

CURE AUTISM NOW

A group of children's silhouettes are arranged around the large white text 'CURE AUTISM NOW'. Some children are pointing at the letters, while others are sitting or standing nearby.

Dr. Biswaroop Roy Chowdhury

LILLAH TRUST publication



CURE AUTISM NOW (C.A.N.) PROTOCOL

Publisher's Note/Dedication

This book is dedicated to two precious and absolutely gorgeous gifts from Allah: Ansar Ali and Alifa Begum. It is because of them that I undertook this journey to seek a solution that may help these two innocent autistic children become free from the burden of autism. I will always remain grateful and thankful to the father of Ansar Ali and Alifa Begum for allowing me to be a part of their healing journey with autism.

As a team member of Lillah Trust, I have conducted in-depth research in search of solutions not only for these children, but also with the aim of helping other children who are affected by autism and ADHD.

I joined Dr. Biswaroop Roy Chowdhury's online C.A.N. Protocol group through biswaroop.com/autism, where a 30-day step-by-step implementation program of the C.A.N. Protocol is provided. Through this method, I have witnessed many children show signs of improvement and progress, and many parents have shared positive testimonials regarding their children's recovery and well-being.

You may also explore these testimonials through Dr. Biswaroop Roy Chowdhury's YouTube channel, Facebook page, and official website.

I am sharing and spreading this knowledge through this book as a form of charity for those who truly need it, solely for the sake of Allah.

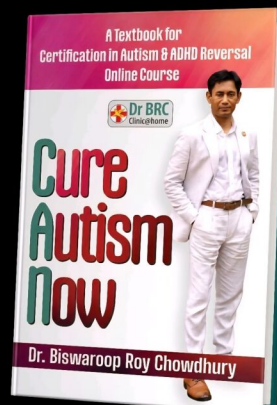
On behalf of Lillah Trust, I have gathered the information and produced this book, CURE AUTISM NOW by Dr. Biswaroop Roy Chowdhury, through Lillah Trust Publications. This book is a concise version of the original work by Dr. Biswaroop Roy Chowdhury. I have reproduced it in a simple and standard format so that readers can understand and implement it easily.

In this book, I have focused mainly on the step-by-step practical treatment plan so that you may begin the healing process as soon as possible. However, for more in-depth information, observational studies, scientific facts, and research references, I encourage readers to purchase the original book, CURE AUTISM NOW by Dr. Biswaroop Roy Chowdhury, from his official website or from platforms such as Amazon.

I have also uploaded videos by Dr. Biswaroop Roy Chowdhury on the Lillah Trust YouTube channel to guide readers step by step in learning and implementing the treatment plan for overcoming autism and ADHD.

May Allah accept this hard work from me - the effort, time, and dedication I have spent gathering and sharing this information with you all. I ask Allah for forgiveness for any mistakes or shortcomings, and I pray for guidance and sincerity in this work. Ameen.

Follow us at: lillahtrust.org



C.A.N. Protocol

<https://biswaroop.com/>

<https://biswaroop.com/bat-form/>

https://youtube.com/@lillahtrust-87?si=FYk63Gos_8U8Gc6F

C.A.N. Protocol

The C.A.N. (Cure Autism Now) Protocol is a natural, drug-free program developed by Dr. Biswaroop Roy Chowdhury aimed at reversing autism and ADHD symptoms in children, often using nutritional strategies such as neem therapy, lifestyle adjustments, and dietary modifications. The protocol focuses on a "food as medicine" approach rather than conventional medical treatment.

Autism/ADHD is not a single disease; rather, it is a collection of symptoms, as listed below. No child will exhibit all of these symptoms. However, each child may display some of them, with varying levels of severity. This makes every child unique.

With the implementation of the C.A.N. Protocol, the first signs of improvement may vary from child to child. Some children may show progress in speech, while others may experience reduced hyperactivity. For many, the disappearance of toe walking may be the earliest visible sign of improvement.



Symptoms

Toe walking,
Awkward walking,
Limited eye contact,
Hand flapping,
Sensory sensitivities,
Difficulty following instructions,
Non-compliance,
Anxiety disorder,
Hyperactivity,
Inappropriate laughter,
Constant climbing behaviour,
Emotional dysregulation,
Executive function deficits,
Inappropriate behaviour,
Social difficulties,
Impulsivity,
Repetitive play,
Delayed speech.



Autism/ADHD is Preventable & Curable

Factors Contributing to Autism/ADHD



1. Childhood vaccines are considered the biggest cause of Autism and ADHD, with no scientifically proven benefits. Parents should strictly avoid giving any vaccines to their children.
2. Frequent use of antipyretics, antibiotics, and other related drugs-often prescribed without proven benefits-can contribute to the development of Autism and ADHD.
3. High consumption of packaged and refined foods containing stimulants and additives contributes to these disorders.
4. Allergic reactions to animal protein and gluten in children can lead to Autism/ADHD-like behavioural changes.
5. Growing exposure to mobile phones and Wi-Fi radiation is a proven cause of hyperactivity and attention deficits.

Circadian Rhythm

The Internal Body Clock Harmony of Day & Night



Everyone born into this world has a body clock that, on average, requires 12 hours of daylight and 12 hours of darkness. This phenomenon is known as the “circadian rhythm,” which controls our sleep-wake patterns and is highly responsive to external factors, especially light. The presence or absence of light signals the brain to release specific hormones, influencing our state of alertness or rest.

The circadian rhythm is deeply interconnected with various aspects of our health and has a profound impact on human well-being. Disturbances in this rhythm can lead to the development of disease. Our daily eating patterns can also affect the circadian rhythm of the pancreas and influence blood sugar regulation. Eating late at night may disrupt this rhythm, potentially contributing to disease.

Since the development of electricity and light bulbs, humans have been exposed to artificial light even after the sun has set. This exposure seriously disrupts the circadian cycle and throws off our internal clock. Our modern lifestyle, with excessive exposure to artificial light at night, continues to disrupt our circadian rhythm, potentially contributing to various health issues. Shift workers and flight attendants are particularly affected by these disruptions.

However, restoring the natural circadian rhythm through lifestyle changes can initiate the process of reversing disease and improving overall health. Living in sync with nature entails waking up and going to bed at regular times, eating meals at the same time every day, and exercising during daylight hours. Understanding and respecting this natural rhythm can lead to improved well-being and may even help reverse certain diseases.

That is why we have included this method in the C.A.N. Protocol to accelerate the healing process. On the next page, we refer to the circadian rhythm in simpler terms as the “Follow the Sun” approach to healing and elsewhere as “Time as Medicine.”

