Can Functional Medicine Reverse ADHD, Autism, and Chronic Inflammation? Transcript

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Introduction and guest welcome

When the diagnosis of autism is made, the only thing that people are told is the only evidence based therapy that we have at this point in time is ABA therapy.

That's called applied behavioral analysis, and it's essentially repetitious, very controlled, reward driven, structured agitation. And I've seen reports from Premier Children's Hospitals here in the Houston area and from the country and around the world.

That diet has nothing to do with this environment. Toxins have nothing to do with this. But this was known in 19 day nine when dioxin regulation, legislation was signed.

And it's so sad because it's it's damaged a whole multiple generations now of children. This is doctor talks real talk from real doctors on the issues that matter to you most.

Welcome to Vitality made Simple. This is the podcast that equips she to feel better, look better, and to enjoy better relationships. Now, if you're someone who believes that children are our future and that the health and vitality of our children is key for any society, then this podcast is for you.

I want to welcome Doctor Paula Krebs. Welcome, Paula. Thank you for having me. I'm really excited about this. Well, it's a thrill. We Paula and I met at a medical conference.

We were best speakers. And then we had a refreshing dinner together and just talked about our journeys. Paula graduated from medical school in 1990 and was classically trained as a pediatrician.

Now, her own journey has only emboldened her to help more people. So, Paula, tell us about your own health journey and how that led you, as a pediatrician, into functional medicine. So, well, when I graduated from medical school in 1990, I was the first person in my family to ever become a doctor, one of the few to graduate from college.

And my father, had joined the Air Force when he was 18 years old, and my parents didn't have the resources to fund my education.

Dr. Krebs' personal health journey

So I ended up taking a military scholarship. And I was an Army pediatrician. I met my husband in the military. He was in the Persian Gulf War, and I was classically trained as a pediatrician.

I knew from the time I was in second grade that I wanted to do something in the world, and then by eighth grade, I knew I loved children. So as the oldest of four, I went to med school in Texas, served the military in Texas and got out of the military in Texas.

But very early on, I had this shift, and I began struggling with depression and addiction, and I ate my way up to 300 pounds. And through the years, I struggled and took probably 11 to 13 different anti-depressants.

But it didn't really deal with the root cause of why this was happening. So several years ago, probably I began biohacking and looking for all kinds of things.

I mean, I've done every diet under the sun. I went to the Daniel Almond clinics, I did Jenny Craig, I did this food

plan, etc. but I invested in precision genetics and that's what transformed my life.

I found out that I had, and at this point you'd go, well, duh, it's obvious, but we're not taught these things in medical school or dental school. In this way, through the lens that mental health problems are a manifestation of number one inflammation.

You know, if your brain is hot, red, swollen and painful and you can't unzip it and go, my brain is hot, red, swollen and painful. It shows up a sadness as anxiety, as fear.

And when we translate that to children, it's global meltdowns. It's temper tantrum that are not commensurate with what you asked them to do. Susie, go get your coat.

We're going to go see grandma and they throw themselves down on the floor and cry. So inflammation number one and methylation. Methylation is a process where we incorporate vitamin B9 into our cells.

And at the root of depression is inflammation and methylation. So when I found that out it changed my life. In my desperation at age 36 with two children and I wanted to have more, I had a gastric bypass, a permanent and Y gastric bypass.

And I really believe that that tool saved my life. But I didn't know all the micronutrient deficiencies that would happen by changing my gut. So anyway, hindsight 2020, all these years later, I found functional medicine about 11 years ago, became certified to the Institute for Functional Medicine, left my general pediatric practice working with Baylor College of Medicine, Texas Children's Hospital, Texas Children's Urgent Care, and opened my own practice and I'm so grateful because we have had the opportunity to partner with parents whose children are on the autism spectrum, who have complex medical problems.

We also treat children through adults. We have the medical team at seven, medical providers and a genetics, a genomics neutral genomics interpreting team.

And we just love what we do. And we are seeing beautiful things happen. Children talk to children, lose the diagnosis of autism that had been given absolutely no hope.

And my journey, which was a lot of shame and self-deprecation, has been transformed to one that looks at life as what can we learn from this? How can we spin this?

How can we look at what's possible, not what's impossible? And so our practice is called hope for healing. And we want to give people hope. And that's what we do.

If you have brain fog, bloating or bathroom problems, check out Doctor Debbie Osment's online course called Upstream Gut Health. Simply go to Doctor Debbie Omnicom.

That's Dr. Debbie, I Aussie mmt.com and visit the courses tab. Priced at less than an office visit. This course can help you feel better, look better and enjoy better relationships.

I was so excited to meet you! At the time we met, we were expecting our first grandchild. She's now born in eight weeks old, and, you know, of course, that just makes, makes you very interested in the health of the children. I'm.

I'm reminded of the Maasai tribe. You know, when these violent warriors meet each other, they have a saying that basically says, well, how are the children?

