No-Plant GAPS as a Bottle Replacement

What about parents that people have told them, well, your baby still has to have milk. You can't just have yogurt. They have to a bottle to go to bed, or you have feed them all this raw milk, what do you say to them?

Yogurt is actually the perfect replacement, because you are giving them the very best of the milk! They're still getting everything that's in the mil, and they're not getting anything that could harm their microbiome or cause issues later in life.

And they are getting all the beneficial microbes, they will sleep better at night, They're gonna just reap all of those benefits. But yeah, the yogurt is the perfect replacement for a bottle, as crazy as it sounds.

And giving them a little extra fat if they're going to sleep at night, giving a teaspoon of butter or something to help their tummies feel full through the night and also give them all the good fat soluble vitamins that they need, that is a great replacement.

No, they do not need a bottles to go to bed at nights. Welcome to Take Back My Brain with Lori Hammer, where real healing starts in the brain. I'm Lori, a functional nutritionist and mom who's walked the path from anxiety and burnout to clarity and calm.

Each week, we're going to dive into brain-based tools like amino acid therapy, gut health, fasting and faith to help you reclaim your energy, emotions and sense of self.

Hello, thank you, for joining me again today. I can tell you what, if any of you have been wondering, can a diet actually reverse genetic chronic disease?

Can it actually do that? And I know we've talked about it before, but I have a mama here today firsthand. Who knows exactly that that can happen? And so Jessica Roman is the author of Dying to Thriving and the founder of Christian Health Collective.

And she's going to share their incredible story of how the carnivore diet actually saved her daughter's life. Then we're going dive into so many more things.

So don't skip out. I want you to stay to the end because you don' want to miss a bit of this interview today. Jessica, welcome to podcast. Hi, thank you so much for having me.

I love the fact. Like I was just telling you before we got on, my daughter, who's 19, and I were binging on your Instagram. So we were watching all your videos and stuff and Karina says to me, she goes, Mom, She's one of your people.

She is one your girls. And I said, Yes, yes she is. We are so on the same wavelength. You talk a lot about carnivore, the no plants, GAPS diet, and those are all things that we've implemented in our own family for deeper healing, gut issues, TBIs, all those kind of things over the years.

Jessica Roman's Daughter's Diagnosis

So I can't wait to dive into that. But most importantly, Jessica, I want everybody to know she loves Jesus. She does. she Loves Jesus so much and God has given her so Much wisdom and she's helping so many families out there with kiddos who have genetic chronic conditions that have been told your child might die or your Child will never get beyond this diagnosis.

And so we're going to talk today about beyond the diagnosis and so Jessica share your story with us. Yeah, so my daughter was born with thought. She was healthy at 39 weeks, the anatomy scan was normal at 20 weeks.

My husband and I are both, we thought, plenty healthy people to be able to have a healthy baby and she was born with a genetic condition called an ACTG2 genetic mutation.

And basically that just means that the intestines are malformed. They don't work properly and the bladder doesn't properly. And while the bladders is a simple solution, you can capitalize or you create a urostomy to keep the blood clear if it won't empty properly, which is what was happening.

The intestines are not that simple, right? Have coordinated movement and peristalsis in order to digest your food and absorb nutrients. If your intestines can't do that, you have to go on what's called TPN.

So TPM is total parinternal nutrition, and it is IV nutrition to report in your chest. And it absolutely destroys your liver, kidneys, because it's essentially soy.

Soy, GMO soy fat, no less. No, that's not good at all. And sugar, and that is it. That's it? And that what the human body lives off of on TPN. Of course they add in elemental vitamins that you can't absorb anyway.

You become extremely sick, you get osteoporosis. 40% of people on tpn have cancer. Wow, 40%, Jessica? 40%. Yes. because their metabolic state just completely breaks down.

So this was the path that we were on. When my daughter was a baby and she was breastfed, she did incredibly well. She was chubby even, She had no problems, no surgeries.

she would pooping and we are capping her. We were, you know, just watching her grow. And we thought, Oh, if she's not that bad. You must have a not as severe of a case.

