



THE FULL SPECTRUM PROTOCOL TRIALS: TESTIMONIALS FROM PARTICIPANTS

2025 Conducted by Dr. Adam Suzman

Names have been abbreviated to protect the identities of the children. These represent combined testimonials from the three trials in South Africa and Namibia. Where possible, we will mention the time frame which the changes have occurred in.

1) "Noticed my son has started identifying family members by their names, even aunts, cousins, and uncles. Something that has never happened. They were even shocked that he actually knows their names. I will add to say he is also mentioning the towns in which they live or come from. like, let's go to grandma in Gobabis, or big Sisi lala in Walvis Bay

He is taking instructions better and engaging in play with other kids. He is excited to see them and runs for hugs. There has always been an emotional/enthusiasm disconnect and I am seeing a great improvement in that aspect. (This was after 9 days on the fsp)"

2) "Good morning, some feedback. The drops are definitely working, my 16-year-old has confirmed this, she feels less depressed and anxious most of the time. I can also tell on the days she forgot to take the drops."

3) "Hi all. I just want to report something else we have experienced. Both our girls are able to communicate their emotions better. Describing perfectly how they feel, like annoyed, angry, and excited. With G, it has been more noticeable. Her whole communication is better. We are shocked at her level of understanding of quite difficult words, for example, congruent, as she can now have meaningful conversations. (after 2 weeks)"

4) "Good morning!! L is on day on Day 8 of the remedies. What we have noticed:

- more vocal (he would shout out grandma or grandpa when he sees my parents. This he did not do at all. He is saying mommy and daddy and baby more at home)
- He spoke a full sentence 2 nights ago."

5) "Touch wood, but H's vocal and oral stims have noticeably reduced over the past week. I realised last night that I haven't heard him make any sounds or blow raspberries the entire day; something that really stood out. He's also begun a lovely new routine of making tea for himself



and his brother each night before story time. And this morning, he told me he feels far more confident about managing high school next year. His exact words were: "I think I will manage, Mum, because I am really smart, and if I focus, I can do it by myself without help. I feel better about it."

Overall, his mood feels more positive and optimistic. He's managing overwhelm more effectively and his recovery time when dysregulated is much shorter...he returns to being our happy H Bear much faster."

6) "Good morning, we are still seeing progress for both girls, especially G, who is doing very well. Her teacher says she has seen a tremendous improvement in the length and frequency of the meltdowns. We also have observed this as well as her normal communication that has improved. She can articulate herself much better, answer questions, and has started naming her emotion. This morning, she said I am making her angry because I keep telling her to hurry up. I am still having the best day every day and is much more at ease and calm."

7) "We're still continuing and P is doing great and also noticed some improvement on the fine motor skills."

8) "Good afternoon I had a positive feedback to share from my son's transport driver, usually he drops my son off and hoot to notify us he's home ,but yesterday even when my son was in the house he kept on hooting and I came out to check what's the problem only to find that he wanted to tell me with excitement that my son greeted him in the morning and he was shocked and excited as in all the years he's been transporting my son he has never heard his voice nor hear him talk ,that was a great feedback for me. (This was after a month on the FSP)"

9) "We have noticed some changes with J in terms of responsiveness, eye contact and attention. He is following /responding to requests /instructions much better. Yesterday we went to our local park (a fairly regular outing). When he decides it's time to go, he starts walking out of the park and often doesn't listen to Instruction to stop or wait. Yesterday he walked about 10 meters and I said a few times 'Wait please ' and then he did stop and turned back to look at me and waited. This was great."

10) "My son is calm and more interactive with his younger siblings which is something new to my eyes"



11) "B has gone to practice basketball every Tuesday night for the past 3 weeks with his dad. He plays at school too (more to be with his friends) but has no skills. Today he managed to put the ball through the hoop twice. He's never come close before."

12) "My son is still continuing with the remedies, yesterday when we went to church I didn't give him we were late and he was so irritated and wanted to go home today I gave him and he's stable ,another improvement that I've noticed is that he usually repeats everything that we say but when he took medication he tells me what he wants or where he wants to go."

