Case Study

Uncovering Hidden Imbalances in Autism: How the OAT Helped Support a Child's Health



Vicky Finlayson
FNTP

Patient Opportunity

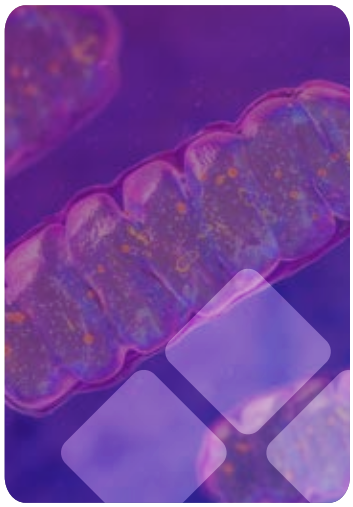
At four years old, the patient presented with severe symptoms consistent with autism spectrum disorder that significantly affected his daily functioning and quality of life. He experienced frequent excessive stimming, persistent digestive discomfort, and repetitive genital rubbing. He had no functional speech or language comprehension, aggressive episodes that included biting, and profound emotional dysregulation. Extended periods of inconsolable crying and self injurious behaviors, including scratching himself, highlighted the need for a comprehensive evaluation to identify potential underlying contributors.

Key Findings

- Organic Acids Testing (OAT) revealed markedly elevated oxalate levels (800), indicating a significant oxalate burden.
- The test also identified evidence of Clostridia bacterial overgrowth and yeast ovegrowth. This suggests substantial gastrointestinal microbial imbalance that may have been contributing to the patient's symptoms.

Approach

Treatment focused on a gradual, individualized approach due to the child's extreme sensitivity. A low oxalate diet was introduced slowly alongside targeted gut health support to improve gastrointestinal function. Antimicrobial therapies were carefully implemented over time. Close monitoring and adjustments ensured the patient tolerated each intervention while addressing underlying microbial imbalances.



"The before and after Organic Acids Test (OAT) results demonstrate the profound impact of identifying and addressing underlying metabolic and gut imbalances. In this case, targeted interventions led to dramatic improvements in autism related symptoms and ultimately transformed this child's and family's quality of life."

About the Patient

4-Year-Old male

Presenting Concerns:

- Exessive stimming digestive pain
- Rubbing genitals
- No speech or understanding
- Aggressive episodes, biting, dysregulated crying for hours

"By addressing gut health and reducing oxalate burden, a child with severe autism symptoms experienced meaningful improvements in communication, behavior, and overall quality of life."

Clinical Strategy:

- Gradually introduced a low oxalate diet to safely reduce the patient's elevated oxalate burden.
- Implemented targeted gut health support to promote gastroin testinal healing and restore microbial balance.
- Initiated antimicrobial therapy slowly and strategically due to the child's extreme sensitivity, with careful monitoring and adjustments throughout treatment.

Results

The patient's iron levels, which had been critically low to the point that a transfusion was being considered, normalized following interventions to support gut health and reduce oxalate burden. Clinically, he demostrated significant improvements across multiple domains, including increased verbal communication, better language comprehension, greater social engagement and emotional connection. He also had a complete resolution of biting behaviors, improved emotional regulation, increased participation in daily activities, and consistent, restful sleep.

CERTIFIED BY THESE PRESTIGIOUS ORGANIZATIONS

CLIA Certified CDPH California Department of Public Health

Visit MosaicDX.com for more resources

(800) 288-0383 customerservice@mosaicdx.com
17200 W 119th St, Olathe, KS 66061

All trademarks are owned by the company and its affiliates.
©2025 Mosaic Diagnostics. All Rights Reserved. MDX-CS-PENA 3-2025 v.1

This material is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Use of this information is at the reader's discretion and risk.