If you Google the diagnosis, it's Yeah. Yeah, it doesn't give you any hope at all. So we thought she was fine. And then, you know, 12 months, we started solids and she declined so rapidly.

Her tummy got huge, limbs got tiny, tiny tiny. She started losing weight very rapidly And by 16 months, so in a four month period, she was having emergency surgery for an ileostomy.

So it was a very, very quick decline. And then that whole next year was just surgery after surgery, sometimes weekly surgeries, Sometimes two surgeries back to back as she went in for one surgery and ended up in emergency, surgery right after that one.

I mean, it, was absolutely brutal what she, went through and Here's the thing that's like really important. We listened to everything the doctors said, we listened their recommendations for medications, We listen to their recommendation for surgeries.

we listen them when they want to put her on TPN and she was dying in their care. And I know that like very controversial right because we want go to doctors and we think they're going to make us better.

Right. Right, and there are times where, you know, there's lots of great doctors out there and the medical system isn't set up for wellness. So, yeah.

That starts at home and even though it was such a crazy complex diagnosis, still, her health needed to start at homes. Yeah. By the time she was two and a half, she diagnosed with intestinal failure.

and her liver was also not doing so great. So if she would have gotten an intestinal transplant, they would've also done her a liver and pancreas because those two were also kind of failing.

Wow. That's what we were looking at with her. She wasn't speaking, she wasn' t smiling, She was' n't walking. she

had periods where she wou d walk and then she'd have another surgery and it would just knocked her down.

And then she was so behind physically because she couldn't do anything, she had no muscle. She was 26 pounds. Wow. It was like the size of a one-year-old really.

Yeah. We were just biding our time and we knew that we had to do something. So we prayed and prayed. My husband, who is very, very close to God, he really kept us both on track and said, you know, we're not going to accept this diagnosis and we are going find a way to make this work and I had the same sentiment that we were going figure this out.

Turning to GAPS and the First Improvements

And that's when we found Becky Plotner's blog about Candida. And I was up all hours in the night managing her pumps, doing her catheters. And, I had a little guy who just came home from the NICU.

He was born at 29 weeks because I, was so stressed trying to manage her care. Um, so she was having emergency surgeries while he was in NITU three hours away at a different hospital.

It was like the craziest time of life you could possibly imagine. Like you can't, um, who both really desperately need mom. So. After all of that was going down, we found out about Candida and she had the most severe case of SIBO the doctors have like ever seen.

Oh, sure. That's what comes with this diagnosis is SIBA where their stomachs are just, they can't walk because their, stomach's are so big a lot of the time.

So we've found that about the Candita. I contacted Becky Plotner, who was a GAPS practitioner. And she said, well, let's put her on the GAP side. I said okay, but she doesn't tolerate carrots, onions, garlic, like all those things will send her into what's called a pseudo obstruction.

So the SIBO, the gas gets so extreme that it causes this big gas pocket that expands and the weak intestines just can't push it through. And it acts like a physical blockage.

Like she swallowed one of those Orbeez beads and it just blew up. It just exploded. Yeah. We were dealing with, and I said to, she had had countless pseudo obstructions at that point.

And I say she's not going to tolerate a lot of this stuff. Becky said, well, let's just do the no-clant version. That's already established. I was like, yes, that's what we were looking for for her, right?

That is exactly what she doesn't tolerate. Of course, our first question was, can she get everything that she needs? just animal foods and she was like, absolutely.

And then I read Dr. Natasha's book, the gaps book. The second book gut and physiology syndrome, which is where she addresses no plant gaps. It completely blew my mind.

Doesn't it? It was just like, like really? We've been lied to for so, so long. Yeah. And how did the solution be this simple? Easy. It's all things that God created.

Like he told us to eat. Yes. You're watching your child decline, decline decline and you're telling me all I had to do is just feed her traditional nourishing foods and she would be fine.

So we did. And at first she was so uncomfortable. Her stomach got bigger. Mind you again, she's only 26 pounds. You can see all her bones, but her stomach looks like nine months pregnant.