13) "J has been having the remedies on average 3 to 4 days per week, when he's with me. Last week his sleep was disturbed on the nights he was at his dad's house (this does sometimes happen anyway, we're not sure why). Sleep has been better in the last week. I've noticed increased engagement and eye contact and better responsiveness often to requests or instructions. Last week we were visiting friends and when we were getting ready to leave, I put his backpack on his back ...and he voluntarily picked up my basket and started carrying it to the car. I was gobsmacked. He doesn't usually do things like this. Overall, I feel he is more present and "in his body"...I feel more of him here."

14) "Feedback from my side (both my partner A and my son F are on the trial) is that they are both calmer and more regulated, with less intense emotions and more emotional control. In particular, I feel that A's increased calmness is having a very positive impact on F - I think the emotional environment is a huge factor for F's internal state, and so he is now able to stay regulated more easily. I've also noticed, during home schooling, that F has better control of his attention (he can actually direct his thoughts instead of being sucked into distractions despite verbal cues/instructions) and he is also better able to empathise with me/my state instead of being kind of self-centred.

Other people have noticed that he is more friendly and his conversation is more 'normal' (he asks and answers more social questions). To me this seems as a result of less anxiety around social engagement. I hope this helps...it's certainly helping us."

15) "J has had the remedies for the last 3 days and we've had feedback from his school that he has been more attentive and engaged more of the time over the last 2 days...they often struggle to get him to do certain things, or sometimes ANYthing on some days...so this is notable feedback. We'll keep observing."



16) "Good afternoon everyone my son is coping well, I've been giving him the Cloud 9 and Victory Over Thought, he's much calmer no meltdowns for the whole weekend! We went to church and he usually eats the holy communion before everyone but today he waited until we all had to eat and drink. I didn't even have to take it from him."

17) "My son is still continuing with the remedies, yesterday when we went to church I didn't give them to him as we were late and he was so irritated and wanted to go home. Today I gave them to him and he's stable. Another improvement that I've noticed is that he usually repeats everything that we say but when he took the remedies he tells me what he wants or where he wants to go."

18) "I'm noticing a gentleness and greater understanding for more challenging situations that would usually disrupt the status quo for O."

19) "From our side things are great. Yesterday my husband told me when he picked up our 5 year old from school it was like the teachers couldn't wait to talk to him about how amazing K had been over the past two days and that they want to take what he's taking! I didn't expect such a quick change, but I'm really hoping it is due to the drops and that we will only see further improvement from hereon. Last night his dad joked if we couldn't give the whole bottle at that particular moment, because there was a little resistance at the dinner table!"

20) "Classic example of the change in O's behaviour was last night where he was treated to a fabulous takeaway burger from down the road - when I got home with it , it had no bun on the top (I mean that is the point to a burger isn't it) - I waited for the melt down, anger, irritation to be delivered but it didn't happenhe looked at it and said (being a lover of cars) "oh well, it's a convertible""

21) "Good morning, I am Teacher T from NeuroNexus, I am currently I, K and O's teacher. I would like to add a few observations we have made in our Pre-Primary class thus far:

- I is calmer - His spontaneous and prompted communication has increased. And he has an increased willingness to engage with activities
- K has had fewer physical outbursts. He is calmer. And he is more willing to sit longer at any activity given



- O - When he is upset he has been able to regulate his emotions quicker”

22) “Hi, teacher D and myself are currently teaching S and G who are on the trial.

We've observed:

S - He is calmer and able to settle in more quickly.
More engaged in activities.
Less prone to spitting at school when frustrated.
His vocal stims are more quiet than usual.

G - The disregulation time is shorter and she is more receptive of instructions and structure.”

23) “C said Good Morning to our cleaner for the first time ever, she has been working for us for 5 years.)”

24) “Hi, C sees a therapist every 2 to 3 weeks. She visited the therapist of Friday (the first since starting the drops). The therapist called me in after her session and mentioned the change that she saw in C, less anxious and not clinging to a plushie (soft toy). Thus she saw a remarkable improvement, while not knowing about the drops. C has also since starting the drops put her own schedule into place with reminders/alarm on her phone to remind her. I have not had to ask/beg her to take a bath, she just does it. Taking a bath has been a real struggle for her for some time now. Thus we have seen real progress, although in small steps, but they do still add up.”