'Follow the Sun' Approach to Healing

Coconut
Fat



Sun Exposure (minimum
30 minutes = 100%)



D.I.P.
Diet

Neem
Therapy



Fermented
Millets/drinks



Zero Volt Therapy
(Grounding)



Dinner before 8pm
(before sunset)



1. **Neem Consumption:** Taking Neem leaf powder (1 gram powder per 10 kg of body weight) on an empty stomach in the morning has shown the fastest healing response in children with Autism and ADHD.
2. **Morning Sunlight and Grounding:** Early morning sunlight exposure along with grounding (barefoot on natural ground) helps reduce hyperactivity and improve overall calmness.
3. **D.I.P. Diet:** Following the D.I.P. Diet helps in eliminating most of the tertiary symptoms of Autism/ADHD within 2-3 weeks.
4. **Gut-Brain Axis Support:** Including probiotic or fermented drinks and coconut fat in the diet restores the balance of the Gut-Brain Axis, leading to gradual reversal of Autism and ADHD symptoms.

Neem

Azadirachta indica



The neem tree is, in itself, a living treasure of health and healing. It is also known by other names such as Nimba and Margosa. Its scientific (Latin) name is Azadirachta indica.

In Sanskrit, neem is described as 'Sarva Roga Nivarini', meaning 'that which cures all diseases' or a remedy for every ailment.

In 2011, the United Nations honoured neem by declaring it the 'Tree of the 21st Century.' Over a century ago, the British colonizers referred to it as the 'Village Pharmacy.'

Every part of the neem tree-its leaves, bark, flowers, and roots-holds immense medicinal value. This one tree offers remedies for a wide range of health conditions, including those related to autism and ADHD.

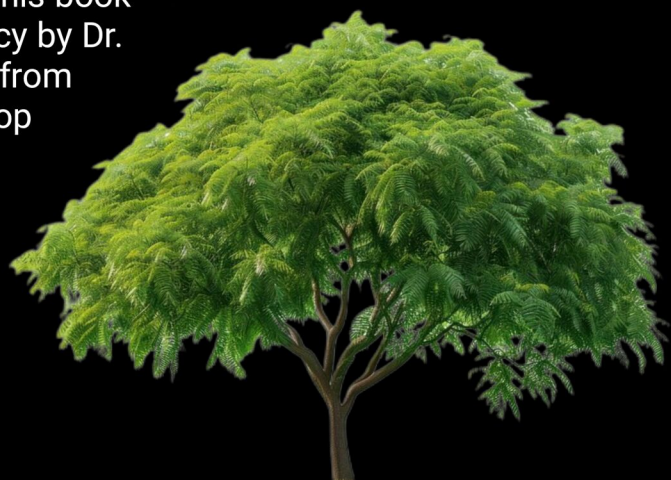
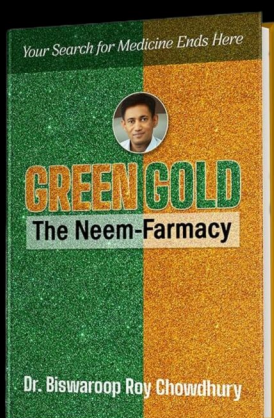
Dr BRC's clinical and observational experiences have shown that Neem Therapy works like a Ramban (an ultimate, almost miracle-like remedy) for healing children with autism and normalizing hyperactivity in children with ADHD. Children who, even at the age of 5, could not speak to their parents and begin showing visible positive results within 3 to 7 days of starting Neem Therapy.

Many parents describe the transformation as 'magic therapy.' Indeed, our Neem Therapy has consistently demonstrated such powerful, life-changing outcomes.

The first and foremost priority is to use neem to help restore and reverse blood-brain barrier dysfunction.

Simply continue administering the neem in the recommended proportion, dissolved in warm water, and you can expect to witness visible and often extraordinary progress-sometimes as early as the second, fourth, sixth, or seventh day. Encouraged by these results, you will naturally feel inspired to continue the protocol with confidence.

Readers who wish to explore the topic in greater depth can purchase this book Green Gold - The Neem Farmacy by Dr. Biswaroop Roy Chowdhury from www.biswaroop.com/shop



Neem Therapy (Detox)



Dosage

The recommended dosage is 1 gram of Neem leaf powder for every 10 kilograms of body weight. For example, if a child weighs 30 kilograms, the appropriate dose would be 3 grams, which is approximately half a teaspoon. The rule is simple: one Neem leaf for every ten kilograms of body weight.

Neem Paste

It can be quite difficult to make the child consume neem orally, but an alternative is to make a Neem paste and apply it to the child's body so the skin can absorb the Neem effectively. Use Neem leaves or neem powder mixed with water to make a thick paste. Fresh leaves are always the better option. Then, apply the paste to the child from head to toe, including the groin area, and leave it on for at least 45 minutes to 1 hour. The longer it is left on, the better the results may be. For maximum benefit, apply the paste and allow the child to walk barefoot on the ground or grass in the sunlight.

Neem Bath

Take 5 litres of water in a large pot and add 50 to 100 grams of Neem leaves, measured using a weighing scale. Crush the leaves slightly and bring the water to a boil. Continue boiling until the water reduces to about 3 litres, which should take approximately 12 to 15 minutes. The water will turn a rich green colour.

Allow the mixture to cool slightly with the leaves still inside. Once it is warm, strain the water into another container.

Use this water for bathing by mixing some into a bucket of water. At the end of the bath, pour the remaining Neem water over the child's entire body and allow the skin to absorb it.

Do not use any soap, shampoo, or other chemical products on the child's body. Neem can be used instead of soaps, shampoos, body washes, detergents, and other chemical cleansing products.

After the neem bath, apply or anoint the child's entire body with organic cold-pressed extra virgin coconut oil.

Standard D.I.P Diet

Step 1

Until 12 noon, eat only 3 to 4 types of fruit, such as mangoes, bananas, grapes, etc. The minimum amount to be consumed is:

$$\text{Body weight (in kg)} \times 10 = \text{grams of fruit}$$

For example, a person weighing 70 kg should consume at least 700 grams of 4 types of fruit before 12 noon.

Step 2

Always eat your lunch and dinner in two plates: Plate 1 and Plate 2.

