Introduction and guest background

For the. Welcome back to the reversing mast cell activation and histamine intolerance summit. I'm your host Beth O'Hara of Mast cell 360. And we have with us a dear friend, a colleague and a mentor of mine, Jill.

Krista. So happy that she's joining us. We're going to be talking about addressing mast cell activation in children. And one of the many, many things I love about her work.

She has so many tips and tricks because it's different than how you do this for adults. So let me tell you a little bit about her background. If you haven't met Doctor Jill before.

She's a pioneering naturopathic doctor. She's a bestselling author, an educator, and a creative innovator, and she focuses on conditions that cause injury to the brain and the nervous system, including mold, pans and pandas, Lyme disease and concussion.

One of the things I really love about her, as well, is that her passion is to elevate the well-being of the planet via the well-being of our inhabitants on the Earth.

And she has books and memberships and online courses with these concrete action steps to help you conquer health challenges. And her superpower is to make these really complex medical concepts simple and digestible for the average person.

Thank you so much for being with us. Thank you. What a treat. It's a it's always a treat just to get to chat with you. So I've been looking forward to this.

Well, ditto. And I'm in your mentorship program and it's really helped me in terms of my own practice. And I love the work that you do. Can you tell us a little bit how you how you got into this?

Because nobody gets into this because they think, oh, let's, let's get in a massage division. That's a great field. I don't know anything about it. It's always a story and a journey.

How did you get into specializing with and in neuroinflammation and in the work that you do with children and all these areas? It's kind of two pronged.

There's both practice and personal experience in practice. I ended up in alignment area and didn't really realize that and didn't really know what to do with Lyme disease.

So I went and got trained through the Eye Labs physician training program. And, you know, as niche product medicine. As, you know, when we we identify and then treat the cause, people tend to get better.

There's still this group of people that aren't getting better with the treatment. And it turned out that in one of those patients, they found toxic black mold in his home.

And it had been an estimated 10 to 12 year exposure. And that got me thinking, wow, I don't think I really understand mold. Even though I naturopathic school, I was trained that it is more than an allergy problem.

Yes, it's an allergy problem and yes, it stimulates mast cells. There's this whole other thing that's going on there that has to do with the toxin piece.

So as I got into the research, I was able to identify so many of the other patients that weren't responding fully that, you know, I think they have mold.

And so we went down that road and mold, as you know, is one of the best stimulators and promoters of Mast. So

mast cell in numbers mast cell the granulation mass cell activation.

So when I went down that road then trying to figure out how to calm all these people's bodies down, because it's that weird combination of overactive but depleted at the same time.

So it creates a very confusing picture of just allergies out of control, which is where somebody doesn't have all the depletion. So that's how I got into it as a, as a practitioner and then became kind of known in my little circle as my old lady, you know?

So, but then the, the personal side, I have twin boys who have pans due to me having chronic Lyme and not knowing it, I thought I was told I had fibromyalgia, you know, I mean, I was aches and pains.

Get up, pull yourself up by your own bootstraps kind of thing. And that being born of Lyme, unidentified and, you know, having them from the time they were developing it set the stage for that autoimmune condition to happen.

So in the midst of being in practice, working with people who had chronic Lyme mold illness. Marcel of course I didn't have a name for it back then. You know, we just called it like allergies, but the never really fit to call it allergies, hypersensitivity and all these kind of words that we were using to describe it.

How Jill got into mold, Lyme, and mast cell work

And then, seeing a lot of the correlations of, you know, wow, this is looking like that patient that that symptom that looked just a teeny bit different in kids where it's going to be more behavior problems, sleep problems, developmental delays, maybe regression issues.

And that's when we started tapping into the pants story. But yeah, muscle activation is I'm so glad it finally has a name. And I'm so grateful for the researchers that are starting to explain that it's not just histamine.

There's all these other things that can happen when a marcel is irritated and when it's been recruited. So that's kind of the story of how I got here.

And it's not just an ID, right? You know, there's so much literature just on Marcel's and it and, and for a long time, that's what it was thought was the only kind of response that we were getting.

Now we know we've got these 200 plus receptors and thousand mediators and, and they can go anywhere right now. So it's not just skin and and sinuses or anything like that or itchy eyes.

Yeah. Yeah. And they cross the blood brain barrier. But even I found it so interesting that there was even a 2017 paper that said that mast cells aren't found in the central nervous system.

And yet we know that now that they're found in the limbic system, and we can migrate when we get that leaky blood brain barrier. So that recently I wasn't aware of that, that it it was kind of ruled out as a, as a brain contributor.

Well, I think that we just see this evolution of the information, the education, having it even just having gotten that diagnostic code in 2016. But it's clearly been here for a really long time.

Yeah. Right. Right. Which brings us to another interesting point I love asking people about, which is are you seeing massive activation syndrome increase in children?

