



Chapter **8**:

Interview with
Heidi Bonaroti



Heidi: My name is Heidi. My son, Ben, is vaccine injured and he now has autism. I just want to say how happy I am today to share my story with you. I'm just thrilled to know that the documentary, *The Truth About Cancer* is leading to *The Truth About Vaccines*. The more people that can hear this message the better. If you're out there and you think you're alone, you're not. It takes a village. Just keep watching.

Interviewer: What's that like as a mother? How soon after the vaccine did this happen?

Heidi: Ben was born right on time. Came right on his due date, and was a very, very healthy boy. I'm going to try and get through this without crying. He was very healthy up until about 15 months. It was at that time I thought, it was his well visit and I took him in for his—at that time, he was due for his MMR vaccine.

Thankfully, he had an ear infection so that delayed it three months. They didn't want to give him the vaccine when he was on an antibiotic for the ear infection. But, unfortunately, that at that point pushed his immune system down.

When he was 18 months, we went back for the MMR and right after the MMR, I wouldn't say right away, but it was a gradual, a few weeks after, we noticed a very significant decrease in eye contact. He had language that he had lost. He had lost significant amounts of language. He developed explosive diarrhea. He would play on the perimeter of the park, the playground, wherever we were. He just would isolate himself to the garden or on the outside of the playground.

There were a few scary moments where I thought, "Where is he?" I thought we had lost him. As a mother, your heart's pounding out of your chest thinking "Where is my boy?" He would just wander off and we couldn't keep track of him.

Interviewer: You have to deal with the challenge of feeling like or knowing that you put your son through a procedure that harmed him, really severely. How did you process that when you had to kind of go through something that was happening by virtue of that vaccine that you had helped to administer?

Heidi: Right, right. As a mother, as a parent, you believe what the doctors tell you and I thought—as an occupational therapist I had kids that were on the spectrum when I was in the school system. I had mothers tell me, "Oh, it was the vaccines. It was the vaccines." In the back of my mind, I put it in the way back of my mind. As a therapist, I thought, "Oh, they're just trying to blame something on autism."

Well, if I would have listened to my heart I would have listened to those mothers that were trying to warn me, which is, I've turned into that mom because I'm warning other mothers about the injury that could happen. Not to every child, but what works for one child won't work for another. One size doesn't fit all.

To answer your question, I have blamed myself for a long time. I remember one of my mentors and autism heroes, Jenny McCarthy, who I've met several times on this journey, she went through that as well. She blamed herself.

I remember Jim Carey telling her, "To heal it you need to feel it." I have embraced that because like Jenny and many other moms, we do blame ourselves because we put our child in danger without knowing it. I had to face that and really feel it and cry for a long time and start to heal because we didn't intend to hurt our babies.

Interviewer: Perhaps a lot of mothers get really crippled by feeling so upset at what's happening that it shuts them down from being able to take redemptive measures to go after how to help their child because it's so hard to deal with.

I don't know how much of the community is in denial that this autism that my child has was caused by the vaccine. I don't know how many people are in denial because I think that that would be the hardest thing ever to accept. But not accepting it would mean that the child can't get the help they need. Because if you don't know what did this how're you going to know what's going to take it away?

So tell me how your child digressed. You mentioned a few of the points. How did that manifest in later years of his life? How old is he now? Take us through the steps.

Heidi: Sure. Like a timeline?

Interviewer: Yeah, that'd be great. Stay with me on the challenges as they compounded and why you believe that they were directly tied to the vaccine.

Heidi: When he was three, I told you already, he was diagnosed with autism. I knew, thankfully, as an occupational therapist working in pediatrics, it was really a God thing that probably 80 percent of my caseload these kids had autism. I knew that the kids on a gluten free diet were doing the best.

I told my husband, "You know what? I know it's going to be a pain in the neck, but the kids that are on this specific diet are doing the best." He said, "Look, whatever you want to do, I fully support you." Shortly, right before the gluten free diet, that was the first intervention we did because I thought you have direct access to food.