Because they know that's what's happening with the children is key to their society. And it's never been more key, Paula, than it is now. You've been doing so much under the radar, that now is very, open in our, in our news with, with RFK, you know, speaking out against maybe vaccine injury.

So you've been seeing, a lot of changes in children over, you know, 35 years of treating children. And I want it. I

want you to tell our listeners about what you've seen and how you've pivoted, what you've done to meet those changes, say, the increasing rate of of autism, the increasing rate of ADHD.

Just a lot more illnesses in children and in folks. One thing that I'm so impressed with, with Doctor Paula is that she sees people of all ages. You know, this is about relationships. This is families.

It's not like we can silo medical care any longer in any way. And it's a side note, Paula, I want to just tell our listeners, if you're watching this on, YouTube, the background change for Paula, because she's she's got these doggies that she loves.

And they wanted to can say hi. So she had to kind of move to a different background. So, so you're not seeing things if you think you are.

Autism, inflammation, and environmental toxicity

So. Okay. So tell us, you know, what you started seeing and how you had to, you know, tiptoe around it with maybe having a little different vaccine schedule.

And, and then just what you see for the future, the positivity that you see. Yes. Well, when I graduated from medical school, I first of all, I love how we frame that.

We have seen some huge shifts. And, just as a side note, well, it's not a side note. The genetics of children that are not neurotypical, autism, Add, ADHD, all these labels of oppositional defiant disorder, brain inflammation, something called pandas.

Pandas, is almost identical to that of adults with neurodegeneration. But the issue is, is that the clinical findings are showing up in catastrophic amounts in our children.

And as you said, I hadn't heard that before. How are the children with the Messi tribe? So in 1990, the rates of autism were about 1 in 10,000. And now in some states, for example, I think in California, it's 1 in 28.

I believe the most recent statistics are 1 in 32. The genetics have not changed, the toxicity of our environment has changed. And if we look at, okay, I was born in the early 60s, what happened in my generation was we had plastic, we had herbicides, pesticides, melamine, Tupperware, and disposable diapers.

And we've moved all the way over back to glass, stainless steel and removal of a lot of these toxic from the environment. And we know that Europe is ahead of the ball game.

You know, when you look at the toxic things applied to our bodies, you know, a lesbian, you're only inhibited or stopped in the US versus 1300 things for things we apply.

But we began vaccinating children. And when I was vaccinated it was 8 to 12 vaccines in the years 0 to 18. But now if you give a child the flu vaccine, you can be upward of 80 to 82 vaccines between 0 to 18 years of age.

Additionally, why are we giving a hepatitis B vaccine that has ten times the amount of aluminum that you would give us at 1 to 3 days of age? It's the parents who are not hepatitis B positive or I. V.

drug abusers. There's no reason for that. Strictly money and pharmaceutical driven. So I saw and I used to be what I call a vaccine Nazi because I went to Africa as a medical student and I saw children and adults die from vaccine preventable illnesses.

But the difference between a third world country and the United States is we have access to clean water and, you know, soap and water to clean our wounds.

So many people think that by administering certain vaccinations is what stopped certain diseases from developing,

while in actuality it was improvement in our public health system.

So the most common chronic illness in children is asthma. But in recent years. Love your coffee cup. You rock. The most. We have discovered that there's actually an entity that's more common than that.

The genetic vulnerability is present in one eight and it's called chronic inflammatory response syndrome. It has to do with bio toxin illness, mold, bacteria, venoms, algae produces bio toxins that can initiate a cascade of inflammation. So now what we're seeing is pediatricians who are aware of what's going on in the toxic soup of our world.

Is that our job is to minimize the amount of toxins that go in and onto and around our children and our grandchildren and ourselves to stop neurodegeneration and to stop cancer.

And that's kind of the landscape, which is really, really sad. That is so essential for us to all face that our world is very, very different. I, I'm a little older than you, is born in 58, and, you know, nobody had these problems.

I mean, I don't remember anybody having these problems. Paula. So so how do you what do you do differently at Hope for healing to, not only mitigate people who have already been, impacted, but also to help people prevent.

I want to say that I've been beyond impressed with, our daughter and son in law in, what they've done for their for their daughter, the aware the awareness is so impressive among young people and and we want to even raise that more, with what your experience has been.

Well, you know, what I love is, as parents, as new parents and families, the power that they have in their kitchen. So I'm sure that, you know, you talked about this ad nauseum, but, website and there's a mobile app, environmental working group.org.

There's an app you can scan, scan and use in the grocery store. And when you're feeding your family, it's financially, impossible to feed everything organic.

But not everything has to be organic. So the power in the kitchen number one, is to reduce toxins and inflammatory entities. So unfortunately, here in the United States, everything and around the world is impacted by glass.

The state likes to say this round up, we're all aware of the Monsanto lawsuits, all of those things. But that has a profound balance. So first of all, the Dirty Dozen avoid eating those foods.