Is it are you seeing it get more frequent? I am, and I think it's because we're also seeing problems with how we're building buildings and that it's encouraging mold growth.

And we're using, you know, so we've got schools that are moldy and we're we're not funding schools well enough to maintain their buildings. And they have flat roofs.

We're seeing hospitals, we're seeing all kinds of places that you would buy your food, and then you take it home. You know, how many grocery stores do you know that have a flat roof?

So I think that there's that piece. There's also the ultra tight home, the emphasis on spray foam, everything and seal your house up really great. Fantastic for your electric bill, really bad for mold growth.

So we've got that combination. We're also using antifungal paint. So we're creating superbug fungus. And we're using much more weedkiller and things that are going to disrupt the gut microbiome.

Yeah. You know food additives food colorings kids are not eating whole food. Parents don't know how to cook anymore or so those are we're at the next generation of places where we're basically feeding our kids out of a box store that has mold, and then out of the box that you bring home instead of eating real food.

And it's so, so much compassion for parents because there's just this whole time element in our culture. It's it's a real commitment to to diet and to healthy lifestyle and to saying no to activities where your kid really wants to be active.

So I do see it on the rise, and I think it's because of our, our lifestyle and also how we're building buildings. And I think to this, our children are starting in the same set point as 100 hundred and 50 years ago.

Even just thinking about you were talking about the congenital Lyme and how that can pass. We know mold toxins passing the placenta to the breast milk, they can pee.

I had people tell me, you know, their grandmothers, they thought died from mold toxicity, and the mother was sick and they were sick. But even the chemical accumulation and the amount of chemicals being found in cord blood and it's it's just astronomical what kids are being hit with today.

And I, we get, you know, kids that come in that have been sick since birth. I see that so often now. Whereas ten years ago people were getting hit or later in life, at least the people I was seeing.

Yeah, when I started practice and that's a couple decades ago, we would make small tweaks to a diet, give them a little adrenal adaptogens, and, you know, talk about why sleep is important.

And that used to be my biggest battle was describing to people that, yeah, I actually sleep is really important because in that in those days we had this machismo about sleep, you know, I only need four hours and I could and I was like pleading with someone, you know, please go to bed.

And that, you know, you finally convince someone that sleep matters and that, you know, a little bit of diet change and some adrenal help. And people got better.

Now it's taking so much more finesse to see a difference. So I think you're right. I mean, it's a real statement that we can't breathe the air and drink the water where we live outdoor, you know, let alone the indoor mold problem.

Yeah. We're in, we're in a spot. You know, we making some changes. And that said, I always remember the miraculous human nature and nature that we will evolve, we will figure out.

And that, I think, is happening with the newer babies that I'm seeing, is that they just kind of take some of that stuff and roll with it. It's almost like they came in.

I think the whole polymorphism thing for methylation was our first, like, yikes, how am I going to deal with this? And now there's there's almost like an adaptation that has happened to handle a little bit more.

It doesn't mean we don't cut it down, but it is a hopeful, little message that I'm seeing, you know, that there's evolution is happening in our very species that's wonderful.

And in the meantime, we have a lot that we can do and dive into some of those things that you touched on before that, how some of these things show up differently in children.

Can we talk about how you see methyl activation showing up in children that may actually end up with them being misdiagnosed or not being diagnosed because what's being written about is, mostly the adult presentations.

Right? Right. So they're kids, typically they're first thing because they have vitality. Their first thing will be to have a skin problem. And we need to really pay attention when a kid has a skin rash from something, either from eating something and they get the rash around their mouth, or they have like the, you know, post postprandial.

So they eat something and it's been 20 minutes and now they're at some kind of weird rash is showing up. It's going to be very different looking for every kid.

Because muscles have this unique thing that they differently differentiate, meaning that they get recruited to an area and then they will change what they look like and what kind of granules they create based on the location, but also based on the suit that they're swimming in.

So it's going to look completely different in every kid, which makes it very difficult. It's not like with Lyme disease you see a migrating red rash. So that's our first sign, though if you see something like that with either, your child's behavior goes to way too calm or hyperactive, so you see a skin rash and some sort of behavior change dressed in the period of time after they've eaten something.

The reason why it wasn't necessarily the food is just that. That then tips the threshold of histamines over. And it's not always histamine. That's you.

Why mast cell activation is rising in children

I love that you keep reminding us of that, but that is one of them that we can see, you know, in in the symptoms. So often what happens is the skin rash is covered up by a steroid cream.

And behavior gets worse. And then we blame the behavior. And that's where that progression that I'm seeing that you see skin rash behavior drift. If we don't pay attention to that, then we get get typically because again, they're vital.

Their bodies will try to keep it out of the brain and out of the behavior. But because kids are growing, they have a little bit like your brains than adults do.