So she bent over the couch, just like moaning because our stomach hurts so bad. And when we first started just doing tiny, tiny bits of broth and It was causing die-off.

It is causing the microbes in her body to die. And her very clogged detox pathways from the TPN had to deal with that. So we would vent her G-tube and get the gas out, keep things moving.

Within two weeks, we saw color in our face. She was as gray as the wall behind you, I mean. No, no color in her skin and her lips. Her lips were like purple gray all the time.

And she started smiling and she got up and started walking and we saw her tummy flat for the first time since she was a baby. Yeah. Then we, after two months, she gained 10 pounds and running around like a normal kid.

She was still like delayed physically. So like I have, I had a video of her on my Instagram where she's at the playground for the first time that she was feeling good.

And instead of going up the stairs, like almost three year olds holding the railing and running up stairs. She got down like, Like a 12 month old and crawled sideways kind of up this stairs because she literally just hadn't done it.

And then, you know, within a couple months after that, she was climbing things and playing, and she caught right up to her peers. And that was coming up on four years ago now.

She is still healthy, thriving, beautiful, wonderful, happy. Her brain at the same time just turned on. She started speaking like very quickly, started communicating, smiling, starting to sing ABCs and count and like meet the milestone that she had been missing all of that time.

And she just caught right back up. That's phenomenal. I want to back up for just a minute because when she was born, you thought everything was okay. You were nursing her, correct?

And it wasn't until, because I really want people to understand this, it was not until you introduced solid foods that all of this kind of exploded, right?

Yes, which is what made me think. there has to be something that works for her because she was fine when she breastfed. Right. Yeah, because that's all the nourishment the kids need, you know, when they're that age, right?

How No-Plant GAPS Works

So when their nursing, and then a lot of people don't believe that, but mama's milk is the best thing out there. And if there's something going wrong, usually mom can take things out of her diet.

Maybe she needs to do gaps or no plant gaps, or whatever it might be to shift the milk that is going on. I mean, we could do a whole session on that. But once you started introducing solid foods, that's when all of this stuff exploded and you discovered that she had intestinal failure, put her on this horrific food.

And I have a question for you. Why is it so bad? Why, why is so full of genetically modified soy and sugar and garbage? Who thought that was a good idea?

That is a wonderful question. I would like to know myself and we could speculate about intention. Is it meant to take someone who's sick and prolong their life just long enough to, it's a thousand dollars a day.

Oh my goodness, Jessica. So she was on for a year and a half. And it was not even food. No. So it's not even like, it' like a raw milk powder or anything.

It's just garbage is what it is. And so the thing is that somebody's decided like that was nutrition. I would love to know myself. Yeah, It doesn't make any sense to me.

They're taking the absolute sickest of people and that's what they put them on. But the things is it, is enough to prolong your life enough that you're paying almost $400,000 a year.

for that. Imagine the profit. If you think about it from a business perspective, which is ultimately what it is, the profits are insane because they're not producing that in a clean facility.

They're processing soy, heating it up to high temperatures so it's sterile enough to go in your veins, sticking it in bag with sugar, and giving that to terminally ill children and adults.

It makes me so angry. Me too. I just don't understand. Like, who thought that was even remotely a good idea? And then it's like standard of care. standard with care.

And so, you know, the hospitals aren't questioning it. The doctors, this is just what we have. We don't have anything else to offer you. Well, good grief.

I mean, insurers are even better than that. You know what I'm mean? It's not bad. If they had to choose between her doing this diet and TPN, they prefer TPM because it's easier for them.

Right. It is easier. For them, and you're just like, quality of life of the patient, first of all, Second, what it's doing to her body. Third, it is life limiting.

Her diet is not. But just because you can't measure how much potassium she's getting, that's enough for you to say I'd prefer her to be on this. To be in garbage instead of real food.

Yeah, I don't understand. So it has been four years since this and she is a thriving, healthy six-year-old now. which is so incredible. So you have taken what most people think can't happen, right?

