

Lynette Louise MS, BCN-T, CBS

Press Releases:

FAMILIES STRUGGLING WITH AUTISM FIND HOPE AND ANSWERS IN BOOK OF REAL LIFE LESSONS

**Official Release Date April 2, 2011 -- Global Autism Awareness Day
Immediate Release: October 2011**

Lynette Louise, the author of this important book (<http://www.lynetteloise.com>) raised eight children (six adopted, four labeled autistic) eventually guiding all but one off of the autism spectrum.

As a mother of multiple children with a spectrum disorder at a time when it was seen as entirely incurable, she found herself searching for and trying all available therapies. She observed her different children's reactions to changes in diet and routine, learning to understand and identify their many progressions and regressions. Eventually a lifetime of loving and learning with her children guided her to a remarkable new tool; neurofeedback. Now that she had discovered this effective answer she continued her education, becoming a certified technician and has dedicated herself to teaching what took her so much trial and error to learn. Using a unique combination of play therapy, neurofeedback and family dynamics counseling Lynette travels the globe helping parents become experts in their families healing.

While there are many books out there on autism, "*MIRACLES ARE MADE*" is the only one that offers historical understanding, personal triumph, enlightenment on the incongruence of present day approaches and concrete autism answers.

In order to share what she has learned Lynette chose a user friendly fashion and broke the book down into two sections. The first section is her personal journey shared with surprising honesty and humor. Lynette struggled in her attempts to understand and heal the family while simultaneously trying to pay the bills. Singing and doing comedy on stage turned out to be the best way to feed her family while she learned to see the hilarity of her situation. She shares this humor in the pages of her book even as she shares the frustrations of her journey.

The second section is more of a resourcer where readers can learn about the science and history of autism as well as the many therapies and diets being used around the globe. Lynette explores with the reader in detail the history of how these therapies and diets came to be, what she has learned works, and why.

The official release date for "*MIRACLES ARE MADE: A Real Life Guide to Autism*" was April 2, 2011 (Global Autism Awareness Day). Copies have been made available for press, book reviewers and 'folks in the know' at their request. Please visit www.brainbody.net to view the book or visit Robert D. Reed Publishers at www.rdrpublishers.com to read glowing testimonials from doctors, authors, neuropsychologists, parents etc. in the worlds of neuro-science and autism. For your complimentary copy contact Lynette Louise directly.

Contact: Lynette Louise: (713)-213-7682 www.lynettelouise.com
mom4evermore@juno.com

**NEW BOOK IS A MUCH NEEDED GUIDE FOR FAMILIES, PROFESSIONALS AND FRIENDS
IN THE WORLD OF AUTISM; OFFERING NOT ONLY HOPE BUT A HOW-TO ON HEALING
THE AUTISTIC BRAIN.**

Immediate Realease: February 2011

In the last five years the number of children diagnosed with autism has jumped so significantly it has gone from an unheard of curiosity blamed on unloving mothers to a common term and fear blamed on everything from immunizations to pollution, or even an attempt at making excuses for kids who are just out of control. While the world struggles to understand the cause of this epidemic one woman gives the gift of understanding how to love and change not only the diagnosed child but a world completely rocked by autism. "MIRACLES ARE MADE: A Real Life Guide to Autism" is a book that helps readers to understand the diagnosis and gives them the tools to change it.

Lynette Louise, the author of this important book (<http://www.lynettelouise.com>) raised eight children (six adopted, four labelled autistic) eventually guiding all but one off of the autism spectrum. As a mother of multiple children with a spectrum disorder at a time when it was seen as entirely incurable, she found herself searching for and trying all available therapies, observing her different children's reactions to changes in diet and routine, learning to understand and identify their many progressions and regressions. Eventually a lifetime of loving and learning with her children guided her to a remarkable new tool; neurofeedback. Suddenly everything made sense. All she had observed, the different things that seemed to help some but hinder others, had a reason that could not only be understood, but also guided and helped to change. Now that she had discovered this wonderful new answer she continued her education, becoming a certified technician and has dedicated herself to teaching what took her so much trial and error to learn. Using a combination of play therapy, neurofeedback and family dynamics counselling Lynette travels the globe healing families through their children.

In "MIRACLES ARE MADE: A Real Life Guide to Autism" Lynette not only shares stories from her personal and professional life but also illuminates the whys and the wherefores of the social climate parents find themselves in when coping with autism. She does this by educating us on the history of science and social awareness in relation to this disorder. She then teaches us how to make the best of what is possible and recreate the healings she has been fortunate enough to facilitate. The reader will come away understanding how to understand autism. They come away knowing what to do.

