitude of societal obligations from a rapidly increasing number of autistic children.

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Received: May 17, 2026; **Accepted:** May 22, 2026; **Published:** May 31, 2026

Keywords: Autism, Homeopathy, Holistic Modalities, ASD, Natural Healing

Introduction

The children and adults on the autism spectrum are misunderstood and misdiagnosed. This study presents evidence that they are more than what they seem. Through methods of pointing to a letter board and spelling words, such as Spell 2 Communicate, these “spellers” show they are intelligent, self-aware and have many gifts that we cannot measure yet. According to Dr. Diane Hennacy Powell’s *The ESP Enigma* book, “Since both synesthetes and people with autism have higher propensity for psychic abilities, as well as extraordinary memories, dramatic memory recall might be a psychic phenomenon [1,2].

These individuals are right-brain dominant as compared to the rest of the population which is mostly left-brain dominant. Dr. Diane Powell, a former Harvard University Professor of Medicine, shows in the same book the various ways they are different. These right-brain dominant children and adults are “more subjective, feeling-based, big-picture oriented, their imagination rules, present in the moment, risk-taking, their brain uses parallel processing, good at visual-spatial perception, and feel a sense of unity with a higher power [3].

The messages received from the “Spellers” show that they are here to teach us love and compassion and move us from the cerebral

human, left-brain human, to the enlightened human, a state of full-brain integration.

Because they are more physically and emotionally sensitive, they have been affected more than others by environmental toxins and emotional stressors. Dr. Robert Naviaux explains his “3-Hit Theory Cause of Autism” which are: Genetic Disposition or Susceptibility, Early Cell Danger Response (CDR) Activation, and Prolonged CDR Activation [4].

Dr. Naviaux explains: “The lesson is not that all children are at risk, but that some are more sensitive than others.”

We can help these children and adults live a meaningful and fulfilling life by helping them with various holistic modalities so they can express themselves either verbally or by being able to spell words.

Following are the results of two retrospective studies on the effectiveness of homeopathy, first with children carrying a formal diagnosis of autism, and then with a second group who have developmental delays or have other diagnoses such as PANS/PANDAS.

Introduction to Classical Homeopathy

Homeopathy is a system of medicine developed over 200 years ago by a German physician, Dr. Samuel Hahnemann [5].

The following is an explanation of how homeopathy works: “The powerful influence of similarity in vibration has also made its way into healing. In fact, it is the very foundation of homeopathy – an alternative medical system originally developed in Germany in the early 1800s. The word “homeopathy” literally means similar (homeo) and suffering (pathy), and practitioners of homeopathy choose medicines for their patients based on a principle of cure called the Law of Similars. This principle can be described as follows: If a substance is shown experimentally to cause a specific pattern of emotional, physical, and behavioral symptoms in healthy test subjects, then that substance can be prepared so that it can cure individuals suffering from the same pattern of symptoms. Homeopathy is the science of healing based on similarity of vibration. The Law of Similars essentially says: “likes cure likes.” Bring two things of like vibration together – a remedy and a patient – and the effect will be a cure of the patient’s disease [6].

And here is an understanding of how homeopathy works in the context of Quantum Physics’ String Theory, from Dr. Diane Hennacy Powell’s *The ESP Enigma*: “String theory says everything is vibrating at the subatomic level, which means that strings with the same vibrational pattern and frequency are in sync. A disturbance of the vibration pattern of a string in sync with another might cause the other string to shift its pattern to match it, or the second string might help the disturbed string regroup and resume its original pattern. So, resonance at the level of strings may help maintain the integrity of objects and beings over time because they can serve as a template, or restorative memory. The influence of like upon like in resonance requires more than just sharing the same resonance frequency. It also requires a medium that connects them. Vibration creates a wave, but only if the wave has a medium for transmission. Air is the medium for sound waves that allows the transfer of vibration from one tuning fork to another. You can feel the tuning fork’s effect on air by placing your hand near the fork when it is vibrating [Author’s note: In homeopathy, the vibration of the homeopathic remedy is the medium [7].

Classical Homeopathy is a holistic method that works on the many and varied root causes of many conditions, including autism, and goes far beyond attempts to detox or eliminate particular symptoms. It recognizes each person as a unique individual. The remedies are chosen so they match how the child presents himself or herself on the physical as well as the emotional level. Substantial training allows the classical homeopath to connect the client’s presentation with appropriate remedies.