Like your child has a genetic condition and her intestines are failing and it's just a matter of time before you'll be planning their funeral. If, I mean, we're going to talk about the reality of the situation, are you still on the no plant gaps?

She is 100%. 100% She will never come off for the rest of her life. We've tried little things here and there and it went horrifically wrong. Um, so for her, it will be a hundred percent no paint gaps.

The only thing that she's able to add in is we do a little bit of cocoa powder, which is fun because I can make cakes and cupcake things. She can do Stevia.

So that's nice for a sweetener and she can have lemon juice. We make lemonade, lemonade popsicles. Yeah. That gives her a bit vitamin C boost. But yeah, other than that, she's 100% no plant and she is the healthiest of my kids.

Yeah. Because she Is eating so incredibly well. I mean, She never gets sick. She's just always, and if she does get a virus, she tends to do really well through it.

Most kids with her diagnosis, if they get the virus they are hospitalized for a month minimum. Hey friend, just a quick break to remind you if calming your brain is the missing piece in your practice or in you home, my Mind Thrive certification course teaches you exactly how to that with targeted amino acid therapy.

So it's real science, real results, no band-aids. Enrollment is now open link is in the show notes. So back to the shop Mm-hmm because their bowel just shuts down right or not Yeah, can you can?

You define what no plant gaps is because I know there's people listening like what diet are you talking about? It's not paleo doesn't you know, it's Not keto.

What is this? Yeah. Yeah so no point gaps. Is a version of carnivore It' a very specific planned thought out protocol by Dr. Natasha Campbell McBride, who is a neurologist from the UK.

She created the GAPS protocol and out of necessity, the gaps protocol includes whole foods and foods that will heal and seal the gut. And it was originally for psychiatric disorders, autism, things like that.

She was able to adapt that diet into this version for the sickest of patients that she was seeing in her clinic. And she found that by eliminating all plant foods, she is able help people with severe ulcerative colitis, MS, Crohn's disease.

Well, it had never been used for a motility disorder until now. But obviously, they're doing a study on a case series and my clients through the GAP Science Foundation.

So that will be fun to look out for. But the diet is essentially meat, organ meat and fermented dairy and egg yolks. That's the bulk of it. And mostly meat stock, which is very high in gelatin and collagen, it's cooked in a specific way.

It's not like bone broth. And it introduced in specific ways through Dr. Natasha's protocol. So it is so incredible and intuitive the way that she designed it because you're starting with the meat stocks.

You're staring with meats that are better tolerated by people who are sensitive, like chicken. Chicken is not going to nourish you too quickly because it's not as dense a nutrition as beef.

Microbiome, Fermentation, and Healing Foods

So my daughter, for example, we started with Ames chickens because she couldn't tolerate beef, it was so packed with nutrition and so cleansing for her body and building that she would just get massive amounts of diarrhea if we gave her beef her.

Her body wanted to use those nutrients too So we had to slow down, go back to chicken and we made chicken meat stock and it worked. And then after, gosh, probably almost two full years on chicken, we were able to switch to beef.

After about a year on just the chicken meet stock, were we able introduce fermented dairy, which starts with homemade fermented yogurt. And then you progressed into like kefir, which is a very strong probiotic.

But yeah, so it's a, it' a vey specific protocol for the most medically complex of people. So I always say for people who say, Oh, I tried carnivore, but they're eating cheese and raw milk.

It's not the same as no plant gaps. Because you're like, if I had done that for my daughter and said she can have cheese in raw, milk, she wouldn't have tolerated it.

The fermented dairy, because it's pre-fermented, it is very easily digestible and it also a probiotic. A very strong probiotics so it not feeding the pathogens in your gut like raw milk would.

It is destroying them and crowding them out of your body. Which is really important to understand because there's such a movement right now. I mean, it kind of goes in phases, but especially if you're like part of the Westin A Price Foundation and those kinds of things, which is great.

So we're not speaking against them. And I know some mamas who, you know, they got pregnant again and their milk supply went down and then their baby didn't want a nurse anymore.

