

# Renowned Scientist Dr. Theocharis Theocharides' on a Hope for Autism

By Aria Socratous

Dr. Theocharis Theocharides is considered among the top 5% of authors most cited in pharmacological and immunological journals. He received all his degrees with Honors from Yale University, he is a Professor of Pharmacology and Internal Medicine, and Director of Molecular Immunopharmacology and Drug Discovery at Tufts University School of Medicine in Boston and also was awarded the Dean's Research Award, the Winternitz Price in Pathology and the Oliver Smith Award "recognizing excellence, compassion and service."

Theocharides first showed that mast cells, known for causing allergic reactions, are critical for inflammation, due to their ability to secrete inflammatory molecules selectively without degranulation. In this way, they are critical for inflammation now considered essential in the pathogenesis of asthma, atopic dermatitis, autism, Alzheimer's disease, coronary artery disease, mastocytosis, and psoriasis.

As he contends, "half the diagnosis is spending time with



Dr. Theocharis Theocharides with actress and autism awareness advocate Jenny McCarthy.

the patient. In fourteen minutes that is the average time of examination the doctor has to take the medical history, the test and to make the diagnosis. That's why we over rely on tests. Because we have no time to ask questions. In fact, not only we need to be talking to patients but talk also in their own language. We don't have to put everything under the same di-

agnosis, even autism. Medicine comes across some terms and then you look through those terms. In order to say that something is autoimmune, you have to have auto antibodies or you have to have antinuclear antibodies.

In autism, you do not have antibodies. Technically is not an autoimmune disease, but an auto inflammatory disease be-

cause basically immunity would be in response to something that could be destructive, but is more like a chronic condition. Inflammation is more an auto acute reaction. Imagine that you have eczema in certain parts of your brain. We started studying autism five years ago. I was actually studying multiple sclerosis that time which is an auto immune disease and we were first to show that a certain cell, called a mast cell was present in the brain. We found out that 60% of the children had allergies or food intolerance."

Dr. Theocharides made a breakthrough discovery based on luteolin, a substance contained in chamomile, and kernel oil that helps reduce oxidation and inflammation of the brain.

As he maintains "It's a dietary supplement which is made in the US with all the requirements of a drug. It's independently tested by a lab in California. It already has a public clinical trial. The FDA though does not have the authority to regulate it within the United States. The certificate is renewable every two years. We have to test the drug again every two years. It's extremely important how we do a clinical trial. In the United States, a child on average takes drugs, vitamins and supplements. In order to do a clinical study we have to remove all of those and put a child on a placebo for a period of time. The first study was done in Greece because in Greece most of the children do not take any supplements. So, what we found, in a study that lasted from four to six months, was that 60% of the children had statistically significant improvement in making eye contact and in sociability. About 15-20% started speaking. We did not make a difference in irritability. Some of the 15% of the children in two weeks they became even more irritable but as it turns out, those children who did better started speaking, they told us they became more irritable because all of a sudden they felt they wanted to interact with other people very fast. The irritability might not necessarily be bad. It could be an indication that the whole body started to react. But patients and families, especially families if they don't have enough time to talk to me or somebody else they are frightened and they stop it.

There is no question that certain children are reversible. I just don't know which children are those children yet. If you asked me what to expect, I would have told you that I believe in 6 months 1/3 of the kids will get much better, 1/3 of the children will slowly get better and will at least not forget what they are learning and the last 1/3 of the children, I just do not know why they are not getting better. The supplement that is given depend on the age and the medical history of the child. Many times parents ask me what they should be looking for. What I tell them is that the first thing they will see is that the allergies

should be gone. This is how we make it. The mistake that people do is to blame autism for everything that happens to their child but this is not true. Children are extremely sensitive in many ways."

Theocharides has created three nonprofit organizations for autism: soccer4autism.org, brain-gate.org, and autismfree-brain.org. As he maintains, "there is very little money for real research on autism. There is a lot of money for psychological approaches but not for real scientific research. Everybody has to be aware that the psychological result is a reflection of something physical."



Dr. Spiros Spireas, Chairman and CEO of Sigmapharm Laboratories, seen above with Metropolitan Evangelos of NJ, was selected as a Grand Marshal in New York's Greek Parade.

## Trump Taps Papadopoulos for Foreign Policy

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Greece, Cyprus and Israel relations at a symposium entitled 'Power Shifts in the Eastern Mediterranean: The Emerging Strategic Relationship of Israel, Greece, and Cyprus.'

The Washington Post notes that "almost all his work appears to have revolved around the role of Greece, Cyprus and an Israeli natural gas discovery in the Eastern Mediterranean... Indeed Papadopoulos has not left much of a paper trail.

"His points in all of them boil down to this: Israel should use the natural gas it has found in the giant Leviathan field offshore in the eastern Mediterranean to build bridges to Greece and Cyprus - and avoid dealing with Turkey at all costs," the Post reports.

Elizabeth Rosenberg, an energy expert at the Center for a New American Security, told the Post that "his approach won't



George Papadopoulos is a global energy expert based in London.

square well with an American audience: he lacks a strong contemporary background on domestic energy issues." She added that "he has argued for Israeli gas moving to Europe. If that eventually comes to pass it will compete with U.S. gas to Europe."

Papadopoulos also wrote in January 2014 that, "Israel and Greece's robust military relations have redrawn the political map of the region. The U.S. would be wise to shift its policies, and resources, towards improving relations at all levels with its stalwart allies in the region, Israel, Greece, and Cyprus, to contain the newly emergent Russian fleet, and malignant jihadist forces operating around Israel's borders."

There is at least one other Hellene at the top of the Trump campaign, George Gigicos, who leads the advance team that organizes Trump events and appearances.

## Spireas to be NYC Greek Parade Grand Marshal

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Spireas founded his own pharmaceutical company in 2005, an emerging company with an increasing number of FDA approvals for the manufacture of generic pharmaceutical products.

He has served as President of the Parish Council of St. George Greek Orthodox Church

in Trenton, NJ, and through his support and generosity, the Foundation has been laid for the first Greek school in New Jersey.

Dr. Spireas is President of the Hellenic American Institute Foundation and has received awards and recognition from both the Greek-American community and the Greek Orthodox Church.

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“I have no words. It's like you reached into my soul and pulled out what I have been wishing for my mother. She has dementia and has almost completely reverted back to only Greek speaking and can barely communicate with any non-Greeks. She still lives at home with my dad and he is her primary caregiver, but he is nearing his breaking point. I would love to know more information about your community. Thank you and God Bless you.”

Natalie H.

“My mother lives in Fort Myers in a senior living facility. We are in Florida half a year, but she is lonely. This is of great interest to us. Thank you.”

Irene C.

“Ευχαριστούμε! I am a nurse with a long background in geriatrics, hospice care and assisted living. Most importantly, I am Greek Orthodox. I currently market assisted living for Westminster Communities of Florida. This is EXACTLY the prototype of faith-based community my Spiritual Father and I have longed for. Thank you for creating such an environment.”

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