So they're going to see that behavior thing sooner than an adult would. An adult won't necessarily follow this pattern, and it may take a lot longer for the adult to display the brain effects because they have hopefully a closed up blood brain barrier.

Now, we know mold can mess that up. But yeah, in a kid, typically what I'm seeing is then the gut symptoms are going to be more of a diarrhea type of a reaction, where in an adult it might look more like constipation.

So or alternating constipation diarrhea. But the bite that in a child they know well that's it wasn't good for me. Let's go get rid of it. And then they get loose stools diarrhea.

So what do we think. Skin rash tired kid diarrhea. Let's be virus. You know. But if you're seeing your kids have a virus happening over and over and over again, then we have to pay attention.

Sometimes you can even see a mild, low grade fever as well. When we're really in a situation of an early exposure to a moldy environment and the mast cells are starting to get recruited, what I'm seeing in my practice is that the mast cells start to get recruited when the mold is trying to move in and is winning a little bit, so that's your sign also that not only get out of that building, but that might be the time to engage some antifungal plants.

And this is so important to take about the behavioral pieces right now is this huge rise of kids getting diagnosed with ADHD, ADHD, even bipolar and I often wonder is that is, well, one, those are biochemical things anyway, right?

But we're not looking enough at what's triggering this. What's causing this. And it's such a important social and emotional developmental phase as well.

And you know, I'm my some light bulbs are going off in my own story in that, I had mold exposure starting at seven. I had Lyme disease at an early age.

I don't know when it started. Bartonella and I couldn't pay attention. I was smart, but I couldn't even process. I remember one time the teacher would call Rose, you know, you you, we called a row to go get your art box or whatever, right?

And I really wanted to do what I was supposed to be doing. Yeah. And I would hear my row because old and I couldn't track who was getting up. So I would get up at the wrong time and I would be labeled as not being not not being, obedient girl.

Yeah. Not being a good girl. And I was trying so hard, but I just couldn't process what was going on. And I just want to share that because it might bring some labels on for some other parents going, oh, maybe my kids aren't intentionally being defiant, or maybe they're really struggling and we don't have I didn't have a voice at that age to say I don't I didn't understand or I didn't, so I just took it all a shame.

Like it was bad. Yeah, yeah. Because it's the only brain, you know. So it's not like you can compare to a healthy you, you know, as, as we get older, we have good days and bad days and we can start to develop the language of what that feels like.

And you can say, well, I'm having kind of a off day, you know, but as a kid that's only bringing new but it's a beautiful. No. And, you know, that was decades ago today I would have been labeled ADHD and put on Ritalin. That's right. Yeah. Yeah.

So it's it's so different in a kid and it's I, I really encourage parents like listen to the behaviors and be an observer as much as you can, which is frustrating when you're also trying to raise a kid to be a member of society and follow house rules and all of those things.

But if it's happening over and over again, really stop and be the observer. If there are other somatic meaning body things that are going on, there's a health issue going on, not necessarily a behavior issue.

That's so important. That's really important that if you're seeing these other symptoms, don't assume that your kid's just acting out right. And a lot of times they just can't help it.

At the same time, we don't want to coddle kids and let them get away with all kinds of things. Right. So that's and that's a hard balance. You know, the parents that come into my practice and I work with a good number of kids on the spectrum, often on the, as they identify on the Asperger's side of things.

And they, those parents are so loving and so attentive, and they work so hard. And I see the kids will often also use that as an opportunity to, to manipulate or get what they want.

So that's a real challenge for parents. Do you have any, just thoughts on navigating that part, as I'm sure you work through that with your own kids? Oh yeah.

And how many of us would love to have someone else do things for us? You know that? I just think for myself, I continued, and I had wonderful support and grandparents around that could continue to help me and say, I think they can do that part for themselves.

And so I kept hearing that, you know, in my ear and knowing that some days are going to be good days and some days are bad days. So, you know, always giving the child the opportunity to do it themselves because it it gains their self-confidence.

So, yeah, giving lots of choices, meaning the choice isn't are you going to eat your carrots or not? It's. Did you want to use a fork or a spoon today?

It's choice is yours. You know, so giving lots of choices that the end goal is meaning what you want. But yeah. And just knowing that you're going to have good days and bad days.

So just because the child is able to do something the day before and now they're saying I can't do it, or they're, you know, it can look like they're kind of faking it, you know, and just want to be taken care of.

Like, who doesn't want to be taken care of, but that might just be having a bad day. So check around for body symptoms as well. And then you can be like okay.

And that might be sensitive for that might be the that my ears won't stop ringing. You know it could be something like that. If there's something like that going on with the body, then, you know, that's just you're having a bad day.

It's time to hit the mass of support. So we've been touching on it. So, let's do a deeper dive into what are the biggest root triggers of mass activation syndrome in children?

The ones that I see is mold is a huge one. And then undiagnosed parasites, those are really sneaky.