Then they switched them to like even like A2-A2 cow milk. And then you're watching these babies and their poop's not the same. Their tummy is distended and they may not have a severe reaction like your daughter clearly would.

but not understanding those signals that we're not designed to consume those things in the first place. And so I feel like there's like this huge movement of just like raw milk, raw, milk.

Sourdough, sourdough. You know, all these things, and I still see so many sick people who are consuming these thing. So in your practice in dealing with the population that you deal with, how do you help people understand like, that I understand that they think this is really good food for them.

And in some contexts for some people it can be, but it's definitely not across the board. Yeah, I mean, the people

that are coming to me have mostly found me through social media and a lot of them have the same diagnosis as my daughter.

I've worked with 16 other families internationally that have her same And then I work with a number of adults who are in intestinal failure. And I think it's so easy to explain to them that this is hurting your microbiome.

Your microbiomes is so disrupted because they already understand that, you know, they're not dealing with chronic fatigue. They're, not with arthritis, which are profound issues in themselves.

they are at end of life thinking, so they will do anything. So for me, I just. I explain the fermentation process takes all the lactose out. Which is key.

And that is so important because that lactase is what is causing more harm to an already damaged microbiome because it's feeding the yeast, the molds, and the pathogenic bacteria that are present, parasites, love milk, right?

Yes, they do. When you ferment it, Now it's pre-digested. There is nothing left in that product that can feed those pathogens. So now you have a healing food rather than a harming food.

And when you rebalance that microbiome, like for me, I had mole toxicity for years and I didn't realize it. When I started drinking that yogurt, the GAPS yogurt when I sort of making it for her, i drank like a cup a day for about a week.

just to start, which like you're supposed to. Start with a teaspoon. You're not supposed. To do that. But I, well, you know, go big or go home, Jessica, right?

We can handle it. I was like, I'm going to get through this like hard and fast. That's the way I do myself for her. Right. Yeah. So I drank about a cup a day for a week and I.

Was taking four hour naps every day. Could not get four hours. It was sleeping all day and sleeping. All night. And then after that I woke up on like the seventh day and I was like, I feel like Spider-Man.

I have spidey senses. The brain fog is gone, the chronic fatigue is done. It completely healed my neurological system that was just in such disarray from so many years of stress and from mole toxicity that i didn't even know about.

And it completely heal it. so quickly, but it is an incredibly powerful food that can help pretty much anything. It's going to improve your health, right?

Yeah, it'll definitely improve you health. I love it. Let's talk about the microbiome a little bit more. Because I don't think people, I mean, we talk about it all the time, you know, take a probiotic, it's on TV, It's all those kind of things.

But when you're dealing with a serious illness, and with the population that you deal with, You know I, don t have the children that You deal in my practice, but I have people with pretty significant issues.

and it's all, you know, a lot of neurological conditions. And so how does this no plant gaps diet really shift that microbiome and what is that doing to the gut and the brain connection?

Yeah. So basically when you have, yeast, mold, parasites. Where do we get that from, Jessica? Where does the yeast mold parasites come from? It can come from a number of places, right?

Like if you're living in mold, if have heavy metals in your body, which a lot of us do from various things that I won't mention because I don't want your video to get banned.

That's okay. You know, we'll just call them, you know like, jabby stuff and amalgam fillings and all those kinds of things, industrial things. Give us all heavy metal in our body.

Antibiotics. Other medications, SSRIs. all those things. Yes. They're all loaded with heavy metals and they also all disrupt the microbiome hormonal birth control.

And they wipe out your good flora. Once that good floor is gone, maybe you never had good Flora because you were born to a mom that had bad Flore or you're born via C-section.

You didn't have that base, right? Or you are given antibiotics at a young age, like my four-year-old He was born at 29 weeks. They gave me antibiotics on day one without asking me.

I didn't even know. So still we struggle to keep his microbiome balance. But when you start to shift the foods that you're eating and you stop feeding the pathogens, there's two parts to this.

