

ಪೂರ್ಣಮದಃ ಪೂರ್ಣಮಿದಂ ಪೂರ್ಣಾತ್ ಪೂರ್ಣಮುದಚ್ಯತೇ |

ಪೂರ್ಣಸ್ಯ ಪೂರ್ಣಮಾದಾಯ ಪೂರ್ಣಮೇವಾವಶಿಷ್ಯತೇ ||

Pūrṇam

A Journal of Indian Knowledge Systems

(Website: <https://purnam.vercel.app>, <https://purnam.ac.in>)

Portraying the attempts of scholars and scientists.....

..... to understand the contributions of Bhāratiya Heritage and SAINTists™

Pūrṇam

Vol. 2

No.1

January-June 2026

Pages: 37-40

ISSN: 3049-3587 (Print)

Review paper

C.A.N. Protocol for Autism and ADHD Reversal: A Road Map by Dr. Biswaroop Roy Chowdhury

Ashok Kumar K^{*1}

^{*1} *Department of Mechanical Engineering, Ramaiah Institute of Technology, Bengaluru, India.*
ashok@msrit.edu

Abstract

The global prevalence of neurodevelopmental disorders, specifically Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD), has escalated to unprecedented levels, leaving millions of families in a state of perpetual struggle. This review article, narrated from the perspective of a parent and a scholar, examines the groundbreaking work of Dr. Biswaroop Roy Chowdhury in his book, *Cure Autism Now*. The article delves into the "Model of Cause"—a framework identifying vaccines, pharmaceutical interventions, dietary stimulants, and environmental radiation as primary triggers for neuroinflammation. By exploring the biological mechanisms of the gut-brain axis and the blood-brain barrier, this review explains the principles behind the C.A.N. (Cure Autism Now) Protocol. Furthermore, it analyzes the outcomes of an observational study involving 1,000+ children, which demonstrated a 52% average improvement in symptoms within 26 days. This work serves as both a scientific critique and a beacon of hope for parents navigating the conventional medical landscape, suggesting that these conditions are not permanent "brain wiring" issues but reversible biological manifestations.

Keywords: Autism Spectrum Disorder, ADHD, C.A.N. Protocol, Gut-Brain Axis, Neuroinflammation, Reversal, Integrative Medicine.

Introduction

I am a 39-year ordinary individual, and a faculty by profession. I am a father of a son with neurological issues, who has spent the last five years running through premium private and government hospitals, I am intimately familiar with the physical and mental hardship that families of children with

neurodevelopmental disorders undergo. I have spent significant time and financial resources seeking a solution, only to be met with the standard medical consensus: these conditions are permanent, incurable, and can only be "managed" through lifelong therapy and medication.

During this journey, watching huge queues in waiting halls of hospitals, I have witnessed the hardship and

heartbreak. We are often told that our children's brains are simply "wired differently." However, my perspective shifted fundamentally. When I came across Dr. Biswaroop Roy Chowdhury's book, *Cure Autism Now*, I found that the author has done significant justice in beautifully narrating the problems faced by the parents of children having neurodevelopmental issues, as well as the possible causes supported by scientific literature and evidence, and providing user-friendly solutions. Written in a language accessible to any educated parent yet rooted in deep biological inquiry, this book became the roadmap I had been searching for. I have started placing my son under the protocol suggested in the book, hoping to witness a significant and visible improvement that no conventional therapy could achieve. This article is my attempt to share my strong belief in the C.A.N. protocol with the scientific community and with parents who are still toiling without hope.

Prevalence and the "Model of Cause"

In the 1970s, Autism was seen in only about 1 in 10,000 children. Today, in parts of the United States, that number is as high as 1 in 31 children, while in India, approximately 1 in 100 children are diagnosed with Autism and 1 in 7 with ADHD. The book argues that this "pandemic" is driven by a "contamination of a newborn's body" via five specific factors, termed the "Model of Cause".

The first major factor is vaccination. While the public is often shielded from the details of vaccine components, the source highlights that children in India are injected with heavy metals like aluminum and mercury (thimerosal) at levels far exceeding safe limits. For instance, while the American Society for Parenteral and Enteral Nutrition (A.S.P.E.N.) sets toxic aluminum limits at 4-5 mcg per kg of body weight, a single vaccine shot can contain 200-400 mcg.

The second and third factors involve pharmaceutical drugs and dietary stimulants. The frequent administration of antipyretics like paracetamol and antibiotics in early childhood is cited as a major disruptor of the blood-brain barrier and gut microbiome. Simultaneously, the introduction of "excitotoxins" like Monosodium Glutamate (MSG) in fast foods overstimulates brain cells to the point of damage, contributing to seizures and behavioral volatility.