Have them be organic. Everything else the clean 15 you know you can get and not buy organic and the principles so that right there the other is we give milk to infants, the only dairy product that human beings are meant to have, this mother's milk.

And when you grow, you need meat or other things. And I was going to say that we as human beings are not meant to ingest. We're not baby cows, sheep or goats, okay?

Cows have four compartments to their stomachs. We don't have the enzymes that cattle do. But the thing about when we think about the other dynamic of neurodevelopmental challenges and gliadin, which comes from gluten or anything, that's what we call gluten cross reacted and tasting, which is a protein contained therein sheep, goat or cows, milk, dairy or cheese.

Those cases, more often those molecules are very, very addictive. And they bind to folate receptors. And folate receptors are what we need for our brain and body to receive, dopamine production appropriately and to balance our neurotransmitters.

And so we're seeing this huge, uptick in tongue and lip ties. And as a dentist, you're probably aware of that. In 1991, the American Academy of Obstetrics and Gynecology required full weight to be added to, vitamins.

So but full synthetic folate locks, folate receptors, and we need bioavailable folate, natural folate instead.

Functional medicine testing and family support

So we've had this population of infants born with what we call neural tube defects, midline issues and this explosion of tongue and lip ties. And I was one of them myself.

Didn't know. And now I'm Invisalign at 61, you know. But so my message to parents of what they can do to decrease inflammation in their babies. And this goes for mommies too, because we don't have access to clean grains here in the U. S. it's simple lavatory.

So I would just say eliminate gluten. Gluten containing grains like barley, rye, oh, sweet spelt, gluten, cross-reactive, corn, rice, millet and dairy and yeast and eliminate cows milk dairy not only for mama that may be nursing her infant, but also for children and families because our supply is so bad here in the US.

And if you have the, genetic vulnerability to develop, you know, celiac disease, then by all means have avoided it all together. So Doctor Alessio Fasano, who discovered this, he's from Italy, for Pete's sake.

And he said, well, gluten makes your gut leaky pretty for hours. So yes, I've stopped eating it too, you know. So Doctor Fasano is on the podcast, I don't know, a couple, two, three months ago, he he is fascinating.

For our listeners, he discovered Xinyi Lin, which is the protein that is the biomarker for leaky gut. Yeah. Super, super great. So, so, Paula, tell us, what testing can be done for people in what you do in your clinic to help people know what their own genetic vulnerabilities are.

Right? So we can see patients internationally? Well, not patients, internationally, our health coaches and our genomic, team can see people to review their genetics, but if they want to become a patient, they have to come to Texas.

But I also I personally have a Florida telemedicine license also. But all of our other providers are here in Texas. So, what we do that sets us apart is we have parents who come to us and say, my five year old is autistic.

And we saw this change around 15 to 18 months when we introduced a partial live virus into their body. Or we saw a change at two months when they received their first vaccines.

And everybody's different. You can't say that vaccines are responsible for, autism or else we'd all be autistic. It's the genetic vulnerability, the toxic soup and the introduction and the external environment and external toxins too.

So what we do differently is a cheek swab. It's a proprietary panel that a company allowed me to select and put together, and we call it the Hope Prevailing Wellness Blueprint.

I also have one called the Newborn panel, but I basically the newborn panels for everyone. But the blueprint is everything, and it's all ways to modify how your genetics show up in your life.

So if I had had the issue as a child or a young adult or as a medical student, I saw that it was normal to cry every day in med school. You know, I didn't know, you know, I was like, okay, I just have to cry, get through it and do my work instead of having biochemistry.

That was balance. So when I found out what I needed, I was able to, give myself what I needed, take away what I didn't need or what was causing damage in my own body.

And it's everything from inflammatory pathways. Your vulnerability to develop type two diabetes, or if you're one of those hangry people, autophagy, identifies how our cells clean themselves out and then our detoxification systems, how we absorb B vitamins, how our mitochondria or powered our hormones, and also our vitamin and mineral receptors.

So we can identify from as young as two days of life that that pair comes in and lets us do a little cheek swab, or we can put it in the mail. And then you have this beautiful roadmap, this blueprint to be proactive, to identify vulnerabilities and protect your child.

Giving them what they need and don't give them what they don't need. So you don't have to guess. And that's the beautiful thing, and that's what sets us apart.

We also have coaches who join families on this journey because it's so hard when you have four kids, both mom and dad work. How are we going to make this food?

How can we make this work? And we work with families. We could have meal plans we like. You can do this in 2.5 hours on a Saturday morning, and we're going to help you.

And we want to give them boots on the ground, tangible help. And that's what we do. Well, and I think you're you're providing so much excellent awareness.

It's so easy to at least for me, when our children were little to just be thinking about, what the next thing was, or how to go to the park and have fun.

And, I just wasn't aware of of toxins, of toxic load. And of course, that's, you know, 34 years ago, but nevertheless, looking back, I was like, wow. I was sort of brain dead in some ways.

