Diagnoses of Asperger Syndrome and other forms of autism have increased notably. This is an alarming trend as these cases can be profoundly disturbing syndromes for patients, their families, and society. From the beginning of *A Drug-Free Approach to Asperger Syndrome and Autism*, the authors stress that a continuum or spectrum exists along which the disorders manifest, from a fairly high-functioning form of autism to much more isolating forms. Early in the book, the authors present an example of a character suffering from symptoms of autism so that the reader can begin to get a glimpse into the experience of people who live with this kind of disorder. The authors consider a character from Robert Heinlein’s science-fiction book, *Strangers in a Strange Land*. Heinlein’s character is a highly intelligent being who has little ability for coherent communication and connection with others. He misses social cues that are taken for granted by most people; he doesn’t understand how his behavior affects others; and he takes everything literally. Of course, his lack of comprehension leads to increasing frustration and alienation. After offering this empathetic portrait of autism, the authors then move into a more objective mode, presenting 15 hallmarks that identify the wider syndrome.

The common psychiatric drugs used to treat the disorder are described, along with their side-effects, and the authors suggest that such drugs may have a place in treatment if they are properly indicated and used under close supervision. Not suggesting that such drugs may have a place in treatment if they are properly indicated and used under close supervision. Not to dismiss social drugs used to treat the disorder are described, along with their side-effects, and the authors suggest that such drugs may have a place in treatment if they are properly indicated and used under close supervision. Not suggesting that such drugs may have a place in treatment if they are properly indicated and used under close supervision. Not to dismiss social drugs used to treat the disorder are described, along with their side-effects, and the authors suggest that such drugs may have a place in treatment if they are properly indicated and used under close supervision. Not suggesting that such drugs may have a place in treatment if they are properly indicated and used under close supervision. Not to dismiss social cues that are taken for granted by most people; he doesn’t understand how his behavior affects others; and he takes everything literally. Of course, his lack of comprehension leads to increasing frustration and alienation. After offering this empathetic portrait of autism, the authors then move into a more objective mode, presenting 15 hallmarks that identify the wider syndrome.

Homeopathy is described succinctly and convincingly, drawing in the reader who has no experience with this method of treatment. Even for those who have experience with or who practice homeopathy, the outline provided would be helpful to use as keynotes to describe homeopathic treatment to others more clearly and easily. This book amazed me in its usefulness to both lay readers as well as to professional homeopaths. The lay readers will get a good overview of homeopathy and homeopathic treatment. Professionals present cases, describing the exceptional features of each case and the remedy that matches these features. We see the unfolding of the healing over time — both lay people and professionals get a glimpse of the time it takes for these kids to come reliably into this world. We often have expectations that a cure can happen overnight, but the authors show us that it is usually over months that a shift occurs. Sometimes a repeat dose of a remedy is required, and sometimes a higher potency is warranted. On occasion, another remedy may become necessary. Readers are treated to an inside view of good homeopathic practice by wise and respectful practitioners. In a few cases, we also see how other family members received treatment, and the value of helping the whole family system come to healing is evident. Living with autism is enormously challenging, and the authors offer family members help as well, sometimes through homeopathic treatment, sometimes simply with practical suggestions.

As a professional, ever alert to new remedies, I was pleased to see a good Stramonium-turned-Panther case, another Stramonium-turned-Peregrine Falcon case, and a fascinating description of a Nuphar Luteum (water lily) case. Just as important are good descriptions of our old favorites, Silica and Belladonna, as deeply healing remedies when the symptoms suggest their usage. The authors point out that this book is not really a self-help book for lay people, but rather a descriptive, informational, and frankly inspirational book about homeopathic treatment for the autism spectrum. They suggest that the syndromes described should be treated by experienced, professional homeopaths. And for the professionals reading this book, the authors provide 17 well-described cases that elucidate the salient features of some remedies that turned out to be useful in treating this syndrome.

I found myself reading each case, feeling the tension of a good detective story, then experiencing the delight and relief of reading about the cure, smiling at the beauty of the matched simillimum. Homeopathy is so beautiful, holistic, and satisfying.

The authors include a chapter on possible causes of the increase in numbers of people diagnosed with forms of autism, along with a brief description of different diagnostic labels. From a homeopath’s point of view, a diagnosis is useful, but, ultimately, what is individual and peculiar about each person becomes the true guiding light toward finding a healing remedy. Knowing the cause, while helpful, is not always possible, and the symptoms still guide us to the cure. So, the authors’ focus is much more on alleviating suffering than on speculating about possible causes.

The authors also give us an overview of other treatments found to be helpful in the treatment of autism, from diets to allergy elimination therapy to the work of the Kaufmans at the Option Institute. I also found the chapter offering concrete, practical suggestions for living with kids who have these disorders beautiful and moving. Included, too, is a question-and-answer chapter that addresses common queries about homeopathy, finding practitioners, costs, etc. The authors also provide a long list of resources from books to websites.

So, it’s quite a book! Well-researched, balanced between the masculine and feminine perspectives, compassionate and practical, realistic and inspirational, this book is a gift to families and professionals, offering a map through the difficult territory of dealing with the disorders along the autistic spectrum. The authors illustrate the possibilities of homeopathic treatments, as well as the capabilities of the human organism. We need to hear both and remind ourselves and each other of them time and again until we are free from our own limiting prisons. As a homeopath, I felt grateful that my colleagues have such generous spirits that they would share their discoveries so openly in a manner useful to both families and professionals. They inspire the rest of us by letting us watch as they unlock the doors, let light into the prison of isolation, and ultimately dissolve the walls of that prison so that the person is born into the world of relatedness. Quite a feat!