Plate 1 should consist of 4 types of vegetables that can be eaten raw, such as carrots, tomatoes, radishes, and cucumbers. The minimum quantity for Plate 1 is:

$$\text{Body weight (in kg)} \times 5 = \text{grams of vegetables}$$

For example, a person weighing 70 kg should eat at least 350 grams of 4 types of raw vegetables.

Plate 2 should consist of home-cooked vegetarian food with negligible salt and oil.

First, finish Plate 1 according to the above calculation. Then, eat as much as you want from Plate 2.

The rules for lunch and dinner are the same; however, try to finish dinner by 8 PM, preferably before sunset.

Step 3 (Avoid)

Animal-based foods, including milk and dairy products

Multivitamin tonics and capsules

Refined and packaged foods

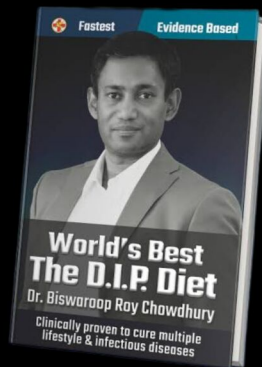
Try to expose your body to 40 minutes of sunlight daily.

D.I.P. Diet for Autism and ADHD

Breakfast



Readers who are not yet fully familiar with this topic can refer to the book *World's Best – The D.I.P. Diet*, which provides comprehensive explanations and detailed evidence supporting everything we are sharing here.



This is the standard D.I.P. diet, but in cases of Autism and ADHD, we strongly advise sticking to food that is cooked only once a day, either for lunch or dinner. Replace rice and all rotis made from wheat, or anything containing gluten, with millets. We will provide more details about millets and how to use them.

Quantity of Fruits

The quantity of fruit is especially important for children up to 10 years old, as their metabolism is high. For example, if a child weighs 30 kilograms, multiply the weight by 20. The result, 600 grams, is the ideal amount of fruit to be consumed by midday.

If the child cannot finish that amount, adjust it slightly – perhaps to 450–500 grams. Every child's appetite differs, so make flexible adjustments as needed.

Plate 1



Plate 2



Adjustments for Older Children

For children between 10 and 18 years old, the calculation changes slightly: multiply their weight by 15. For example, a child weighing 40 kilograms should consume about 600 grams of fruit.

As age increases further, metabolism slows down, so the formula adjusts again – multiply the weight by 10. Thus, an adult weighing 50 kilograms should ideally eat 500 grams of fruit.

This approach aligns perfectly with the D.I.P. Diet, ensuring that both children and adults receive appropriate nutrition through a fruit breakfast, ideally completed by 12 pm.



Fermented Millets/Drinks

Healthy Millet Options



Browntop Millet, Barnyard Millet, Kodo Millet, Little Millet, and Foxtail Millet

How to Prepare Probiotic Drinks

Probiotics are living microorganisms that play a crucial role in maintaining gut health.

In Ayurveda, gut health is considered extremely important. It is believed that the stomach is the root of a hundred diseases. When the digestive system does not function properly, it can lead to various health issues.

Therefore, to keep our gut healthy, let us learn how to prepare one of the easiest probiotic drinks, which can be enjoyed in both summer and winter.

Millet Ambli Drink

Ingredients

2 teaspoons of any positive millet
(choose any 1 from the 5 types)

Filtered water

A piece of muslin cloth (2 to 3 layers)



Method

1) Preparation: Take the millet, wash it 3–4 times, and soak it for 5–6 hours in summer or 8–9 hours in winter. Do not throw away the soaking water – we will use it later.

If possible, cook it in an earthen/clay pot.

2) Cooking: Put the soaked millet, along with the soaking water, into the clay pot.

If a clay pot isn't available, use a heavy-bottomed pan.

Add 10 times the amount of water to it and cook on a low flame.

After 10–20 minutes, press a grain between your fingers. If it mashes easily, the millet is cooked.

3) Fermentation: Allow the cooked millet to cool completely.

Cover it with a 2–3 layer muslin cloth.

Set it aside for fermentation. The fermentation time should be the same amount of time it takes for curd to set in your region.

Once fermented, your Millet Ambli is ready.

4) How to Consume: Drink it plain, mix it with salted coconut chaach, or blend it into a smoothie with a light sweetener like dates, if preferred.

Do not add rock salt while cooking. Add salt only at the time of drinking/consumption.

The solution to EMF (electromagnetic field) exposure lies in grounding, also known as Zero Volt Therapy. What is Zero Volt Therapy? It is quite simple to understand.

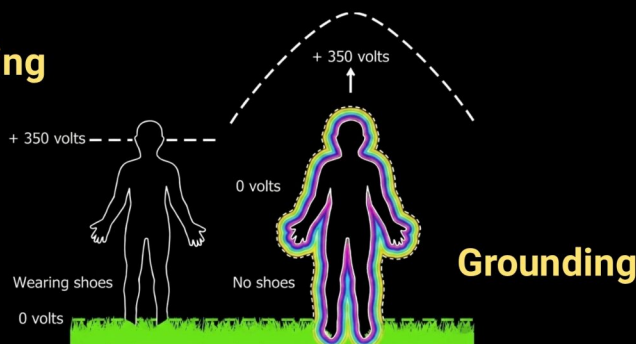
Remember this: when your body comes into direct contact with the Earth, its electrical voltage becomes zero. For example, remove your shoes or sandals and stand barefoot on a patch of grass or soil. Within the first ten seconds, your body's voltage drops to zero — a change that can even be measured using a voltmeter.

An important fact to note is that when your body's voltage reaches zero, your immune system functions at its strongest — at its absolute peak. In this state, your body is believed to be better protected from the harmful effects of electromagnetic fields and may begin to reverse the damage caused by prolonged exposure to these fields.

When you walk barefoot on the ground, each foot has about 1,400 nerves, and those nerve endings come into direct contact with the Earth. As a result, the body begins receiving electrons through the nerve endings in your feet, and the healing process is believed to accelerate.

Similarly, when you touch the branch of a tree, you are also connected to the Earth.

Not Grounding



Zero Volt Therapy

When should grounding be practised

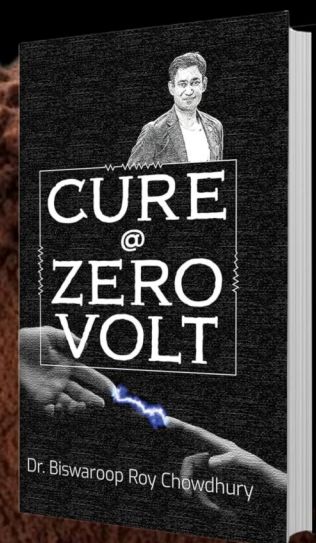
The best time is early in the morning, in alignment with the 'Follow the Sun' approach discussed earlier. Morning hours are ideal for grounding, as they help synchronize the body's rhythm with nature. Parents who are struggling with their child's hyperactivity and have not found effective solutions are advised to ensure that their children practice grounding for at least one hour daily.