I just didn't even think about, you know, Velveeta cheese, you know, how can how can Velveeta cheese be in the pantry and be okay? You know, you know what I'm saying?

I mean, I think this just awareness that I'm seeing among young families is so exciting, because it's logical. So many things are illogical. So, Paula, I would love to hear about.

And for our listeners to hear about some of the miracle stories you've seen in your practice, because, you know, we we have children and we want their little quivers in our arrows, like it says in like what, Psalms 127 or whatever.

But, it, you know, we want them to be able to launch. We want them to be able to do fulfill their God given purpose. We want them to feel good. So, you know, the the frustration I've seen among people, people who go, oh my gosh, Debbie, this is they were different.

They were fine. And and now they're different. So so what have you when these people come to you, what have you seen changed? You know, I want our listeners to have so much hope.

Yeah. You know, that's the thing. Because when we look at what's going on in the world, they can just drag you down. And you can be so discouraged when you have a child that's nine years old and they're still in diapers and you're changing coop.

And when they can't speak, what do you want for your child? You want them. And this is what I tell new parents. When they're not around, you know, when the diagnosis of autism is made, the only thing that people are told is the only evidence based therapy that we have at this point in time is ABA therapy.

That's called applied behavioral analysis. And it's essentially repetitious, very controlled, reward driven, structured education. And I've seen reports from Premier Children's Hospitals here in the Houston area and from the country and around the world.

That diet has nothing to do with this environment.

Practical prevention: food, toxins, and genetics

Toxins have nothing to do with this. But this was known in 1989 when vaccine regulation, legislation was signed.

And it's so sad because it's it's damaged a whole multiple generations now of children.

So let me give you some hope. So I try to tell people, I want your child to be able to verbalize, if at all possible, or to be able to communicate, to set up boundaries, to say what they need, what they want, and to potentially graduate.

Has a job, lose the label of autism. That's apart from other genetic syndromes or other reasons why they may be autistic. So, that may not be possible for every child.

But functional medicine, healthy environment or medicine always imparts hope and health. And the body, as we know, is meant to heal. We are fearfully and wonderfully made.

So let me give you one of my favorites, and then I'll give you, two from just the last week and a half bit. Well, one of a little guy that I've been seeing since, November of 2024.

He was in the office with his parents last week, and it was after they picked him up from ABA therapy. It was late in the afternoon and he was done. He needed to go home.

He's only partially verbal. They began their journey less than six months ago. He's five now, just turned five in the appointment when it was time to go and I said, all right, we're done.

You get to go, bye bye. He picked up his shears and started to put him on, and his parents looked at me and said, that's the first time in his life he's ever put his shoes on.

Okay, so that's one. And then yesterday I was talking with a family that there's still motivated. There's a little girl is four years old. They live in the greater Houston area.

They began one supplement after with using their precision genetics. We have them start that, get on the roadmap, get into established medical care. They gave her one supplement that we use to modulate a system in the brain, in the gut that lowers something called cytokines that are produced by microglial cells in our central nervous system, and also by the Cooper cells in our liver.

They lined the vagus nerve. So we've seen these kids, they have their in fight flight freezer fear. They're scared. They're it's like they're hyper vigilant.

Their pupils are dilated. They give her one supplement based upon her precision genetics. Now you got to understand there's multiple holes in the dam of inflammation.

Can't plug one dam and expect one hole and expect the water to stop coming out. Her speech immediately improve health. Within about three weeks of trying new supplement.

They said it was immediate. So those are the two recent ones. And now. I met a little girl seven years ago who had been diagnosed with autism. At the age of two, she moved into a home with her family.

Her mom and dad had no other siblings. Mom's an attorney, dad is former military and she stopped talking and regressed. So she had been labeled and diagnosed with autism at a premier children's hospital here in Houston.

So. So can I interject? So she was talking. Prior to moving into that home. This is going to be a great story, folks. And how old was she? Okay. So she was jabbering and telling him, you know, what to do.

And okay. Yeah. Videos, pictures to good eye contact. I didn't do that. Lost speech. She was labeled with selected mutism and autism. Came to our practice.

We did the precision genetics. I recommended several things, at that time. And the mom and the dad right now will say we were brought in. We weren't brought in.

We lost them to follow up. And prior to presenting to the clinic, she's had multiple ear infections, been on multiple antibiotics. Her immune system had been on fire.

It obviously wasn't functioning well. But see, that's our society's normal that people say it's normal to have eczema. It's normal to have multiple ear infections.

It's normal to have asthma. Kids in our practice that do this from birth up, there's a healthiest children I've seen in my entire 35 year of pediatric okay.

If the parents sing, judge and dive in. And it's beautiful. Anyway, so long story short, it took four years for this family to test their home for mold.

