

The hidden relation, clues of autism, ADHD and depression which reveals the effective cause and cure**Van Duy Dao****The author, pharmacist, trainers and healer at Awaken You Wonderful We. Hanoi, Vietnam****Email- duyvan64@gmail.com****Abstract**

Introduction: Observing the facts: they lack social skills, they cannot talk: language is the product of living environment - native language; we speak it naturally without thinking at all. We are not born with our native language, so I doubt their connection with their living environment and the state of mind that they cannot learn. Testing them with Aesop fables, metaphors, pretending game - they do not understand these as normal kids; and they are poor in interacting, communicating or persuading. They are in the low level of this. For official test: you can test them with EQ test. All these low-level vital skills make them never feel safe, connection to the environment: it makes them stress. Over time, it makes the downward spirals that make them more and more lack of social skills and suffer more stress.

Background: Poor in EQ: autistic kids do not understand fable and metaphors. Genes cannot make them poor in EQ, and cognitive thinking. Trainers know any skill can be learned with just basic supports.

Method:- In the stress state, there are mainly three hormones operate in body to make the body prepare for fight or flight. These three hormones are: Epinephrine, norepinephrine, and cortisones. These hormones will activate many other changing in body and other hormones so that the body is ready for survival functions. Kids in stress tend to make other stress unconsciously in the downtrend spirals of stress. The more stress kids get, the poorer their learning and the more they will get low level of social skills. The unsatisfied living environment may make autistic have strange behaviors can be explained by conditioned response. They have strange responses to normal things, events. And these responses can be summarized into "Fight" or "Flight" or "Indifference"; these responses tell us about the state of mind of the autistic kids. And the pattern of responses, the fluctuation of specific responses to the changing in environment will give us clues about the cause of autism, ADHD and the prediction and the effective intervention of autism and ADHD.

Results: All in One, One in All Dear Neurologist, psychiatrist, sociologist, gastroenterologist, urologist, educators, sleep therapists, cardiologist, language therapists, educators, trainers, teachers: there is no separation in the health of heart, stomach, muscle, cognitive thinking, sleeping, hormone system: all are

interdependent and under the state of mind. Remember when working with the mind: irrational mind, the giant brain evolved for millions of years, illogical mind and Placebo effects, Neuro-plasticity, Mirror neurons, self-affirmation, self-talk, nocebo effects, T1/2 of all substances, taboos, rituals, religious belief, compound effects, conditioned responses, flexible adaptability, illusive mind, self-healing or self-destroying, irrational thinking, Subliminal message, Marketing of luxury brand, and Hysteria: what do we feed the mind of beings every day? And what if all of these lead to negativity or positivity? Maybe Outliers or Failures!

One minute of bombing, earthquake, fear, hysterical stress the killing can affect their whole life. It creates the conditioned of Fight and Flight that they cannot consciously control. How do we know they are under stress: read their behaviors, read the body language. In stress state, stress chemicals: adrenalin, noradrenalin, and cortisol will dominate the body. The effect of these stress chemicals listed in any medical book and look closer we can see all these effects are available in kids, to some extents, the effects caused by stress chemicals are the best answer for the autistic rainbow. Sorry, they are not happy with the label "Gifted". The light at the end of the tunnel: Nick Vujicic, Hellen Keller, Franklin D. Roosevelt, Steven Hawking, Paralympic athletes are disabled. As pharmacists, we do not dispense prescribed medication to healthy ones. Asking the sages: "How are there so various people in the world?" he answered "Only babies are born!" and he smiled "We are living on the heavenly earth." "It is the Nature, not God" Please do the studies to redefine clearly these facts in our society so that we have an effective prediction, prevention and cure for mental health and social problems

Biography

Van Duy Dao, born 1986, had completed Pharmacist Bachelor degree in Hanoi University of Pharmacy. I am a pharmacist, personal development lover and meditation practitioner. Proud to be a pharmacist, but he is ashamed of the failure of knowledge and the medication in healing many unknown Causes. Most of the medications only make temporal relief and many medications chronic patients have to take in their lifetime. Worst of all: mental illness, depression, ADHD, Autism, suicide, and gunfire, social problems seem to go against all the advancement in economic, standard living and Giant leap in technology. I keep on searching. Advantage of the general knowledge in medicine, physiology, psychology, pharmacology, management, marketing, selling, persuading, motivating;

Extended Abstract

and the mixing of Eastern Philosophies: Buddhism, Taoism, Confucianism which full of paradoxical subtle profound knowledge in the art of living, virtues, purposeless, pace of nature to gain success, health, happiness, and inner-peace in daily life.

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