Introduction and Parent Hope

Welcome to the Get to the Root podcast. I'm your host, Dr. Paula Kruppstadt. Today, I'll be joined by Catherine Salah. We're going to be talking about something that can be very heart rending, and it has to do with your child has just been diagnosed with autism.

Some of the emotions that go through your mind are disbelief, denial, and shock. Join us as we discuss actionable steps to move your child forward that you have within your own power.

I'm welcoming today Catherine Salah. She is a certified nutrition consultant who's been on the Hope for Healing team since when, Catherine? What year did you join me?

I believe 2017. Wow, we've seen a lot of water under the bridge and we have some beautiful stories and some hope that we want to infuse parents with. So this is such a frustrating thing that both you and I have heard over and over and over again.

And I think that this theme that parents have is, what did I do wrong? And when they leave their pediatric neurologist or their developmental pediatrician, what they're told is applied behavioral analysis, which is ABA therapy, and then speech therapy, occupational therapy, physical therapy, making sure their child doesn't have seizures.

some genetic testing, not what we do here at Hope for Healing, but to rule out certain genetic deletions or additions that are associated with autism and then maybe testing the mom and the dad and the child for whole exomes.

These are the only words of encouragement. It's not really encouraging. It's like, here's your diagnosis, live with it. There's no hope infused with it and no guidance given for the future.

So Catherine, I just wanted to start parsing through with you some of the things that we want to encourage parents with. And I thought we would start with what's in their power.

So let's talk a little bit about where you would start if you were seeing a parent that was presenting to hope for healing. And of course, we're going to get into the fact that, yes, we recommend our Wellness Blueprint, but what if people can't afford that and they just want to start somewhere?

Right, right. What are things that we can teach them and tell them that are evidence-based that can drive down inflammation? So what about diet, about what they consume and what they drink and what they eat?

Catherine, are some big needle movers and why? I think that is What we can control as parents in a situation like this is that we can control what we purchase and bring into our home for nutrition.

So realizing that our bodies were created to absorb nutrients and nutrients come from real food. food that has been grown from the ground or the tree or an animal, not the processed foods that we find on the shelves.

And so I think that's the first start is reading labels. And if a label is ingredients that you cannot find naturally in your home, in the pantry, like, you know, if you can't find monosodium glutamate growing on a tree, anything that's natural, then put it back on the shelf and go towards something that is natural, you know, a apple or a pear or, you know, iceberg lettuce even, something natural.

Taking Control Through Food Choices

beef and not the processed lunchables. And so that's what we can control. And so I think that's the thing is, you

know, when parents are told you need to do the therapies and that it puts the control in someone else's hands because you're trusting someone else.

But what you can take back is I'm going to choose to put real food. in my home and in my pantry. And that is a wealth of power, I think. It's something that we can own.

Okay. I love that. And one of the things I want to do is just discuss what we hear all the time. Well, my child is really, really picky. And the only thing that they'll eat are goldfish, chocolate milk, peanut butter and jelly sandwiches.

and maybe something else. I'll just say as a general pediatrician is that when a child goes through feeding therapy, it's what you offer them. Talk a little bit about addiction.

What do some of these foods have that are addictive and what do they do to the brain and the body? Yeah, that's a tough subject because we're afraid the child is going to starve if they don't eat.

But like take goldfish, for instance, it has glutamic acid preservatives in it and what glutamic acid does to the brain is put more excitatory glutamate neurotransmitter on a brain that's already inflamed.

And so you're going to have more behavioral upsets, more hyperactivity, more frustration, more irritability, and their excitotoxins So, it creates an excited cell.

And what does that mean for your cells? It wants more. It wants more. It wants more. So, giving foods like goldfish and those Cheez-It crackers and even some peanut butters that just don't say peanuts on the label, it has all of the other additives.

Those, your body, your cells are going to crave it because it wants that excitability. But it's unnatural. And it's doing more harm than good. And so it's going to be a job to get your child to not crave that anymore.

So that's the hard part. Unnatural what you said. You know, and this is something that now that we're hearing nationwide that we're trying to change the foods that we introduce, monosodium glutamate, and it hides in food with yeast extract.

Yeast hydroxylate. What is, do you know some of the other names? Autalized yeast, anything hydrolyzed. So these words that we can't pronounce or spell or understand what they are just need to be put back on the shelf or in the refrigerator.