In my 20 years of experience working with children and adults on the autism spectrum, I have observed that they respond well to homeopathy and other holistic modalities such as acupuncture, cranial sacral therapy, somatic movement therapy, Reiki, Ayurveda, certain chiropractic methods, and various other holistic approaches.

In addition to homeopathy, there are also ways families and caregivers of these children can help them. These include:

- Reform their educational system: They are incapable of complying with left-brained education and testing that relies on memorization because they do badly on tests and are labeled “slow.”
- Look into their eyes to connect with them emotionally
- They need more physical touch and respond well to touch when it is well-intended – so, hug them, hold their hands and feet.

- Play music for them - whatever music that brings them joy or calmness. For some affected children, loud or rhythmic rock music is calming.
- Interact with them with love and that lets them know we cherish them.
- Let them know we understand they are aware and are not emotionally and intellectually delayed.
- They need community, so embed them in a group where they can communicate with other children like themselves. They are often telepathically connected.
- Give them paper, pencil, crayons, different textures, colors, forms and other tools to express their special messages through visual art and to unleash their imaginations.
- Surround them with nature including walking barefoot on the ground and spending time in the woods or in nature in general.
- Keep their environment as EMF-free as possible.
- Their diet should be mostly organic whole foods with no additives or food coloring; include green foods, green supplements, chlorophyll, and green algae. Reduce protein and sweets, and do not offer them gluten or dairy.
- Never, never consider these children untreatable or fail to help them.

Materials and Methods

When I first accept a new special child with autism as a client, I ask the parents to complete the Autism Treatment Evaluation Checklist. This ATEC form is the standard tool from the Autism Research Institute. The form asks the parents to evaluate their child in four categories: speech, sociability, sensory/cognitive, and health/physical/behavior.

An app on The Autism Research Institute’s website processes the parents’ completed form and gives a total score for the test. The higher the score, the more severe the condition.

The rate of improvement and length of time under homeopathic care did vary widely for many reasons including:

- Some families stop and re-start treatment many times as they desperately try new modalities.
- Sometimes they use conventional medicine in a way that interferes with homeopathy’s healing process: for example, a rash can be caused by toxins being released, therefore it is part of the healing process; suppressing it with a medicated salve interferes with homeopathy’s action. Please note that medications must be given for any condition that your licensed medical professional recommends.
- Some families do not eliminate foods likely to cause symptoms (processed foods, sugar, gluten, dairy, food additives, preservatives and coloring).
- Diagnostic tests that require general anesthesia (MRIs, CT scans, upper GI tests, dental work) may halt or reverse progress from a homeopathic remedy. Again, unfortunately parents have to make many difficult decisions. The only recommendation here is to ask your doctor if there are any alternatives to the medications or tests.
- Emotional problems in the family affect these very sensitive individuals.
- Complications from pregnancy and childbirth including emotional stresses, environmental toxins and pharmaceuticals, lack of oxygen such as from the cord wrapped around the neck.

In addition, the ATEC form, which was first released in 1999 and then updated in December 2005 but not since, has limitations in capturing certain types of progress:

- The present version of the ATEC test is not a perfect tool. For example, it only counts speaking as a form of communication and does not reflect the improvements of children who communicate by typing or pointing to a letter board. The ATEC form does not ask about general health, physical growth, number of languages they speak, whether they are able to produce a fever (if not, they are much less healthy), whether they can they recover from acute illnesses themselves, what their stamina is like, what their muscle tone is, and many other positive factors. Children under homeopathic and/or other holistic care can obtain benefit from these modalities but the ATEC does not document improvements in these domains.
- Many parents write notes next to some of the questions because none of the suggested 3 options capture their child’s state.

The Two Studies

First Study

In March of 2025, I initiated a study of twenty-five active cases of children in my practice with a formal diagnosis of autism. I asked the parents to complete an ATEC form at that time; the children had been in my practice for varying lengths of time at that point. Surprisingly, some of the children who improved the most had only been under homeopathic care for a relatively short period of time. Two of the study participants have been in my care for about ten years. Even though these brothers are still improving, most of their improvement was achieved in the first four years. Since then, the family has used homeopathy primarily for their children’s acute care since they live far from conventional medical facilities. If we consider that their major improvements happened in the first four years, the average number of months for this study comes to 33 months instead of 39 months.

