

## DRAW A LINE IN THE SAND – PARENT TESTIMONIES

July 2010

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Peter is 4 years old and has Down syndrome. We consider him to be God's greatest compliment to our family. Our family moved to Columbus, Ohio in January 2008 and met Joanne Mothes, his cognitive therapist. It was Joanne's enthusiasm in support of the Changing Minds Protocol and our adoption of it that we feel has changed Peter's life. After gaining support from our pediatrician, Peter started on Gingko Biloba, Prozac and oils in February 2008. He has had no side effects from the medications and oils and has tolerated all well. The dosages of Gingko and Prozac were slowly increased and in March 2010, Focalin and Curcumin (a Nutrivene product that has effects of neurogenesis) were added to the regimen. He has tolerated the additions well and now swallows the capsules on his own.

The changes we have observed with Peter have been amazing! We feel his learning has been exponential and that the protocol has had a cumulative effect cognitively, socially, verbally and physically. Before the protocol, Peter's development was sporadic. Since beginning the protocol, Peter's development has been fairly consistent. He seems to always be improving.

Peter tested typical for gross motor skills when he was 3 years old and consequently, has never received any gross motor therapy. Peter also had digestive system issues and was constipated often before the protocol. Now, we cannot remember the last time this condition existed.

Currently, Peter is starting to read, recites all his upper case alphabet letters with descriptive words, can count to 15, recognizes colors and traces his name. Peter is potty trained, requests what he wants to wear, can get himself dressed with little assistance and cleans up after his meals.

Peter's speech seems to improve daily. While we used to rely on signing to communicate with Peter, we currently communicate with Peter through speech only. He is now speaking in three to four word sentences and his biggest improvement is his pragmatic speech, where he consistently will say "thank you", "no, thanks", "please", "God bless you", "sure", "hey",

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“okay”; all with no verbal prompts. It is wonderful to see Peter express himself. Every day, it seems his speech is clearer and more conversational.

Peter is very social. He enjoys meeting new people and remembers people’s names. When he sees someone he knows, he’ll say, “Hi”, then their name and when asked how he is, will reply, “Good”. He especially likes to play with his brothers, Matthew, Joseph and Dominick. They swim in our pool and jump on the trampoline with him, read books to him and watch his favorite videos with him.

We are very grateful to Teresa Cody and Joanne for sharing the Changing Minds Protocol with us which we believe has helped our son achieve near normal learning. He has exceeded our, and we believe, his therapists’ and teachers’ expectations. We are excited at what the future will bring for him.

Brenda Lombardi

