From Fast Food To Freedom Kitchen: Empowering Our Kids With The Art Of Cooking Transcript

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Introduction and Lisa's Background

Welcome back to ADHD, Autism and Chronic Disease Parenting Summit. I'm here with an amazing person, Lisa Genta. Lisa Genzer, who is, a wonderful practitioner.

Really interesting background, started in it and now has a passion for food and cooking and is teaching kids about cooking. So I would like to just start there. Welcome you.

And I would want to hear a little bit about your background story and how you went from it into food. Yeah. It is intriguing, right? Because it's two totally different worlds.

However, as an IT consultant, I had noticed the lack of critical thinking. So when I would go into underperforming accounts to turn them around, I often was met with, a lot of answers that kept the status quo in place.

Things have always been done this way. I'm just doing what I was told to do. And even if something didn't make sense, people were not very willing to change.

And, that always intrigued me. I wondered why we were losing our ability to critically think or to be creative and it sent me on a journey. I had my own health issues that paralleled that which made me dig deep into natural remedies, detoxification, and that caused me to change my diet.

And I had brain fog lift that I didn't even know I had. You know, you probably see this as a practitioner. People don't know how good they can feel until they feel that good, because they don't know how bad they feel.

And so when I had the brain fog lift, I thought, this is probably what's afflicting everybody else. And so it really led me on this path of figuring out what was causing the brain fog.

So now I understand the gut brain connection. And that led me to become a health coach. So the first half of life information technology, second half of life, I've been a health coach.

Yeah. It's amazing because, you know, for me, I mean, there there are many pathways to come into health. But one of the interesting things that you just, you know, brought to my mind was watching my own child eat sugar.

Right. It's really interesting because we're pretty health conscious family and we cook, you know, basically every meal at home. And we don't put a lot of, you know, unnatural sugars and things like that into the food.

And then watching him, you know, go to a party or whatever and eat a piece of cake or something and not even very much of it, but just something outside of the normal food that we give him and then how different he is, you know, 2 or 3 hours later, it really, really, really hit home that we have no idea what this food is doing to our kids because most kids, it's just their baseline.

They're eating crappy food all the time. And even when you're trying to be healthy, you're not being that healthy.

Food, Brain Fog, and the Gut-Brain Connection

I think with what the food that's out there these days and they're eating, you know, school lunches and all of these things, and they might be eating as healthy as they can if they're even being mindful of it at all.

But that food is not extremely healthy. And it is a trigger for inflammation. And it is a concern. It does affect their

their thinking and everything that they're doing, and we just don't realize that. I think. Yeah.

What always kind of, what tipped me off, I guess in the beginning was my clients would say to me, I don't know what healthy looks like, okay. If an adult doesn't know what healthy looks like for them, then they don't know what healthy looks like for their kids.

So I spent the first decade only teaching adults and why I started cooking classes because they actually started teaching detoxification. I bought a spa, a wellness spa, and was teaching detoxification, long before that was cool, but most people couldn't grasp the things I was telling them until we cleaned up their diet.

It really started with we had to remove the processed foods sugar back then, Diet Coke. That was like Diet Coke, diet Pepsi. A lot of my female clients, me included, we're all addicted to our diet sodas.

Until we removed those things, it was difficult for them to grasp anything else. And, you know, they're being fed so much misinformation like, what is whole grains?

We need these whole grains. Well, whole wheat bread is not a whole grain in the United States. So of course they're confused. We're intentionally confused with marketing messages.

So after about a decade of teaching adults, I started hearing them say to me, why cook a separate meal for my husband and my kids? And I, I was shocked.

I said, wait a minute, you're why? They said, my husband and kids would never eat this healthy. So you're making yourself a healthy meal, but you're still feeding your kids chicken nuggets and mac and cheese.

Yeah, that's what they want. Because we don't know, Joel. We don't. We don't know. And they don't know what is healthy. They don't know the impact of that on their kids.

They don't know the impact of sugar on their kids. And I do think it comes down to the fact that we're all so busy in survival mode. Yeah. No I couldn't agree more.

And I, I've talked about this many times because you know, what you brought up there is so key in terms of creating other meals for your kids and then thinking about your own health.

But we often miss the messages or certainly the messaging hasn't really been there in terms of how important the food is. And then we do something that's convenient, but it's at the expense of their long term health.

And I don't think people think like that or certainly didn't before. I mean, a little bit of starting to people understand it a little bit, but our health is just getting worse and worse.

