

# What can it feel like for a person who is told they are neurodiverse?

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This can also be experienced as a week during which we can celebrate the wonderful diverse nature of being human. It can also be a week in which people also raise awareness of how people can experience being subjected to criticism,

as a human being [who is neuro] diverse; a very unpleasant experience for a person, that the P-CNS recognise can lead a significant unbalancing of both emotional health and the person's immune system.

And what a remarkable week it was [March 17-23, 2025] to meet and celebrate people like the founder of [Yummzy - Sinfully Guiltless Desserts](#), Jolie and her husband Adrian; We met at the start of the week, at their wonderful new [#keto](#) and [#lowcarb](#) cafe in [Canary Wharf](#)

It is of course an important week to celebrate many wonderful [#bakers](#) [#artists](#), [#musicians](#), [#mathematicians](#), [#chefs](#) [#scientists](#) [#teachers](#) [#plumbers](#), [#alliedhealthprofessionals](#), [#doctors](#), [#nurses](#), [#dataanalysts](#)..... all people who contribute their wonderful creativity for us all to benefit from.

Now, very importantly, this article is written to also share a very significant and health-related message; it is to raise awareness that there are many people in the world, especially people, who experience, what is typically referred to as 'sensory overload'.

Why is this significant?

Firstly, because, for some of those people, they can experience symptoms that lead to a diagnosis of autism, autistic spectrum disorder, or ADHD.

And secondly, to share how it was that by being aware of this aspect of 'sensory overload', the conversation with Jolie lead her to understand why she has been living through a diagnosis of Type 1 diabetes, since childhood.

And by way of a reminder - Jolie is creator and manager of a keto and low carb cafe with her husband.

What prompted Jolie to do be creative in that way?

It has all been part of her self-care and common senses approach, to be managing what some are starting to consider is an 'intolerance' to metabolising carbs, in order to create her future [#wellness](#).

What we believe is important to state at this point, is that before we met, although Joulie shared that she was diagnosed with Type 1 Diabetes, she hadn't shared she had been more recently diagnosed with autism.

When she shared that, suddenly it became very clear how and why Type 1 Diabetes had developed when she was a child. The answer lies & lay in that "sensory overload".

Why?

This can be explained by simply using another term which also means 'sensory overload'. That term is "hypersensitivity".

Now, should you have some knowledge of immunology, not necessarily to degree level, you may know of an important term that is used to describe an aspect of our immune response. That term, believe it or not, is labelled 'hypersensitivity'.

There are 4 different types, but put simply, it is "an overreaction of the immune system to an otherwise harmless substance (allergen) [stimulant], leading to inflammation and potentially tissue damage".

So, not only does this hypersensitivity offer a logical explanation for the development of Type 1 diabetes, but it can also explain why so many people with 'sensory overload' can experience 'inflammatory' related disorders. Those disorders include migraines, various gut issues and disorders of immune system, called as auto immune (of which Type 1 diabetes, arthritis, multiple sclerosis, eczema, are just a few). If you wish to read more on this association then we would recommend this helpful [article](#) by Claire Jack, Ph.D.

What is the significance of all this in terms of preventing such medical conditions? We will go into that in more detail in a follow up article, sharing more of Joulie's story. But suffice to say that this stage:

The focus needs to be on how to help a person rebalance both their emotional health and their immune system, by pointing them toward 'resetting their senses'.

And one significant way to do that?

An answer can be found in why it is that many people diagnosed with a neurodiverse condition such as autism, very often develop a love for animals, such as cats, dogs and horses.

This is perhaps a reflection of why so many [natural solutions] are to be uncovered in the world of nature, or the natural world. This is, in part, why we at the Person-Centred Neurosciences Society, together with the Lifestyle Health Foundation, and other partners are creating and supporting lifestyle neuroscience programmes and services; the aim being, to help rebalance a person's emotional health to contribute to resetting their immune system, through the likes of keto and fasting lifestyles.

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