I can certainly change my child's diet. We took away gluten first and then dairy next. I noticed just removing gluten, three weeks into the diet—okay, you have to remember, this kid had very little eye contact, had lost language and would isolate himself. Three weeks into the diet he put his hand on the door looked right at me and said, "Want to go outside." I was like, "We're doing this."

At age three we did the gluten free diet, probably for about a month, really strict. He went into sweats, night sweats. Would've wet the bed at night. Just complete detox. I remember my mom calling me saying, "You're not a doctor. What're you doing?" It was a scary time and I was like, "I know, but it's food. I'm just taking away food." I know I wasn't hurting him.

I knew right away, luckily from my clients about the gut-brain connection. I saw within three weeks that it was working for my son. After removing gluten, we decided, "Okay, now it's time to remove dairy." Even though he didn't eat a lot of dairy, I thought, "Let's just remove it entirely." That helped his constipation issues.

By just removing those two things you could see the decrease in inflammation because of his increased language, increased eye contact and because of his issues with his gut and not being so constipated.

That was from age three. Then, we continued till, let's see, when he was about four I went to my first DAN conference, Defeat Autism Now in Anaheim. That's when I met Dr. Jeff Bradstreet.

Again, I'm going to try not to cry because he's no longer with us. That man really put a dent in my child's microbiome. Not only were we on the diet. He helped us identify that Ben had

huge amounts of candida yeast in his gut that were at a very toxic level.

He also had a really bad virus called clostridia. Excuse me, bacteria, which is called clostridia. We went on an antibacterial medication and antifungals and doing routine liver function tests to make sure he was tolerating that okay.

We did that for about two years and then we tried hyperbaric oxygen therapy. From Bradstreet, we rented a soft chamber. Every night my husband went into the hyperbaric oxygen chamber with Ben, thankfully, because I'm claustrophobic. I couldn't do it. He went into this chamber which is probably about—if you guys aren't familiar, it's about the size of a conference table. A 3 foot by 9 foot, 8 foot, 9 foot in length. They call them dives. Every time you go in you go in for a dive.

We rented this from Bradstreet. He said, "Just try it. It's going to give him the oxygen he needs." Because we had healed his gut—you have to do that first, heal the gut through the diet and the medications that we did. Then you want to feed the good cells with the oxygen. That's the purpose of the hyperbaric.

I want to say maybe 10 dives, so 10 days into the hyperbarics he started interacting with this brother. They immediately started playing chase around the house. We were like, "Wow, he actually knows he has a brother and they're interacting." That was pretty amazing.

Let's see, diet, hyperbarics. We did intensive applied behavior analysis, which is the only research proven method to teach children with autism how to learn. We did that through CARD, Center for Autism and Related Disorders, where we had a tremendous team of therapists. They came to our house around the clock, 25 hours a week.

Let's see, going down the list. We've tried medical marijuana. It was a CBD oil that Bradstreet recommended. That actually helped decrease his stimming. He used to hand flap or do these kinds of things. That started to decrease with the CBD oil.

Interviewer: What does that mean? What was that about?

Heidi: Oh, it's a visual of stim. A lot of kids would look through the lines of their fingers and go.

Interviewer: Yeah. With autism? Specifically, that's like this.

Heidi: They call it a visual stim. He would kind of do, we call the growl. He would go, "Urgh." Who knows why but all of that melted away. So many things we did. Glutathione IV which is very powerful for the immune system. We did N-acetyl cysteine through IV.

Interviewer: What was the result that you got?

Heidi: By doing all of those things that I've mentioned it just kept bringing Ben closer to us. Better eye contact, more social interaction, less of the stimming, the hand flapping. The visual stims started to go down. More social interaction not just with us but with his peers. He would improve in those areas.

I felt like we had done so many things up until, let's see—that was age three when he was diagnosed. We were with Bradstreet from when he was age four until he was 11. We did so many things under his care.