A lot of people get the first part, stop eating the pathogen. to stop feeding them, you're gonna stop eating carbs. You're going to start eating fruit.

That's great. And you are going focus more on meat and fats. But it's not the whole picture. Because the second you eat a cupcake at a birthday party, it is all over.

They will boom right back. they have done studies that have shown that they've taken yeast that was dead for 10 years and they poured boiling water on it.

and then poured a little bit of sugar water and it blooms like crazy. So these are incredibly tough microorganisms that are living inside your body that never really leave unless you get them out.

And the way to get out is with the probiotics because that's what really changes your microbiome permanently because it crowds out those pathogens also increasing your fat so that your bile flow increases and kills off the bad pathogens.

Now, a lot of people will say, I don't tolerate fat. I didn't have a gallbladder, had indigestion when I eat fat, and my answer is always, that's pretty much everyone who has a congested liver.

It doesn't mean that you need to avoid fat forever. You have to eat that fat in order to clear out your gall bladder and clear your liver, So the more fat that you eat, even if you feel like you're going to vomit for a little while afterwards, if slowly increase your fat consumption, you are going clear out your liver, clear your gallbladder.

You're gonna digest it while your bile is going increase and it's going kill off the pathogens downstream that are not supposed to be there because your digestive system is working properly.

That's where you get SIBO. You get CIBO from not having enough bio flow and those pathogens build up. So there's so many ways to shift your microbiome.

But the probiotic foods, the home fermented dairy, if you're doing no plant gaps, or the homemade fermented vegetables and dairy if your doing full gaps.

That is what will permanently change your microbiome and change cognition. Because those positive, beneficial microbes in your body, that's where your entire immune system lives, and that is where hormones are made.

That is what keeps you in a state of health that maybe you didn't think was possible.

Yogurt for Babies and Closing Thoughts

I certainly didn' t. on the couch all the time, not able to move, ADHD symptoms, depression symptoms and just unable to function. And then you introduce these foods and it changes everything.

You know, Dr. Natasha developed this diet for kids who have autism, who may be the sickest brains and guts of

any of us. When they start eating these food, the light bulb turns on.

And a lot of times, depending on what age they're able to start and what state their body's in, a lotta times they can make a full recovery, especially if they are under three.

Right. So it's very powerful. It can be so, so powerful, it is amazing. Your body is designed to heal. If we remove those interferences, whatever those might be for you.

When we removed them, whether it was the foods, the yeast, all those kind of things, your body's designed to heal. So we give the body the nourishment that it needs and we're in such a movement in this world of plant-based, plant based, and I see so many sick people on the plant base type diet and it's just garbage food.

It's kind of like The nutrition that, well, we can't even call it nutrition. The infusion that your daughter was getting was just, it wasn't nutrition, you know?

It was plant-based, right? But it was nourishing her in any way, shape, or form. And I feel like we really need to get back to those roots of what our bodies were actually designed to eat.

It's not that you can have something here and there if your body can tolerate it. And so like your daughter can't tolerate any of that. So you're not going to take her to Chick-fil-A for a treat or Culver's or, you know, anything like that?

I think we, and I see this all the time, like we think, oh, they have to have a treats. Like we can live in this world and like not go to those places.

And I always tell people like, well, Christian chicken is still toxic chicken. I mean, I've never eaten there and I admire their business model. God bless them.

They love Jesus, but we're not eating there. We're just not. That's not going to be something that I can support. Why homemade yogurt? Why not store-bought yogurt.

Store- bought yogurt is usually pasteurized after the fermentation process, one. So they're killing most of the beneficial microbes, even if you get organic.

You're not really getting much. So they're heating it up after they've fermented it. Is that what you're saying? Yeah. Because otherwise if they didn't, it would explode on the shelves because fermentation creates gas.

Right. It would continue to ferment. The other thing is it's only fermented usually for about eight hours and to fully ferment all of the lactose out, you have to fermented for 24 hours.

So super easy. I'm gonna make a video probably this week because I get so many questions, but it takes two minutes to make homemade yogurt. You can use the store-bought yogurt as a starter.