25) “C has made great strides. Went to mall without tantrum. Ordered a totally different burger than usual, bacon, cheese... Usually it's plain chicken or nothing. He stood at the railing at food court in Grove (he is afraid of heights) Amazing progress.”

26 “Hi, H is doing really well. He is very present, in his body and communicative. I am impressed with his quality of schoolwork and piano practice without needing to prompt him.”

27) “C, Grade 7: We were making fossil moulds and he didn’t want to make the mould with plaster of paris, but he explored some awesome colour mixing with the plasticine that we used



for casting the fossils and we had a long conversation about colour theory, fine motor hand muscle development and him wanting to be a therapist one day. I was really impressed with him. It was the most he has ever interacted with me in a meaningful and on-topic way.

Another big win was on Friday. We are busy with expressionist portrait paintings on big canvases. With minimal prompting, C started his painting and was involved and invested in the process. He even decided by himself that he wanted to do a self-portrait instead of a portrait of someone else.

Before Friday, he would either refuse to participate in the art classes or would need a lot of prompting and motivation, so I count it as fabulous progress.”

(28) “Grade 6: H’s Aid wasn’t available when he needed to write a Cambridge Science Assessment on Tuesday. He does tend to get overwhelmed and anxious around assignments and assessments at times, but when I informed him that I would like him to try the assessment by himself, he shrugged and jumped straight into it. He scored 84% on the test. I am really proud of him.”

29) “Yes, good news from us. Im has been listening to instructions and willing to assist most of the times. He remembers where he left his items even after a few days. His comprehension to conversations have improved a lot. He is also repeating a lot to most words when we speak. The struggle to make sentence continues. Im has started to put on his own shoes, and able to see if it’s on the wrong side.”

30) “We also had major changes with G this week, she is very calm, melt downs further apart and shorter. She follows instructions better and can also communicate better. We have however observed a few evenings where she is much more emotional than usual and seems really sad, we were wondering if the effects of the remedies wears off throughout the day as with slow release adhd meds. Is has shown an improved mood since starting. She seems more at ease and less anxious and easily annoyed. Both girls (G and Is) cleaned their rooms as well, even making their beds!”

31) “E is six years old, We actually didn’t know he was on the spectrum until he started school at 4. So far, he is doing fine I guess. The teacher did report that last week he followed instructions very well and managed to leave the trampoline when he was told so, he is engaging more with his sister and corrects his sister here and there during play even offering to help her open her chips.”



32), On behalf of F, myself, and the family, an enormous thank you for allowing us to be on the trial and see the positive changes in F and myself. While we still have far to go, the Full Spectrum Protocol has helped us to regulate, stay positive and improve our family communications and interactions. Being part of this group has also been a real insight into what others experience and that we are not alone in the parenting challenges. Reading posts from other families has also been of great benefit as we have been able to relate and enjoy others' successes as well. We hope to be able to join the conference and continue to use the Full Spectrum Protocol as an aid to managing our daily family life. Many thanks again. regards A and F."

33) "Thanks so much for this amazing trial. B has definitely taken a positive step in his emotional regulation and his conversation is developing. He's cupping tweenagerhood and so I will continue with the drops and I'll contact you for refills. Happy to continue updating you."

34) "My son told me that he wants to cut his hair, right now I'm a happy parent right now given I have never experienced so much communication and interaction from him!"

35) "L has been very calm, less tantrums, less emotional & bubbly in a good way. His hyperactivity has decreased ever since he started the trial."

36) "B is doing very well. His moods are stable, much more able to manage and navigate them. Angry outbursts are a thing of the past—long may it last!"

37) "Morning everyone, I lost my phone and missed on a lot of communication but I'm back now, this 2 months there has been an incredible improvement on my son. My son is 16 years old and we've been treating him like a 3 year old due to the slow improvement of his brain, But this past weekend I saw something amazing, he was bathing and I usually prepare clothes for him to wear but this time around he went to his cupboard and chose the clothes of his choice and even matching colors, that made me a happy parent as I have never seen that happen."