I mean, the refrigerated section. So a common frustration that I hear all the time and something that it's just a frustration. Parents say, I have older children or I'm not sure my husband will agree to this or, you know, it's usually mom.

Mom is searching, but I'm not going to stereotype. I mean, I have so many moms and dads that come and say, we're going to do whatever we need to do. And food is medicine.

Yes, it is. So MSG, what about a few other things? Dyes? Sugar, sugar, yes. And dyes, of course. So when we talk about sugar, what kind of sugars would you say are okay?

Well, I would say, of course, fruit. That's like God's dessert. That's natural and wonderful. But maybe a non-processed, an organic sugar, non-processed, what is it called?

I don't even, I don't, coconut sugar is acceptable. I'm not sure what the non-processed sugar is called. Do you? You're hitting on some great stuff, the coconut sugar.

Maple syrup is wonderful. Blackstrap molasses, is it? Yeah, I don't buy that. I do maple syrup and I do coconut sugar and honey. That's what the staples in my home to sweeten things.

But blackstrap molasses are very good and that's rich in iron as well. I'd like to also add to that date sugar. So in the Hope for Healing Amazon cart we have a couple of products by the Date Lady.

The Date Lady has some excellent naturally sweet things that are used You know, if you're going to down the road be giving some nutrients to your children, but also just this naturally occurring sugar from dates that are very complex.

So I love that. So we've talked about preservatives, things that you cannot pronounce, sugar, dye, dye. So we know that FDNC red has been removed from a lot of things.

So let's talk about some of the common things that dyes are put into that kids like to eat and drink. Oh, goodness. Gatorade. Yes, Gatorade. Another one is Capri Sun drinks.

and the fruit gushers and the fruit strips. So a lot of times, and this is something that I learned from a parent, is you can do a fruit infusion. Meaning, if your child is still drinking from a sippy cup, you can take a slice of an apple.

Addictive Foods, Dyes, and Sugar Swaps

Yes, it will turn brown. Or you could take some fruit and put it into the sippy cup. Now, it might plug the hole where they're trying to drink, but it'll give them a little naturally occurring fructose from the fruit.

That's a good idea. Also just blending some fruit in the blender and then putting it in ice cubes and making little popsicles out of it. Yes, you know, that's a good idea to put a little bit of honey in it So these are ways that a parent can start right now To give their child more nutrients and take out what my five-year-old grandson calls poison.

Oh He has a lot of food sensitivities and allergies and he says, Mom, is that poison? No. And so it's really, he knows that he'll get really itchy or he'll have diarrhea and those kinds of things.

I think that's the hope that if you do the hard work for the next two to three weeks to rid their body of the addictive behavior of wanting it so badly, it takes about two to three weeks to get that out of their system.

If you do the hard work then, your child will feel better and they will be able to associate that, oh, they feel better with these foods and not with these.

The hard work initially to get over that child, the child's addiction, the body's addiction to those foods. But I like how your grandson has now associated that when I eat this poison, I break out and I feel yucky.

So I don't want to eat any poison. Right. Diarrhea, itching, that kind of a thing. Plus just going crazy. I mean, he's in kindergarten and he said, This ex-little girl throws chairs across the room and then his mom asks, what do you do?

We all line up outside and I'm going, this poor child has profound brain inflammation. I'm sorry, I interrupted you there. I just said yes, I was agreeing with you.

Now let's take the deep dive because we know that making these changes, and this is power that you have as parents, let's take a deep dive into cow, sheep, and goat dairy.

That's a hard one to grasp because we've been educated that they're so good for us and we need it for protein and vitamin D and calcium, but it blocks the folate receptor.

I'll let you talk about that. And it also binds to the calcium in the animal milks, bind to our opioid receptor, upregulate it. and create casein morphine.

And so it is addictive. It is comfort food, makes us feel good. But in the end, it creates inflammation. And so I've witnessed time and time and time again with our parents who come here for their child's genetics.

that when they see in the genetics that this is not good for them and they remove it, the testimonies of the change in behavior, the sleep, the inflammation, even the biggest thing that I hear is the reports from the teachers.

Wow, what did you do? Because now your child is able to sit still and focus and hear directions and follow through and even how they interact with their classmates is so much better.

And they're like, we removed dairy. Yes. So one of the illustrations that I use is that babies drink milk, and when you're older, you move to meat. Now, there's different ways to pronounce these things, casomorphin, and let's face it, many cells in our bodies have opioid receptors.