So you get organic plain yogurt from the Store. i do about a fourth of a cup per quart. so i have four mason jars that are one quart each. Fill it to the top with raw milk if you can get it.

If you cant, you could use organic milk from the store. And then I just put the lids on, drop all four jars in the insta pot and hit the yogurt setting and I turn it up to 36 hours and take it out anywhere from 24 to 26 hours.

You've got this beautiful homemade yogurt that is so rich in probiotics and good for us. Right. And so even the raw yogurt, you're still just filling it up.

You take a quarter cup, kind of stir it out, put it in there and just let it go. Like you are not heating up that raw milk at all? No. No, okay. Because a lot of people say you can't make yogurt unless you pasteurize that wrong milk.

Not if you using raw. Raw milk actually is safer to make yogurt with than pasteurized milk because the pasteurs milk you're supposed to heat it to 170 before you use it.

To make yoghurt because pathogens can grow in the pasturize milk, because there's no immune system. The raw milk still has the immune of just like breast milk.

How's milk has an immune in white blood cells that will fight off any pathogens that begin to grow. In the container with it, Whereas pasteurized milk does not.

So raw milk is actually safer to use. I love it. What about parents that they're like, people have told them, well, your baby still has to have milk. Like you can't just have yogurt.

You have to, they have have a bottle to go to bed or they to feed them all this raw, milk, what do you say to that? Yogurt is the perfect replacement because you are giving them the very best of the milk They're still getting everything that's in the milk and they're not getting anything that could harm their microbiome or cause issues later in life.

And they are getting all the beneficial microbes. They are going to sleep better at night. Mm-hmm. They're going just to reap all of those benefits. But yeah, the yogurt is the perfect replacement for a bottle, as crazy as it sounds, and giving them a little extra fat if they going sleep at giving them a little teaspoon of butter or something to help their tummies feel full through the night and also give them all the good fat soluble vitamins that they need.

That is a great replacement. And no, they do not need a bottle to go to bed at night. I breastfed all my kids and co-slept with all of them, so I can't speak to that.

But I do think that feeding them proper whole foods that are going to nourish them is definitely better than than sending them to bed with a bottle. Yeah.

I agree with you a thousand percent. This has been an amazing conversation. What do you want to leave the audience with? Gosh, I would say Jesus is the ultimate physician.

Amen. He does all the healing and there's nothing that we can really do to help ourselves outside of leaning on Him and the wisdom and guidance of the Holy Spirit.

Just know that God made everything on this earth that we need to heal ourselves. And you can figure out what it is for you. You can do it. There's no situation that's hopeless.

I can say that from experience. Yeah, I completely agree with you, Jessica. It has been a pleasure having this conversation with. All of Jessica's information will be in the show notes, but just tell everybody where they can find you and anything else you want to add.

Yeah, so my website is seehealthcollective.org. And then at the bottom of my web site, I have my email address info at see health collective. So if anyone has questions or inquiries or needs help, pretty responsive, and then on Instagram as well.

I'm usually on an Instagram or TikTok daily. And working on getting better at YouTube, but you know, we'll get there. It all takes time. Yeah, it's a process I didn't set out to do social media or anything.

You know I made a promise to God when my daughter was really in the worst of it and I I said, God, if you show me how to heal her, I promise I will help other people.

And I felt deeply convicted when she was healed for about three years and I was still doing nothing. So here I am. Right. Pain to purpose, pain to, purpose to passion.

Yeah. Thank you, Jessica. I know everyone listening. You know somebody that needs to hear this episode, so I

want to make sure that you share it with that person.

We appreciate each and every one of you. God bless you and we'll see you in the next episode. Thanks for listening to Take Back My Brain. If today's episode helped you connect with hope or direction, I want you to follow the show, leave us a review, and share it with someone who needs it.

And if you're ready to start your own healing journey, explore our courses and our coaching programs at lorihammer.com backslash store. So until next time, remember you cannot medicate away a nutrient deficiency and healing your brain isn't just possible, it's powerful.

you