So it's not really translating into to solid action or in a better direction, because if you feed them that food and it's convenient, okay, that's great.

In that really short term, but you're setting them up for chronic disease. And now 1 or 2 kids have a chronic disease. So what we're doing doesn't work and I don't care if it's convenient.

Like that's why I tell people like, yes, I get it. Like there are things that you can do that could be cheaper. There are things that you could do that might be a little bit faster in the short term, but these are serious consequences that were setting up for our kids where they're going to have a chronic disease.

And so I don't care what the excuses are, I get it, I totally get it. I understand, but we need to learn how to fit this into fit this into our lifestyle, fit cooking into our lifestyle, and try to find ways within our budget that we can get the healthier food.

It doesn't have to be more expensive. It does take more time for sure. It doesn't have to take a ton of time, but it

does take more time to cook. But there's nothing more important than our health, and all of our kids are going to be sick if we don't do something about this.

I think that's hard for many people to wrap their head around. And what I do hear from many people is, well, I eat this stuff, whatever it is. And I turned out fine.

I eat sugar, I wonder, bread, I eat.

Why Kids Need Healthier Food

But what they don't realize is that we've been deteriorating our microbiome in our gut from my generation on. And so now our kids are getting sicker and sicker because we're not able to pass on a healthy microbiome, and they can't wrap their head around that.

And some of that, I believe, again, is survival. Like, I can't think about my child being sick or getting sick because I'm treading water today and this is all I can do today.

And I don't have the bandwidth or the emotional capacity to consider that I'm angry. And and I will say so that I mean, those are brilliant points. And I hear that too.

And number one, if you feel like you are healthy eating that, well, look at the statistics out there. Life expectancy is going down. So we're actually not healthier in any way.

A lot of people are actually sick with their own chronic diseases. I mean, most adults like 70 plus percent are on seven, five plus medication. So we're not in extraordinarily healthy.

I would say, you know what you might be individually, but but people are not based on where we are going. But also even the food that you used to eat it was much better back then than it is now.

So you might eat, you know, some of these products, but if you look at the ingredients 50 years ago, even if it's the same product, they probably had a lot more real ingredients than than they do now.

Things are a lot more mass produced with, with a lot more, more chemicals. And so I don't think it's the same. And and yeah, I get, I get, I get and I understand that people are under water and might be treading water and that's fine.

It doesn't mean you have to do it this very second or it doesn't mean you have to do everything. But I do believe, and I have seen, that if people are mindful of this, if they're even aware that their choices matter, then you don't necessarily take longer to do anything.

You're just more mindful when you make a choice. You you know, you read labels when you go to the store, you try to cook a little bit more during the week.

You try to cook a little bit bigger meals so you can eat that a few times. Maybe you have one more family meal, whatever it is that you can do. But just being aware is really the first step, because then you can start to make changes within your life that don't have to take more time.

Yeah, I always say, let me be the other mom. You know, when I was working in corporate America, I was treading water. And so I, I always say my classes are a judgment free zone because that was me.

I fed my kids convenience foods. And now my slogan for Freedom Kitchen is choosing creativity over convenience. I wish I would have done more of that when my kids were younger.

But what I do offer is for parents to send their kids to me as the other mom to learn how to cook if they're too busy to do that, because that could still be a really daunting task for a parent to think about cooking meals every night.

But what I will tell you is, once the kids know how to cook, they'll cook dinner. I have nine year olds that cook dinner for the family. I love it so.

So I was gonna say that. So you you go down to about, you know, I work with other practitioners and they even teach kids how to do certain things, even really, really young.

I mean, obviously want to be safe now, your super sharp knives, things like that. But you can still use like plastic knives or other things. Start teaching them young.

And I think that's vital. I think that right now the entire generation of kids, for the most part, have no idea where food comes from, have no appreciation for food.

They think it comes from the grocery store. They think it comes wrapped in plastic. I think it comes in a box. They don't understand what it what a farm is.

They've never been there. They've never picked food. They've never grown food. They don't appreciate it anyway. And they certainly don't appreciate cooking.

And that's, you know, our, our parents and grandparents fault, I think for choosing convenience. But that was marketing. I mean, it was like there was after the war and we had, you know, TV dinners and everything was convenient.

It's like, oh, you know, you work so hard, you know, maybe both parents started working, which was the first, you know, first time thing for the most part in the last 50, 50 to 100 years.

And so was like, okay, we're really busy, worked hard all day. I don't want to cook. Here's a meal that's prepared for you. And I get that. That makes perfect sense.

