

A STEP-BY-STEP GUIDE TO  
KERRI RIVERA'S PROTOCOL.

# PARENT

# GUIDE

KERRI RIVERA



February 2024

# WHO IS KERRI?



Kerri Rivera is a leading autism expert with a solid track record with more than 20 years of experience. She is a homeopath and certified clinician in the DAN approach! (Defeat Autism Now), specializing in biomedical treatments and hyperbaric oxygen therapy (HBOT). She is a trained hyperbaric technician. In addition to this, she is the author of several books as well as an international speaker and a reference in the field of autism.

As the founder and director of the first biomedical autism treatment clinic in Latin America, her innovative approach challenges conventional perspectives by addressing the medical causes of autism. Her strong training and clinical certifications support her approach, and she has transformed lives and brought hope to numerous families seeking real solutions.

With a proven track record of success working with tens of thousands of children with autism, Kerri Rivera has demonstrated her commitment and exceptional skills in delivering tangible results in the field of autism.

# WHAT IS AUTISM?

A simple definition for autism is: a developmental disorder that impairs the ability to communicate and interact among other problems.

The term Autism Spectrum Disorder (ASD) usually includes the following diagnostic terms:

- Pervasive Developmental Disorder (PDD)
- Pervasive Developmental Disorder Not Otherwise Specified (PDD-NOS)
- Autism
- Atypical autism
- Asperger's syndrome PANDAS/PANS/PITAND
- High Functioning Autism (HFA)

## AUTISM ACCORDING TO BIOMEDICINE

Autism is a spectrum disorder, meaning that it appears in a variety of forms and levels of severity.

Some people develop typical abilities in terms of speech and language, and develop exceptional skills, but struggle with social and behavioral differences.

Others may have communication problems, sensory sensitivities and behavioral problems, such as excessive tantrums, repetitive behaviors, aggression and self-injury.

The good news is that appropriate treatments can improve outcomes for many, if not most, people diagnosed with ASD.

Nearly 100% of children diagnosed with Autism today are born healthy, something happens in their immune system after the first year of age that they begin to get sick, then they become disconnected and/or show severe behavioral and focus problems and are immediately diagnosed with "autism", no one asks: what happened? These parents lose their children who were once completely healthy, loving, interactive and connected to their environment.

For us today autism is epidemic of immune system diseases, caused by toxins in our environment and inadequate nutrition among other things. The result is a toxic load in our children's bodies that prevents their immune system from working properly. This situation is worsened by the presence of viral infections, parasites, bacteria and fungi that plague the immune system creating allergies, gastrointestinal problems and severe inflammation in the brain affecting the areas of communication, language and social interaction.

The medical community in general still has the idea that autism is psychiatric and they force our children to be medicated with psychostimulant drugs, when what they need is care to deal with the illnesses caused by an autoimmune disorder.

It has been found that by treating the serious medical conditions in the gastrointestinal, immune and metabolic systems that children with autism have, autistic behaviors begin to disappear, they begin to regain their lost skills and their neurological system begins to organize itself.

It is important to keep in mind that each child with autism is unique, however, there are patterns of behavior that can serve as a guide. As parents, we should pay attention to our children's behaviors, as they may be a way of communicating their pain or physical discomfort. If your child exhibits the following behaviors, it is recommended that he/she be evaluated as soon as possible

## **WARNING SIGNS OF AUTISM**

- Does not look in the eyes, does not point with the finger.
- Does not speak or has problems with verbal and nonverbal communication.
- Delays and deviations in language development.
- Does not play with other children and uses toys inappropriately, only spins, shakes, or arranges them in a row.
- Acts deaf, laughs without having something to provoke laughter.
- Goes from being very cheerful to having a major tantrum of long duration.
- When excited or upset they flap their hands and jump in a rhythmic and spasmodic manner.
- Stick to routines (to doing rituals), and get upset if they are prevented from doing them.
- Changing things in their environment (color of the walls, usual place of the furniture) alters them deeply. Resistance to change.
- They can cut themselves, burn themselves, receive strong blows, and do not show pain according to the magnitude of the event.
- Have auditory super-sensitivity to certain sounds.
- Hypersensitivity to contact with other people or clothing, cannot stand to be hugged, do not hug.