How mast cell activation shows up differently in kids

And that's where we see more of the IgG tending to be. Whereas with mold it tends to be in the non IgG kinds of things. If they're not exposed to a lot of spores, if they're exposed to a lot of spores that are, you know, if you can actually see some mold problem and it's not trapped behind building material, then you'll see then it's really hard to tell the difference between the parasite kid and the mold kid, but mold opens the door to parasites.

So that we see that combination pretty frequently. So that's so interesting about when we know mold hits kids harder. And I'm just going to throw out pets there because, yeah, I'm a dog lover.

And it just I know about people's families and I know and they'll just mention offhand, my dog has all these issues and like, your dog has mold toxicity too.

And my dog got mold because they could come with me to my office and they helped with the clients. And the kids especially loved to play with them. That I had a moldy office and before I knew about mold.

So they both got it. But I wondered why in your course your I love in your course that you make sure to bring up pets, you know, so if anyone hasn't taken the course, it's an amazing course.

The mold master class. And I love that you you talk about the pets, and I just I was like, oh, there's a story there that we haven't talked about so. Well, and it's it was twofold.

It was the, one I had a dog before. Her name was Kira, and she came with me, and I was in the office for ten years, and she came with me. There was she got bladder cancer at 12, and it was too young.

It she otherwise her health was really good. She'd never had any health issues at all. So it just seemed out of the blue and strange. I also see how often pets get these chronic illnesses early and we know how much.

And I was learning about all of the mycotoxins and kibble and the the quality of the meat used in Campbell. So then when I got my next pets, I started them on, raw diet vegetables included in their diet.

I mean, I was going to do everything the best that I could, but I didn't know about the environmental models. So I took them right into this really moldy office and, one of my, my, my dogs was a rescue.

Had behavioral issues already, and maybe head trauma, maybe already had mold. Anyway, that that's the story. And and they're detoxing and they're doing quite well.

So they're improving. And it's just my goal that they have a better quality of life and a better life span. Okay. Coming back to the kids, it's interesting to that.

You say parasites because often with adults, at least in my practice, I find when the mold clears and sometimes you have acute parasites, there might be a, there might be pin worms or a tapeworm or something like that, but I don't see a whole lot as a big primary issue in the adults.

And maybe it's because their immune system is already fully developed at that stage. What's going on with the children and the parasites? I think just so you're saying, you know, naivete of the immune system.

You know, I haven't seen a lot of these things. We eat parasites all the time. It's going to gross everybody out. But most of them are just travelers through, you know, so they're not necessarily human parasites.

They might be a dog parasite or they might be something else. And our body is designed to burn a lot of them up in our stomach acid. That's why we have a little bag of acid is the first thing that food finds because we it helps us digest our food, but it also helps protect us.

And so I think with kids, they just don't have that robust stomach acid and they don't have the the training on their immune system. That's why kids get sick more often than adults do.

They're learning all of those things. And so when you have a mold situation or if you have like a congenital situation where, you know, either it's due to the environmental toxins or a stealth infection and now you have a weaker immune system from, from the get go from development on and then maybe they weren't able to be breastfed due to whatever conditions.

Now you have a kid that doesn't have mom's IDM, which is the protective immunoglobulin, and they're more susceptible to taking those on. And just as a little side for people, side tangent, there's some really fascinating research coming out about there are some beneficial parasites that help monitor the immune system.

So we have to start looking at it like we do bacteria that we don't need to be sterile. But what are the actual species? And we don't want to wipe everything out because there were some studies showing that, with certain species, if they're a wiped out, children developed autoimmunity afterwards.

So that's where the knowing what that organism is is important. Yeah. We've seen some interesting turnarounds with autism using purposeful parasites. You know, using like the helminth therapy here. Yep.

But they have to be ready. You know, you have to have on the mass spectrum. You have to have all that quiet and calm. And we're now just down to the gut brain elevator not working.

Right. And then sometimes something like that that's really provoking. We'll get those systems working again when we see brain changes. Let's talk about some of your favorite ways to address mass activation in children.

And how do you how do you work on getting that calling? Yeah. Kids need you know, getting a capsule in a kid is a little challenging when you're working with a three year old or, and sometimes yucky IRBs is a little challenging as well.

I really love your course. The supplements, your top eight supplements for MSL. I those are all things that I use in adults. When we get to kids, it gets a little more difficult because you don't have, you know, to get by, Cohen says.

Into a child is very bitter, and that's a little tricky to do. We can do it in a glycerol form, but we need to mix it with things that also will calm down mast cells.

So the things that I see in kids, especially these days, kids eating the diet that they're eating and now being exposed to coronavirus, which chews up vitamin C like there's no tomorrow, is massive amounts of vitamin C deficiency.

I'm seeing a ton of vitamin C deficiency to the point where we're actually seeing, like a mild scurvy picture. And kids, yeah, I've seen them get it as easy bruising, weird gum stuff.