How long does it take to see improvement

Parents who consistently follow this routine typically begin to observe noticeable positive changes within 7 to 10 days. The transformation is often so visible that not only parents but also teachers, relatives, and neighbours begin to see clear differences in the child's behaviour and responsiveness. This simple yet powerful practice is what we call Grounding—the foundation of Zero Volt Therapy.

Is there any alternative way for grounding, such as Zero Volt Therapy?

“Yes, there is an alternative way. Please check the next page.”



Readers who wish to explore the topic in greater depth can download the free PDF book Cure@Zero Volt, which is available online at www.biswaroop.com/ebook

Zero Volt Therapy with Grounding Mats/Sheets

Grounding mats and sheets are designed to simulate direct physical contact with the Earth, are reported to improve sleep, reduce inflammation, lower stress, and enhance blood circulation. By transferring electrons from the Earth, these mats may normalize cortisol levels, accelerate wound healing, and reduce muscle pain (Delayed Onset Muscle Soreness)

How do they work

Grounding mats (or sheets) are conductive, often made with carbon or silver, and connect to a grounded electrical outlet (the "ground" port) or a ground rod outside, allowing electrons to travel to the body.



How to use them

Working/Sitting: Place under your feet while working at a desk or in a chair.

Sleeping: Place on top of a mattress or under a sheet to allow contact with the skin.



Ensure your electrical outlet is actually grounded to get the intended effect; a continuity tester can be used to verify this.

Coconut Fat/Coconut Oil



Coconut fat or coconut oil is equally important as other steps in the C.A.N. Protocol. Certain proteins, such as gluten from wheat and casein from dairy, can trigger autoimmune reactions in children. To help these children, it is essential to eliminate the underlying causes of these reactions.

All animal-based proteins-whether from meat or dairy-should be completely avoided. This means removing foods such as wheat, bread, and other animal-derived products from the child's diet. Instead, children should be given plant-based fats, which are abundantly available in coconut-commonly referred to as coconut fat.

Coconut oil is essentially pure fat. When you give your child cold-pressed coconut oil, you are providing a clean, natural source of plant-based fat.

How Much Fat Does a Child Need

A simple guideline is to provide 1 gram of plant-based fat per kilogram of body weight (1 gm/kg body weight). For example, a 20 kg child would require approximately 20 grams of coconut fat per day. To obtain this from a fresh coconut, you would need about 60 grams of coconut flesh.

Since it may not always be practical for a child to chew coconut regularly, using coconut oil is an easier and equally effective option. You can give it directly by spoon or use it as a salad dressing-but make sure not to heat the oil, as heat destroys many of its beneficial properties.

How Much Coconut Fat is Needed

Although some plant-based fat is included in lunch and dinner, the daily requirement should be met carefully. For example, a 20-kilogram child needs about 20 grams of fat per day to meet the full daily allowance.



Coconut Oil

You may also use coconut oil. The recommended amount is 1 gram per kilogram of body weight-for example, a 10-kilogram child needs about 2 teaspoons of coconut oil per day.

You can drizzle it over salads, mix it into cooked food, or even give it directly by spoon. For a 20-kilogram child, about 20 grams of coconut oil daily fulfil their requirement.

An Example of a Recommended Dosage

Body weight (1 kg = 1 gram)

Coconut oil (30 kg = 30 grams)

Coconut (30 kg = 90 grams)

When Should it be Consumed

At breakfast, between breakfast and lunch, at lunch, between lunch and dinner, or at dinner (any time from breakfast until dinner).

Time as Medicine



Dinner Timing and the Circadian Rhythm

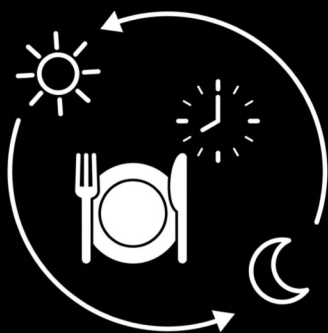
According to the body's circadian rhythm, all meals should ideally fall within a 12-hour eating window. For example, if the first meal is at 7 am, the last meal should be around 7 pm. Nothing should be eaten after that until 7 am the next day. Following this natural rhythm allows the body to rest, heal, and rebalance itself. It enhances digestion, improves the gut microbiome, and promotes deeper, more restorative sleep. Parents should therefore aim to complete the child's dinner by 7 pm, or at the latest, 8 pm.

Follow the Sun: Aligning Your Child's Day with Nature's Rhythm

Always remember the principle of 'Follow the Sun' discussed earlier. Your child's routine should move in harmony with the Sun's natural rhythm. Avoid serving dinner long after sunset-finish it by 7 pm, and if that's not possible, no later than 8 pm. Eating late doesn't benefit the body-in fact, it can harm digestion and metabolism. This rule applies not only to children but to adults as well. After sunset, gradually reduce food and drink. The day should begin with barefoot grounding and morning sunlight and end quietly as the Sun sets. Following these simple yet powerful steps will help your child sleep better, restore their circadian rhythm, and as that rhythm stabilizes, you'll begin to see their overall health and behaviour improve naturally.

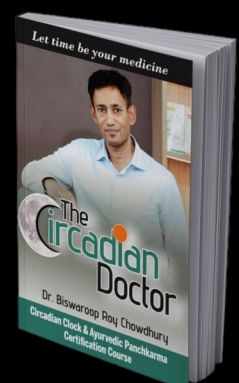
Importance of Natural Light

After sunset, minimize exposure to artificial light; after sunrise, maximize exposure to natural light. Even if your child spends time indoors, keep windows and doors open so that sunlight can enter the room. If that's not possible, at least draw back the curtains. Avoid creating a home environment where artificial lights are kept on continuously. When you follow this rule, your child's circadian clock will gradually reset itself-and combined with other lifestyle changes, you'll begin to see meaningful and visible improvements.



Try to eat only between sunrise and sunset; water is an exception.

Readers who wish to explore the topic in greater depth can download the free PDF book *The Circadian Doctor*, which is available online at www.biswaroop.com/ebook



C.A.N. Step-by-Step Guide

So far, we have explained the C.A.N. Protocol, but how can it be applied in practice for children with Autism and ADHD?

