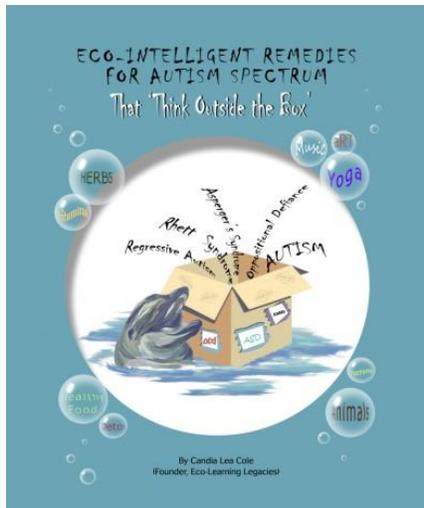


FOR IMMEDIATE RELEASE

Eco-Conscious Nutrition & Lifestyle Educator, Candia Lea Cole, Shares Eco-Intelligent Remedies for Autism that Think Outside the Box



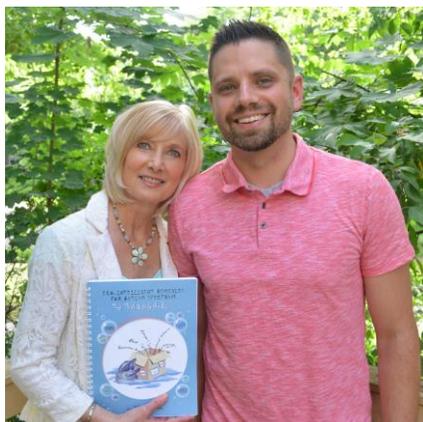
City: St. Paul, Minnesota, January 2021, —

In the 90's, Candia Lea Cole's work as a whole foods cookbook author invited praise from book reviewers, food critics, doctors, and nutritionists alike. Today, she uses her new book *Eco-Intelligent' Remedies for Autism that Think Outside the Box* to addresses a different kind of hunger: the mental and emotional hunger that parents of youth on the autism spectrum have, to find answers about what caused their child to develop autism traits, and how they can learn to accept them, live with them, improve them, love them, and even heal them.

Candia Shares Her Story and Draws a Connection between Environmental Illness and Autism Spectrum Conditions

In the intro to her book, Candia tells us about her personal journey with environmental illness, which she believes autism is a form of. As her story shares, she was impacted by a toxic chemical while

growing inside of her mother's womb, and was born with *a dirty gene* which inhibited her body's ability to effectively process toxins and regulate hormones and neurotransmitters. (Many youth on the spectrum are reported to have this same gene defect.) As a result, she experienced a number of physical and mental health issues during her youth, including gut and brain inflammation, tics, anxiety, and depression. Later on in her adult life, she suffered a serious neurological impairment that was caused by three infections, and that became resistant to treatment because of her exposure to mold and Wi-Fi radiation. In her words: "I know what it's like to live through *a dark night of the soul*, and I have the utmost compassion for kids who are dealing with complex health concerns, as well as their parents and caregivers."



Exploring the Role that Toxins Play in Triggering Autism Spectrum Condition

Candi's son, we learn from her book, developed a sub-set of autism (known as OCD) as a young child, after suffering a life threatening infection. This traumatic event in their lives led her to research the ways in which environmental toxins, chemically laden foods, prescription drugs, vaccines, toxic personal care products, and toxic cleaning products trigger gut-brain inflammation and lead to the development of conditions like autism, as well as

ADHD and learning challenges, which have reached an all-time high in our global culture today.

Eco-Intelligent Remedies for Autism Spectrum Aim to Nurture Body, Mind, Heart, and Soul

Candia believes that youth on the spectrum can, and do, become healthier when their parents and caregivers remove all of the toxic influences in their lives and step beyond the conventional western medical paradigm into a more holistic health paradigm that nurtures (what she calls) “our innate eco-intelligence.” The “eco-intelligent remedies” that are featured in her book, Candia says, are not drugs and not cures. They are “healthcare tools” that serve to nourish balance in the body, mind, heart and soul as whole, and they offer to support not only the children who are affected by physical and mental health issues, but their parents and caregivers, too.

Remedies from the Book that Support Physical Well-Being

- Home Health Remedies (creating a clean green home)
- Body Detoxification Remedies (clearing toxins)
- Microbial Cleansing Remedies (clearing parasites)
- Food Elimination Diets (wheat, sugar, soy, dairy and processed oils)
- Anti-Nutrient Remedies (reducing opiates, oxalates, lectins, glutamates, etc.)
- Food Sensitivity Remedies (Allergy reduction and elimination)
- Eco-Intelligent Food Remedies (organic plant and animal foods)
- Nutritional Supplement Remedies (from A-Z)
- Herbal Teas and Medicinal Herb Remedies
- Exercise, Yoga, and Meditation

- Foot Baths, Acupressure, and Reiki Remedies
- Bio-Electric Remedies, (Pain Relief & Brain Balancing)

Remedies from the Book that Support Mental, Emotional, and Spiritual Well-Being

- Light and Color Therapy Remedies
- Homoeopathy Remedies and Bach Flower Remedies
- Sound and Vibrational Remedies
- Guided Imagery Healing Remedies
- Essential Oil Remedies
- Behavioral Therapy and ‘Higher Brain’ Activation
- Bio-Energetic Remedies (earthing and wearable technology)
- Emotional Healing Remedies (animal therapy, art therapy, and EFT Tapping technique)
- Intuitive and Energetic Healing Remedies
- Prayer and Soul Retrieval Remedies

Autism Resources Are Offered in Abundance, To Support Parents and Caregivers

Candia says that the remedies in her book may be used independently of a medical professional, but she encourages parents and caregivers to explore her *Autism Resource Directory* if they are seeking professional support. It provides a listing of the nation’s top autism health care specialists, as well as dietary intervention coaches and life coaches. Candia introduces us to her “*Eco-Intelligent Autism Mentor Training Toolkit*”, which she created for the purpose saving families and caregivers time, energy, and money in the process of learning about (and teaching high functioning young adults about) clean, green, eco-conscious living.

Praise from a Reader

“I’m especially impressed with Candia’s highly compassionate and loving approach to parenting an autistic child-the “eco-intelligent” way. Her book is affirming and empowering – I’d recommend it to anyone who is blessed with a *high functioning* child on the spectrum, or indeed any high-need child. I wish I’d had a copy of her book when my son, who has Asperger’s syndrome, was little. It would have been a welcome road map on his journey to adulthood. Her resource guide is far more comprehensive than I would ever have dreamed of, and contains quite a few intriguing ideas I’ve never come across before – some that I can’t wait to suggest to my son even now that he's nearly grown!.”-*Anne Michelsen, Parent, Eco Advocate and Green Business Writer*

- **Purchase Candia’s book (in Kindle format) at:**
www.amazon.com
- **Purchase the book in PDF chapter-by-chapter format along with complimentary infographics at:**
www.ecointelligenteating.com
- **To obtain a soft cover edition of the book, please contact Candia Lea Cole at:** candia@eco-mentor.com
- **For interviews, contact Candia at: 651 493-0023.** Candia has created *scripted interview materials* that allow you to dive deep into her story and subject matter, without having to read her 300+ page book from cover to cover.