Yeah. And so I'm thinking, wow. So I found some research that showed that one day of the common cold, which is another coronavirus. You know, that's the non-adaptive one. Yeah.

Or the more adapted one that will chew up 23g of vitamin C in one day in an adult 23,000mg. That's a lot, as I have a lot of I haven't seen. I just going to say again, that's 23,000mg, right?

So for those of you that like an emergency has 1000mg. So that's 23 to 23 emergencies that you could take and your body would be able to use up that. And I'm not saying take in emergencies because that has other nutrients in it.

But just to give you an idea of something people are familiar with. So I'm assuming this coronavirus is chewing up vitamin C at the same rate and pace, and our body has an amazing ability to increase our receptors for vitamin C when we need it.

And then if you don't need it, it just flushes it out with diarrhea. So I've been using the I don't go to bowel tolerance. So there's this test that Doctor Jaffee created which is a functional test called the bowel tolerance test.

If you are going to do that as an adult, I do recommend using this vitamin C because it's what is standardized and calibrated for that test. I don't do that with kids, but we do push the doses a little bit.

The child might get a stomachache if we're just using vitamin C as ascorbic acid. So I like to mix it with bile flavonoids. So we will use either rose hips.

Rosettes are very very high in vitamin C. I brought Chantal. Here's a rose here. And you can make you can make tea out of it and you can grind it up in a smoothie.

Root triggers: mold, parasites, and immune vulnerability

They are a wonderful, easy thing to add to food. And there's also a solid extract from Wise Woman, which I just love. It's very tasty. Kids can take it like a sirup and it will have vitamin C and bile.

So I have an Aids. So typically what I'm doing is I'm mixing a vitamin C supplement. A lot of the Chewables have tons of sugars and tons of additives.

So we try to just do, you know, like as clean of an ascorbic acid powder as you can find, and then this rosehip solid extract and then adding rosettes to anything you can sneak them into, anything you sneak in everywhere is a very high end vitamin C and they're going to help your child.

Vitamin C stabilizes mast cells, so it doesn't help with reducing the recruitment of them, but it will keep them from D granulated or spilling more so than if you're vitamin C deficient.

So that's one of them I've seen. I love this whole food option. This food based plant based option, because it's going to have that full spectrum of those bio flavonoids you're talking about.

There's also in the whole food vitamin C as opposed to the synthetic, a copper compound that's important in

making dough. So that can support through another mechanism to break down the histamine.

And I find some, some kids and adults are sensitive that ascorbic acid because it comes from fermentation. Yeah. That gives them a whole other way to access that.

Do calm a camera. It's a little bit. Yeah. It can be hidden. Yep. Camera. Camera is rolling. You know, there are lots of these good old cranberries. Cranberries are high in vitamin C and people forget about that.

But currants, you know, so a lot of those, you can use it for food. Typically if a child has mold and mass activation and they've had a coronavirus exposure, they're going to need some supplementation, in my experience, especially if they're starting to show that, like, you know, subclinical scurvy kind of look, then we need to really pump it up and, you know, just pumping oranges.

That's not going to really help you. We need, you know, we need some more whole food things that aren't going to be agitating themselves as well. Just because citrus can be a histamine liberator.

And how many oranges are you going to have to get to get into this? I mean, you're not getting a whole lot out of, maybe I think 90mg that comes to mind.

I don't know if that's correct, but. Right. Well, I mean, primates eat the whole thing. They need the pill. That's how you get the bio five anions, and that's how you get all the things that support.

So, you know, some kids will do that like with a cumquat that's kind of fun. Like can you eat it and not make us our face, make a game out of it, you know.

But it said if you do have a kid that suddenly goes on, you know those little tangerines cuties or whatever, if they go on a binge and they just keep eating it and keep eating it, that's your cue.

Especially if they ever are having gum irritation or easy bruising. My child is needing some vitamin C and get going on that. We don't store it. That is the one of the few nutrients we must get dietary.

So if we're chewing up 23,000mg in one day of coronavirus, we're going to definitely be in a deficiency. The body will have to pull that from non-essential tissues, which are essential.

But, you know, not for the moment of killing the virus. Yeah, I think that I'd love that you're bringing this up to about watching what kids are gravitating towards, what they're drawn towards, not the process sugary stuff. Right? Right.

But naturally, because if we lived out in the wild, like we did for the majority of the history of humanity, that's what animals do is we gravitate towards what we need at that point in time.

There's a real innate wisdom in knowing what to select, but once we separate from that and it's like, well, you just have these options in this kitchen, we've lost connection to that, right?

And it just happens to be the things that we thought to buy when we were at the grocery store, you know. Yeah, yeah. The things that oh, sorry. Go ahead.

I was just saying that also maybe brings in, giving kids some choices in the produce section, so they can start to choose things that they're gravitating towards.