To answer this, we have created a clear step-by-step guide.

This page explains how to integrate the key elements of the C.A.N. Protocol into a child's daily routine to help them overcome challenges, build independence, and adapt more successfully to everyday life and society in a relatively short time.

C.A.N. Timeline

- 5 am: Grounding + Sunlight
- 7 am: Neem Therapy (1 gm per 10 kg body weight)
- 8 am: Fruit Breakfast (Body weight in kg) x 20 =.... gm
- 11 am: (Flexible) Fermented Drink (100 mL per 10 kg)
- 1 pm: Lunch

Plate -1 Raw Vegetables Body Weight (kg) x 5 = gm	> +	Plate -2 Cooked Food
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- 4 pm: Fermented drink
- 7 pm: Dinner (Same as lunch)
 - Anytime food (7 am to 7 pm)
 - Coconut based recipe
 - 1 gm coconut oil per kg of body weight
- 9 pm: Sleeping on Zero Volt bed sheet

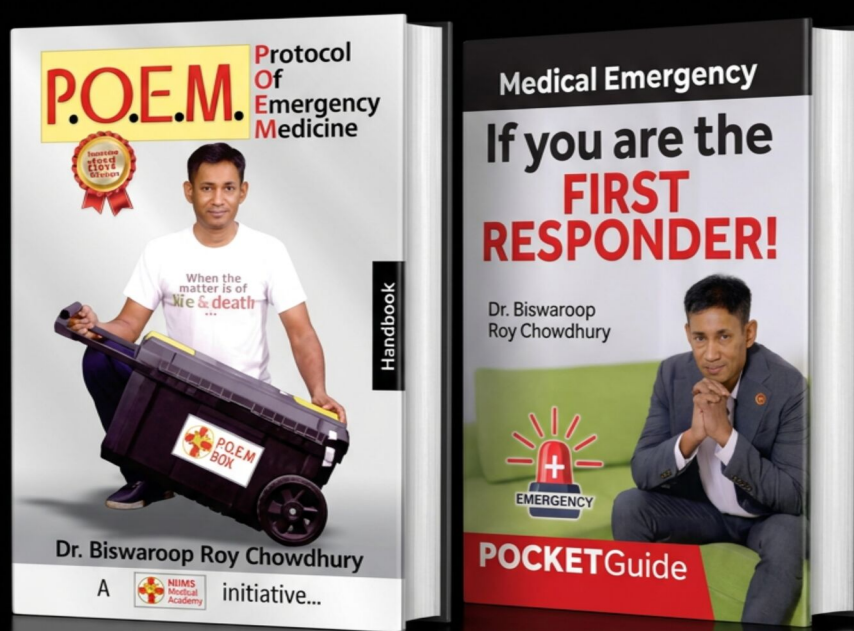
Handling Common Health Emergencies

In this part of the book, we will discuss how to handle common health emergencies experienced by children with autism and ADHD, such as seizures, fever, and similar conditions. These children tend to develop fevers more frequently than other children and are also more prone to seizures. In addition, they often face several other health challenges that typical children usually do not experience. We will also discuss the preventive measures that should be taken and the actions that should be avoided.

Many times, when these children experience any health issue, their parents or guardians panic and immediately rush to a hospital or doctor. Our aim is to help parents break out of this pattern.

For this, it is very important that parents and caregivers gain appropriate knowledge and basic training on how to handle such emergencies. This will help parents reduce their dependency on doctors and hospitals and move toward the complete recovery of their children from autism and ADHD.

Parents of such children must know what they can do in different medical situations and how to handle emergencies calmly instead of panicking. To understand this properly and in greater depth, you are advised to study these two books by Dr. Biswaroop Roy Chowdhury. You can download the free PDF books P.O.E.M. Protocol of Emergency Medicine and Medical Emergency: If You Are the First Responder!



Available online at www.biswaroop.com/ebook

Emergency 1: Fits and Seizures

What to do when a patient is experiencing fits or seizures.

Prevention

Stop all the autism and ADHD drugs and therapies as this is an internal problem. Just keep following C.A.N. protocol

Ongoing fits, seizures, or post-seizure symptoms

Once the seizure has stopped, what should you do next? After a seizure, the patient may experience several aftereffects. They may feel sleepy for some time, become tired, or have difficulty getting enough rest.

So, what should you do at that point?

This is where the acupressure point GV 26/DU 26 can help. Not only may this acupressure point help stop a seizure, but it may also assist in recovery from the aftereffects of a seizure.

Effect of the Acupressure Point

If you do not have anything with a strong smell, there is another effective technique you can use. Between the nose and the upper lip lies an important acupressure point called GV 26 / DU 26.

Pressing this point with circular motion for about one minute can help stop the seizure. You can do this while the patient or child is lying on the ground or even while holding the child in your lap.

During Fits and Seizures

Make the patient smell an intense scent, such as onions, garlic, or red chilli oil. This may help stop ongoing fits and seizures. Another option is to have the patient smell Dr. BRC 2 Seconds Oil, which can be purchased from www.biswaroop.com/shop



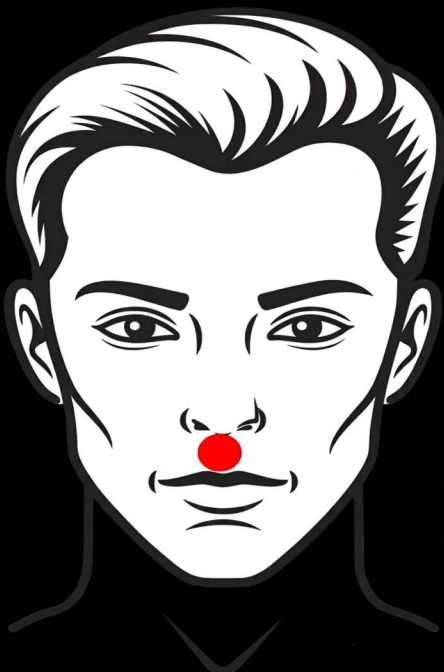
How Much Pressure Should Be Applied

You can practice estimating this pressure by using a weighing scale-press your finger on the scale to see what 1-3 kg feels like. Once you know the right pressure, apply circular pressure on the GV 26 point for 1-2 minutes. This not only stops the seizure but also reduces the aftereffects.

