This booklet contains TACA’s unique visual reference tools to help give you an overview of each process to guide you on the autism journey. We call these flow charts the TACA “AUTISM JOURNEY BLUEPRINTS” for every topic parents will face on their journey.

These step-by-step processes will help you to determine appropriate interventions and timelines for taking action in the realms of medical and dietary intervention, education, finances and home life. These flow charts will provide a visual foundation of best practices for your child, and the work families need to follow whether new to the journey, veterans, and everyone anywhere in between.

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Autism Journey Blueprint
A visual foundation of best practices for your child

Autism Journey
Year One

Formal assessment and diagnosis: neurologist, behaviorist, speech & OT


Call ABA (Applied Behavioral Analysis) providers and get on wait list. Implement intensive 1:1 program.

Start the Gluten Free/Casein Free/Soy Free (GFCFSF) Diet

Encourage proper sulphation with nightly Epsom salt baths

Find a DOCTOR for the long term! Perform baseline medical tests and necessary medical treatments.

Remove allergens (from diet and environment)

Get support & information! Attend regular TACA or other meetings.

Begin Omega supplements like Cod Liver Oil, or Flaxseed Meal, etc.

Investigate & try the “Bs” – B6, B12, TMG or DMG, SuperNuThera

Test for and treat YEAST (Go low-sugar and low-carbohydrates)

Start basic supplementation and probiotics.

See an audiologist for a complete hearing evaluation.

Remove additives, preservatives, and dyes from all foods. Go organic and clean diet.

It is all in the POOPS: deal with the constipation or diarrhea

Educate yourself about the potential risks of vaccination.

Evaluate Glutathione! – try oral, topical then IV – with your doctor’s help!

Consider chelation

Start Social skills development – with structured play dates at home

Hire a special education attorney or advocate. Learn your legal rights!

Understand health insurance coverage and reimbursement

On to Year Two!

Fathers are important too!

Remove toxins from water, bedding, clothes, etc.

Further refine diet: remove phenols, salicylates & corn

Help your child obtain 8-10 hours a sleep each night.

Keep your marriage & family intact.

This document is a “sample” checklist to consider in planning intervention for a child affected by autism. Please note, the order and action items will vary by child.

This is only a sample. Please consult with your child’s development and medical team for what is appropriate for their individual needs.
Autism Journey Year Two

Perform annual assessments: behaviorist, speech & OT
Perform annual medical tests: Compreh. Stool test, RBC, Toxic metals and allergy panel
Evaluate all medical and traditional therapy options for their efficacy.
Get involved in state & federal legislation efforts.
Continue social skills efforts with age-appropriate activities. Consider social skills videos.
Keep learning your child's legal rights and get educated.
Get an Immune assessment consider oral IG, or IVIG
Evaluate all medical and traditional therapy options for their efficacy.
Get involved in state & federal legislation efforts.
Continue social skills efforts with age-appropriate activities. Consider social skills videos.
Keep learning your child's legal rights and get educated.
Consider Listening therapies
If your child is 6 or older, consider CAPD evaluation by an audiologist.
Continue receiving respite and support! Keep your marriage & family intact.
Continue education: MAPS Conferences and others
Refine supplements: take supplement vacations. Change brands of supplements as needed
Consider a rotation diet to prevent future allergies. Or other diets SCD, BED if GFCFSF is not enough.
Consider Listening therapies
Continue education: MAPS Conferences and others
Keep your marriage & family intact.
Continue education: MAPS Conferences and others
Evaluate alternative therapies: HBOT, neurofeedback etc.

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