But nothing comes at a cost. And the cost here is the health of our food because you're not preparing it. And if it's already pre-made, that means you're losing something.

It has to be preserved and know it's not going to stay fresh. You know, for a long time when, when you, when you pick something off of a tree, like, how long is the last three days?

Five days. So if you're getting it from the store, it's sprayed in something, and that adds up. Back then I think not everything was that way. So it didn't add up.

But now the most part what we're doing is, is eating that kind of food. And cooking has been a lost art. I mean, a lot of parents just didn't need to do that because they they got food prepared. They could go get fast food.

They didn't have to cook. So then that's trickled down to, you know, maybe the newer generations.

Teaching Families to Cook at Home

But I do think that things go in cycles and we can bring it back. We can bring cooking back, it can be cool again. Yes. Yeah. And you know, the schools took away home EC.

So and they added more Stem classes. We we took away the arts. We added more Stem classes. Now I have an IT background in IT management. And the plan really is, is to replace our kids.

And that's terrifying to me. So I think there's a much greater cost here. I think there's a cost and loss of health, but there is a cost that's going to come in loss of creativity and loss of what could be, a healthier future for our kids because they're being pushed into Stem.

And in the technology world, they're being replaced. So that's a dead end. That's really a dead end. Whereas they

have to use their right brain capacity to create new solutions.

Cooking is a whole brain activity, which I absolutely love. So when I really started teaching cooking to kids, I focused on it being a whole brain activity or an experiential process to make them self-sufficient, independent and free.

Hence the name Freedom Kitchen. So, I think there's a huge cost here. This is why I'm so passionate about it, because I think that we all need our kids to be healthy from an economic perspective, to maintain the integrity of our country, freedom in the future.

You know, freedom begins and ends in our kitchen. And so, you know, in so many ways. So the kids really need cooking as a, as a skill, a survival skill.

And it's not taught anymore. It was taken out of the schools. And any schools that I have found that have a cooking program, it's really insufficient. We'll leave it. Right.

I, I really believe that every school should have cooking again. Every school should have gardening again. I mean, these are no brain basic things that we need to know.

Because if if anything happens in the world, if anything happens for more than, I don't know, a week or two, it's going to be total chaos. I mean, where are you going to get food from?

I think if a grocery store doesn't get food, how are you going to find water? How are you going to you know, you're not going to know what you can eat around you, how to plant, to go.

I mean, everybody should have this so they could survive a, you know, short amount of time, you know, not to get too apocalyptic or anything like that, but it's it's not unreasonable to think that, like, the power could go out for a couple of weeks or, you know, something could happen that that shuts down grocery stores.

And then where'd you get food from? In a city like it's not it doesn't exist. People will go. It'll I don't know, not be not so. That's exactly where my classes are heading.

And the students are asking for that information. They're asking for how to grow, how to source. And so I'm I'm building on my Freedom Kitchen programs to have a career exploration, offering where kids can learn about permaculture design and they can learn about soil science and they can learn about composting.

There's a lot of ways, actually, for them to get started now, even while they're students in school and ways for them to make money which could fund their future whether they go to college or not.

And it could be contributing to a food source in the community, because we really do need to focus on community based food. Yeah. And not to mention the very, extremely researched and well known benefits of gardening.

And in and of itself, I mean, not not even, you know, take cooking out of it for a second, but getting in the dirt, getting in the soil, touching the ground, planting things.

I mean, just from a stress reduction perspective, but also from, you know, a nature perspective of being a part of the land around you. I mean, we know that that makes a huge difference, and we're just not doing that anymore.

And we've lost all the health benefits that we get from gardening, farming food, eating food that we've grown ourselves, you know, appreciation of of food.

It's it's it's gone like completely. And we're in trouble if it doesn't come back I think. Yeah, we had too much blue screen, too much of this and not enough getting grounded, in nature.

Yeah. So can we go back back to the cooking for a second? Because I want to linger on that. So. So you, you

know, you have a passion for teaching kids cooking.

So what does that look like for a parent? Maybe they have, you know, some some young teens or tweens and they really want to get their kid into it. I think the parents in there being like, you know, Johnny's not gonna want to do it.

They're going to be like, this is annoying. So. So what would be the kind of pathway that that you would have for them? Is it like online courses that they would take and the parents would watch with the kids?

Because I know also parents be like, oh, I'm worried they're going to burn themselves or cut their finger off or whatever. So can you just maybe linger on that for a couple of minutes and talk about what that would look like if they were like, yeah, you know what, I do want to get them into cooking, like, let's do this.