Yeah. And it's a fun game in the, in the vegetable aisle you know. And since Corona it's not as popular but go and pick something up and smell it. What is it. Snider's milk. Something you might want to eat.

You know kids they'll eat peppers, bell peppers the red and the yellow and that kind of thing after they get to smell it. But at first they would just look at it like, they don't eat that.

And, you know, put a little dip on anything. It can go down. So we've got vitamin C. What are some of your other favorite ones from mass oxidation. So plants.

My number one favorite herb is nettles. Nettles has three different mechanisms for stabilizing their cells and reducing muscle. Not just the activation but the total recruitment of mass cells.

And that one can be really easily done. It's also a food. It's a food green. And there are cultures that eat nettles as part of their cell that it wouldn't be a salad because it does have stinging.

So if you are going out into the woods and you're harvesting your own, I have a video on my website called Nettles from the wild so I can show you how to do that.

Definitely wear gloves because it does a sting, but once you steam it, all of that formic acid goes away. So it's like 2 to 3 minutes in boiling water.

You then have a nourishing green, very high in minerals and also a complete nasal helper. And for kids, you know, they don't tend to love, cooked green.

So I was going to say slimy greens. They don't get slimy like spinach. But you know it's a cooked green. So a lot of times parents will be pureeing that into spaghetti sauce and then just put that in the, in the fridge.

And that kid didn't see you do it. You do it when they're distracted. And then when it's time to have somebody, you're just, you know, pulling scary sauce out and you're, you know, you're using it, of course, for leftovers, you want to probably freeze it.

A lot of my parents make this when it's nettle season. Stick it in the freezer right away. And then you have metalized spaghetti sauce or whatever it is that your child will be able to eat.

And you can you can hide them in there. They don't have a really strong flavor. So it's a nice way to hide food. The easiest way, though, is to make nettles, lemonade.

So you just take nettles. I have some here and I just love to show the plants. They're just super green and beautiful. You can make a nettle tea and then mix with a concentrate, lemon juice, and it makes an like a greenish lemonade that tastes fantastic.

So this is something that a lot of families will do, especially to stop bug bite stings, you know, fear the thicket.

Kid-friendly mast cell support with vitamin C and herbs

It gets one mosquito bite and their whole body goes off. You know, that will help reduce the edge. It helps reduce that. All of the mass, all symptoms.

So those are easy things you can kind of have in the fridge. Like if you're going to have some juice there are some nettle tea in there. You know I'd make a good concentrated tea.

So again how to make that is on my website if anybody wants that recipe nice. I mean they can do it even with things like monk fruit or stevia. So we can stay out of the sugar.

Yeah, absolutely. And that's where it's nice to use that concentrate lemon, because it spent less time getting his to stomach, you know, sitting waiting to be made into some kind of process juice.

They process it, they freeze it. You know, frozen food tends to be pretty well tolerated from the kids in my practice. So that's a way for parents. And also you can start to make it ahead of time and freeze it into ice cubes or however you want to make it so that easy when you need it, even in the winter time.

Also mint. Mint is a mass stabilizer and antihistamine, so that might be some way that you can add flavor in to something like a, school area by cleanses.

You know, if you're using that little bit of glycerin, it I tend to add a little bit of mint to that so that we can try to mask that bitter flavor of the, of the bike out.

Yeah, yeah. The tiny skullcap extra. Yeah. Tiny spoke up. Thank you. I forget to say that. I'm just letting people down here don't know the left. Yeah.

That's a that's a big word there. Like it's like bilingual for me. I forget to say. Yeah. And in the normal person way. Yeah. Also parilla. But that's harder to find in a way for kids to get.

I have found a, I made my own and then I found someone. Now that's making glycerin. So that's a nice, easy way to get it. In glycerin, it's pull out all the extracts that you need to have the muscle stabilizing effect with Perella.

Yeah. I'm just trying to think of all my plant, all my plant buddies and then onion. You can grow parilla too. So I have a medicinal garden, and I grow perilla, and I grow the tiny skullcap and all of these various things, and then I make them into tea.

So I we were just talking before that I have my medicinal tea here that I just went and picked out the garden. I'm so jealous of that tea. That's amazing.

That sounds so good. Fun. Okay. Thank you. Yeah. So, also, nutrient wise vitamin E, I'm seeing that a lot of kids, especially if they've been sick from mold.

They just don't take in those good fats like they should, because the mold mycotoxins will impede fat soluble absorption. So I know on your eat supplements, you have vitamin A and vitamin D.

Definitely high on my list. But I would also add vitamin E because it is a muscle stabilizer. It reduces histamine. It also reduces IgG. So if it is one of those allergies for a parasite kind of stimulations of the muscle problem, vitamin E can shut that down.