Now, you brought up something, Catherine, that's This has all been in the news, and everyone thinks that there's magic bullets. Well, there are no magic bullets.

Our bodies are these symphonies. And let's face it, when you have a child that is having global meltdowns and screaming and stimming, this movement that's trying to create more dopamine and they look for reward-seeking behavior, those are called stereotypical movements.

Now, if you've ever looked at the notes from your pediatric neurologist or your developmental pediatrician, every child that receives an ICD code designation of autistic disorder, they also receive a diagnosis of encephalopathy.

And that means changes in the brain. We know there are changes in the brain. Now, when people come to us, we tease apart, do they have inflammation in the brain?

And many, many, many, many, many times they do. And we tease that apart even more. And I know that there's good and there's bad things politically and from the Department of Health and Human Services.

But again, when we talk about cow's milk dairy, and I don't care what kind it is, A1, A2, and also cheese, and eggs are not dairy, they're from chickens.

So, you know, it's so confusing when things are sold together. Now, when we talk about or grass-fed butter, Those have fat in them. Fat doesn't tend to be a major problem, but for some children it is.

So most of the time we say the fat's okay, but there's this confusing thing when people are drinking milk. There's protein and there's carbohydrates in milk and there's fat.

So casein and whey, Little Miss Mutt that's sitting on her tuffet eating her curds and whey. So casein and whey. make things that are very, very inflammatory cross the blood-brain barrier and bind to cerebral folate receptors.

Everyone's heard all these things in the news about lucavirin, which is folinic acid, thinking that it's a magic bullet. But if you are consuming dairy, dairy will produce casomorphin and other things, folate-binding proteins or blocking antibodies that will block those cerebral folate receptors.

So we're going to encourage you as a family, there needs to be this united front. We don't want people to feel guilty, but it's like, okay, you and I know that in the past when we used to consume dairy, okay, My story being almost 300 pounds, I think I peaked out at about 282. I had food addiction and my taste buds have changed through the years, but dairy was very addictive, but I also was very sensitive to it.

Dairy, Gluten, and Brain Inflammation

But the food industry knows that that's why they put in Bluebell that the sugar and then the casein and the, you know, to keep you coming back casein and whey, you know, they want you to come back.

So removing those things is very, very powerful. One piece I would like to offer to our audience is we have a hope for healing workbook. It's a curriculum that we carry here at the practice.

It's available for purchase if you want to have some boots on the ground guidance on how do I do this, layering these things in. This is an excellent place to start.

Now back to foods. the big one that people don't want to hear about. And they're like, well, I don't even have a genetic vulnerability to gluten to develop celiac disease.

Why is gluten, and I'll give you a hint, it makes gliadorphin or gliatomorphin, gliadorphin. Can you talk a little bit about gluten and ways that, you know, nutritionally, if we remove gluten and what does that look like?

Where does gluten hide and all those things? Yeah. Well, gluten, the protein of, well, gliden is the protein of gluten. So the protein in the breads and the wheat is highly inflammatory.

And like she said, it does also bind to the opioid receptor and make the glidomorphine, similar to the casomorphine. And so it's a little, it's addicting, you know, but it does cause inflammation in the body.

And it's, you know, some people will see that they do not have the haplotype-glidin genes that make them more susceptible, but they may have the FUT2 gene SNP, which makes the mucosal lining in the gut, and that lining that gene provides the enzymes and proteins to make the enzymes to digest those proteins.

And so it's more than just the gluten genes that create celiac, it's also you have to look at your gut making those enzymes. And if we've been consuming gluten and dairy and processed foods, We've also eaten and too damaged that gut lining, so we don't have those enzymes anymore.

So there's a lot of factors why we should not be eating gluten. Another one is all of our crops in the United States have been sprayed with glyphosate, so Roundup, and other chemicals.

And we're consuming these products and causing a chemical overload in our body, which affects the brain. And so it's important that we just remove the gluten, but also cross-reactive plants as well, the products.

So what are some of, you know, a lot of times when people hear this, they're like, well, what's going to happen to my child's nutrition? And that's a very valid question.

So there's an acronym called BROWS that stands for barley, rye, oats, wheat, and svelte. I'd like to thank Fagran Genomics for sponsoring our podcast.

Without knowing what your precision genetics are, you don't have a roadmap. So please log on to our website, schedule a welcome call, and see what the Wellness Blueprint can do for you.