## **WARNING SIGNS OF AUTISM**

- Hyperactivity
- Alteration in eating, they eat the same foods all the time or foods that have certain characteristics: for example, only crunchy foods, only potato chips, for prolonged periods of time.
- Inappropriate tone of voice, shouts when speaking or singing.
- Signs of autism appear before 30 months of age.
- Good mechanical memory. Ability to put together multi-piece puzzles.
- Difficulty or inability to understand "gimme" and "take", "you" and "I" to put him/herself in another person's place.
- Echolalia, or repetition of the last word or phrase pronounced by another person.

## **POSSIBLE CAUSES OF AUTISM**

It is estimated that the cause of Autism is a genetic weakness with a predisposition of a weakened immune system combined with:

- Shortened breastfeeding as it prevents the development of transferred immunity.
- Early introduction of gluten (protein from wheat, rye, oats, barley) as well as cow's milk or casein-based formulas (milk protein) before 6 months of age.
- Use of vaccines with thimerosal (mercury) or Aluminum or other heavy metals and preservatives.
- Frequent use of antibiotics and subsequent yeast infection (Candidiasis) or overgrowth of pathogenic bacteria, altering immunity resulting in toxic exposure.

## **POSSIBLE CAUSES OF AUTISM**

- Pre-existing dental amalgams in the mother causing mercury poisoning that contaminates the child through the placenta and lactation.
- Maternal allergy, chronic fatigue syndrome or Leaky Gut problems, causing the child to be pre-sensitized in the mother's womb. Today yeast infections (candidiasis) are common in many women.
- Formation of Leaky Gut in the Child by any of the above, allowing gluten and casein to leak into the child's bloodstream. Within the organism this is transformed into toxic substances (OPIACEOUS PEPTIDES) that cause brain damage.
- Exposure to toxic chemicals such as: Cleaners, insecticides, pesticides, etc.

## **PREVENTIVE MEASURES**

Check out the report "Avoiding Autism" by Dr. Anju Usman, who offers advice on the do's and don'ts before, during and after pregnancy. This report is available in the support group archives on Telegram.

# EARLY INTERVENTION FOR AUTISM

Receiving the diagnosis of autism is a difficult moment for parents, but they must overcome it as soon as possible, since their role is fundamental for the recovery of their child and the stability of the whole family.

An adequate treatment must count on biomedical and therapeutic assistance, managing three fundamental areas:

**1. BIOMEDICAL TREATMENT:** First, remove gluten, casein, and sugar from your child's diet. Next, add supplements such as Humic/Fulvic, which provides all the minerals from the periodic table and electrolytes, also add magnesium, potassium, and ultra binder. Then, start CD doses and enemas and schedule an appointment with Kerri Rivera at [www.kerririvera.com](http://www.kerririvera.com) for detailed information on the next steps or strategies to follow according to your child's specific needs.

**2. EDUCATIONAL-CONDUCTIONAL INTERVENTION** When it comes to early infant stimulation, there are a wide variety of methods to choose from. However, I personally recommend the ABA method, which is a type of Applied Behavior Analysis. Our friends and allies Adolfo and Ofelia Ruiz are experts in behavior modification and specialize in the ABA method. They offer an excellent program where parents can apply the program at home supervised by them. If you are interested send a message to their WhatsApp at +58 412-859-5000 and +58 414-1993535.

**3. SENSORY EVALUATION AND TREATMENT** under auditory integration training, occupational therapy, sensory integration therapy, etc.



# **STEP 1**

- **Diet**
- **Oral CD**
- **Enemas**
- **Toxin collectors: UltraBinder -  
PektiCLEAN - H7**

# DIET

The following is an excerpt from [www.gfcfdiet.com](http://www.gfcfdiet.com) and explains why diet is so important for people with autism.

Scientific studies have shown the presence of high levels of peptides derived from casein and gluten proteins. The process of digestion is considered "normal" in terms of protein digestion for most people as they cause smaller particles called peptides to be broken down into amino acids. However, in people diagnosed with autism it is more difficult to properly digest some of these proteins, allowing them to enter the blood directly as peptides. This often happens due to a lack of enzymes that help with optimal assimilation of food and may be a factor in causing exaggerated intestinal permeability (also known as Leaky Gut Syndrome). This results in poor digestion, which facilitates the entry of these harmful proteins directly into the bloodstream, where they can cross the blood-brain barrier.

Leaky Gut Syndrome has been attributed to many causes, including the following: viruses, candida, gluten, which produces zonulin, a protein believed to cause Leaky Gut, among other things.

Foods containing gluten could destroy the digestive system when consumed in excess or introduced too early in the diet of children.