16 years and above: Approximately 3 kg

10-16 years: Approximately 2 kg

Under 10 years: Approximately 1 kg



GV 26 / DU 26 Acupressure point

Emergency 2: Fever

You need



Fever Is Not a Disease

Whether it's a child or an adult, a fever should not be reduced with paracetamol because fever itself is not a disease. It is the body's natural defence mechanism. When viruses or bacteria enter the body, the brain automatically raises the body's temperature slightly. This rise in temperature helps weaken and destroy harmful microbes by slowing down their multiplication. In this way, fever acts as a protective response to your body's built-in tool to fight infections.

Indirect Benefits of Fever

Fever can also bring additional benefits, especially in children with autism and ADHD. Parents of children with autism or ADHD often observe that during a fever, their child's symptoms improve - eye contact gets better, hyperactivity reduces, and the child appears calmer and more connected. These positive changes have also been documented in research studies. (Research references: Hyperthermia elevates brain temperature and improves behavioural signs in animal models of autism spectrum disorder. Mol Autism. 2023 Nov 15,14(1):43.)

The most important rule is: Under no circumstances should you take paracetamol to bring the fever down.

Instead of reducing the fever, you must support the body in handling it, meaning you actually help the body raise its temperature slightly, so the immune response becomes stronger.

So, the question is: If a healthy adult or a child with autism or ADHD develops a fever of around 102°F, what should you do?

And the answer is: rather than lowering the temperature, your aim should be to allow it to rise just a little more-safely and naturally.

This leads us to the method used for this purpose. The method is called Lower Leg Hot Water Immersion (LLHWI).

If you look carefully at the following picture, this will become very easy to understand.



A bucket of hot water maintained at around 42 deg * C

A deep bucket in which the legs can be comfortably immersed

A water thermometer to ensure the correct temperature

The feet must stay immersed for 30 minutes

For children, the temperature must be adjusted according to age, as indicated in the following table:

Lower Leg Hot Water Immersion (LLHWI)		
Age (years)		Temperature
6-10	→	39-40° Celsius
11-15	→	40-41° Celsius
16 >	→	41-42° Celsius

Simple Method

1. Take one bucket of water heated to 42°C.
2. Take another bucket of water at 50°C.
3. Verify both temperatures using a water thermometer.
4. Place the feet in the 42°C bucket.
5. Every 5 minutes, remove one mug of water from the 42°C bucket and replace it with one mug of 50°C water.

By repeating this every 5 minutes, the temperature of the foot bath stays close to 42°C for the full 30 minutes.

After the immersion:

The body temperature generally rises by half a degree

Example: if the person had a fever of 101°F, it may show slightly higher immediately afterward

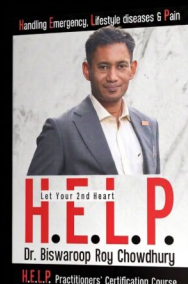
But 30 minutes after removing the feet from the bucket, the temperature usually drops naturally

In most cases, fever brought down through this method does not return.

This complete process is known as Lower Leg Hot Water Immersion (LLHWI).

If you want to understand the science behind this method in detail, read Dr. BRC's book Let Your 2nd Heart H.E.L.P.

Available online at www.biswaroop.com/ebook



Emergency 3: Cough and Cold Immunity Kadha



Immunity Kadha refers to an herbal decoction that naturally strengthens the body's immunity.

Dosage: Drink warm, 1-2 times daily during cough, cold, or seasonal changes.

Boil this mixture in one cup of water for 5-7 minutes, then strain it. A small child may not accept the taste directly, so you can add a little jaggery or honey. Depending on age, both children and adults can take this kadha 2-3 times a day. This helps in getting quicker relief from cough and cold

The dosage must be adjusted according to age, as shown clearly in the provided table.

This kadha is beneficial for everyone-from small children to fully grown adults-just ensure the correct age-appropriate dose. In most cases, within 3-5 days, the cough and cold clear up. This method of preparation and age-based dosage is well established, and the kadha has consistently been found to be very helpful in cough-related problems.

Immunity Kadha		
Ingredient	Quantity	Purpose
Fresh Tulsi (Holy Basil) leaves	5-7 leaves (or 1 tsp dried)	Antiviral, immune boosting
Turmeric powder	1/2 tsp	Anti-inflammatory, antimicrobial
Neem leaves (fresh)	3-4 leaves (or 1/4 tsp dried powder)	Antibacterial, helps throat infection
Black pepper	2-3 crushed	Improves absorption & clears mucus
Ginger (fresh grated)	1/2 inch piece	Anti-inflammatory, relieves sore throat
Honey or jaggery (optional, add after boiling)	1 tsp	Soothing & palatable

Immunity Kadha		
Age Group	Dosage	Frequency
1-3 years	1-2 tsp (5-10 ml)	2× daily
4-7 years	20-30 ml	2× daily
8-12 years	50-80 ml	2× daily
13-18 years	100-150 ml	2× daily
Adults	200-250 ml	2× daily

Preparation Steps

1. Boil all herbs and spices in about 200 ml water for 5-7 minutes.
2. Allow it to reduce to about 150 ml.
3. Strain and let it cool to lukewarm.
4. Add honey or jaggery if needed.

Dosage: Drink warm, 1-2 times daily during cough, cold, or seasonal changes.

Emergency 4: Eczema

Both neem paste and neem bath have stood the test of time-validated not only by Ayurveda but also by modern research.



Neem Paste

Neem paste can be used for a wide range of health conditions. Whether it is body pain, acne, boils, any skin related issues, swelling, or even when a growth or lump appears. Neem paste is highly effective. In Panchakarma therapy as well, this is considered one of the most powerful external applications, and results are often seen quickly.

Ingredients for Neem Paste

Neem bark powder - 10 g

Neem leaf powder - 10 g

Turmeric - 2.5 g

Hot water - enough to make a thick paste

The quantity of paste you prepare depends on the area you need to apply it to. For a small area, take:

2 small teaspoons (about 10 g) of neem leaf powder

2 small teaspoons (about 10 g) of neem bark powder (one small teaspoon = 5 g)

Next, add ½ small teaspoon of ground turmeric. Mix all the ingredients with hot, boiled water to form a smooth, thick paste that spreads easily.

How to Apply

1. Apply a thick layer of the warm paste on the affected area.
2. Leave it on for 45 minutes to 1 hour. It will dry on the skin.
3. Meanwhile, the leftover boiled water would have cooled slightly.
4. Sprinkle a little of this water over the dried paste to soften it.
5. Gently wipe it off with cotton.

Neem Bath

Neem baths are extremely beneficial for itching, skin infections, bacterial issues, viral problems, overall skin and hair health

There are two simple methods to prepare neem bath water.

