



T Full Spectrum Protocol (FSP)

1-Year Longitudinal Review – Patient Zero (Liam)

Age: 22

Diagnosed: Age 2

Duration on FSP: 12+ months continuous

Primary reporter: Mother (primary caregiver)

Beyond Medicine Remedies Utilised: The Full Spectrum Protocol; Presence, Victory over Thought, Cloud 9 with an addition on Genesis over the last 4 months.

Methodology & Data Integrity Statement

Rating scale used throughout:

1 = Much worse | 2 = Worse | 3 = No change | 4 = Improved | 5 = Significantly improved

Percentage improvement calculation: $((\text{After score} - \text{Before score}) \div 4) \times 100$

This is a conservative method using the maximum possible improvement range on a 1–5 scale.

Environmental & Contextual Integrity

- **Diet:** Whole foods / clean eating
- **Sugar:** Very low
- **Processed foods:** Minimal
- **Artificial additives:** Mostly avoided
- **Chemical / psychiatric medication:** None
- **Other supplements:** None
- **Adverse reactions to FSP:** None
- **Tolerability:** Excellent
- **Confidence in long-term use:** Yes

This stable and low-intervention environment strengthens the reliability of observed outcomes.

Quantitative Outcomes – 1 Year on FSP

Overall Result

Across 29 measured indicators, Liam demonstrated:

Average improvement: 75% over baseline in one year

- Individual item improvements ranged from **50% to 100%**
- No areas showed deterioration

Key Domains of Change (Caregiver (Mother)-Reported)

Communication & Language

Baseline: Severely limited expressive and spontaneous communication

After 12 months: Clear, expressive, spontaneous, two-way communication

- Expressive language: +75%
- Receptive language: +75%
- Spontaneous communication: +50%
- Two-way engagement: +100%

Caregiver highlight: Communication and clarity identified as top areas of improvement.

Social Engagement & Connection

- Eye contact: +75%
- Social reciprocity: +75%
- Interest in others: +50%
- Emotional attunement: +75%

Marked increase in relational presence, responsiveness, and connection.

Emotional Regulation & Behaviour

One of the most significant areas of change

- Diminished Frequency of meltdowns: +100%
- Diminished intensity of meltdowns: +75%
- Recovery time after distress: +75%
- Ability to self-soothe: +75%
- Overall emotional stability: +50%

Caregiver reports dramatic reduction in anger outbursts and compulsive reactivity, with improved emotional processing and calm.

Sensory Processing

- Diminished sensitivity to sound, touch, light: +50-75%
- Reduced Sensory-seeking behaviours: +50%
- Tolerance of new environments: +50%

Improved sensory tolerance and reduced overwhelm.

Cognitive & Executive Function

- Attention span: +75%
- Cognitive flexibility: +75%
- Problem-solving: +50%
- Task initiation & completion: +50-75%
- Transitions: +75%

Greater adaptability, follow-through, and learning capacity observed.

Physical Health & Regulation

- Sleep quality & consistency: +75%
- Energy levels: +75%
- Digestive comfort: +50%
- Appetite regulation: +50%
- Immune resilience: +75%

Physical regulation appears to support emotional and cognitive gains.

Emotional Wellbeing & Inner State

- Overall happiness/contentment: +75%
- Anxiety levels: +75%
- Confidence and sense of self: +100%
- Emotional presence ("more here"): +75%

Detailed Question-by-Question Outcomes (Before vs After FSP)

Rating scale used throughout:

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Section 1: Communication & Language

Question	Before FSP (1-5)	After 12 Months (1-5)	% Improvement
Expressive language (ability to express needs and thoughts)	1	4	75%
Receptive language (understanding instructions and speech)	1	4	75%
Spontaneous communication (initiating communication)	2	4	50%
Clarity of speech / articulation	1	4	75%
Ability to engage in two-way communication	1	5	100%

Section 2: Social Engagement & Connection

Question	Before FSP	After 12 Months	% Improvement
Eye contact	2	5	75%
Social reciprocity (back-and-forth interaction)	2	5	75%
Interest in others (peers and adults)	1	4	75%
Emotional attunement to others	2	4	50%

