Introduction and family background

Hi I'm Justin Batt and this is my LDA story. So I am a father of four, a husband, an avid OCR athlete, obstacle course racing athlete. And I found myself trying to be an intentional and engaged dad to my four kids.

And, I started a platform called Daddy Saturday.

Struggles with fatigue and food allergies

In fact, wrote a book about it. As an Intentional Dad, it was really important for me to engage with my kids to create these epic moments and these memories.

About five years ago, I found my self really struggling. I was tired at the end of the week. I was that corporate father who was stressed out, burning the candle at both ends.

and didn't have a lot of energy to spend time with my kids, especially on Saturdays, which I would have my kid all to myself the whole day on a Saturday while my wife worked.

I was also a competitive OCR athlete, so I really was trying to improve my health journey. And I found myself working out and should have seen results, and I wasn't seeing the results and the gains that I wanted to in my physical fitness.

So I hit this wall and realized I had a whole lot food allergies.

Starting LDA therapy

and some leaky gut and was struggling with both my approach to my family and my my fitness. And so I saw Dr. Bowers-Schmidt and we decided to start LDA therapy.

I'm on my fifth round of LTA therapy now and I gotta tell you, the results have been amazing. As soon as I had probably my second treatment, I found that my mile time dropped by 30 seconds, around about an eight minute mile.

Fitness improvements and race results

This went from eight minutes down to seven minutes and 30 second and i was breezing through my running. My fitness journey started to progress in the way that I thought it should have and I began to see the gains that i wanted to.

In fact, I placed third in top 10 in one of my Spartan races this year, which was one my big goals. I even achieved a race that was 13.5 miles, 4,500 feet of elevation gain in 20 degree weather and 35 obstacles.

It was an insane race in Lake Tahoe and was able to do it thanks to the benefits of what I've seen from LDA. But beyond that, in my home life, it's helped me in so many ways.

I found myself oftentimes irritable, frustrated, intolerant.

Better home life and diet changes

Because of my food allergies, I would eat something and we'd have these incredible Hulk moments as we called them around the house. And I felt that LDA helped to me to be much more normalized.

And I was even able to bring some things back into my diet, like eggs, which I love eggs. And in the morning, having some eggs for breakfast, I make my kids almost every morning.

It was nice to have those for myself as well, and not have a reaction and just feel terrible and tired and frustrated at the end of that. So LDA has done wonders for me in two capacities.

Its helped me with my marriage, its helped with with kids and my family, it's also helped in my physical fitness.

Encouragement for other families

and it has helped be an example which i hope to other dads and other families out there who are struggling with food allergy, struggling with asthma, struggle with reactions, LDA can be a huge blessing for you and a benefit in your life and it has been in mine.