Method 1 - Overnight Infusion

1. Take a bucket of water.
2. Add neem leaves.
3. Gently crush the leaves with your hands so that the essence mixes into the water.
4. Leave the water overnight.
5. Before bathing in the morning, crush the leaves again.
6. Strain the leaves from the water and use this water for bathing.



Sitz bath for genital areas (15-20 minutes)

Age Temperature

3-5 years

38°C

6-10 years

39°C

11-15 years

40°C

16+

41-42°C



Method 2 - Concentrated Neem Decoction

1. Take 5 litres of water in a large pot.
2. Add 50-100 grams of neem leaves (measure using a weighing scale).
3. Crush the leaves slightly and bring the water to a boil.
4. Boil until the water reduces to about 3 litres (12-15 minutes).
5. The water will turn a rich green colour.
6. Allow it to cool slightly with the leaves still inside.
7. Once warm, strain it into another container.
8. Use this for bathing-mix some in the bucket, and keep 3-4 containers aside so the skin absorbs the neem water well.

Emergency 5: Toothache and Dental Problems

Apply clove oil to the affected tooth using a cotton swab. This works for adults, too. It provides instant relief and avoids the side effects of painkillers.



Consider Age

Before applying clove oil, check the child's age:

Before applying clove oil, check the child's age:

If the child is 5-10 years old: Mix 1 part clove oil with 4 parts coconut oil. Apply this mixture on a cotton swab to the affected tooth. Relief usually comes within 5 minutes.

If the child is 11-15 years old: Use equal parts clove and coconut oil.

If the child is 16 or older: You can use clove oil alone for quick relief.

This provides temporary relief, but for a permanent solution, following the C.A.N. Protocol is better.



For Very Young Children

For children under 5, avoid using clove oil directly - it's too strong for their sensitive skin. Instead, wrap ice in a cloth and apply it to the painful area externally. This will also bring fast relief. Using these simple remedies can relieve tooth pain without rushing to the doctor or resorting to unnecessary drugs, along with their side effects.

Avoid chemical toothpaste; instead, use natural homemade tooth powder.



Natural Tooth Powder

Use 1 part neem leaf powder and 1 part neem bark powder (in equal quantities). Use it twice daily, morning and night.

Emergency 6: Asthma Attack

Asthma attacks are also more common in children with autism. When the airways tighten, mucus builds up, or swelling occurs. It becomes difficult to breathe, and a wheezing sound may be heard while inhaling. Excess mucus makes them even more uncomfortable. Parents usually help their children use an inhaler, which allows them to breathe more easily right away. But sometimes, an inhaler may not be available, and we may not want the child to become dependent on using it. Here, we are talking about what to do in an emergency situation. If a child suddenly has an asthma attack, how can we give quick relief?



When a Child has an Asthma Attack

Sit the child in an open, airy space.

Open the doors and windows so they can get fresh air.

Ask them to lean slightly forward instead of using anything for support. This makes breathing easier.

Make the child or patient smell camphor through both nostrils, one at a time, while maintaining this posture for 5–10 minutes.

For faster relief, use a portable hand fan about 6 inches away from the nose at full speed while they remain in this posture.



Efficacy of Camphor

The evidence for the efficacy of Camphor during an asthma attack is shown in the following illustration. The research paper (published in 2019) discusses camphor, also known as Bhimseni Kapur-and explains how it can be used in emergency situations.

Most readers already know about camphor. Its aroma is very strong. Parents should keep powdered camphor ready in a small bottle.

These steps can provide fast relief during an asthma episode. Sometimes, when seeing a child or even an adult in such distress, it may seem necessary to rush to a doctor, as it can appear to be an emergency situation. However, it is important to remember that reacting in panic can be harmful to both the child and the parents.

Camphor may offer quick temporary relief without the side effects often associated with some allopathic medications. With these simple steps, even a situation that appears very difficult can often be handled more comfortably.

This method is intended for temporary relief only. For a permanent cure, continue following the C.A.N. protocol.

Emergency 7: Constipation, Diarrhoea, and Vomiting



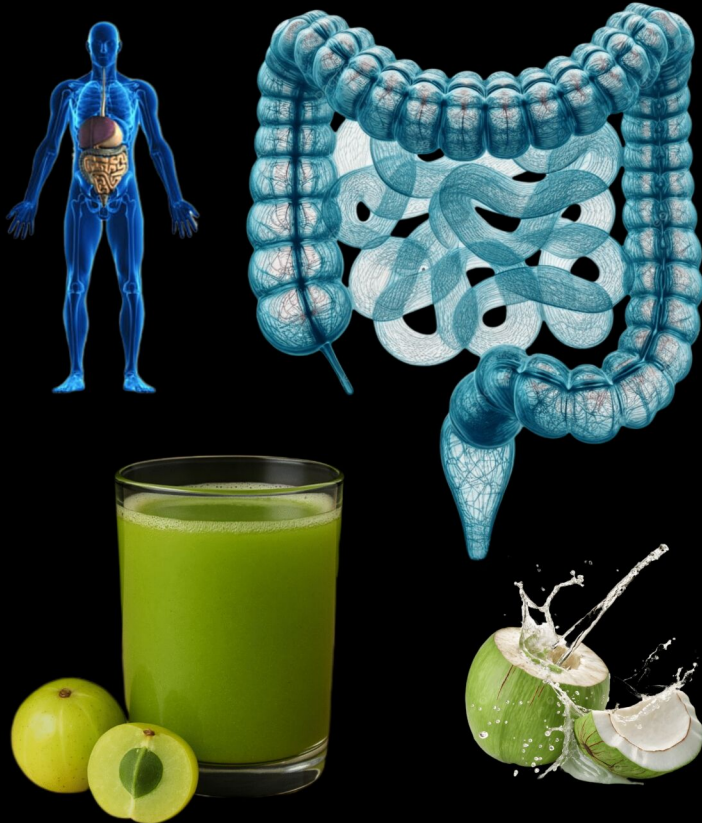
Constipation

Children with autism and ADHD often struggle with constipation. Diarrhoea is also quite common in these children. Compared to other children of the same age, they tend to face these problems more frequently.

To relieve constipation, we need a safe and fast-acting remedy - amla (Indian gooseberry). You now have to prepare fresh amla juice. For this, take 8 to 10 amlas. First, crush them lightly and then squeeze them. This will give you about half a cup, roughly 100 ml, of juice.

