



2025 Impact Report





A MESSAGE FROM OUR FOUNDER

Dear Friends,

2025 has been a building year for Documenting Hope –our team has been like a crew of carpenters and masons laying the foundation for some major programs and offerings that will launch in 2026. We are creating real healing solutions for real families.

In our 2025 Impact Report, you will find the highlights of all the ways our donors and supporters have helped Documenting Hope take concrete steps toward ending the new childhood epidemics and helped more children heal.

When I founded Documenting Hope in 2009, I made it my goal to put an end to the new childhood epidemics and the unprecedented number of children that were suffering and struggling with chronic health and developmental conditions.

At the time, I saw these “canaries in the coalmine” as harbingers of an emerging existential moment for humanity. If our children are so sick now, what is to become of humanity just a few decades from now? Are we facing population collapse? An extinction event? While this awakening felt grim, it also felt like a sacred wake up call. This was my calling . . . to do everything in my power to save this generation, and future generations, from a dystopian future driven by the destruction of their health.

Documenting Hope is one of the few organizations tackling this health crisis, head on.

Now that I have been in this work for nearly 20 years, I have seen severely disabled children grow up to live a normal and happy life –go to college, travel the world, get married, get graduate degrees. It can happen! These healing stories are incredible, and they give me great hope for humanity and for the future. I want this transformative health experience for every sick child. And I know you do, too.

Documenting Hope stands poised to make an even bigger impact in 2026, and we thank you for all you have done to help us get there!



Sincerely,

A handwritten signature in black ink that reads "Beth Lambert". The script is fluid and cursive.

Beth Lambert
Founder and Executive Director
Documenting Hope

RESEARCH. RESOURCES. RESULTS.



Elimination of Autism Symptoms using the Specific Carbohydrate Diet: Literature Review and Case Report

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Abstract

Numerous publications have documented the effectiveness of medical nutrition therapy in alleviating many of the symptoms of autism. This case report reviews the literature and highlights the case of a 4-year-old boy with autism and his improvements following the adoption of the Specific Carbohydrate Diet (SCD). After following the SCD for 17 months he experienced the elimination of autism symptoms, and his individualized education program (IEP) was dissolved. Long-term follow-up and diagnostic re-evaluation with the Autism Diagnostic Observation Schedule (ADOS) confirmed an ADOS score of zero. The young man is now 10 and is studying in college. While this case and the literature to date is promising, further investigation is warranted to understand the relationship between gastrointestinal issues, intestinal permeability, nutritional interventions, and autism spectrum disorders.

Keywords: Autism, Diet, Nutrition, Specific Carbohydrate Diet (SCD), Gut and Psychology Syndrome (GAPS), Paleo Diet, Gluten-Free, Literature Review, Case Report

 RESEARCH

Evidence of Hope: New Peer-Reviewed Paper!

Documenting Hope has another peer-reviewed scientific paper approved for publication! **"Elimination of Autism Symptoms using the Specific Carbohydrate Diet: Literature Review and Case Report,"** and will be featured in *Integrative Medicine: A Clinician's Journal*.

This is our **second autism reversal case report published in a peer-reviewed journal**. This paper was written in collaboration with Dr. Angela Taylor of Johns Hopkins University. What a beautiful collaboration and an inspiring story of hope! These peer-reviewed papers are critical to our mission because we are building a (scientific!) body of evidence that healing is possible. Many doctors did not learn this in medical school, so we are doing all we can to give parents and physicians the evidence and confidence they need to pursue this kind of healing work.



RESEARCH

FLIGHT is taking FLIGHT and bringing more kids on board!

You probably remember Ty and Jeremiah, the amazing kids who participated in the pilot version of the FLIGHT Study. Soon, you will get to meet the next cohort participating in a revised and simplified version of FLIGHT. Our research team redesigned the FLIGHT study with scalability, affordability, and accessibility in mind. We asked ourselves: If the first children in the FLIGHT Study could improve, how could we make this type of healing program cost-effective, accessible, and scalable? Well, we did it!

We designed a carefully curated education and coaching program that is both affordable and accessible. We will be testing this program with 12 families who have a child with autism and we will begin the enrollment process by the end of the year.

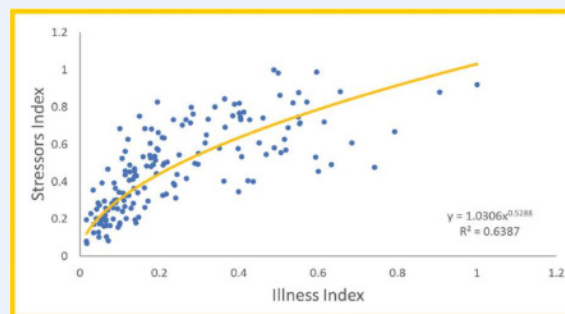


Documenting Hope is the only organization working on a scalable solution to end the autism epidemic.