The final factors are animal protein and gluten, which can trigger autoimmune reactions in sensitive children, and electromagnetic fields (EMF). The constant exposure to radiation from mobile phones and Wi-Fi is proposed to interfere with the body's natural electrical balance and compromise the

integrity of the blood-brain barrier.

The Biological Mechanism; The Gut-Brain Axis

To understand why my son—and so many others—responded to the protocol, one must understand the Gut-Brain Axis. As explained in the book, the gut is our "second brain". There is a continuous, two-way communication between our digestive system and our neurological system. When the gut microbiome is imbalanced (dysbiosis), harmful bacteria like *E. coli* can proliferate, leading to "leaky gut" or intestinal permeability.

This permeability allows toxins and undigested proteins to enter the bloodstream. In a healthy child, the blood-brain barrier acts as a filter, protecting the brain. However, factors like heavy metals and EMFs weaken this barrier, allowing toxins to cause neuroinflammation. This inflammation is what we observe as the "symptoms" of Autism or ADHD—social withdrawal, hyperactivity, and speech delays. The book posits that by removing the triggers and healing the gut, we can ease this inflammation and allow true healing to begin.

The C.A.N. Protocol

This section highlights the policies and principles of restoration; the CAN protocol. The C.A.N. Protocol is not a set of "recipes" in the culinary sense, but a strategic biological intervention based on five pillars. As I implemented these for my son, I realized they represent a policy of biological detoxification and circadian alignment.

1. Neem Therapy: The Policy of Detoxification

The protocol begins with the use of Neem (*Azadirachta indica*). The principle here is the restoration of the blood-brain barrier. Neem possesses unique phytochemicals that have been shown to protect neurons and mitigate brain swelling. The policy is to administer a precise dosage based on the child's body weight to facilitate the removal of heavy metals and environmental toxins from the system.

2. The D.I.P. Diet: The Principle of Live Nutrition

The Disciplined & Intelligent Persons' (D.I.P.) Diet is the nutritional cornerstone of the protocol. Its core policy is the total elimination of animal-based products (dairy, meat, eggs) and processed foods, which are seen as primary autoimmune triggers. The dietary principle focuses on Live Enzymes. These enzymes are vital for healing but are destroyed when food is heated above 70°C. Therefore, the protocol

dictates a multi fruit-based breakfast, and a specific "Plate 1 + Plate 2" approach for lunch/dinner in which the child must first consume a calculated amount of raw, enzyme-rich vegetables and fruits in plate-1 before consuming cooked food in plate-2. This ensures that the body receives the "living" nutrients required for cellular repair.

3. Probiotics: Re-establishing the Internal Colony

To correct gut dysbiosis, the protocol mandates the regular intake of fermented probiotic drinks, such as *Ambli*. The policy is to replace harmful bacteria with beneficial ones, thereby improving the gut-brain connection and reducing the "cloudiness" or irritability often seen in these children.

4. Zero Volt Therapy: The Policy of Grounding

Modern children are perpetually "charged" by the electrical environments they live in. The principle of Zero Volt Therapy involves physical contact with the Earth (grounding/earthing). The policy is to discharge the body's excess electrical voltage to zero, which has been shown to reduce neuroinflammation and improve sleep quality significantly.

5. Coconut Fat and the "Follow the Sun" Policy

The final pillar emphasizes the role of healthy plant-based fats, particularly coconut oil, for brain development. Crucially, the protocol advocates for a Circadian Rhythm Policy termed "Follow the Sun". This involves aligning the child's waking, eating, and sleeping cycles with natural sunlight. The principle is that light exposure and meal timing regulate hormonal balance and the body's internal clocks, which are almost always disrupted in children with ASD or ADHD.

A Critique of the "Autism Therapy Industry"

One of the most impactful sections of the book for me was the critique of current standard-of-care practices. The author argues that many common interventions, such as weighted blanket therapy, sensory integration, and speech therapy, are often "pointless" because they address only superficial symptoms while ignoring the underlying neuroinflammation.

The book suggests that an entire industry has developed around these disorders, profiting from the desperation of parents without ever offering a path to a "cure". It was a sobering realization for me: while I was spending a fortune on behavioral therapies, the "Model of Cause" (diet, toxins, radiation) was still active in my son's life, sabotaging any progress. The C.A.N. Protocol provides a way to step out of this

cycle.

Quantifiable Evidences

The book provides compelling evidence through an observational study conducted between August and November 2025, involving 1,000+ children from across the globe, including 889 from India. These children followed the C.A.N. Protocol for an average of 26 days.

The results were remarkable, showing a combined average improvement of 52% across all tracked parameters. The data was categorized into three tiers of symptoms:

- **Primary Parameters (44% improvement):** Included core issues like eye contact, hand-flipping, hyperactivity, and speech delays.
- **Secondary Parameters (46% improvement):** Included behavioral challenges like self-injury, persistent tiredness, and demanding behavior.
- **Tertiary Parameters (66% improvement):** Included physical health issues like constipation, eczema, and sleep disturbances.