That's the premier and proprietary genetic panel that Fagran has allowed us to create. Those are grains that have gluten in them. And then when we talk about gluten cross-reactive foods, that's dairy.

corn, rice, millet, and yeast. And, you know, a lot of people say to me, well, what am I going to do for a carb? Well, if I had to, you know, what about rice?

So what do you recommend when we talk about rice? Because first of all, nobody's perfect. One wasn't built in a day. And how do you make those shifts?

How can we get some carbs in these kiddos and adults and families? Yeah. So many cultures, their tradition is rice. I'm like, you know, Americans, it's mostly bread, but a lot of cultures, it's rice.

That's their main staple. I would. If we were going to do a rice, like a brown rice or jasmine or basmati, but make sure you rinse it well. Make sure it's organic, non-GMO and it's rinsed.

You want to rinse it really well or soak it. for 30 minutes or more and then limit it. It doesn't need to be your everyday staple food. I would limit it.

But what my family uses and loves is quinoa. And we, my husband's Middle Eastern, we love grape leaves. Well, I've discovered I could make it instead of the rice with the quinoa.

And I have introduced it to his family, his extended family cousins at a family gathering and they couldn't tell that it was quinoa. And they came back and said, these are so good.

What did you do? I don't feel bloated. I could eat like 20 of these and I feel great. Where with the other ones with rice, you can only eat five or six and you feel bloated.

And so that was wonderful and no one knew the difference. And so we also use quinoa for the salad. I'm going to draw a blank, but what is the Middle Eastern salad?

We use quinoa instead of bulgur and it works great. And we use that instead of rice. I'm really glad you brought that up, Katherine. So when we talk about cross-reactive, how would you explain that to someone?

These parents who are sitting there, they've never heard about cross-reactivity. What does that mean? It's all about molecular And the proteins of the brows, like she said, the gluten and rice and millet and oats and dairy, they all look very similar on the molecular level.

And so the body can't tell, oh, this is gluten. This is rice. This is millet. We're okay with rice and millet, but we're not okay with… The body doesn't know.

It just sees a molecule. And so it's called molecular mimicry. And so that's why it's just best to be grain-free. But there's wonderful grain-free products like quinoa, and amaranth flour, and buckwheat, almond flour, cassava flour.

And so there's options. We just haven't been taught those options of educating ourselves. Yeah, I like another way to kind of explain molecular mimicry is that, and this is the same thing, that you're looking under a microscope and the body can't tell the difference between gluten from barley rye, oats, wheat, spelt, and Now, if corn, you know, like pirate's booty is your kid's favorite snack, well, remember, if it's organic and, you know, 99% of the corn in the United States of America is genetically modified.

That's why when you drive by a crop, they're all the same height. But if it's organic, it's not necessarily recognized as a foreign substance to the body.

So there's a little give here and there. You don't have to be crazy. I'd like to share a story of encouragement. I saw a little girl last week here in the clinic, and her mom and dad became very intentional before they had their original appointment with me.

They had their meetings with our health coach, and they received some guidelines on how to move forward. But this Hope for Healing curriculum that we offer, the Hope for Healing workbook, really, really helps guide people if They're not able at this point in time to join as far as a patient or do coaching or any of that.

But this little girl's stimming and toe walking had decreased by 80%. Wow. by just removing the gluten and the dairy. And that's what mom and dad did.

And it hasn't been easy. They would tell you it was not easy. Going back to those emotions. So, well, we're kind of wrapping up this portion. So, parents, Think about removing these things from the diet of what you can't pronounce.

Yes, it means there's some more cooking involved. I know that. And we just have to adjust our lifestyles to that to give our children and ourselves nourishing and healthy food that's fresh.

I mentioned something that else is so helpful. that include your extended family in these discussions, in the appointments, even if it's close friends that help you, Nanny, because you need a village, you need your team to understand the importance of getting on board with this diet.

It is so hard. that you're doing all of this work at home, but then they go visit grandma and grandpa who don't understand because it's just not in their generation and their knowledge to understand.

They didn't have all of these inflammatory things when they were growing and raising you. And so it's really hard, but if you get everyone a big meeting and let everyone maybe come, we welcome the whole family to our appointments, have the family read the workbook and just, you know, have your village on board with you.

That would be so helpful. Sometimes it's not possible, but also moms and dads, you're not a short order cook. And so I encourage my parents, if this is the way one child needs to eat, then the whole family needs to buy in.

Because for one, it's too hard. Your grocery bill is going to be way much more if you're doing things differently for everyone. Also, it's not fair for the child who feels like they're suffering eating these, having to eat different from the other children to feel different.