Wheat is hybridized through artificial processing, resulting in inadequately prepared grains. The casein contained in foods can also destroy the digestive system as they are pasteurized/homogenized. These processes can result in damage to the enzymes that break down gluten or casein, resulting in incomplete digestion of these proteins.

Gluten is found mainly in wheat, rye, barley, oats, malt, most breads, cakes, cupcakes, cereals, flour tortillas, pizzas, pastries and doughnuts, etc. Gluten is also found in food starches, semolina, couscous, malt, some kinds of vinegar, soy sauce, teriyaki sauce, flavorings, colorings, and hydrolyzed vegetable proteins. Casein is found in the milk of cows, sheep, goats, and any of their derivatives such as yogurt, butter, ice cream, or cheese. There is no form of cow's milk that can be consumed, as it causes inflammation and mucus. Even if the product claims to be lactose-free, cream-free, or casein-free it is not allowed.

Incorrectly digested gluten and casein fragments can enter the bloodstream and cross the blood-brain barrier. Because of their opioid properties, these peptides can react with opioid receptors in the brain to produce effects similar to those of an opioid drug such as heroin or morphine. These opioids are called gluteomorphin (or gliadorphin) and casomorphin, and they can react with some parts of the brain, for example, the temporal lobes, which are actively involved in the process of language and hearing integration. Interestingly, these are two of the areas most affected by autism.

In addition to their effects on the brain, opioid-banned foods cause inflammation in the gut and brain. When a child has an allergy to a food, in this case, gluten, casein, and/or soy, etc., every time it enters the body the immune system sees it as an invader and reacts by trying to protect the body from the substance.

The first time the body is exposed to a food allergen, the immune system produces specific immunoglobulin E (IgE) antibodies against the allergen.

IgE antibodies circulate in the blood and attach to immune cell types called mast cells and basophils. Mast cells are found in all tissues of the body, especially in the nose, throat, lungs, skin and gastrointestinal (GI) tract. Basophils are found in the blood and in tissues that have swollen due to an allergic reaction.

## **HOW DO I KNOW WHAT IS THE RIGHT DIET FOR MY CHILD?**

Before starting the protocol, the first thing you should do is an ATEC, which will serve as a baseline. If 90 days pass without significant changes, adjustments to the diet and the rest of the protocol are recommended. keep a diary to keep a detailed record of what you observe in your child.

Each child is unique; some are very selective and eat only one or two foods, while others enjoy a variety of foods. Everyone starts with a basic diet free of gluten, casein, sugar, soy, dyes, and preservatives. For example: if your child only eats potatoes, then give him potatoes, because your goal in this phase is not to lower carbohydrates, in this phase your goal is to cleanse the body of gluten and casein. you will see that little by little your child will accept new foods.

There is no fixed time frame, it all depends on the child's reaction. Some families manage to implement the basic diet in 8 days, while for others it may take longer.

Once the basic diet is established, adjustments can be made gradually to achieve a low-glutamate diet. If after 90 days there is no improvement according to the ATEC, consideration can be given to moving to a modified ketogenic diet.

For selective children, a carnivorous diet may be more appropriate. There are children who only eat animal protein, they are happy eating meat or chicken every day. If this is your case the carnivore diet would be easy for him.

In autism, there is no straight line for everyone. Each child is different and reacts differently, so it is essential to follow up periodically with Kerri to adapt the plan according to the individual evolution of each child.

## WHAT IS THE ATEC AND WHERE CAN I DO IT?

The ATEC is one of the most widely used assessment tools in the autism community. Although it is not a diagnostic test for autism, this checklist is designed to track a person's progress over time and evaluate the effectiveness of treatment.

By completing the ATEC, you will gain a solid understanding of your child's current symptoms, which you can discuss with me and your child's therapists (speech, educational psychology, aba, etc.). This form will provide you with a benchmark as to your child's skill level, allowing you to assess in which areas of development he/she is making progress and in which areas he/she may need more support.

Your final ATEC score will reflect your child's level of engagement. The higher the score, the greater the engagement; whereas, if the score is less than 10, it indicates that there are no symptoms of autism and it is considered a recovered case, although the ideal is to reach an ATEC 0.