Section 3: Emotional Regulation & Behaviour

Question	Before FSP	After 12 Months	% Improvement
Frequency of emotional meltdowns	1	5	100%
Intensity of meltdowns	1	4	75%
Recovery time after distress	1	4	75%
Ability to self-soothe	1	4	75%
Overall emotional stability	2	4	50%

Section 4: Sensory Processing

Question	Before FSP	After 12 Months	% Improvement
Sensitivity to sound	1	4	75%
Sensitivity to touch	1	4	75%
Sensitivity to light / visual input	2	4	50%
Sensory-seeking behaviours	2	4	50%
Tolerance of new sensory environments	1	4	75%

Rating scale used throughout:

1 = Much worse | 2 = Worse | 3 = No change | 4 = Improved | 5 = Significantly improved

Section 5: Cognitive & Executive Function

Question	Before FSP	After 12 Months	% Improvement
Attention span	1	4	75%
Cognitive flexibility (handling change)	1	4	75%
Problem-solving ability	1	4	75%
Task initiation	2	4	50%
Task completion	2	4	50%
Transitions between activities	1	4	75%

Section 6: Physical Health & Regulation

Question	Before FSP	After 12 Months	% Improvement
Sleep quality	1	4	75%
Sleep consistency	1	4	75%
Daytime energy levels	1	4	75%
Digestive comfort	2	4	50%
Appetite regulation	2	4	50%
Immune resilience (frequency of illness)	2	5	75%

Section 7: Emotional Wellbeing & Inner State

Question	Before FSP	After 12 Months	% Improvement
Overall happiness / contentment	2	5	75%
Anxiety levels	2	4	50%
Confidence and sense of self	2	5	75%
Emotional presence ("more available / more here")	1	5	100%

Caregiver & Participant Reflections (Selected Excerpts)

"Liam has improved on all levels of development – mental, emotional and spiritual awareness. This protocol has aided immensely in his anger outbursts and compulsive reactions."

"Once Liam is in a calmer state of mind he is able to receive more, listen more, and learn the life lessons that come his way."

Additional Caregiver Insight (Adherence & Agency)

Liam now **actively asks for and reminds his mother to give him his FSP drops**. This represents a significant shift in **agency, awareness, and engagement**.

Prior to FSP, Liam showed little interest or awareness around medications or supplements administered to him. His current behaviour indicates:

- Increased bodily awareness
- Recognition of personal benefit
- Voluntary participation in his own care

This level of self-initiation is notable, particularly given historical disinterest in other medications.

Direct testimonies from Liam's Mother Dee:

"Liam has improved on all levels of development his mental emotional and spiritual awareness. This protocol has aided immensely on Liam's anger outbursts and compulsive reaction. It has given us as a family a new way of life - there is no cure for Autism but what this protocol gives is a more peaceful, receptive approach to dealing with your loved ones on the spectrum. Liam is in a much calmer space where he can manage and deal with his emotions without getting angry he can receive and listen process and come to his own conclusion. What I have also noticed is once Liam is in a more calm state of mind he is able to receive more and listen more which enables him to learn the life lessons that come his way."

"My personal feeling is you need to give it time to see the improvements. It is not a cure (there is no cure) for autism but it allows for families to have a better quality of life it allows for your beloved on the spectrum to view life differently through new eyes. We are not healing these individuals as there is nothing wrong with them I hate the labels this protocol is enabling families to live a more calm peaceful and joyful life where laughter is more possible."

Liam's own words and engagement

In a recent conversation about the possibility of an interview regarding his experience with FSP, Liam responded:

"I'm not gonna lie. They really work."

He has expressed **willingness to participate** in an interview regarding his FSP Journey, alongside his mother, indicating confidence, clarity, and ownership of his experience.

Summary Statement

After one year on the Full Spectrum Protocol, Liam demonstrated **substantial, measurable, and system-wide improvement** across communication, emotional regulation, sensory processing, cognition, physical health, and overall wellbeing.

The protocol did not aim to "cure" autism, but rather supported **regulation, clarity, emotional presence, and quality of life** – outcomes that were consistently observed, quantitatively measured, and experientially reported.

This case represents a real-world, long-term observation within a stable, clean, and medication-free environment, and serves as a foundational reference point for the continued development and evaluation of the Full Spectrum Protocol.