And the mom told me, she said, doctor Clay, if you had not been in my face, let alone kindly and respectively, like a dog with the bone and had not said test your home for mold, we'd still be there and my daughter would still be considered autistic.

She's nine years old now. She's mainstreamed in a local public school and her mom being her advocate and her dad. They pushed and said, we want you to officially test her again.

And they said, she's not autistic. In the mom's second guessing herself, I said, no, no, no, no, no. She met the checkmarks for every system to be labeled as autistic.

So the story is they lived in that home for four years. The dad, in his late 30s, he developed atrophy on a brain scan. The mom developed elevated liver enzymes, and the younger sister, had multiple ear infections and required ear surgery.

He was born during that time, so they came back. They're fully invested, and she was diagnosed with chronic inflammatory response syndrome biotech, an illness.

And their home was so sick. And we have a label for that contact with toxic mold. It's an ICD ten code. But that little girl met the clinical criteria for Pans and autism, and they moved out and within a year she began talking.

She remembered being at the pediatric neurologist the year before. Before she was speaking, and said, I remember when the birds were hitting the window in Texas.

Cardinals run into glass all the time, and that little girl remembered everything. So our thing is that mind is so beautiful. I never speak anything but life giving words, insights in front of children.

So I want to encourage parents the same thing. They'll go to the doctor and talk about your child who's sitting there with you like they can't hear you.

They share everything. We have to think of what's possible and not, speak words that aren't life giving to and around our children. So that right there and she's published that in fact, you might want to interview her.

It's called Conscious Healthy Home. The mom, and she broadcasts it. It's Christina Greenfield. She's here in Houston, and I love that family. And that just blesses my heart.

And we have other children on this journey. We have the adult children with autism. People give up on teenage boys. And, you can move the needle. You can.

So. Thank you for bringing this out, Paula, because I think it's so key. I interviewed Doctor Thomas Loti probably, I don't know, year, year and a half ago.

Great interview. But we talked about, the power of those words. He talked about not taking the curse of a diagnosis and it was so powerful. So I literally make my patients stand in front of the mirror because my practice is limited to

mostly physician referrals of people with chronic inflammatory illnesses, everything from cancer to memory loss.

You know, you name it, that someone will come in and say, well, I'm a diabetic or I'm a cancer patient or, I'm, I'm an Alzheimer.

Hopeful outcomes and autism recovery stories

No, no. I make them stand in front of the mirror and say, I am a child of the living God. My body is designed to heal. God will help me find what my body needs, just like you did.

You know with with your testing. And it's so powerful. These words, these words are so powerful. And then there's been, you know, all of these great studies about just, you know, the vibrational, the quantum physics of sound waves and just speaking words of life and of course, that's totally biblical to this day.

Choose life, don't choose curses, choose life. And I think it, you know, there's so much we have to learn. And one thing I so appreciated about you when I met you, was your curiosity.

Because there's still so much to learn. And, for people to every day speak words of life not only to each other, but to themselves. And that is healing in our bodies.

And I hear people speak these things over their children. Oh, you know, he he throws temper tantrums or whatever. It's like, no, speak good words. You know, he is he is getting stronger every day.

And and learning more every day and, you know, whatever it is. Because like you said, it's all it's all registering with kids. I mean, you've seen that better than anybody is a pediatrician for 35 years.

I love what you said that you do with your patients. And I think I'm going to adopt something similar to that I've adopted, you know, speaking words of life, but looking yourself in the mirror, you know, I, I think back to my dad.

My mom and my dad believed in me. And there's always a balance. But believing for me what his generation did not believed for him. And breaking those generational curses.

What you said, I wanted to kind of piggyback on that at that conference where we met each other, and I kind of said, you're kind of like a sister from another mister.

I just our husbands even felt a little bit of, camaraderie, but also the stage of life that we're in, seeing our children have children and our generation, just the toxicity.

But you're right. And kids heal so fast. They're so resilient. And the needle can move exponentially because of the neuroplasticity of the child's brain and body.

And like you said, we are fearfully and wonderfully made. And I too believe in the life skipping words of Scripture. And as a man or woman thinketh in his heart, so is he.

So if we're using those negative playing words, I'll even ask kids as I'm trying to determine if they fit the diagnostic criteria for pediatric acute onset neuropsychiatric syndrome or autoimmune attack on their brain due to strap.

Do you tell yourself, do you feel like you tell these words to yourself like I'm that God will? God doesn't love me. My family might die and they'll go, yes.

And their parents will look at them like they didn't. They had no idea because they're afraid to verbalize those ugly, dark thoughts. And then I say, okay, what I want you to know is those things are not true.

You know, are not necessarily true. Bad things can happen. But when you hear those things, it's okay to say, mom and dad and I'm having this fear. And then that's when you need to sit and wait.

And the power of grieving. And when we talk about gratitude, studies have proven that you release endorphin thins and interleukins and lower pro-inflammatory cytokines when you tell yourself those things.