We already know a whole child, root-causes approach helps kids heal and overcome some of their greatest challenges, but now **we need to prove that it can be done by anyone, anywhere**, so that is why we are enrolling new children into our new and improved program.



CHIRP is alive!



You may recall that our flagship **CHIRP Environmental Questionnaire** (Child Health Inventory for Resilience and Prevention) went offline for a while, as the medical software company hosting our comprehensive and personalized custom questionnaire went out of business.

We were required to fundraise to rebuild it on a new software platform. After many months of dedicated effort, we've done it. CHIRP is live again, is being used in our FLIGHT study, and we will be launching it to the public once again, to continue collecting data.

Our first round of CHIRP participants (over 2000 enrolled) helped us to validate our "total load" hypothesis—that it is the cumulative and compounding effect of living in the modern world that is making our children sick. Now, we need to enroll even more children into the study so that we can fully understand the complex interplay between these environmental factors and how they work with genetics to result in chronic disease.



This is the second phase of the CHIRP Study initiative, and for this phase we need your help!

We are looking for additional funding to pay for a recruiter to help us enroll families of healthy children and families of chronically ill children into the CHIRP Study, so we have a sufficiently powered study with enough data to truly understand the environmental "root causes" of conditions like autism, ADHD, diabetes, autoimmune conditions, life-threatening food allergies and more.

The CHIRP Study data has the potential to tell us:

What combination of environmental factors, medical history, and lifestyle variables lead to:

- Type 1 diabetes
- Autism
- ADHD
- Autoimmune conditions
- PANS/PANDAS
- Severe eczema and psoriasis
- Hashimoto's and other thyroid disease
- Pediatric cancer
- And much more.

With this data, we can inform policy makers about the things in modern living that keep our children healthy and what makes them sick. With this data, we can alert doctors, hospitals and parents to the combination of environmental factors that make children sick and disabled.

As part of the second phase of the CHIRP Initiative, we are building a **next-generation personalized report** for parents who complete the CHIRP Questionnaire. When a parent or caregiver completes the questionnaire, they will receive a personalized report giving them instructions on the very specific changes they can make to improve their child's health. We are also exploring Ai-powered tools that will make the personalization even more precise.



RESOURCES

Dispatches from The Healing Journey: On the Frontlines with Families

There is a lot of work that goes on behind the scenes at Documenting Hope. It is the quiet, steady work of supporting families on their healing journeys. It's not flashy like our peer-reviewed scientific publications, but it is the work that is most meaningful to us, and to the families we serve. Every other week, we meet LIVE via group Zoom calls with families in our Healing Together Community. We see these families at our in-person events, and we answer their questions during our live webinars with experts. **We are the ultimate resource for families who are looking for help and eager to learn how to heal their child.**

This is where we have the opportunity to share our decades of knowledge with families –whether it is a doctor recommendation, a helpful lab test to ask for, or an important article to read, families get personalized information and support from our integrative doctors and health coaches. All they need to do is show up live to a Zoom call or drop their questions into our private online forum.

Your charitable dollars subsidize the cost of membership in this community and allow more families to join.

You are the reason Documenting Hope is able to provide so many powerful resources for parents and practitioners!

In 2025, your financial contribution:

- Covered the cost of generating a second autism reversal paper, now published in a peer-reviewed journal
- Subsidized the cost of membership for over 250 parents to enroll in Healing Together
- Supported the creation of dozens of new articles, webinars, healing guides, healing ebooks, videos, and more educational content
- Paid for our integrative doctors and health coaches to be available to answer parents' questions live and online
- Facilitated the creation of a dozen new real-life healing success stories shared on YouTube and social media. These stories are the lifeline for parents looking for any glimmer of hope for their child
- Established the creation of a new online portal where families can order discounted lab tests to help uncover the 'root cause' of their child's condition
- Helped rebuild the CHIRP Questionnaire on a new platform with plans for an updated and more informative personalized report for parents to help them uncover the root causes of their child's condition
- Funded the creation of a new online parent education program (see table of contents included at the back of this report). This is part of a modular and scalable autism intervention program.
- Funded the creation of an updated Health Coach curriculum to be used to train the next generation of health coaches who will be supporting the families in our community.

RESULTS

Published Papers are not our only means of Documenting Hope.

Here are some of our most inspiring Success Stories from 2025!



Dante Overcame a Nonverbal Autism Diagnosis

... and is now speaking two languages as an A student in high school!