To follow your child's evolution, I suggest you perform the ATEC at the beginning of the protocol and then repeat it every 3 months. If you wish to access the ATEC form, you can find it here:

**ATEC: <https://www.autism.org/autism-treatment-evaluation-checklist/>**

The complete CD Protocol guide is now available, which provides detailed information about the low glutamate diet, the modified ketogenic diet, and the carnivorous diet. In addition, this guide also contains a 7-day menu for each diet, as well as dosages and indications for each of the supplements required in each phase of the protocol.

**2024 Edition**



**KERRI RIVERA**  
**D.HOM**

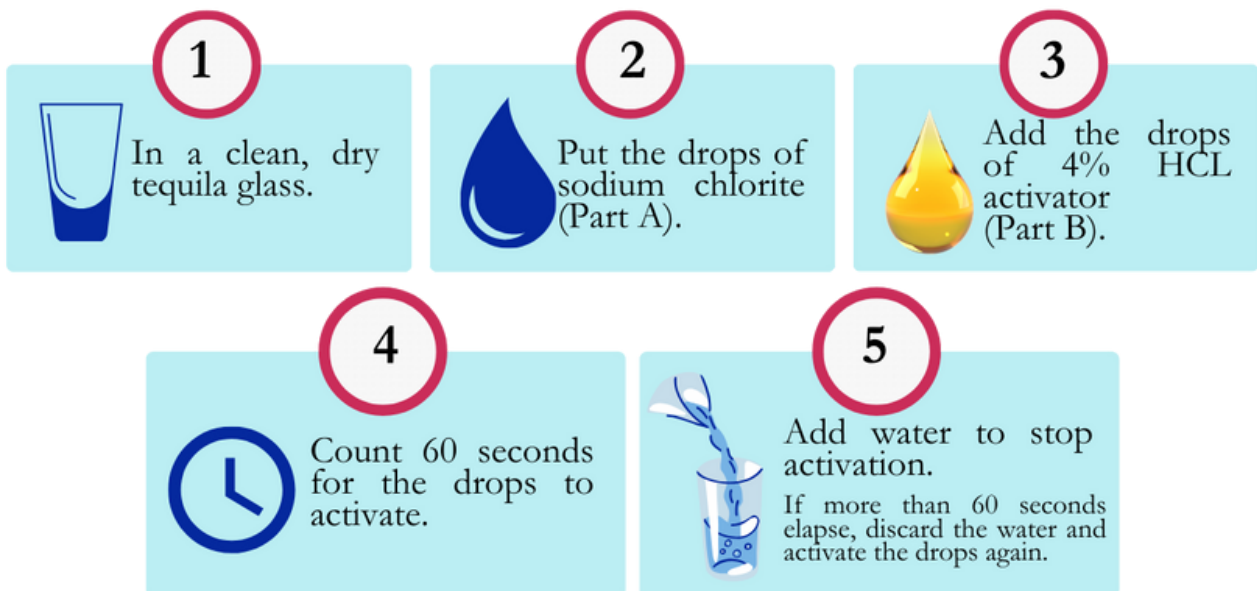
# ORAL CD & ENEMAS

## What is CD?

Chlorine Dioxide (CD) is a pro-oxidant, considered a biocidal agent due to its ability to reduce the toxic load of pathogens such as bacteria, viruses, parasites, and fungi through an oxidation process when it comes into contact with them.

## How is it obtained?

The most common and simple method consists of mixing sodium chlorite (NaClO<sub>2</sub>) and a 4% HCl activator. When these two substances react together, they release chlorine dioxide gas.



## How to prepare the daily dose?



- Take 30 ml or 1 ounce every 45 to 60 minutes throughout the day. Remember to separate CD doses from food and other supplements for about 15 to 20 minutes.
- If the taste of CD is not to your liking, you can dilute the intake with more water if necessary.
- You can also add 1 or 2 drops of SweetLeaf brand Stevia original flavor (SteviaClear-) to the additional water you will use to pass the CD flavor. We have tested many brands of Stevia, including natural stevia, and they all cut the potency of the CD. The only one that maintained the potency of the CD was SweetLeaf's Original Flavor Stevia.
- If you don't finish your CD doses for the day, you don't need to throw away the doses left in the bottle, as long as the bottle is tightly closed. The CD can remain active for up to 72 hours.
- The bottle with the day's CD doses can be kept refrigerated or at room temperature. Most people report that cold CD is better tolerated. If you don't like cold drinks, don't worry, you can keep the CD at room temperature, just make sure the bottle is in a cool place and out of direct sunlight.



