



THE Matty Fund®
Epilepsy Resource Center
For children and families



You are invited to join us for Matty's Night at the Museum
Friday, May 3rd 6 – 9 p.m. at the Providence Children's Museum

We have rented out the museum for the special event. Come out to have fun, make new friends, and learn a little more about Matty and The Matty Fund!

Call or email to let us know if you are planning to attend
401-789-7330 or Jessie@mattyfund.org

This is a free event made possible with a grant from 



Many Thanks to Dr. John Sotis, for his contribution below to the April issue of Matty Matters. Dr. Sotis joined us as a speaker at The Matty Fund's recent Alternative Therapies Workshop.

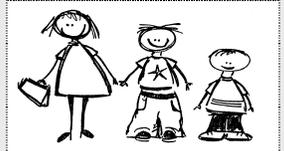
What's behind the ADHD and Autism Epidemic and how Hemispheric Integration can help....

There has been an alarming increase in neurobehavioral disorders and learning disabilities in recent years. At least one out of ten children and adolescents has an attention deficit, while one out of eighty eight are on the autism spectrum! For years, it was thought that these disorders are genetic in etiology; however, while 28 suspected "bad genes" have been discovered, they only show up in 1% of autistics. The idea that immunizations are the "smoking gun" has been put to rest. The new science of *epigenetics* is based on the premise that parents may have an autistic trait which can be passed onto their offspring; however, lifestyle and the environment can minimize or accentuate this trait. If the parents promote physical exercise, good nutrition, reading, and limit time with television and computer games, genes responsible for brain development express themselves at the right time. If, on the other hand, children are sedentary, eat a poor diet, become overweight, and spend an inordinate amount of time with technology, these genes fail to express themselves. If the parents' lifestyle is unhealthy, they can actually pass on genes in a dormant state. The DNA is not damaged; however, the genes do not express at the crucial time, causing a desynchronization of the brain, a condition called *Functional Disconnection Syndrome*. Essentially, there is a paucity of long range electrical connections between the hemispheres, causing an unevenness of skills. The way this manifests depends on what side of the brain is weak and which specific brain areas are affected. Dyslexia, for example, is primarily a left brain weakness, while right brain delays are largely implicated in ADHD, obsessive-compulsive disorder, Tourette's, Asperger's, and classical autism. The up side of epigenetics is that specific stimulation of the brain can turn dormant genes on.

Here's a universal truth - there is no such thing as a genetic epidemic! In order to have such a dramatic rise in neurobehavioral disorders, something must be driving this epidemic environmentally. Two gentlemen won the Nobel Prize last year for their research in epigenetics. The information is there, so it's time to take responsibility for what we feed our children and ourselves in terms of diet and entertainment. With the advent of technology, kids are spending less time moving and exploring their environment. Lack of large muscle group activation weakens the right side of the brain, not to mention the ensuing obesity epidemic which, by the way, parallels the increase in neurobehavioral disorders.

Thanks to a phenomenon known as *neuroplasticity*, we can harness the law of epigenetics by specifically stimulating weak brain areas with motor, sensory, and cognitive modalities, along with diet and lifestyle modifications. That's what *Hemispheric Integration* is - a nonpharmaceutical treatment that resynchronizes the two hemispheres of the brain with very impressive results. Such are the beauty and majesty of the human nervous system.

Dr. John Sotis , Chiropractic Neurologist



Discovering My Epilepsy® Family Support Group

Upcoming meetings:

**Wed. 5/1
In Lincoln**
(with Music Therapy)

**Tue. 5/21
In Warwick**
(with Music Therapy)

**Wed. 6/5
In Wakefield**
(Pajamas and kid movie meeting!)

Tue. 6/18 - Warwick
(Pajamas and kid movie meeting!)

RSVP: 401-789-7330 OR Jessie@mattyfund.org

Please note:
After June, support group meetings will start up again in September!



The Matty Fund Epilepsy Resource Center for Children and Families

10 High Street – Suite F, Wakefield, RI 02879

Mailing address: P.O. Box 5300 Wakefield, RI 02880

Phone: 401-789-7330 • Fax: 789-7364 • Web: MattyFund.org • Email: MattyFund@cox.net