[»Watch his story here](#)



Owen Overcame Anxiety and PANS

... and is now in aviation school, working toward his pilot's license!

[»Watch his story here](#)



Whitman Overcame Debilitating Lyme

... and Vision Therapy was a huge part of his healing!

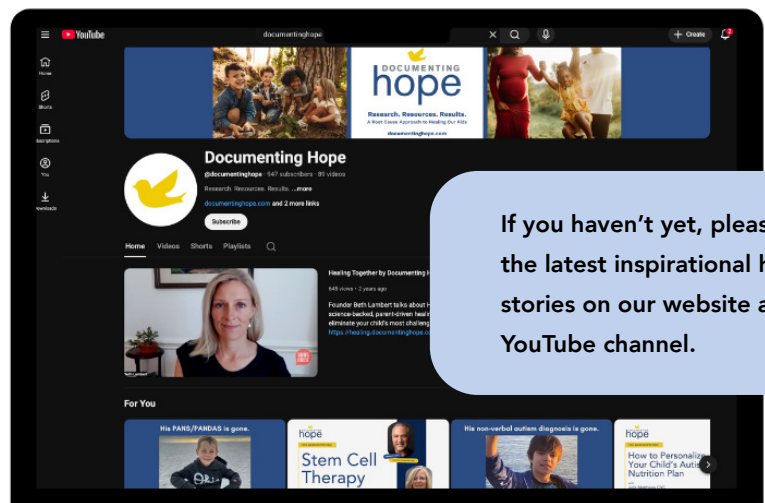
[»Watch his story here](#)



Colton healed from PANS/ PANDAS

... and overcame severe neuropsychiatric symptoms.

[»Watch his story here](#)



If you haven't yet, please watch the latest inspirational healing stories on our website and YouTube channel.



TESTIMONIALS

While we can't share all the details from every child's healing journey in this report, we can share some testimonials from the families we serve:

"Our child has experienced so much healing just in the year since attending the Documenting Hope conference. No one would ever guess how challenging our life was just two years ago. I am continuing to learn as much as I can and share as much as I can with other PANS/PANDAS families who are exhausted and overwhelmed." — *Chelsea H.*

"Documenting Hope has been a lifeline for me as a parent — it reminds me that I'm not alone in believing that healing is possible for my child. Through their website, videos, podcasts, and conferences, **I've found valuable resources that empower me to explore new treatments, research, and healing strategies.** Every piece of content reaffirms that there is real science and community behind this hope. If you're a parent searching for answers, my message is this: you're not alone. There is a growing community that believes our children can heal—and Documenting Hope is helping to lead the way." — *Jenny D.*

"Documenting Hope has been a shining, hope-filled light for our family. With three children affected by PANS/PANDAS and multiple related diagnoses, Documenting Hope has been an incredible source of encouragement, education, and community for me. As a nonmedical professional, it can be overwhelming and time-consuming to sort through the noise about new therapies, diets, and treatment options on my own, but Documenting Hope never fails to share cutting-edge insights and approaches that have not only brought our children relief from symptoms, but have also renewed our hope that deeper healing is possible. Thank you for your consistently positive messaging and for treating parents with such respect and compassion. We are truly grateful to have you walking alongside us on our children's healing journey." — *Angie*

"I can't stress this enough, but you guys and Jesus were my sole lifeline for quite a while." — *Kate*

"Documenting Hope helped heal my child's eczema! Thank you!"
— *Anonymous*

"I'm so thankful for Documenting Hope! As a speech-language pathologist, I'm able to direct families to DH's reference library for deeper dives into topics aimed at root cause understanding. **There's nothing else like it"** — *Michelle O.*

"Documenting Hope and the entire team have been incredibly supportive, uplifting, and inspiring. The sense of community and compassion they bring really is remarkable. They genuinely put great time and care into their communications and suggestions. **Thank you, Documenting Hope!"**
— *Rob, Healing Together member*

"Documenting Hope has given me a connection to other families who are struggling and feel very isolated. Thank you Beth and her team as each time I emailed her for help she always responded. You are amazing."
— *Anastasia K*

"Eight years ago, when my daughter began showing signs of PANS/PANDAS, every provider told me I was overreacting or that she just needed medication. We stayed lost in the traditional system for years. Then a friend mentioned PANS/PANDAS, and in that Google search, I found Documenting Hope. It felt like discovering an island after being lost at sea. I spent days diving into the research, the stories, and the science. That information gave me what no one else could: a voice. Data. Direction. It gave me the tools to advocate for my daughter when no one else understood what was happening... What started as survival turned into purpose. **To the team, the donors, and the partner organizations: thank you. You're not just changing conversations... you're changing outcomes.**" — *Alicia*