## CD DOSAGE

WEIGHT IN KG	DOSAGE IN DROPS
11 - 12	16
13	18
14 - 15	20
16 - 17	22
18	24
19	26
20	28
21 - 22	30
23 - 24	32
25 - 26	34
27	34
28 - 30	36

WEIGHT IN KG	DOSAGE IN DROPS
31 - 33	38
34 - 36	40
37 - 39	42
40 - 42	44
43 - 45	46
46 - 48	48
49 - 50	50

- \* This table shows the recommended dosage based on your child's weight.
- \* Although the dosage is based on weight, it is important to adapt it according to your child's tolerance.
- \* Mix the recommended dose in a glass bottle with 16 oz/500ml of water. You can add more water if desired. It is advisable to further dilute the shots when more than 16 drops are administered.
- \* One dose is equivalent to one ounce (30 ml) of CD administered.
- \* Administer one dose every 45 minutes.

# ENEMAS

Enemas help to eliminate the toxicity accumulated in the intestine by the death of pathogens. In the case of massive pathogen death, fever and fatigue may increase and one may feel quite ill. To prevent toxins from reaching the bloodstream we must evacuate the digestive system as soon as possible.

This should be done daily or every other day (every other day) and can be progressively spaced out every 3 or 4 days. The most important thing is to listen to your own body and it will set the guidelines of its needs.

Children: 1 liter of water with 10 drops of CD

Teenagers: 2 liters of water with 20 drops of CD





**The diet and CD** are the pillars of the protocol and fortunately it is available to everyone.

If you do not have all the supplements do not worry, add them according to the options available in your country in the order they are in the protocol. In case you do not have any of them, simply omit them and continue moving forward.



# TOXIN COLLECTORS

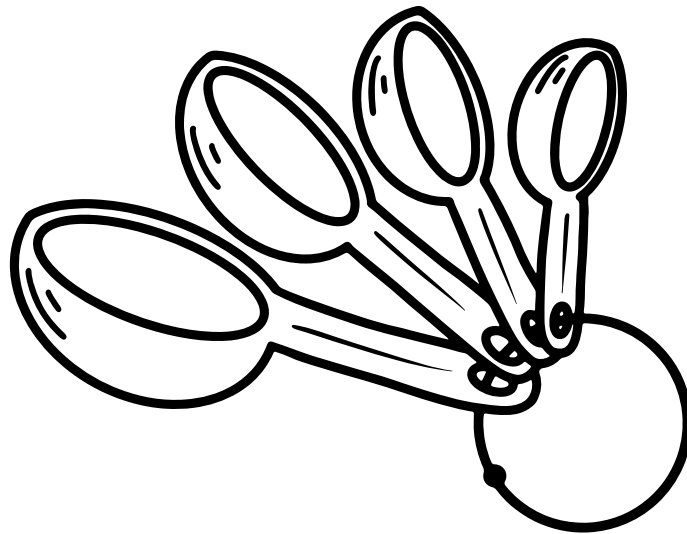
## Ultrabinder

It is a large molecule that travels through the intestine for the specific purpose of detoxifying it.

### Suggested Use:

Dissolve in 1 to 2 ounces of water or vegetable milk and take every night before going to bed.

- 25 lb or 11 kg:  $\frac{1}{4}$  teaspoon
- 50 lb or 22.5 kg:  $\frac{1}{2}$  teaspoon
- 75 lb or 34 kg:  $\frac{3}{4}$  teaspoonful
- 100 lb and up or 45 kg: 1 teaspoonful



**Use measuring spoons**

In the order in which the supplements appear in the same order, you will add them to your child's protocol, add one supplement at a time every 3 or 4 days so that you can observe your child's tolerance and reaction.

# TOXIN COLLECTORS

## H-7

The urea cycle is crucial for eliminating toxic waste substances, converting ammonia into urea for elimination from the body. Parasites release a lot of ammonia.

### Suggested Use

To maximize the benefits, it is recommended to take twice daily on an empty stomach: once in the morning and once before bedtime. If your child is taking GABA, you can administer both supplements at the same time.