And there are nice liquid ones that you can use. There's you want to use a taco triangle form that people are lacking and designs for health has a nice liquid really, really palatable.

With kids. I tend to mix that with borage oil. Borage is in the family of the plants. It has a lot of rosemary acid, which you talk about in your course.

Borage oil has some muscle I don't want to say stabilizing, but it it manages what the cells have, just deep granulated helps you calm those down. So when combining the E with the borage oil, Nordic Naturals has a nice liquid borage.

So you can just, you know, make a little concoction. And I have parents that are bringing me all kinds of cool recipes, the smoothies that they make with these, you know, they throw on the rose, have to throw in the nettles and, you know, make these whole smoothies.

And so it's just what they do in the morning or before meals and that kind of thing. I'm getting these great creative ideas. I one of the things that draws me to you is your knowledge of the botanicals and the food based stuff.

And so I'm thinking, well, we can make a smoothie and we can throw on passion fruit because that has basil stabilizing properties. It's a good idea. I'm actually gonna share that with a patient.

And then I was thinking, you know, we've got blueberries, we've got quercetin and apples. And I love making, like, a, a fresh apple sauce just in, if you have a Blendtec or vitacost, a Vitamix, you just throw them in there and you have fresh, raw applesauce and then you can hide all kinds of stuff in there.

Yeah. And if your kid scored constipation, that'll help, you know, the malic acid. And yeah, it's fantastic. And it doesn't always have to be sweet. Like onions.

A lot of the kids that I work with that have been mold sick, that have nasal issues, crave onions. Okay. You would think, kids not going to they always have to go sweet.

And that goes into my whole thing like how to get herbs into kids. Don't always be thinking of sweeten it. So onion soup with a little bit of beef stock or beef broth if you're trying to manage the collagen part, just the stock.

That is so well tolerated by kids, something they ask for. A lot of these kids have some adrenal deficiencies, so they like the salt in that it makes them feel better.

That stabilizes their blood pressure. So onions are just a great easy way to to get that all that quercetin in there. And you're doing it in a really nourishing way.

And I love to make stock with red onion skins. They're super high in quercetin. Protect that papery part that we tend to peel off. And we can drop that into the stock and strain it out.

So for parents who are trying to jot all this down, I'm going to have I have links to these products. Thank you. Mass all three six do that decomp summit.

That's our summit resources page and everything that we're talking about here I'll have linked for you if you're looking for this. Yeah, that's a good point because like, the how do I do it?

Yeah. Another plant is, is hops, which doesn't mean feed your kid beer, but, hops. You can make an a t. It's really stinky in a T, so it's not a very easy way to get it into kids.

So I usually have to do that. Yeah. I use a glycerin with a little bit of mint and that's a nice easy way to get it in. Propolis is also it just popped into my head.

Propolis is also a really great anti hiss. Dominik I don't know. I don't know if it does anything on the rest of the D granulation, the leukotrienes and things like that.

It would make sense that it does because we use it intranasal for hyperactivity hypersensitivity that kind of thing. So you can use that with a kid orally.

So by mouth. But you can also use it in the nose if they're too little to be spraying things up their nose. You can just take a little Q-Tip. If they tend to be this kid, you know, that are always at their face.

You can just take a swab and swab the nostrils, especially before meals, because again, you're going to get that helps, you know, histamine thing. Yeah.

I was thinking too, they could use a, throat spray antihistamine. And Weaver's Naturals has a great throat spray. It's really very tasty, very palatable.

It's nice for the kids that get that, you know, that eating reaction. So you have to do something before they eat. That's great. Sorry, I kind of this I know. Well, so sorry about that.

I was excited tell you look at this eating reaction. Let's talk about something else I've learned from me which is the go to cola. Yeah, yeah. Go to cola is fantastic for reducing, leaky brain, we might say.

Or the microglia, which is the, the immune cells that are, that are resident in the brain. You can use a little bit of go to quality before meals. It crosses the blood brain barrier between 5 and 15 minutes.

So that can be part of like your pre meal routine. I miss drinking some go to quality and then do your, you know,

your propolis spray and maybe propolis in the nose and then take some vitamin E, you know like if I kind of get ready for the the reaction.

And what it's found to do is to reduce LPs, which is an endotoxin that reduces the LPs stimulation of the microglia. I haven't found research yet because I just don't think it's done.

On whether it is reducing. Also then mast cells in the limbic system. That's a very specific study. So that's I hope someone's going to do that. But the fact that it's reducing LPs stimulation of the microglia, we see that a lot of things that stimulate microglia stimulate mast cells.

So that for me, I think is also probably having a mass overreaction in the brain. But I don't have a study to prove it. But it's so important in terms of just thinking about some of the behavioral symptoms.

The hypersensitivity is the, kids with anxiety because of sleep issues. Yeah, any of these types of nervous system related. And I'm always have I'm going to show my I'm from the South.

