



# The hidden relation, clues of autism, ADHD and depression which reveals the effective cause and cure

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## Abstract

Observing the facts: they lack social skills, they cannot talk: language is the product of living environment - native language; we speak it naturally without thinking at all. We are not born with our native language, so I doubt their connection with their living environment and the state of mind that they cannot learn. Testing them with Aesop fables, metaphors, pretending game - they do not understand these as normal kids; and they are poor in interacting, communicating or persuading. They are in the low level of this. For official test: you can test them with EQ test. All these low-level vital skills make them never feel safe, connection to the environment: it makes them stress. Over time, it makes the downward spirals that make them more and more lack of social skills and suffer more stress.

Poor in EQ: autistic kids do not understand fable and metaphors. Genes cannot make them poor in EQ, and cognitive thinking. Trainers know any skill can be learned with just basic supports.

## ALL IN ONE, ONE IN ALL:

As therapists: Neurologist, psychiatrist, sociologist, gastroenterologist, urologist, educators, sleep therapists, cardiologist, language therapists, educators, trainers and teachers, we should remember there is no separation in the health of heart, stomach, muscle, cognitive thinking, sleeping, hormone system: all are interdependent and under the state of mind.

Characters of the mind: irrational mind, the giant brain evolved for millions of years, illogical mind and Placebo effects, neuro-plasticity, Mirror neurons, self-affirmation, self-talk, nocebo effects, T1/2 of all substances, taboos, rituals, religious belief, compound effects, conditioned responses, flexible adaptability, illusive mind, self-healing or self-destroying, irrational thinking, Subliminal message, Marketing of luxury brand, and Hysteria. What do people feed the mind of the kids every day? And what if all of these lead to negativity or positivity? Maybe Outliers or Failures!

## Biography

Van Duy Dao, born 1986, had completed Pharmacist Bachelor degree in Hanoi University of Pharmacy. I am a pharmacist, personal development lover and meditation practitioner. Proud to be a pharmacist, but he is ashamed of the failure of knowledge and the medication in healing many unknown Causes. Most of the medications only make temporal relief and many medications chronic patients have to take in their lifetime.