You want them to know they're completely lovely and wonderful in their own way. And we're just going to help them adjust how they feel. And so I just think the whole family should get on board and it's going to be less stressful for everyone involved.

I really appreciate you bringing that up because there's this sense of deprivation, but it's all about your mindset and it's like, I am creating for my child success.

I'm creating for myself an environment where we are nourishing our children. Now, here's another thing. We have diagnosed children here at Hope for Healing as young as two and three years old with Hashimoto's thyroiditis, which is an autoimmune thyroid disease.

And it's much more common in populations that tend to eat a lot of wheat-based tortillas, and it's so difficult talking to grandma and grandpa, but if you can get them on board to see, we're trying to put this autoimmune condition where you're starting to destroy the thyroid gland into remission by removing the gluten and the dairy.

And we're trying to calm the entire brain and nervous system and start gut repair by removing inflammatory foods. And I like what you had to say about quinoa.

Quinoa, you can actually soak it for two days and rinse it multiple times, like 48 hours. There are legumes and quinoa, which is really a seed.

Cross-Reactivity, Quinoa, and Family Support

that has something in the coating called lectins. And lectins, if those lectins aren't broken down, they can cause a lot of gas and things like that. But if the gut isn't functioning well, you might need enzymes or those kinds of things.

So we do have Dr. Paula's chewable enzymes, and we need to put that into our little show link there, but that's available. Soak that quinoa and that will be a very helpful thing.

And I really love what you had to say too about your family being Mediterranean descent and eating a lot of hummus and rice that you've switched over to quinoa.

Can you speak a little bit more about why the gluten affects the thyroid? Yes. So it all has to do with the case of mistaken identity. So if we look at thyroid tissue, it actually looks a lot like gliadin and casein.

So casein and gliadin are the proteins in gluten-containing grains, barley rye, oats, wheat, spelt, and then milk. cow, sheep, or goat. And cheeses are actually the worst because they have a higher content of casein.

I'm not so sure about whey, but definitely casein, and they just are very, very inflammatory. At first, your child may seem happy and calm when they consume it, but then they're going to crash and burn shortly thereafter.

Yeah, for people that are members. So it's a case of mistaken identity. You build the antibodies to gluten or dairy, you attack the thyroid gland, and what we want to do is move that into remission.

But once you develop one autoimmune condition, the march continues. So as we kind of wrap up this portion of Your child's been diagnosed with autism. What can I do?

I am so concerned about what did I do potentially to cause this. Before we lead into the emotional piece, I would like to just summarize removing dyes.

removing things you cannot pronounce, removing sugar, removing dairy, and removing gluten, one little bit at a time. And someone that I just love and admire, she thought she was doing everything right.

She was making her own homemade bread in her home. her homemade yogurt with wheat germ and she wondered why her son was trying to run out of the home and escape and elope.

But I want to encourage you that there's great hope. That person has gone into remission and he has to have a clean diet. He's actually graduated from high school and is in college now and it's taken a long time because autism is not just one thing.

And then we've given you a few stories of hope and encouragement. We'll be interviewing some families that have been on this journey with us here at Hope for Healing to also kind of outline some of those other things.

Catherine, let's talk just a little bit about the emotions and guilt that parents feel when their child has been diagnosed with autism and a way to flip their thinking.

Yes, I understand that feeling of guilt is a mom. My child was not diagnosed with autism, but with a profound learning disability that we, she was diagnosed when she was 10. And so I immediately went into the guilt.

So I understand that. And I think it's important to process that, don't ignore that you feel guilty, process it. But then what's so important is to go, wow, I'm so grateful I found out.

I'm so grateful that we now know we have a name, we have a diagnosis to know what's going on inside this body. and then have hope because the body heals and it's designed to heal.

We just need the knowledge to know what's the next step. And so I think it's very important that we take the positive look because Candice Peart is a neuroscientist that discovered in the in her work that emotions are their molecules, and they bind to our peptide, their peptide, their neuropeptide, so they're binding to our cellular receptors, they're binding in our organs, and negative emotions take up two places on our cellular receptors.

positive take on one. And so it takes really two positive reactions to make up for a negative reaction. And so that's why we have to know that it's just, what do I need to know?

What do I need to learn? How do I need to bring hope into this and being grateful that you have knowledge and being grateful that there is hope. And so using the knowledge, seek it out.

