

Understanding "Full Spectrum" in Autism

By Robert Ferguson

Autism is often called a "spectrum" because it includes a wide range of differences. No two people with autism are exactly alike. Each person has their own strengths and challenges, making them unique in how they think, feel, and experience the world.

Some individuals on the autism spectrum may be great at solving puzzles, remembering details, or creating art, while others may find it harder to communicate or handle certain environments. This variety is why we say autism is "full spectrum."



How Nutrition Can Help

Omega-3 fatty acids are essential for brain health, behavior, and even how we manage stress. However, not all omega-3s or fish oils are the same. The **BalanceOil+** that I endorse is, without question, the best and most effective option because of its unique formulation.

What sets BalanceOil+ apart is its combination of omega-3s with polyphenols. Polyphenols naturally occur in fish but are often removed during the purification process of most fish oils. **BalanceOil+** addresses this issue by infusing the perfect number of polyphenols from unripe olives back into the oil. These polyphenols are essential not only because they protect omega-3s from oxidation and enhance the stability, but also because they act as a "chaperone" for omega-3s. Said another way, polyphenols enhance the omega-3s' effectiveness by ensuring proper penetration and saturation in our tissues and cell membranes, maximizing their benefits.

How Do We Know It Works?

It's simple: testing. Millions of people have been tested using the **Balance Test**, which is administered at-home and conducted by Vitas, the world's leading laboratory specializing in red blood spot testing, based in Norway. The results speak for themselves.

In my experience, clients taking other omega-3s or fish oils without polyphenols consistently failed to improve their omega-3 levels or experience the same health benefits. BalanceOil+ stands out because it delivers results that other products simply don't.

A Grandmother's Journey

One heartwarming example of the power of omega-3s and polyphenols is the story of a grandmother and her autistic grandson. At my request, the grandmother decided to put both herself and her autistic nine-year-old grandson on BalanceOil+.

After just a few months of taking the oil, the grandmother noticed incredible improvements in her own health. She experienced less joint discomfort, reduced inflammation, and even better skin. But the most exciting changes were in her grandson.

Her grandson, who had not been using words before, began speaking. He also started drawing and writing inside the lines of coloring books—something he hadn't been able to do before. These improvements brought joy and hope to their family, showing how powerful proper nutrition can be.

The Balance Test and BalanceOil+

To understand where you are with your omega-3 levels, the **Balance Test** is a great place to start. This simple, quick test checks your omega-6 to omega-3 ratios and your omega-3 index percentage. Many people, including those on the autism spectrum, discover that their omega-3 levels are too low.

Once you know your results, you can begin taking BalanceOil+. Over the next four months (120 days), your levels can improve. After this time, you can take the test again to see how much better your body is balanced.

Real-Life Benefits

When people, including those with autism, improve their omega-3 levels, they often notice positive changes. Some experience better focus or mood. Others may feel calmer or find it easier to handle everyday situations. For the grandmother and her grandson, the results were life-changing.

A Step Toward Better Health

By understanding and supporting the unique needs of those on the autism spectrum, we can help everyone feel and function their best. Starting with omega-3 and polyphenol support is a simple yet powerful way to make a difference.

Let's embrace the beauty of the full spectrum and celebrate how every individual is one of a kind—because with the right support, amazing progress is possible! If you have questions

or you'd like to learn more about customized nutrition, the Balance Test and BalanceOil+, send email to Robert@dietfreelife.com or [schedule a free consultation with me](#).

References

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