So what you said about cancer and Alzheimer's and, chronic inflammatory issues, you're right. You are not your disease. You are. I'm a woman. I'm a mom.

I'm a child of God. And, I love myself of who I am inside. Maybe not what I've done to my outside, but I want to get on a path to move forward instead of limiting ourselves.

When I think again about children and things like that, this is piggybacking off. We think about our brain. So there's a system called the Glenn Vedic system.

And for babies on up here, those sliders from Home Depot that are about, you know, a quarter of an inch thick, parents can take those little sliders and put them at the head of the crib so that even their baby in the crib can be elevated slightly by gravity.

So when they sleep, the lymphatics system of the brain is draining crap by gravity out of their brain. So that's a baby hack. That's a good baby hack.

Doctor love it. Yeah. Also something we do different and we actually did like a little retrospective study in our own practice. One of the things that is the American Academy of Pediatrics recommends is, complete blood count at a year of age as you start transitioning, you start on solid food around six, seven months of age.

And he transition eventually off of human breast milk and on to I recommend water and maybe coconut milk, you know, and we check iron, but we check vitamin D 25 hydroxy at one year of age.

And we start with 1000 international units a day, three plus k two at birth. And we recommend that parents give one drop every other day to their baby until they're four months of age.

And then when they're four months, they go to one drop a day. And, in all of these years of testing children, I've only had maybe, oh, a handful of kids greater than 100, you know.

So to to backtrack, do you start at two months? You said one day of life. One day of life. Okay. Yeah. So when parents bring their baby in, if they're born at the hospital or birth center or home delivery, we recommend that they start with 1000 international units a day, three plus K two every other day than at four months of age.

Go to one drop and currently the recommendations are 400 IU adjusted. But we know nutritionally that you have to combine vitamin K2 with D3 to absorb calcium from the gut.

Vitamin D is not really a vitamin, it's a psycho steroid, and it modulates the immune system. And we recommend, when kids are sick that you double it for 5 to 7 days.

I saw a six month old yesterday, had been diagnosed with Covid at urgent care. She's smiling at me. Her fever had started to go down. I told her mom said just do it for five days, go back down and we had the mom who's breastfeeding go into our I. V.

room and get a an immunity drip with high dose, you know, vitamin C and some. And then that way, her breast milk has this high antioxidant capacity. Mom shouldn't get sick, and the baby's going to do better to. So.

Oh, that's great. How soon does that vitamin C get into the breast milk? You know, that's a great question. I do not know. But I bet it's within one. Gosh it's it's given I b I bet within an hour or so vitamin C is used up every four hours in our body.

So when we get sick taking it orally every four hours. But we have different forms of vitamin C. We even recommend for children that parents start pretty young, especially if they go to daycare or Mother's Day out church,

nursery, whatever.

You know, probably around six months of age. Liposomal, you know, or even, there's a perc form that's really good too, that can go in water. But, if mom is getting it, I bet within an hour, but I would have to check.

And have that. That would be a pretty good hack. Doctor Paula, to if you're going to a a wedding and get together and maybe for the mom to take that, that day, some liposomal vitamin C.

I've interviewed Doctor Thomas Levy several times and we've talked a lot about, the amazing, impact vitamin C makes. And I appreciate that you brought up vitamin D.

Vitamin D is really what started my functional, interest, probably 25 years ago. I had a patient who, she she was a judge, and she was very regimented.

She came in, sit in the same chair in the reception area. Same time every three months. Her. But she and she did everything perfectly that I told her to do.

But her gums never looked healthy. And, I mean, this is 25 years ago, and, she'd been my patient at that point for, you know, 15 years. And from day one, anyway, she comes in and she looks great.

I mean, her gums, like, totally vibrant and healthy and and I'm like, what are you doing differently? And she said, nothing. I'm doing what you tell me. I said, no, you're doing something deeper.

What are you eating differently? What are you you know, what are you what are you? And so she's like, no, we couldn't uncover it. And I said, when you think of it, come back in, call me.

And of course, this is before cell phones. Paula. So, she she leaves. We. I was in an office where we had big windows. We see her coming back in, and I said, oh, she thought of it.

She comes in and she said, well, I've been getting a vitamin D and, taking a big vitamin D, tab lit a prescription vitamin D, could that make a difference?

And I said, I don't know. I mean, this is this is, you know, the year 2000 ish. And so I start researching and oh my goodness, that just opened such a, a bright light.

When you think about, you know, vitamin D being the sunshine vitamin and, so, so thanks for bringing that up with babies. I just did not know that. But if the mom is deplete which everybody that's ever been tested, that's not intentionally taking vitamin D is probably low.

The minimum requirement is it still is it still 30? It may be I may be saying 40, but is still too low. You wanted up 90. Yeah. We, you know, we're like 60 to 80, but I mean 60 to 100.

But I tell people, aim for 80, 90. That's great. And we know that, you know, apoptosis of carcinogenic cells, if you optimize it 90 to 100, it's great.