Example: $30 \text{ kg} \times 2 = 60 \text{ ml}$ (for 3–5 days)

(Your body weight $\times 2 = \dots$ for 3–5 days on an empty stomach.) Stop drinking Amla juice immediately if loose motions occur. You can add honey or jaggery (gur) to sweeten the juice.



Indigestion, Diarrhoea, and Vomiting

If the child or patient suffers from indigestion, loose motions, diarrhoea, or vomiting, keep the patient on a coconut water fast only – no food, just water and coconut water. The more coconut water consumed, the better.

Example: A 70 kg person should drink 7–14 glasses of coconut water, and that is the minimum recommended amount. Once the loose motions, diarrhoea, vomiting, etc. have resolved, begin the C.A.N. Protocol immediately.

As mentioned above, if the child has diarrhoea, keep them on a one-day fast and give them only coconut water to drink. If the condition is not too serious and the child is following the C.A.N. Protocol, then you need to make one change to the D.I.P. diet. In Plate 1, instead of giving raw salad, start giving the same vegetables lightly steamed.

Many adults also do not tolerate raw salad well. After eating raw salad, they may feel bloated, experience lower abdominal discomfort, or complain of indigestion. Sometimes, it leads to diarrhoea or loose motions.

In such situations, we advise that you do not eat the Plate 1 vegetables – tomatoes, cucumbers, radishes, carrots, bottle gourd, peas, lettuce, red and yellow capsicum, etc. – in their raw form. Instead, steam them lightly. Eating steamed salad helps prevent these issues. Such discomfort simply means the body is telling you that it cannot digest raw salad. One must learn to listen to one's body.

Vegetables can be steamed, boiled, or made into soup.

Readers may now notice that the problems that once seemed chronic to parents, and that even doctors could not resolve, were eliminated at the root through our C.A.N. Protocol and simple home remedies.

Emergency 8: Motion Sickness, Vomiting and Nausea

Nausea, vomiting, or vomiting during travel and even stomach pain, especially in the lower abdomen-can all be relieved by one simple home remedy: a small piece of ginger.

A 5-gram slice is enough. Give it to the child to chew. As they chew, the aroma reaches the nose, and then the brain and the ginger juice go into the stomach, helping relieve stomach discomfort. Whether it's nausea, vomiting, or motion sickness, this can provide quick relief for both children and adults.



Inflammation and Infection

Fluctuation in Symptoms



The increase in symptoms is directly proportional to the increase in inflammation in the brain and the body. Brain inflammation is a result of the surrounding environment, such as vaccines and chemical drugs used in the name of medicine, also known as conventional medicine. Inflammation has a direct correlation with autism.

According to page 64 of the original book by Biswaroop Roy Chowdhury, Cure Autism Now, autism is caused by inflammation and infection in the brain and the body. Factors that may contribute to inflammation include viruses, bacteria, fungi, food poisoning, and stomach issues such as IBS and acidity.

The classic symptoms tend to fluctuate and become aggravated during flare-ups. As inflammation and infection increase, symptoms may worsen, and as they reduce, the symptoms may also decrease.

How to Reduce Inflammation and Infection

This method is for everyone, regardless of whether they have autism, ADHD, or any other condition.

Reduces

- Sunlight
- Grounding
- Raw Vegetables
 - Fruits
 - Neem
- Eating before sunset

Increases

- Drugs (conventional medicine)
 - Chemicals
 - Refined foods
 - Animal foods
 - Dairy products
- Eating late at night

Anti-inflammatory and inflammatory foods — these are the foods that reduce or increase inflammation



CURE AUTISM NOW **Do's**

The image features the text 'CURE AUTISM NOW' in large, bold, white capital letters. To the right of this text is the word 'Do's' in a large, bold, yellow font. In the background, there are white silhouettes of several children and adults. Some children are pointing towards the text, and one adult is standing to the right, possibly interacting with the group.

What Needs to Be Done: 'Follow the Sun' approach (Model of Cure)

- 1. Neem Therapy**
- 2. D.I.P. Diet**
- 3. Probiotics (Fermented millets/drinks)**
- 4. Zero Volt Therapy (to counter electromagnetic field exposure)**
- 5. Coconut Fat/Oil**
- 6. Eat before sunset, or by 8 pm at the latest.**

CURE AUTISM NOW



Don'ts

What Not to Do or What Should Be Avoided

1. Vaccines (especially childhood vaccines)
2. Antibiotics
3. Paracetamol (other conventional medicine/pharmaceutical drugs)
4. Gluten products (anything that contains gluten such as wheat, barley, and rye, etc)
5. Dairy products (milk, cheese, yoghurts, etc)
6. Animal foods (meat, chicken, fish, eggs, etc)
7. Fast food, packed food, refined food
8. Soap, shampoo, toothpaste, etc. (chemical products)
9. Electromagnetic fields radiation from mobile devices, WiFi, etc
10. Weighted Blanket Therapy
11. Occupation Therapy
12. Autism Specialists
13. Sound Therapy
14. Behavioural Therapy
15. Family Therapy

Conclusion

To all parents, guardians, and especially mothers, we understand that trying something entirely new can be very challenging. Patience is the only key to achieving the results you hope for. Mothers, in particular, are true warriors – you have always found ways to support your children. We have outlined all the necessary tools and methods, along with clear instructions on how to use them. Every child faces unique struggles, so you will need to work with them with abundant love and compassion. Be gentle and patient with your child while following the C.A.N. protocol; it may take time for them to adjust to the new routine. Naturally, the more effort and consistency you put in, the better the outcomes will be. Even if you cannot follow it 100%, applying it at least 70% will still bring noticeable improvements. Do your best, and leave the rest in the hands of Almighty Allah.

We have also shared Dr. Biswaroop Roy Chowdhury's training videos on our Lillah Trust YouTube channel. These will help you learn how to put the C.A.N. protocol into practice. We have also uploaded testimonial videos to inspire and motivate you.

You can access the playlist here:

https://youtube.com/playlist?list=PLal_MOtPhwIDmnoklf2_aGwP8HYo5gCZK&si=rSla4x3YhtcNQ2zh

We pray that Allah accepts this work. All the time and effort spent on this project was done solely to please Allah, the Most High. Ameen.

If you would like to help your child overcome the challenges of Autism or ADHD, and you wish to receive more detailed and comprehensive information, please get in touch with Dr. Biswaroop Roy Chowdhury's team via the following channels:

Website: www.biswaroop.com/autism

National Helpline: 9312286540

WhatsApp: 9560979433