So we we drink out of jars and I have herbal teas. So we I make them up. They, they, they're in the fridge for a couple days and I sip on them all day long.

And I'll rotate the Arabs based on what I need and I sweetener with stevia. So it's enjoyable. And I get it down and it helps me get more fluids in. But it's a way for kids also to keep them off of the sodas, keep them off of the sugary juices, and to get these medicinal qualities in there.

Yeah, absolutely. You know, herbal teas can be really tasty. Hibiscus is a lovely tea. You know, it's high and but I also have annoyance and I have parents that will mix it with a little bit of bubbly water.

So it's like they're getting a treat every time that they are drinking something. They're getting their own spritzer, you know, so you can make it fun.

Behavior, nervous system support, and plant-based calming tools

It doesn't have to be boring. One of my teachers teach us how to make these herbal foams, like elderberry foam. And so you can put the foam on top and they can have, like, a mocktail.

And the whole time you're like, I just gave you your medicine, okay? And there's no complaining. So yeah, you can have some fun with it. Yeah. And that's important too, because I've seen, a number of children have come into my practice and they've had chronic Lyme.

They've been there only 4 or 5, six years old. They're already having to swallow all kinds of things. They know they're different from their friend. Right.

And there's this medical trauma that starts to develop from just all of that messing. Yeah. And having to do things that are unpleasant. And that's where this comes into play in terms of how do you make it fun, how do you make it enjoyable and maybe even teach them about the plants so they can learn about different plants?

And I remember one of my favorite things growing up was my mother teaching me about different plants in the garden and what we were growing and what were the, you know, what was it for.

And so whether you're getting it from the grocery or you're getting it, you know, as a tincture or you're able to grow it. And I think, I'm so glad that you brought that up, because this is going to go into a little bit of the woo side of it.

But when you have a relationship with those plants, you're getting something from that. You don't have to always ingest a plant to get the medicine from the plant.

You know, good medicine is also being with the plant, smelling the plant like eucalyptus. Eucalyptus is an

antihistamine like when you inhale the essential oil.

So again, if you're one of those kids that, you know, always doing this kind of thing or itchy eyes or whatever, there are lots of plants like holy basil, like perilla, which is a basil like the you're having a smell experience with it, which is administering molecules from that plant which are affecting the brain.

And when the brain is so affected in kids with mass activation, that seems like a really smart way to get it in. So having them go and be have experience with the plants if you can, and you don't have to have a big yard, you can grow these these basils grow in a pot in your house.

So if you have one sunny window, you can create a remedy garden. And that brings us back to some of our feeling safe in our bodies. And I talk a lot with our clients about how we've lost in our culture, this connection with the earth, with our feet on the earth.

And we we've had a very short period of time that we've lived in these houses with sub floors and carpeted floor, and we've won these rubber soled shoes the vast majority of our time on the planet.

We've had feet on the ground connection with animals, connection to plants. And then another angle where you're talking about a lot of essential oil. Research is done on essential oils and the inhalation and the effects on the limbic system.

So just that can be calming and have a huge healing response. Yeah, it's super fun to have some of these stinky plants, you know, that smell good in your house.

And when you walk by just, you know, and it's and they like I think the plants love it. You know, like they get a tick on, you get a good smell. And it's fun for kids.

They like to explore things. Yeah. Anything else really important that you want to make sure that we cover? I don't think so. I mean, I just really appreciate that.

We talked about in the beginning, pay attention to your child, and they're giving you clues and hands through their behavior and through their symptoms of what they're needing at the time.

And if you have a doctor who isn't on board with all of this, find someone who does have education in it, because I think that there can be some things, just like in the pandas world, there can be things that you're thinking, well, this is really like college and like, I get that a lot.

Oh, we went we put them on a college of powder because I hypermobility in hypermobility was because of the mold. And now we have histamine problems. And it was from the supplementing not even something that, you know, that the child was at that point with massage.

It was just we added something without really understanding all of the mechanisms and glutamate and glutamate. So you get these kids that are hyper. Yeah.

So yes, you know, you just amp it up. So I think your website is amazing. I highly, highly encourage people to take your courses. If you have a child with this, and then just modifying some of the things, the principles are all the same, but the tools that I talked about today are just more like kid friendly, you know, it makes it easier to get them in and tell people how they can find you.

And you have some things coming up. For kids as well. Yeah. So I have a molding kids course, so that the book that I put out is pretty much all about things adults can do.

But then I get the question of all is a safer kids? And if so, how do I do it? And if not, what should we do instead? So it gives people tools. And I have my book coming out the end of summer on Pandas and Pandas, so that should be already out when people are watching this.

Yeah. And, so do take a look at Jill. Krista's work. It's amazing. I learned so much, and I have huge depth of gratitude for what you do and all that you put out.

Thank you so much for your service. YouTube. I mean, yeah.