You know, Debbie, may I ask you as a dentist because, we'll let our practice know about this, but what would you recommend for parents for good dental oral microbiome health for their infants and their toddlers?

I would I would say, to avoid fluoride.

Words, mindset, and healing in children

I would say to, of course, minimize these high fructose drinks. I think your patients and, and, anybody that's ever seen me knows that, but still, it's so key.

I, this is one thing I want to talk to you about, because one of the the big challenges I see among people is, they're wanting to protect their children from a lot of toxins, but then they go to the grandparents house, and the grandparents are like, well, they're here.

I can do what I want to. And and it's a lot of things they don't need, you know, maybe as suckers and, you know, these rewards that are pure sugar. So I would say, I would say real food.

I would say, you know, the, the biggest thing you want to avoid is any antibiotic phobias. Even a lot of people will have their little kids swishing with it sounds crazy, but with, you know, the mouthwashes that are killing everything.

I interviewed Doctor Nathan Bryant. Bryan, few months ago. We talked about nitric oxide and, so he's just incredible. And, you know, people are killing the good bacteria in their mouth and therefore there's, you know, that's good bacteria designed to do all kinds of things that we don't even know about yet.

So, so I would I don't know if I've answered your question. They get their first teeth, you know, and about six months is a little front ones. And then by two and a half, ish, they have their baby teeth.

So those baby teeth matter. They're space holders. They're airway. They're part of airway development. I would say I would say, Paula, it's important to start introducing some hard foods when appropriate.

You would know more about that, but that helps develop their airway. They can't just be eating these, these, packets of goo squirting into their mouth.

They got to chew gum. I gave his teeth to chew, and that helps open their airway, which helps them breathe through their nose. I would say that's a real key for, No, you see that all the time?

Talk about airway. The dentist that I office with, she is is, incredible with airway and kids. Behavior changes a lot when they just start getting good sleep.

So we have acids. I love that that. Yes, I wanted to hear from you. Fortunately, we have the blessing of working with some phenomenal pediatric dentists.

And, you know, we identified these tongue lip buckle ties very early on. And they get the fascia, the oral myofascial therapy. And you're so right. I mean, these babies that posture to open their airway when they sleep because of all these tethered tissues and, you're piggybacking on everything there.

We also one of the hacks that we recommend for our families, that we love them because they're so crunchy to begin with. You know, that label crunchy element, we give them a discount code to purchase their own home, ozone generators, because our treatment for ear rests infections is ear ozone.

You know, nasal ozone Aids. Ivy ozone for Covid with I. V. therapy. We do that for our vector borne illness. For people who can't take antimicrobials. We nebulizer a lot of biocide in and, do a lot of biocide in, in the mouth.

And so I love hearing that. Yeah. Our kids and we ask them about their poop every time they roll. Absolutely. This topic. Yeah. Yeah. We got our little Bristol stool chart and the kids go.

Well I'm writing. I tell people all the time, yeah. I'm a type for coffee. Yeah. There's a poop Olympics. You know we could all. I love that. Yeah, yeah.

It's like poop is what I do. But, the kids have it. I even had a mom say, Doctor Kane, you need to tell Duke to wear his shoes. And and he said. But Doctor Case said I had to ground.

That is. See those three things that people can do? That's one thing we talked about when we met. That's the key. If people can feel empowered with things that that are just by design, that that people have done ancestrally.

And I want to go back to the manual therapy. We have lots of good manual therapists here in, the Oklahoma City area. And so, in fact, our little granddaughter has, has the manual therapy and it's just helped her, breastfeed more easily because, you know, just simple things.

She didn't feel it. She was happy. And, it's just incredible. I did the manual therapy is new to me. The last, like, 10 or 15 years. So, quite an amazing thing.

I probably need to find a manual therapist to interview because it's it's hugely, helpful for people and noninvasive and not, not super expensive. Yeah.

I can just see the name of a really good one here. You know, a lot of our patients have hypermobile because they may have like concurrent partner losses or they have a lot of which.

Is like borne disease for our. Users. Yes, yes. And there is Lyme disease in Texas. All four of my children have had you know, my kids are now 18 to 30.

And I'm a grandparent too, and I'm an empty nester, but soon to be another grandma. But again. But, you know, fine, you do not have to have an in fact, it may do more harm than good or rapid velocity manual adjustment versus gentle right, body manipulation.

And so this body work and how it is so empowering. And I remember that years ago, before I was ever functionally minded at all, I was seeing a chiropractor's children, children.

And I went in to see him after I gave birth to my third chop, because I had two C-sections that I was blessed to have two vaginal birth after. This is your.

Yeah TV back. So I was able to slide it through, but my secret iliac joint was out of place. So being the allopathic traditionally trained doctor, I went to the orthopedist who looked and.

Oh, your spine is okay, but didn't look at my side joint. And also I had two massive kidney stones. If they'd gone out a little further, you know, to see the calcifications.