What what do we do? Yeah, I think the best thing that everyone can do and I wish I would have done it. My kids are grown now. I didn't even think about teaching my kids cooking until my daughter left for college and she was leaving, and I realized she didn't know how to cook.

And we did like a crash course one weekend. So, I just say the younger the better. But I developed a curriculum for K through 12, so I do teach through a school district as well as online, and then I have a whole host of homeschool groups, that also take my my program.

It can be done at home because it's all prerecorded. I started recording because of Covid, because I had so many parents who couldn't bring their kids to class.

So that's when I started recording everything. It's great to cook together at home. It is a family bonding experience and what you will witness let your child take the lead.

Cooking as a Family Skill and Confidence Builder

Don't jump in to take things from them. Let them figure it out because the growth is in the struggle. So unless they're going to hurt themselves, which I go through safety things in the videos as well, like don't put the beaters in the mixer if it's plugged in, you have to make sure it's not plugged in.

So I will go over some safety things in the videos, as well. Locally, people bring their kids to my kitchen. And so I have classes that I run all day, two days a week.

And, it's just so interesting watching the different age groups. I have more interest from the elementary age. The high schoolers did not think cooking was cool.

So after years of trying to reach the high schoolers, I implemented a high school leadership program. And that's how I started getting interest from them.

Where I dive deeper into the problems with the food supply. We still are learning how to cook. They have to learn how to cook, but we dive deeper into the problems with the food supply and what are possible solutions.

We start talking about what is leadership? What is leadership versus authority? What is conscious leadership? What does it mean to be conscious? I can have much deeper conversation with the high schoolers.

And then that's really leading to the career exploration class, because we can't fit all of that into our weekly lesson. So I create the curriculum for a whole semester, 14 weeks.

And every semester is different with different recipes, but they're learning how to use a mixer, a blender, a food processor, a greater how to peel vegetables.

You know, all those basics, but they're actually making food. So, they're so proud. It's it's so inspiring to watch them. I, I just love them so much.

All around my office, there's actually picture frames and then all the things that my kids, all my students have made for me, they draw me pictures all the time and send me pictures of things that they made.

It's so inspiring. But what you will see is you will see them take, a different role in the family dynamic because they take the lead. They say, I want to cook.

Can I make the grocery list? Can we make this this week? And now the parents don't feel like it's a burden to cook. I'm really watching the family dynamic change with the families who've been in my program.

It's hard to explain, but the kids will step up and take more responsibility. When you allow it. I don't think it's that hard to explain. I think it's, basic common bonding and relationship and, I don't know, basic human needs that, that are just going away.

And that's kind of revitalizing that. I mean, you think about it from the family bond, you know, spending time together, cooking together. I mean, so many, you know, especially I would say, Grant grandma's right.

How many grandmothers are like so proud. And moms, you know, from from certain, you know, background fancy like to cook a meal for like the way you show love.

It's like, you know, spending a whole day cooking a meal. And, you know, if you can do that with your kids, then sometimes you don't even get that kind of time.

You know, you can spend three hours cooking a meal, but it's not cooking the meal. It's spending the time together. But you're getting that bonding. And because everything is so online social media these days, it's like real, actual skills are gone and and you lose.

You get your value, you get your bid literally from like, oh, somebody clicked my thing. They got a like, but you don't get your validity from, oh my God, I did this.

I created this whole meal, I made hummus today, I, I, you know, made a sandwich for everybody. I cook the chicken, whatever it is like you don't get the validity of that of of making a meal, seeing everybody eat it, saying I'm wrong.

Oh, this is so good. And and this is like a tangible, real world thing. And you're also like, I don't know, like almost as a caveman. It's like, you know, I made fire and I cooked a meal and I can do this.

And, you know, the world shuts down. I can I can pick a berry. It's like you forget that you could do these things because you just don't. It's just convenient.

And I can speak for myself, but I'm like, oh, I plant something, and then it grows some berries or some passion fruit and it's like, wow, I did that. It's not actually that hard. Right?

If you use the example of hummus, because that was something we made last semester and the kids would come into class, they say, what are we making this week?

So what do we and I that week was so funny because kid after kid said, oh, hummus. I don't like hummus, right? I expect them to like everything we make every semester.

Don't get me wrong, it's it's about exposing them to different things. And often I'm teaching a technique as well. But, child after child, once we got it made, loved it and said, this is so good.

