

Autism triggered resets: stepping into a parallel reality of outcomes-based systems, freedom from vaccines and nutrition as nirvana through the gut

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Editorial

Who would have thought that a time would come when the term EBM (Evidence-Based Medicine) would be nudged out of the medical vocabulary and be replaced with OBS outcomes-based systems in Autism?

Evidence-based medicine and outcomes-based systems

I had predicted the need to redefine EBM in Autism a decade ago in an article available on LinkedIn,¹ and the way forward being one of RESULTS, a.k.a OUTCOMES in autism. I am humbled that it has become the springboard for the outcomes-based systems approach in autism today, which has opened the doorway into a parallel reality where autism determines the evolutionary trajectory of humankind on a path cemented with Compassion and Wisdom.

Both these terms may seem a tad abstract for a scientific journal, and therein lies the paradox. Good science is now finding its way back into a medical culture usurped by convoluted clinical jargon and gas lighting dictated by the pharma industry, by these very abstract-sounding terms firmly rooted in outcomes-based systems.

Because the ONLY “Outcomes” that are of any real value for the sanity of humanity as it stands today are the ones based on Compassion and Wisdom.

Guidepost to the parallel reality shift from EBM to OBS: EBM focuses on gathering and documenting the Volume of evidence that supports any intervention in Autism, while OBS focuses on the Results/Outcomes of any intervention in Autism on a case-by-case basis, as, by definition, every individual on the Autism Spectrum is “Unique”.

Freedom from vaccines

The open secret of the connection between Autism and Vaccines for more than 25 years is now imprinted into the collective consciousness of humans as one of the classic examples of conspiracy theory becoming a “lived experience nightmare”, transcending geo-political borders and uniting humanity as a species that now faces the consequences of this connection in the form of drop in fertility rates across the globe and chronic illnesses, conditions and turbo cancers.

Autism has now triggered a freedom movement of sorts, where one is finally liberated from the need to adhere to dictums and rules regarding outsourcing the natural immunity of their bodies to “Villainous” Vaccines and reclaiming their trust in the Psychoneuroimmunology of their Unique systems to help breeze through illnesses, both known and unknown.

Guidepost to the parallel reality shift from “Vaccines Trapped” to freedom from vaccines: This freedom is essentially reclaiming the freedom of choice and exercising the sovereignty inherent to every human over their bodies. This is less of being “anti-vaccine” and more of “pro-trusting” the intelligence of the body and its cells to thrive beyond the threat of diseases. It is the shift from a constricted way of living to an expanded way of thriving in today’s complex post-COVID reality.

Nutrition as nirvana through the gut

The medical school curriculum does not have Nutrition as a subject to be studied and tested on, and the effects of this woeful absence of “Food as Medicine” knowledge that any layman would assume is fundamental to the restoration of health and well-being are painfully reflected in the sea of food-related diseases we are witnessing today. It is a no-brainer, then, that the very medical doctors who are supposed to fix the obesity, eating disorders, and other imbalances in food consumption are very often themselves struggling with health challenges that they often ignore to their own detriment. I had written about the connection between the Gut, Consciousness, and Autism almost a decade ago, and that has now gained importance as a means of Nirvana or Enlightenment through the gut.²

Guidepost to the parallel reality shift from gut issues in autism to the gut as the gateway to enlightenment in autism: The gut being the second brain is now well established in the global consciousness and autism is the main reason for this paradigm shift in understanding not only the issues relating to the gut, but also the Mental Illnesses that invariably plague people on the autism spectrum. The major shift is the unprecedented Focus and Attention that mental health is getting globally, and this is the springboard to the timeless wisdom residing in the microbiome of the gut that holds the keys to enlightenment. For it is a thin line between “madness” and “Nirvana” with ecstasy as the defining state of being.

The title of this Editorial now stands elucidated, and the shift to the parallel reality of hope and thriving in autism is more plausible.

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