- Up to 25 lbs or (Up to 11 kg): 1 capsule 2 times daily
- 26 lb - 50 lb 0 (12 kg - 22 kg): 2 capsules 2 times daily
- 51 lb - 75 lb or (23 kg - 34 kg): 3 capsules 2 times daily
- 76 lb and over or (35 kg and over): 4 capsules 2 times daily



## PektiCLEAN

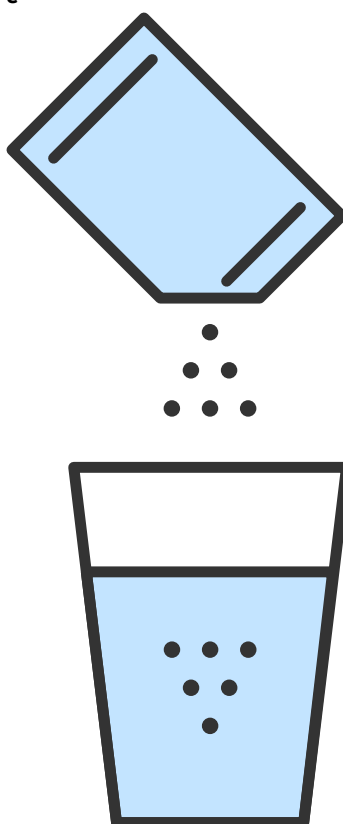
PektiCLEAN is a broad-spectrum toxin binder that uses nanotechnology and acts in a general way in the blood collecting toxins throughout the body to be eliminated through the urine.

### Suggested Use

Mix the recommended dose of PektiCLEAN in 2 ounces of warm water. Nothing can be eaten one hour before or half an hour after taking PektiCLEAN.

This supplement can be taken once or twice daily, or when the child experiences a healing crisis or Herxheimer's symptoms.

- 25 lb (11 kg): 1/4 of the sachet
- 50 lb (22 kg): 1/2 sachet
- 100 lb (45 kg): 1 sachet

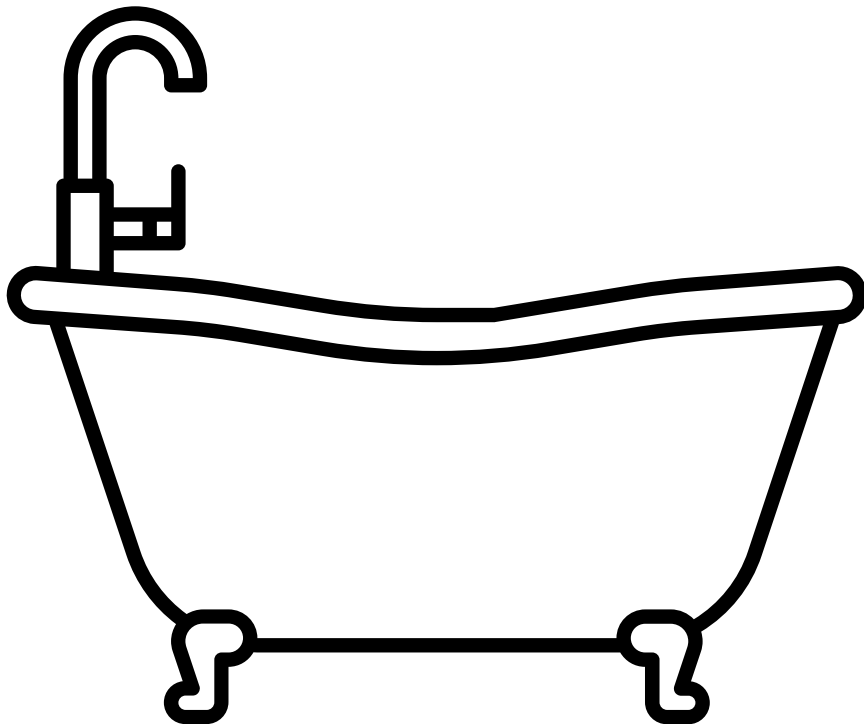


# SALT BATHS

If you do not have access to any of the toxin collectors (Ultrabinder, H-7 - Pekticlean) salt baths can help mitigate some of the toxin load and anomic, due to the osmosis effect it causes in the body.

## Instructions:

- You will need 4 kg of salt (table salt of the cheapest kind).
- Fill the bathtub with warm water (37 degrees).
- Add the salt and stir to dissolve it.
- Put the child in the bath for 20 to 40 minutes.
- After finishing the bath, rinse the child's body with water and drink enough water to maintain hydration. Do not bathe if the child has skin irritations or open wounds.



## STEP 2: BASIC SUPPLEMENTS

- Magnesium
- Potassium
- Humic/Fulvic
- Synergy Max
- Structured Silver
- Black Seed Oil
- Betaine HCl
- Super Enzymes
- Berberine

Incorporate the supplements in the order indicated, adding one supplement at a time every two days.