In order to share what she has learned Lynette chose a user friendly fashion and broke the book down into two sections. The first section is her personal journey shared with surprising honesty and humor. Lynette as mother to eight children struggled in her attempts to understand and heal the families brains while simultaneously trying to pay the bills. Singing and doing comedy on stage turned out to be the best way to feed her family while she learned to see the hilarity of her situation. She shares this humor in the pages of her book even as she shares the frustrations of her journey.

The second section is more of a resource where readers can learn about the science and history of autism as well as the many therapies and diets being used around the globe. Lynette explores with the reader in detail the history of how these therapies and diets came to be, what she has learned works, and why.

Throughout the entire book can be found stories shared by families who have gained help from Lynette. She underscores the message that Miracles Are Made out of hard work and loving persistence through these stories. She also uses the stories to express the different paths experienced by different therapy choices. Lynette then explains how and why these therapies were complimented or replaced by what she brought to the table.

While there are many books out there on autism, "MIRACLES ARE MADE" is the only one that offers historical understanding, personal triumph, enlightenment on the incongruence of present day approaches and concrete answers. This book is written for both parents and professionals because Lynette is both a parent and a professional who desires to be instrumental in creating positive change.

The official release date for "MIRACLES ARE MADE: A Real Life Guide to Autism" is April 2, 2011 (national autism awareness day) however copies are available for press, book reviewers and 'folks in the know' immediately. Please visit www.brainbody.net to view and/or purchase your own copy, or contact the publisher (Robert D. Reed Publishers) directly at 4bobreed@msn.com.

Contact:

Lynette Louise

713-213-7682

www.lynetteloise.com

Robert D. Reed Publishers

541-347-9882

www.rdrpublishers.com

Holiday Fun for Autism and All!

Five tips for enjoying the holidays with your whole family

Immediate Release: November 2011

Global autism expert, therapist, speaker/performer, podcast host, author and mom **Lynette Louise MS, BCN-T**, has happily compiled a list of twelve surprising and actionable autism spectrum Christmas tips! As with all her autism suggestions these tips are great for enjoying the holidays and offering concrete learning's for children on the autism spectrum as well as every other rug-rat in your holiday household. They will be posted on her neurofeedback and autism website www.brainbody.net for Thanksgiving, November 24th 2011. We would love to share five with you now!

1 – Every child likes to shop – their way. So when you take your kids shopping take *them* shopping – not you. Do this for all your children, not just the autistic child. Admire their choices. So what if they buy their sister a jar of mustard? Maybe they think that is a good gift. Instead of simply redirecting them, try to understand why.

2- In other words give control – your children spend their days being ordered and shaped so let go on the holidays and let them just be autistic (or fourteen) for a change.

3- Make the car your friend. It is familiar and smells like family so if they need a space to pull themselves together in use the car-- it goes everywhere!

4- Eat in unison. This means that if they have a special diet either everyone picks their favorite foods and your ASD child feels happy with that, or everyone eats the special diet ... because way too often the difference in the diets drives the kids to tantrum.

5 – Give gifts that THEY want, NOT toys the educational department approves of. For example, if your child loves baby pillows give him a refrigerator box full of them. If he wants that every year-- so be it. Those other toys come from our wishes not theirs. So those other toys are not gifts; they are lessons.

Christmas is a crazy mix of excitement and stress. Our children feel that energy, especially our more sensitive autistic ones. Lynette's tips will help moms, dads, grandparents and family friends approach the holidays with intention and fun. Stress often disappears when given the great gift of knowing what to do. Lynette reminds families, 'You can't teach a child to relax and enjoy family unless *you* do'. Happy Holidays!

Contact: Lynette Louise MS, BCN-T, CBS 713-213-7682

mom4evermore@juno.com, www.lynettelouise.com www.brainbody.net

FOR THE LOVE OF AUTISM... A timely and entertaining interview offering concrete

Autism Answers... featuring the new book “MIRACLES ARE MADE: A Real-Life Guide to Autism” by Lynette Louise MS, BCN-T, CBS; PhD in M.O.M

Lynette Louise is a different kind of professional. This global autism expert is eagerly invited into homes –from India to Beirut to Kansas and more– as families seek understanding. Using her unique blend of play therapy, family dynamics counseling and neurofeedback, Lynette lights the path to successful parenting. This is because Lynette is a woman who truly gets what it is to live and breathe autism.

