



The Family Hope Center

An International Center for the Development of Children

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What is Down Syndrome?

Down syndrome is a congenital disorder in which a person is born with three copies of chromosome 21 (trisomy 21). Clinical features include mild to severe mental retardation, slanting eyes, a broad short skull, broad hands and short fingers.

Children with Down syndrome are primarily hurt throughout the midbrain and cortical areas of the brain. This affects speech, understanding, vision and the development of manual function. These beautiful children are socially very pleasant and cheerful. Metabolically, they have some very distinct issues that are common to their injury.

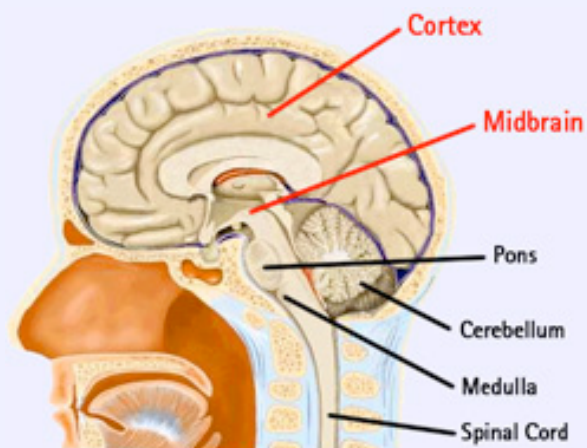
Children with these symptoms often also have mild to severe problems in the midbrain area as well; therefore, they display problems with basic hearing, visual convergence, sensation and physical coordination. These children are often also much delayed in mobility development.

How Can We Help?

It is generally believed that children with Down syndrome cannot be made whole, or even improve significantly. Parents are often left with the hope of their children learning only up to a 3rd grade level. It is our experience, however, that children with Down syndrome *will* improve *significantly* with a properly designed, faithfully implemented and *comprehensive* therapy program. Indeed, we have experienced these children becoming excellent readers, talkers and athletes, and have seen them eventually enter school at grade levels equal to their peers.

Brain impairments associated with Down Syndrome

Children with **Down Syndrome** are primarily hurt throughout the **midbrain** and **cortical areas** of the brain. This affects speech, understanding, vision and the development of manual function. Children with these symptoms often have mild to severe problems in the midbrain area; therefore, they display problems with basic hearing, visual convergence, sensation and physical coordination. These children are often also much delayed in mobility development.



What Do We Do for these Children?

In general, as with children who have learning issues, treatment for children with Down syndrome should begin by targeting the midbrain. This improves the basic organization of the lower levels of the brain, which in turn will help the higher, cortical levels (which receive information from the lower levels) function more effectively.

Simultaneously we develop a program to improve the sensory pathways, which regulate sight, smell, touch, taste and hearing, in order to bring about the normal development of these functions. The information carried by these pathways must be properly processed in the midbrain before it is sent to the cortex. Once the sensory pathways have been developed, but not before, we proceed to the development of the other functions, such as mobility, speech, manual dexterity and social skills, that depend on the proper functioning of these pathways.

Finally, and critically, we address the overall metabolic, neurological and physical health of the child in several important ways:

- We dramatically increase oxygen delivery to the whole brain. This contributes greatly to the overall health and development of the brain, which both facilitates and accelerates the healing process.
- We work to ensure that the cranial sacral mechanism is functioning up to its maximum potential. Without addressing this important aspect in healing the child, the progress will be much, much slower.
- Since progress toward wellness depends *heavily* on an excellent, cleansing diet, we develop individually designed diets to increase neurotransmitter function in the brain, restore gastrointestinal health, and eliminate over-sensitivities to allergens and toxins.

After many years of experience, we know that children who follow treatment plans like these – including children with Down syndrome - can and will make steady progress on the full range of their neurological, metabolic, mobility and other issues.