Then, just two years, about a year and a half ago right after we, we gave up the—no, I'm

sorry. Two years ago, we had to let go of the CBD oil, the medical marijuana oil because we started, at Arizona State University, we did a fecal transplant with Dr. Jim Adams.

That was recommended by Jeff Bradstreet because he said, “Look, in spite of everything that you’re doing for his gut he still wins the award for the most wicked sick gut.” And I quote him, that’s what he said.

I said, “Okay, what do we do?” He said, “Well, Dr. Jim Adams is doing a study for fecal transplant.” Are you familiar with that? We did it. Ben turned out to be one of the best responders in the study. One of the biggest changes we saw in him was he stopped wetting the bed completely with the fecal transplant.

I think that has a lot to do with the inflammation that went down with lining the gut flora with the good bacteria. That was two years ago. One thing, and I’ve given Dr. Adams feedback with this, one thing he didn’t really stress which he’s going to stress in future studies was, “How do we feed the good microbes? How do we keep feeding the gut with all the good bacteria?”

That’s when I discovered the Bravo Probiotic Yogurt which was an amazing thing for Ben because right after the study, we weren’t getting anymore of the transplant into his body, he started wetting the bed again, which to me said, “Okay, we’ve got Candida or some type of inflammation is back.”

Once we started the Bravo, just three days of the Bravo Probiotic Yogurt, taking it orally, he stopped wetting the bed. His eye contact was getting better. His social interaction was improving.

That’s when I met Dr. Marco Ruggiero, who you met the other day. We learned very quickly that we just lived three miles from each other. Those emails led to phone calls, phone calls led to in-person meetings with he and I and his wife, Dr. Pacini. That’s when he asked me, almost one year ago, to share the stage with him at AutismOne.

Shortly before that we had started Rerum, R-E-R-U-M which is a vitamin D oral emulsion that targets bad cells of the immune system and builds up the immune system and kills the bad cells. We started on a protocol, kind of building on everything we had done. We moved from just being gluten free, dairy free to transitioning over to the ketogenic diet.

Then we added, we were already on the Bravo Probiotic Yogurt, then we started Rerum, the oral emulsion, the vitamin D emulsion. Then, also added in MyAmino, which was developed—it’s one of Dr. Reinwald’s, who I work for now, it’s one of the components of the amino acid chain that gives you eight essential amino acids that not only will it give you a perfect amount of protein by—it’s not a capsule.

It’s a very concentrated form in a tablet that gives you the eight essential amino acids that you need every day and won’t produce any extra glucose or nitrogenic waste and helps you build good muscle, lean muscle tissue and help the immune system.

Interviewer: Tell me about GcMAF versus Rerum and that relationship and what that means and who was involved even in the creation of GcMAF.

Heidi: Sure. GcMAF is vitamin D macrophage activating factor. It’s no longer available. When I first discovered it two years ago, that was right when Dr. Bradstreet had passed and we were actually getting ready to try it under his care.

When he was no longer with us, I thought, “How do I get my hands on this?” That’s when I

found Dr. Marco Ruggiero. He actually, before Dr. Bradstreet left us, he said to Marco, he said, “I need you to make something that is fully licensed, fully legal, fully certifiable and something like GcMAF but is not derived of any human blood protein.”

Being the genius that he is, he went right to work and did it, and invented what we call Rerum, which means, “of things” or “from the earth.” Rerum actually, is what we like to say, the evolution of GcMAF. It’s actually better because you don’t have to worry about it being contaminated by any human protein. It’s vitamin D2, vitamin D3, oleic acid, and chondroitin sulfate.

The really cool thing about that is, it comes in a vial very similar to what you would find in an essential oil bottle. Three, I don’t know, I forget how many mL it is, 3mL. With GcMAF, one of those vials would only last you a few weeks. With Rerum because it’s nano-sized you can stretch it. With a smaller amount, you can use it for over a period of months depending on your condition.