It will come to you as a parent. If you seek it, it will come to you. And once you get it, then have hope that this is knowing it's hard, but have hope it is doable and it's a comp that we can accomplish this.

And so the positive is so much. is so important to have positive emotions. I think even accepting your child for where they are now, but having hope and visualizing where they can be.

I know when my daughter was diagnosed, I would every morning tell her on the way to school, you are intelligent, you are intelligent, you are intelligent.

And I would make her repeat that back to me three times. And then I found that she was writing it in her journal. So,

she was crossing that right and left hemisphere in the handwriting, which I found interesting.

They take it out of schools now. But she was handwriting, I am intelligent. I mean, just line after line, page after page. And she couldn't pass the star test.

fifth grade year, had to go into all kinds of tutoring and tutoring ever since she was in kindergarten. But at any rate, had to do some special tutoring all through junior high.

Got her genetics done, filled in the gaps of the brain inflammation that allowed her body to detoxify and bringing in methylation so all these chemistry processes could function in her body.

And within three years She and it was when she finally decided to give up gluten and dairy. We didn't have it in the home, but she was in junior high eating all of that, her friends and, you know, youth group, all of that.

But when she determined I'm going to see what happens and don't have any of it for a month. She was so motivated and her grades skyrocketed, her processing improved, and she now is in college, Dean's List, full ride, because, you know, full academic ride, doing amazing.

So that's the hope, and I share that hope because it makes me cry every time, but we have to know that our child is programmed naturally to heal. We just have to bring the foundation to allow them and the fertilizer to allow them.

Katherine, thanks so much for sharing that. And that's what we want to infuse our audience with, that your child's been diagnosed with autism and you are not out there all alone, that you have some power in your kitchen to change the trajectory of your child's life.

Absolutely. As lots of people have been seeing this, that if you don't deal with the dysregulation of the nervous system, that it's extremely difficult to move forward.

And I think that that starts with parents.

Emotional Healing and Practical Next Steps

You need to start telling yourself the truth that I did the best that I could with the knowledge that I had and that this is my beautiful child and I'm going to give them what I can give them to get better.

Absolutely. And even if it's one small thing a day. anybody that's just a positive telling the child you are so amazing and beautiful in every way. Just that one small thing and then maybe tomorrow it's now I'm going to take the step of removing finding with gluten.

Maybe that's your step tomorrow or maybe next week maybe for the next seven days it's encouraging your child. You know it's very We're on a journey. We're not on a sprint.

It's a journey. And I love that you mentioned health coaches before, because when you're going through this, you really need people in your camp to encourage you every day, because it is hard to encourage yourself when you're having all these emotions come through.

So we're here. also with our health coaches. You know to kind of wrap it all up for this episode that your child's been diagnosed with autism and you have the power to make these changes.

This is a journey as Katherine brought forth. I'd like to take this time to thank our sponsor because what we love here at Hope for Healing is what Fagran Genomics has brought us.

The Wellness Blueprint is our proprietary panel. There are lots of genetic companies out there. This is not about ancestry. This is not about what diseases you or your child may have, but it's about systems.

Our body is uniquely made. It's like a symphony. And the Wellness Blueprint is what we highly recommend that that's where you start. That is a great place to start.

That's available. Online, it'll be in our show notes. And I just want to encourage all of you. And I want to thank LeGrand for sponsoring us. So don't give up.

Start moving these poisons out of your child's diet, out of your child's home and know that they're not going to starve to death. And did I bring this up before?

The Magic Pill is a documentary, I don't know if it's still on Amazon Prime or not, but it was about a little girl that was just, it's various families where they started to remove inflammatory foods and this was it was like living hell for three to five days and this little girl was throwing fits and angry and then after she went through that and she was hungry and she ate and she was calm and she was eating chicken she ate broccoli it's like she was hungry and the parents are like oh my gosh what has happened now there are some extreme cases however You can change those taste buds over time and the draw goes away too.

So you're just loving on your child and we wanted to give you those tools to make a difference. Yeah. So thank you. This is the Get to the Root podcast with Hope for Healing.

I'm Dr. Paula Kruppstadt. Thank you for joining us today. Bye-bye. Thank you. Thanks for joining us at Get to the Root with Hope for Healing. If this episode helped you, follow and share it with someone who needs it.

And leave a review. It helps others find us too. For a free consultation, visit our website at GetToTheRoot.com with a number two and schedule a welcome call.

We'll see you soon.