Raising eight children on her own, (four on the autism spectrum) and attempting to pay the bills put Lynette in a unique position: observer and teacher to a variety of spectrum disordered brains and juggler of work and family. It also forced her to deal with her own slightly broken brain. Stand-up comedy helped pay the bills and served as a reminder to see the funny in every situation and the possibilities in life’s challenges.

Travelling the globe working with children and their families as well as speaking to large groups of parents and professionals has made it apparent that the growing numbers of autism beg for honest explanations of the autistic brain accompanied by concrete answers. Lynette found most of those answers in the anatomy of the brain by facilitating change with neurofeedback. Even without this technology though, Lynette offers surprising and intuitive solutions for creating positive change in every family, every child; every single time.

Lynette will share with your audience self-revealing, inspirational, informative and often times hilarious anecdotes from her own life as well as from the lives she has helped change along the way. In this way your audience will gain hope and a renewed energy to roll up their sleeves and make miracles!

Some Sample Questions that will get Fun and Informative Answers: How did travelling the country in a van and performing in prisons play an important role in your families healing (surprising story)? Is it necessary to give feedback with a computer to see positive change? Can you explain your belief in autism as a gift? Is it true that autistic children don’t bond, don’t show love? How hard is this on parents? Do you believe toxins in our environment affect the numbers of autism? What is a ‘spectrum disorder’? (Lynette is great at helping people understand this concept) Lynette could be seen doing neurofeedback on camera (to herself or volunteer) so the audience will be able to visualize the therapy.

Availability: Nationwide by arrangement; available as a last-minute guest.

To schedule an interview contact Lynette Louise 713-213-7682 or email mom4evermore@juno.com
www.lynettelouise.com (see a clip of Lynette on Midday Sunday, FOX/KTTV-TV, Los Angeles) www.brainbody.net (for more information on neurofeedback and autism)

Autism Awareness and Answers with Music, Comedy and Brain Science CRAZY TO SANE with Lynette Louise offered FREE in April (Autism Awareness Month)

Simi Valley, CA March 20, 2012: Global autism expert Lynette Louise raises awareness and offers actionable autism answers around the world as a therapist, author, speaker and neurofeedback specialist. But her favorite way to spread this important information is with music and comedy. In her one woman musical comedy **CRAZY TO SANE** she has found a way to offer a guilt free outing while gifting audiences with answers and inspiration.

Why comedy and singing?? Lynette Louise raised eight children; six were adopted and four were on the spectrum of autism. As a sensory and socially challenged individual herself she found that stand-up and music were a great way to pay the bills, learn social skills and remember to laugh! She feels honored to share with families struggling for answers. In the introduction of her performance she says in a quiet and sincere voice about her show "... it is also a tribute to the parents of autism. They are a wonderful part of my world."

Did you say Brain Science?? Lynette Louise tried tons of therapies while raising her crazy brood. With so many challenged children, and by being challenged herself, she was in a unique position to observe and understand the various pros and cons of each different technique on a variety of brains. Eventually she discovered biofeedback for the brain—neurofeedback-- and she was hooked. This modality was congruent with her beliefs and observations. And it worked! Guiding the brain to a more balanced state and encouraging focus, neurofeedback is an effective therapy for any brain disorder. Falling in love with the brain she has educated, certified and is now getting her doctorate in psychophysiology.

Okay. But comedy, singing AND brain science! Huh? Lynette explains this marriage best herself in **CRAZY TO SANE**. Exemplifying some of the stims and repetitious behaviors she has seen in autistic children and adults around the world, she stops and, out of breath, exclaims, "Being autistic is exhausting!" She goes on to explain how a high number of delta waves in our brains can make behaving strangely just a coping mechanism for focusing. "It's like your neurons are smoking pot!" she explains. With Lynette's unique analogies and humor, the brain and its functions become clear and easily remembered.

During Autism Awareness Month (April), Lynette Louise offers her otherwise expensive show FREE of charge as part of her crusade to share answers and understanding in the world of autism. If you have a support group, non-profit organization or a group of curious friends, Lynette Louise will perform at your function for the price of hotel, travel and a small fee for her accompanist. Visit www.lynettelouise.com for more information or to get a peek at Lynette on stage.

Living with autism is challenging. Learning about autism is challenging. Brain science is challenging. Inviting friends and family to a comedy show that offers all three of these with humor, honesty, a lifetime of understanding and actionable tips is a no brainer! To ask Lynette Louise to talk to your group or to set up a performance in your town contact Lynette Louise directly.

**Contact: Lynette Louise MS, BCN-T, CBS PhD in M.O.M, 713-213-7682,
mom4evermore@juno.com, www.lynettelouise.com www.brainbody.net**