What happens, when the Rerum enters the bloodstream it releases what we call macrophages which I like to call the Pac-mans of the immune system. They are very smart. These macrophages go after cancer cells, viruses, nagalase, which is often found in vaccines.

That’s why cancer patients are improving, that’s why children with autism are improving because these macrophages go right to the source. They destroy the bad cells and they know how to multiply the good cells. That’s why it actually, they work together to rebuild the immune system.

Interviewer: What were the results you saw in your son Ben?

Heidi: Yes. Right after we started the Rerum, I would say—oh it’s so hard to remember. We’ve been on it for almost a year now but we started in very small doses. I would say within a week we noticed he stopped—because, he had started wetting the bed again when we stopped the fecal transplant. He actually stopped wetting the bed. His eye contact was consistent. He started new language.

He started asking—think about all the WH questions. Who, what, when, why. He started asking “Why,” why questions or “Where are we going?” or, “Who is that?” All this new language. I was like, “Who is this child? Wow.” He also blossomed into an amazing artist.

You’ve seen those adult coloring books, what he creates, it looks like an adult created. Now he’s doing water color canvas paintings on his own. He just turned 13. Before all of this treatment, he was much more in like a self-contained classroom. Now he’s fully mainstream in a typical regular gen-ed classroom.

Interviewer: How evident is it that—I mean, you mentioned he’s gone from being in a special class to being in mainstream, is that correct?

Heidi: Yes.

Interviewer: Then, how evident is it now that he has autism?

Heidi: If he were here today, kind of wandering around the conference you wouldn’t know that he had autism.

Interviewer: What if I was to speak to him?

Heidi: If you were to speak to him, you might pick up on well, maybe he's shy or something but that's one thing that we're working on, the social piece and the conversation piece.

He might come up to you and initiate and say, "Hi Jonathan." He might say, "Hi, my name is Ben. What's your name?" Then you would tell him, "I'm Jonathan." He might not know what to say next. But there's other times where he'll come up to me and go, "Hey Mom, that's a pretty dress." Things like that.

He's on the shy side so we're working on those—we always try to contrive situations, social situations. We use the social thinking curriculum, where it really, challenges his social skills. We feel really blessed. We're of course working on academics. I know he's not quite up to grade level at all with reading or math but as far his behavior is, he looks like a typical child.

Interviewer: That's awesome.

Heidi: Which we feel really blessed.

Interviewer: What kind of future do you foresee for him?

Heidi: Well, if you ask him what he wants to do he'll say, "I want to be a chef or a gardener or an artist." I see him, realistically, I could see him working at a—We go to a restaurant every Sunday after church. The owner just has a heart for kids with special needs. Her grandson has special needs. She's always told me, "If Ben ever wants to work here, I would love to have him."

I could see him working—it's called the Gilbert House in Gilbert. I could see him bussing tables or one day being a cashier at a grocery store or being a barista at a coffee shop, which I would be very pleased with. He's going to have a future and he's actually—my definition of autism recovery is making a friend on your own. He's starting to do that. Making friends on your own.

Interviewer: That's what he wants?

Heidi: Yeah. He does. He thrives around typical children and he just wants so part to be, part of a group, which is a huge obstacle for a lot of kids with autism. He notices, he's part of a group and he really wants to be part of the friends around him, which is a huge improvement for where we were.

Interviewer: Why do you believe wholeheartedly that your son was vaccine injured?

Heidi: Well, because I know, even though I didn't notice the next day I know that the lights in my baby's eye went out. He wasn't there anymore. As a mom that's my subjective opinion, but we've also done biomarkers and blood tests.

I even had Dr. Bradstreet—he wrote a letter of causation that said the constituents in his vaccines pushed him over into microencephalopathy and more than likely caused RNA/DNA damage to his mitochondria, because he did have mitochondrial dysfunction after those vaccines.

I myself, I'm vaccine injured. I know my immune system wasn't set up to provide him with immune system to start out with and then he probably would have done fine had he not received all those vaccines.