Furthermore, 83% of children who were previously on pharmaceutical drugs were able to reduce or completely stop their medications during the study period. These are not just "anecdotes"; they are quantifiable results that challenge the "permanent disability" narrative.

Practical hint

By looking into the therapies and diet plans suggested in Dr. BRC's book, one may initially feel that it is difficult to follow every therapy and every diet plan. This may be due to constraints such as the place where people live, the accessibility of different food items, the availability of ingredients, and the level of acceptance of the therapies and diet plans by the beneficiary.

However, in the case of therapies, one can begin by implementing only those that are simple, practical, and feasible. As confidence and convenience improve, the remaining therapies can gradually be incorporated until the complete protocol is followed. This is the same approach that I have personally practiced.

Similarly, with regard to the diet plans and recipes, the book provides information on a wide variety of recipes and dietary options rather than restricting readers to a single specific plan. Among the many diet plans and recipes presented, there are several that can be easily adopted and followed by people from all walks of life, irrespective of their

circumstances.

Conclusion

After we started following the C.A.N. Protocol, we began noticing gradual and incremental improvements in my son's health. Although the changes have been slow, they have been encouraging, and they have given us renewed hope. With the consultation of the doctor, saying that my son is improving, we cut down on quite some medication, and even after the cut-down, we do not see any increase in the symptoms which we would see earlier. We firmly believe that by following the protocol consistently over a prolonged period, we will witness even better and more meaningful improvements.

My journey through hospitals and therapies led me to a dead end. It was only when I treated my son's condition as a reversible biological event rather than a permanent psychiatric diagnosis that I saw real change. The C.A.N. Protocol is more than a diet or a treatment; it is a philosophy of returning to nature's laws to allow the body to heal itself, irrespective of the cause of a neurodevelopmental disorder.

For every parent reading this who is currently "toiling from pillar to post," please know that there is hope beyond despair. We do not have to be victims of a system that only manages symptoms. By understanding the "Model of Cause" and implementing a rigorous policy of detoxification and nutritional restoration, hopefully we can invite our children back into the mainstream world.

References

1. Chowdhury BR. *Cure Autism Now: A Textbook for Online Training on Certification in Autism & ADHD Reversal*. New Delhi, India: Diamond Pocket Books; 2025.
 2. Chowdhury BR. Diagnosis and Prevalence. In: *Cure Autism Now*. Module 1, Part 1; p. 8-23.
 3. Chowdhury BR. Vaccines and heavy metal toxicity. In: *Cure Autism Now*. Module 1, Part 2; p. 25-51.
 4. American Society for Parenteral and Enteral Nutrition (A.S.P.E.N.). Statement on Aluminum in Parenteral Nutrition Solutions. *Nutr Clin Pract*. 2004;19:416-417..
 5. Chowdhury BR. The Role of Pharmaceutical Drugs. In: *Cure Autism Now*. Module 1, Part 3; p. 54-67.
 6. Chowdhury BR. Stimulants in Fast Food and Autoimmune Reactions. In: *Cure Autism Now*. Module 1, Part 4; p. 70-78.
 7. Chowdhury BR. The Science of Reversing Autism/ADHD: Blood-Brain Barrier and Gut-Brain Axis. In: *Cure Autism Now*. Module 2, Intro; p. 89-97.
 8. Chowdhury BR. Neem Therapy and the D.I.P. Diet. In: *Cure Autism Now*. Module 2, Part 1; p. 101-108.
 9. Chowdhury BR. Zero Volt Therapy and Coconut Fat. In: *Cure Autism Now*. Module 2, Part 1; p. 110-117.
 10. Chowdhury BR. Grounding Modulates Neuroinflammation and Sleep Quality. *International Journal of Linguistics Applied Psychology and Technology*. 2025 Jun.
 11. Chowdhury BR. The C.A.N. Timeline and Circadian Rhythm. In: *Cure Autism Now*. Module 2, Part 3; p. 127-142.
 12. Chowdhury BR. Observational Study on the C.A.N. Protocol: Outcomes and Statistics. In: *Cure Autism Now*. Module 4, Part 3; p. 294-311.
 13. Chowdhury BR. Reduction in pharmaceutical drugs and occupational therapies. In: *Cure Autism Now*. Module 4, Part 3; p. 312-315.
 14. Chowdhury BR. Summary of Primary, Secondary, and Tertiary improvements. In: *Cure Autism Now*. Module 4, Part 3; p. 151-155.
 15. Lamerato L, et al. Impact of Childhood Vaccination on Short and Long-Term Chronic Health Outcomes in Children: A Birth Cohort Study. *Henry Ford Health System*. 2024.
-