38) "I have noticed less of those moments of frustrated anger in B. A lot less asking for us to squeeze his hands (to help him to regulate). I feel terrible for him when I can see he is clearly not managing his emotions and doesn't have the words to express, so this is great for him."



39) "We are continuing to see improvements with F (less emotionally volatile, more compliant, more gentle and social in his interactions). I've also noticed that he doesn't automatically lash out if I accidentally bump him or his possessions and when I apologise he just says 'it's ok'. All very nice developments...we are very grateful to be on the trial, thank you."

40) "My son enjoys taking the "trinity" in a specific order: Presence, then Victory Over Thought, then Presence then Cloud 9. I could see a remarkable difference straight away. For context we weaned him off Resperidone and serdep. The remedies have been such a help. Sometimes we repeat that "trinity" mid day ish and Cloud 9 late afternoon/early evening. Other days we take only Cloud 9.

We still have random meltdowns but not as bad as they were. Self harm has decreased and he no longer needs to cover hands with gloves at night. (Severe case of OCD and anxiety) We are extremely grateful.

Must add: we have sensory avoidance and sensory seeking. At times only safe foods would be cerelac baby porridge, 2 min noodles Kellogs chicken flavor. Roast chicken was a hit but suddenly he refused meat too. Last night... he ate a bowl of mutton green bean stew with bisto gravy, rice and potatoes (all mixed.. all touching."

41) "Good morning. I have increased L's Presence, Victory and Cloud 9 to five drops on Saturday. Every morning they get now 5 drops of Cloud 9. L is doing well he seems less anxious and we took him to a family braai Saturday and he was a friendlier. We stayed twice as long as we usually would and he was fine."

42) "I've noticed increased engagement and eye contact and better responsiveness often to requests or instructions. Last week we were visiting friends and when we were getting ready to leave, I put his backpack on his back...and he voluntarily picked up my basket and started carrying it to the car. I was gobsmacked. He doesn't usually do things like this. Overall I feel he is more present and "in his body"...I feel more of him here."

43) "I started the trial on Thursday, long story short we are at our wits end with my 8 yr old daughter who has been experiencing extreme school related anxiety since the 2nd week of term January (grade 3). She previously loved school. Lovely, lively, smart, creative, very sensitive and aware—body language, tones etc. Sensory—some loud noises, textures, and labels. Academically strong.



The meltdowns which began after school quickly made me aware that something was going amiss. She was getting home and having crazy angry lashings out verbally—mostly at me, sometimes her 3 yr old brother and dad. This was all extremely out of character and quite brutal. Weekends fine until Sunday late afternoon. Needless to say it's been hectic. The outbursts after school at least have eased this term but we have only managed one full week of school. Mornings and week day nights are so so rough. Tears, shaking the worksWe have only been able to get bits and pieces of the challenges as she gets defensive when I ask and starts to lash out. I've managed to figure out a lot from the little pieces. Support from the school has been tricky and she is viewed now as overly anxious and medication has been recommended beta blockers or anti anxiety in order to help her feel more contained and safe in herself which will enable to thrive.

She gets through her school day in complete flight fight mode. There is no fun or enjoyment apart from her extra murals.

We started the remedies Thursday and last night she was triggered by her brother and ran to her room and completely broke down sobbing, no anger or frustration just raw heartbreaking sobbing and proceeded to literally sob and sob and express sooooo much and so many things about school. It was really heartbreaking to hear and experience and her desperation for a different experience, really difficult to witness BUT at the same time I just felt so relieved and thankful as she was freely expressing and sharing so much. It was the first time in these last months that an emotional breakdown came with free specific expression vs deflecting and anger towards myself, dad or brother or random things. A good couple of hours !!!

Today was lovely and she fell asleep way easier than usual!"