I think that's one thing that pediatricians and gynecologists really need to educate young

mothers that, “Gosh, I wish I would have nursed him longer.” Is your immune system ready to have this child? It’s all about the immune system. I hope that answers your question.

Interviewer: Yeah, it does.

Heidi: Yeah, I definitely, I know. We look back at pictures and videos that we can just see before the lights were on, and then afterwards the lights went out. I call it navigating through a dark warehouse called autism. The key is to always keep doing something.

What works for one child may not work for another, but I will tell you universally, we know from being at this conference and many other conferences and just reading research, almost every disease starts in the gut. If you start to heal the gut, you start to fix the problems.

Interviewer: Awesome.

Heidi: People say, “Wow you really saved Ben,” or, “You really helped Ben.” I say, “No, he saved me.” Because not only are these protocols working for autism, I’m also on the protocol for my own autoimmune disorder. I have Hashimoto’s and I’m starting to see a decrease in my symptoms by healing the gut.

Interviewer: It’s amazing. Well, thank you. It is incredible and just—

Heidi: Thank you.

Interviewer: You’re welcome. My last one for you is just as a mother, I can see how much you want the best for your child. You think about his future all the time. I could tell in the way that you spoke about it and to have gone through what you went through is too much to bear for most people.

If you could describe to me what it’s like to be a mother and to just to witness what you witnessed and experience that kind of trauma and what was—tell me.

Heidi: I’m sorry. Just that question you brought up reminds me of my last meeting with the *Vaxxed* team when they were in Phoenix. It’s overwhelming as a parent. Because you think something’s wrong with you and people think you’re crazy.

“How can it be the vaccine? My kid’s fine.” Until now, until all of this evidence’s come out, thank God, for Dr. Andrew Wakefield, and Polly Tommey and Del Bigtree and all these heroes and now Robert F. Kennedy Jr. and our president who’s fully supporting us, we just want to get the truth out there.

The truth is we don’t want any other baby to be part of our club. It’s not just autism, it’s the Gardasil vaccine and the Hep B vaccine. Babies are dying as we speak because we don’t have any vaccine safety program.

To answer your question, it’s been very hard as a mom because, like I said in the beginning, we did everything that the doctors told us and what western medicine believes is healthy. We’re not an anti-vaccine community.

We believe in vaccines, otherwise we would not have gotten the vaccine for our child but we just want to take the junk out. Let’s go back to 1983, like the Dutch in Holland when autism was 1 in 10,000. We just want it better, we want safety, we want safe vaccines. We want ones that work, that are proven safe and effective and ones that there aren’t any stockholders or people making money off of dead babies.

Interviewer: Thank you.

Heidi: My mantra is faith, hope, knowledge, recovery. Because, you know what? The powers that be out there want you to believe that this is your story, that you're stuck in this forever and that's not true. Our kids can get better. Some are more worse off than others, but the key is to start at the root, the root of your beautiful baby, your tree from the ground up.

I call it a yoga house. You build it from the ground up. It all starts in healing the gut because no matter what you do, no matter what supplements you're on, if you're aren't on a healthy diet nothing you do is going to prove itself effective.

We know today, in the research that shows that the immune system of a person with cancer is very similar to a child with autism. Why is that? Damage. Damage to the immune system. I've seen it in conference after conference, and so I was thrilled to hear you say that.

What a wonderful segue to say, look, *The Truth About Cancer*, *The Truth About Vaccines*, and you're putting it together. I think it's amazing. It's like a marriage between the heart and lungs, you know you're helping me breathe to see that again.

Because, you know what? When you come out with one documentary that will bring up so many other questions and that will lead to another and you just keep going because you're going to target one audience after another.

Because the people that have cancer are going to want to see *The Truth About Cancer*. The people, *Truth About Vaccines* are going to want to see that one. You know what? In the end we're going to figure out that it all comes back to the immune system. Right?

The gut-brain connection and the third brain that a lot of people don't know that we have which is the microbiome and we have to feed it in a healthy way.

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