But I went and saw him and he said, you're the last person I thought I'd see on my table table by just a little bit of manipulation.

Vitamin D, oral health, and airway development

He popped my AC joint back in, and it was like the pain was gone immediately. And I'm like, people don't understand that their insurance may cover that.

Like, we don't take insurance, but we get people's super bills. And we do all the coding. We try to run all their we do ICD ten codes, we run all their labs through their insurance, and we also offer less than not insured cash prices, etc..

But you can move the needle like you said, free. It's the power of the kitchen. Clean your water, clean your air, ground, get into nature. We spent so much time indoors and if you're indoor environment is toxic, you're going to be toxic.

And you really can't get enough vitamin D by being outside unless you don't have any genetic vulnerabilities. And I tell them, I tell them 80, 88 year old couple yesterday they needed to get out naked at noon.

And you know, they were pretty excited about that, actually. They said, we got to build a fence. So yeah, we talked about that. But, you know, I think this the the overriding thing that's so great about what you said is that we don't want to accept normal as our standard.

And, I, I love to joke about normal. In our current world, it's what's typical. And it is, you know, dehydrated, irritated, constipated, frustrated, overscheduled, overstimulated, under rested, undernourished and totally stressed out.

And we're we're accepting normal as the standard. So now, folks, we can live with vitality. We can live with energy. We can, have this long and vibrant health span and maybe, you know, one sick day before we, go to glory.

I mean, you don't have to have this long, you know, 2 or 3 decades of going to doctors all the time. And, you're getting people started early, doctor.

Early, early, early. So I really appreciate your time. This has been so fun. I loved hearing your story. I didn't know you'd had, gastric bypass. It's amazing how things that happened to us pull us into this world of of empowerment and, curiosity and new knowledge.

I'm learning every single day, and it's just so much fun. How can people find you? Find, your expertise, your, resources. Tell us about that. Well, thank you.

I just also just want to thank you for creating this podcast and making awareness known to folks and allowing me to be on there. I don't have to hide in the shadows anymore.

I'm so grateful that, our as chair is in place to make America healthy again. Or at least give people some other tips and so that we can start breaking the norm.

You're so right. If we go the way of culture here and it's like, nope, this is not normal. This isn't normal. We need to break that and be present. So our website is get to the root.com.

It's g e t the number to the Root.com. And we offer free discovery or welcome calls. And because the key to changing your trajectory is behavioral modification, we partner with health coaches.

And so we ask that you partner with a coach. And they're the ones who do the welcome calls. And they're free. So people come to us from actually all over the world.

I spoke to someone in Italy yesterday, but in order to be a medical patient, they have to come to us in Texas, least once a year. And then, and if you're a Florida resident, I'm the only one of our seven medical providers, that does, in Florida, but yet to the root.com make a free welcome or discovery call.

And then we have Instagram, Facebook, Twitter. But we also have all the conditions we have that studied extensively with Doctor Richie Shoemaker. I had that that that's what I have.

And I'm, you know, you can be fired and brilliant and be part of 25% of the population with that vulnerability, but you don't have to live there. So we treat children and adults with that.

We are also, members of the International Lyme and Associated Diseases Society. So we're Lyme literate, Bartonella baeza, which is vector borne illness literate.

And at this time I'm just taking medically complex children. But all of our providers understand the impact of Nutri Genomics in our our wellness blueprint.

But that's our foundation. So that's where folks can find us. And I am so grateful for the opportunity. Debbie. Thank you. Well, I'm so grateful for you. There's, a study that Doctor Shoemaker brought to the world called the Genie, and it's called gene expression.

Something else I can't remember. It's a transcript. A gnomic and protean gnomic, and it looks at the proteins from 177 different genes. And when we do that test in chronic inflammatory response, it gives us very guided information to help someone recover from chronic inflammatory response and move into remission.

And be equipped. So we practice the Shoemaker protocol within the parameters that he's published. And, you know, that's the way to get it into remission.

So anyway, and it's possible to give people hope. So when I said that there's not a label for that, I'm just saying that we do what he says to has taught because there's evidence and publication behind it to help restore people.

So that's what I meant by that. So I'll qualify. That. No, that's great. That's great because not that many people know about, chronic inflammatory response syndrome.

I mean, and so they would probably get blown off somewhere else. So I would, I want I want people to know that you would treat that. So thank you so much. And thank you, listeners.

We're now in 140 countries and I think a little over 50, 500 cities. And that's because you are sharing this podcast. Please subscribe. Please send it to somebody that it will help.

We all love children. We want our children to be strong and vibrant. We want them to get to fulfill their dreams in hopes and God given purposes. And we want him to grow up and be arrows that you know that leave our quiver.

So, to do that, they have to be feeling good and just join me on Instagram all, us. We'll put all this in the show notes for Doctor Paula Krebs STAT and, blessings.

Until next time. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

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