44) "My 15yr olds third day on the protocol. High functioning Aspie, but struggling with concentration, self regulation, POTS and EDS. Had a 2 hour cry yesterday and today she is calm and happy—didn't think she would ever be happy again. Looking forward to more happy, calm, focused days. Hoping for better sleep for her soon."

45) "Positive feedback. I gave Cloud 9 this morning with a syringe. My grandson went out with his parents and while driving around he sang the full ABC song. This has never happened and I cannot wait to hear it for myself. His parents also got him a pie to see if he would eat and he said thank you. I can now only pray that we start to see more positive things taking place."

46) "Hi all, my son does not use shoes or socks , but it is something that we do as part of a routine everyday even though he takes it off. On Thursday when we left school he kept his shoes on until we got to the car, and on Friday morning and afternoon he kept his shoes on



while walking to class and back—this is big for us! Today he ate his fruit which I cut, even took a piece of carrot and ate. He is much better regulated and seems to take instructions better—hoping to see some improvements in his extreme OCD.”

47) “My son says he feels less hungry and indeed eats less. He feels like he wakes up in a good mood in the mornings and notices he's able to exercise self-control. Today we were at the school's sports day with many competitive activities, and it was super successful! What used to end in anger, a lot of frustration, hurt feelings, and avoidance. He gave his all until he got tired.”

48) “Hi I’ve definitely noticed a decrease in anxiety, and overall feel a lot more “chilled” than usual. It’s like my usual stovetop setting of full boil has been turned down to a gentle simmer.”

49) “Good evening everyone. I have noticed already just from 1st day using the remedies on my daughter, that she is soooo much more relaxed and not so anxious! Quite incredible.”

50) “Hi. My 10 year old daughter is now on day 8 of the Protocol. What I noticed is the following: She is more content with herself. She actually wrote us a letter on Saturday saying she is sorry that she was so mean to us. She has a huge problem choosing stuff or to make decisions/choices. Saturday I asked her what does she wants to eat. She threw a tantrum because she cannot decide. She went to her room and came back later with the letter saying sorry. In the past she will never do that. I have not tested her anxiety yet, but will do in the school holidays. She hates going to new places and will have almost like an anxiety attack. She is also more energetic and VERY loveable. She says to us the whole time I Love you so much.

I struggled to give her the meds the 1st 2 days(syringe) but the 3rd day she actually took the syringe herself and sprayed the liquid under her tongue. So far so good. Also had no complaints at school the past days.”

51) “My 15yo daughter is high functioning Aspie—diagnosed last year. We have had soo much drama with schooling. Tried every conceivable curriculum. The work is not the issue, but the work load is. We have only ever homeschooled. Since beginning of last year, she just refused to do her work. Excessive meltdowns and only ever remotely happy when she can be behind her screen, in her dark room. We tried cottage schools, but she was suicidal after every tryout. Despite psychiatrists saying she won't ever study further or leave the house, I believe she has incredible potential, she just needs the right support. We started online GED at the same time as the protocol last week and the change has been amazing...!! She takes her remedies with a



smile! She wakes up at 8 (usually only woke up reluctantly at 12!), sends me her progress reports (so proud of her initiative and commitment!) and is absolutely delightful to be with!

We read a book Tech Exit and gave her the first three chapters to read for buy in.. After NUMEROUS attempts to limit her screen time, she gave us her phone and iPad and said she wants to do a 30 day detox!! Every day a miracle happens...So incredibly thankful."

52) "I love these energetic remedies. It seems as if they're closing the gaps for everyone. They also seem to do the job for each individual, specifically for them."

53) "Happy Saturday everyone! Some progress with my teen daughter this week. We noticed when something triggers her, she manages to regulate herself far quicker before escalating as much as before."

54) "Feedback, we gave my son a haircut today, we use the machine, scissors to trim the sides. Usually, we schedule a time with the siblings, so everyone is there to hold him. Today, we all were there, but sat and watched as dad cut his hair, no holding him. He was calm sat through the whole time. Dad even had time to give a little bit of style."

55) "My daughter's social skills has DEFINITELY improved. I am so so proud of her. She is so calm and engages with the other kids amazingly."

**Individual results may vary. Claims in testimonials may not be typical.*