It's not good at school, right? Oh, good. This isn't like the one at the grocery store. This is so good. And so it's so interesting to me. That was in the top three of their favorite recipes.

At the end of every semester, I always ask everyone, what was your favorite recipe? And that was in the top three

for favorite recipes last semester. And most of them did not think they were going to like it.

But the sense of pride when they create something is so amazing. Well, and I also want to add to that, because this has been a realization for me to kind of moving through and, you know, growing up, I didn't make a lot of food.

I had the same thing that, you know, you were talking about with your family. And like, I didn't really learn a lot about cooking until later. And then you don't realize that if you make it yourself, then oftentimes it's a million times better than the one you get in the store.

Not to mention, you can make it the way that you like it. So if you're making hummus and you want it really garlicky, you put more garlic in or you put more oil in or whatever, and you can tater with it and then you're like, wow, this is really good.

I mean, obviously it's better because it's fresh, right? People think about that, but it's fresh. You just made it. But you can also make it the way that you want.

And and I've noticed that time and time again that it's not the food, it's how you make the food and what ingredients you use. And there's so many types of food where if you get a better ingredient, you will actually like it.

You get a more fresh broccoli and your kids will eat it. You cook broccoli and you cover it in olive oil, and then you cook it in a way that they would like it.

And they do like it. It's not the broccoli. They don't like.

Gardening, Food Systems, and Community Resilience

It's the way you cooked it that they don't like. Or, you know, like a, like LA thing, like kale chips, right? It's like, oh, kale chips are gross, but you get like a really good quality one that's fresh and you eat, you're like, oh, this is better than actual chips.

Like, why would I not eat this? Right? It doesn't have to be bad. It depends on the version. And it's it's not that it's not rocket science, but but we've completely forgotten it because we don't make it.

And then when you do make it, you're like, oh, that's so much better. I mean, this fresh thing and you don't realize what you're missing because you're not your body's not used to getting it.

So it just kind of settles in the way that it is. We will often make things, in one semester I'll use, say, sweet potatoes 2 or 3 ways, throughout the semester.

And we keep revisiting it. And I say, even if you didn't like this one recipe and we make it different, you might like it. And ultimately they'll find at least one recipe that they love and I say, you don't dislike sweet potatoes.

You might not care for one recipe, but I also remind them that they're growing and that as they grow, their taste buds are growing. And I said, if you needed to get new pants this year because you grew, and that means your taste buds grew too.

So just because you didn't like something last year doesn't mean you won't like it this year or next year. And I would hate for you to miss out on things, so don't be afraid to try it.

And that's that's part of the courage. Part of the courage is trying new things. And then the other part of the courage is doing new things, you know, in the kitchen that they haven't done before.

Right. And it's also being mindful to get parents and kids to realize that every single potato is not the same. Everything apple is not the same. When I'm talking in my office, people sometimes ask me about like, oh, my kid's a picky eater and they don't get a lot of fruit.

Well, then, especially if they're older, you know, they might not like apples, you think, but you can go to the farmers market and there's 15 kinds of apples and you can try different ones, and then maybe they will like three of them, or maybe they will like one of them.

But then at least you get that one in. But you have to be willing to try. And you can't say, my child doesn't like apples, because if you go to Whole Foods or whatever and you get the, you know, the two versions that they have that aren't fresh, that are, you know, whatever is there, it's not the same as going to like an apple farm and picking from the fresh trees and then, you know, trying ten different ones and figure out what you like, because you don't have to like every kind of apple.

But we're so focused on like, okay, I go to this one grocer and this is what we eat. And then I don't like that, but that's completely untrue. I mean, you might not like apples, but but you also might not like the ones that you've tried.

Yeah, yeah. I caution the kids about making those snap judgments. And I say keep an open mind. And it really is about the lesson I'm trying to teach them about life.

Like I'm using the kitchen and food to teach them lessons, to apply to all areas of their life, about not making snap judgments about things or ruling things out because you tried at one time and you didn't like it.

Expand your horizons and be open minded. And that's it amazes me how the kids grow in one semester in my class where they come in very close minded. They think they've got all their perceptions, and by the end of the semester, they're open minded, willing to try new things.

And from that place I say learn how to make something, then make it your own. Go tweak it. Go tailor it. Go experiment. This is where we start getting into creativity.

Throughout the semester, I'll take two recipes and I'll do a recipe mash up and I'll say, remember we made this and then we made this. What if we put those together?