Participants	Diagnosis:	Length of time between BEFORE and AFTER tests	ATEC score BEFORE homeopathy	ATEC score AFTER homeopathy	Percentage of improvement
1	Autism	43 months	61	30	51%
2	Autism	19 months	103	69	34%
3	Autism	29 months	48	7	85%
4	Autism	6 yrs.	72	49	31%
5	Autism	8 yrs.	62	31	50%
6	Autism	18 months	19	2	90%
7	Autism	10 months	74	43	42%
8	Autism	14 months	61	33	46%
9	Autism	10 yrs.	66	25	63%
10	Autism	10 yrs.	47	30	37%
11	Autism	50 months	69	30	56%
12	Autism	6 months	64	40	38%
13	Autism	31 months	68	43	37%
14	Autism	28 months	46	25	46%
15	Autism	13 months	39	29	26%
16	Autism	17 months	112	60	47%
17	Autism	5 yrs.	57	15	73%
18	Autism	5 y 8 m	56	12	79%
19	Autism	12 months	69	47	32%
20	Autism	22 months	31	22	29%
21	Autism	8 months	50	34	32%
22	Autism	58 months	46	31	33%
23	Autism	33 months	88	75	15%
24	Autism	22 months	24	2	92%
25	Autism	6 months	43	22	49%

Second Study

This study involved seven children with a range of conditions including developmental delays, a genetic diagnosis, no diagnosis, or PANS/PANDAS. PANS stands for: Pediatric Acute-onset Neuro-psychiatric Syndrome which is a condition of sudden onset of neuro-psychiatric symptoms in children.

Participants	Diagnosis:	Length of time between BEFORE and AFTER tests	ATEC score BEFORE homeopathy	ATEC score AFTER homeopathy	Percentage of improvement
1	Signs of autism and sensory processing	10 months	47	15	68%
2	Lack of eye contact, delayed social skills, repetitive play, sensory sensitivities	36 months	57	6	89%
3	Speech delays	7 years	43	28	35%
4	Suspected PANDAS	12 months	89	16	82%
5	Sensory Processing Disorder	33 months	39	12	70%
6	Genetic Disorder	25 months	31	15	52%
7	Undiagnosed- Developmental delays	19 months	36	8	78%

Results and Discussion

First Study: Results of a retrospective study of twenty-five Children with a formal Diagnosis of Autism Spectrum Disorder. The average percentage of improvement is 48.5% over an average of 975/25=39 months.

Second Study: Results of a retrospective study of seven children with developmental delays, a genetic diagnosis, no diagnosis, or PANS/PANDA. The average percentage of improvement is 68% over an average of 219/7= 31 months.

Conclusion

The children and adults on the autism spectrum are trapped inside. They are judged by their uncontrollable body movements or other symptoms caused by nervous system or other physiological damage. They are intelligent, but because many of them can't speak, they are considered developmentally delayed.

Homeopathy brings fundamental changes and healing to these children and one of its benefits is that it opens up the receptivity in these children so that other therapies can be successful. Most families do not know to start with homeopathy and spend much time, energy, financial resources, and so much of their hope, in therapies that do not yield much by themselves. For example, many parents report that several hours of daily ABA (Applied Behavioral Analysis) therapy or daily speech therapy for years, largely achieve limited returns. While therapies that assume the child does not understand anything and that repeat the same things over and over again may be administered by well-meaning therapists, they unknowingly create frustration and despair in these children. However, it's been observed that once homeopathic care and other holistic modalities that have been mentioned above are utilized, the children are more receptive to benefiting from ABA, speech and other therapies. Medications to help mitigate their difficult behaviors often cause more aggression and push them further into their isolation. These children are often not able to show or prove that they understand. While their intellect is there, their body and verbal language expression may not follow their mind. We owe it to these children and their families to inform them of what is possible with a multi-modality holistic approach that includes homeopathy. This approach helps them so they can express themselves, often conveying highly developed insights into the spiritual development of humanity.

The Autism Treatment Evaluation Checklist

<https://autism.org/autism-treatment-evaluation-checklist/>.

Methods of Typing

- Spell 2 Communicate <https://i-asc.org/s2c-spelling-to-communicate/>
- Spellers <https://www.spellers.com/>
- Rapid Prompting Method <https://www.halo-soma.org/>

Autism Research Institute

<https://autism.org/>

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