## STEP 3: PARASITE PROTOCOL (PP)

- Mebendazole
- Stone breaker
- Castor oil
- It is important that children complete steps 1 and 2 before starting the parasite protocol. (PP)

(PP) is the abbreviation for Parasite Protocol.

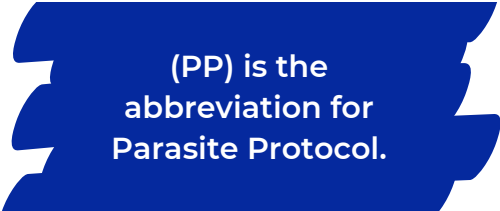


## STEP 4: HEAVY METALS CHELATION

- Zeolite
- Bentonite
- EDTA

There are cases that present yellow palms of the hands and soles of the feet, this is an indication that heavy metals are loose and we need chelators to remove them from the body. In these specific cases, early incorporation of zeolite and bentonite baths is necessary, even from step 1.

As for EDTA, it is usually introduced after (4 PP) even in some cases, it might be necessary to wait until (6 or 7 PP).



(PP) is the  
abbreviation for  
Parasite Protocol.

**It is essential to perform a detailed analysis in each case, as each child is unique and has different needs.**

## **STEP 5: COMPLEMENTARY SUPPLEMENTS**

- Probiotics
- GABA
- DMG
- L-Theanine
- 5-HTP
- Melatonin
- Taurine
- Omega 3
- Acetyl L-carnitine

**At this stage, it is important to schedule a follow-up appointment with Kerri, as supplemental supplements and dosages needed will vary depending on each child's progress and/or commitment.**

## **STEP 6: HYPERBARIC OXYGEN THERAPY (HBOT)**

Benefits:

- Potential increase in brain perfusion.
- Decreased intestinal and brain inflammation.
- Reduction of mitochondrial dysfunction.
- Reduced irritability and sensory sensitivity.
- Improved muscle response.

**Hyperbaric oxygen therapy should be done when the child has more than 8 Parasite Protocols.**

It is essential to consult with Kerri before doing hyperbaric chamber, as she will evaluate if you are ready for the therapy. She will also inform you about the number of sessions needed and the proper pressurization that the hyperbaric chamber should have.

# CONSULTATIONS WITH KERRI

## How to schedule a consultation with Kerri?

1. Place your order at [www.kerririvera.com](http://www.kerririvera.com)
2. Then, send an email to [kerri@kerririvera.com](mailto:kerri@kerririvera.com) with the following information:

- Order number
- Child's name
- Child's age
- Child's weight
- Parent's name
- Country
- Time zone
- Skype account
- Email address

1. Inquiries are made via video call.
2. If you do not receive an answer on the day and time of your inquiry within 48 hours, please contact the support team at: [cdautismosoporte@gmail.com](mailto:cdautismosoporte@gmail.com)
3. Due to censorship, I cannot receive emails from Yahoo! or Hotmail among others, nor send to them. I am blocked and censored. Instead, we recommend you open an email account on Gmail or better still ProtonMail. Make sure you stay in touch with Kerri at all times.

4. Consultations are available in Spanish, English, Italian and Portuguese.

5. When there are doubts about products. Send me an email to help you find what we use. Sometimes we have to speak in code because of censorship. It's lazy. But, when you successfully do well, the bad guys attack.

Email from Kerri:

- [kerri@kerririvera.com](mailto:kerri@kerririvera.com)

Telegram Support Groups in Spanish:

- [t.me/cdautismo](https://t.me/cdautismo)
- [t.me/krdietas](https://t.me/krdietas)

Support Groups on Telegram in English:

- [t.me/iamkerririvera](https://t.me/iamkerririvera)

Kerri's social networks are on Instagram and TikTok.

- [@iamkerririvera](https://www.instagram.com/iamkerririvera)

In case we get censored from groups at some point. Email me at [kerri@kerririvera.com](mailto:kerri@kerririvera.com) and I'll help them find the support groups. A few years ago on Facebook, we had over 60,000 people in Facebook groups in 13 different languages. And from one day to the next, Facebook deleted all the groups. It is possible that one day the same thing happens on Telegram. But, my email is mine and I have my own computer server.

***This guide should not be considered a replacement for a full diagnostic evaluation. It is designed for informational and educational purposes only.***