Could we do something like this? And so I start spurring the creativity, and then I encourage them to go and create their own recipes and to start thinking about what else could I do?

What do I like? What do I want to try and not to limit themselves? This is how we get them to create their future. I love it and just to finish up. So for for parents who are listening to this, if you want it to give them one top tip or one actionable a piece of advice for them, they're, you know, they're excited about food cooking.

Now that they've listened to this, what would you want them to do next?

How Freedom Kitchen Teaches Kids

Or what would you want them to know most, if they're going to take something away from this? Oh, yeah. Thank you. I would say don't use food as a reward or punishment, please.

When adults come to me as a health coach, this is one thing that we have to undo. I have to have them journal about how food was used as a reward and a punishment, which it was for me, too.

So if I have a good day or a bad day, there's different junk foods that I reach for because that goes back to my childhood. Those were rewards and they were punishments.

And so food is sustenance. Food is not a treat. Food is not anything other than what our body needs to live. And if we treat it with reverie like that, and we trust that our kids can grasp that they're smarter than we realize, trust them, trust them, give them the opportunity to take the lead and to be responsible.

I promise you, they'll surprise you. They've surprised me. Yeah, that's a great piece of advice, because I. I do agree

that, too. It's too easy to be like, oh, you you know, you do this, we'll get you that piece of cake or.

Oh, you were really good today, you know? You know, let's do this. I mean, even in my own office, it was something that I've been very mindful of because as a pediatrician, you know, what do you get when you go to the doctor and you get a lollipop and and, you know, I didn't want that.

So we got a toy chest instead. I mean, we have a lot pops in there. They're not advertised. But if somebody wants it for their kid, we'll give it. But, I mean, I wanted something that wasn't food because I don't think you should be getting a lollipop every time you do something good, because then you learn.

Oh, I get sugar as a treat for doing this thing, which is not a good message when it comes to food, because you should just be eating because you know you want to or you need it, whatever it is.

Not because it's, you know, not because you did something good. Even the word treat. I make the kids think about that and I say why, why is it that we call all the bad stuff right.

You know, why aren't the brussel sprouts a treat. Why do we label the bad stuff a treat. And we think a lot. I really teach them to think. And in my cooking videos and in my cooking classes, I'll ask these questions for them to contemplate.

Yeah, that's great advice and I really appreciate you you sharing it with us. And that's a lot of why. You know, even I created my book, parenting, at Your Child's Pace because that's really important to like, think about these things, get back to the roots, think about how important food is.

And, you know, we're forgetting it. And our kids health is is suffering in our own health is suffering. So maybe we can finish off with you just, telling people again where they could find you, your social, the website, if they want to do your cooking classes, where would they go to find that?

Yeah. Freedom kitchen kids. Let's set our kids free. I do offer a lot of, like, gluten free options, dairy free options, nut free options, egg free options.

So I'm really teaching the kids how to be, flexible and resourceful because in today's environment, we're seeing more and more food intolerances and allergies because I'm sure the food is so bad.

So, Freedom Kitchen has, you know, multiple levels of meaning, starting with if you need to make something free of an ingredient. I have recipes for those too, so.

That's good to I think that'll be good for all the LA Los Angeles kids that are watching, you know, they're not they're not eating any gluten or dairy anymore.

Well, some of them are. But, you know, it's a very healthy thing. You get to have your kale chips or your eat your kale and not your gluten in your dairy.

Yeah. Unfortunately, so many people have intolerances, which I have often said, I'm not sure if we have a gluten intolerance or a glyphosate intolerance and, so there is a I will have all that on my website as well.

There's a regenerative farmer in North Dakota, Guardian Greens, and they don't use any glyphosate. And so many families are finding that they can have glyphosate free wheat.

Final Advice: Don't Use Food as Reward or Punishment

But for those who want to be wheat for your gluten free, I have those types of recipes too. You know, it really just comes down to teaching the kids how to be resourceful.

They've got to tune into their own body, and they have to become discerning about what works for them. No one

can tell them what works for them. They're going to have to figure it out.

So if we can just feel the tools in their toolbox for them, then they can figure it out for themselves. Yeah, it's a beautiful way to end. I, I couldn't say it better myself. So we'll we'll leave it at that.

I really appreciate you taking the time to chat and, sharing your wisdom and all that you do for kids. I think it's a lot more beneficial than it. There's a lot of people doing it.

There's not very many people doing what you do. So I think it's a a wonderful change for the people that you're helping. Thank you so much.