My Child's Ongoing PANS/Autism Journey: One Mother's Story with Jerry Alcoser Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to the podcast and guest

Your genes hold the answers to your family's overall health. I'm Dr. Paula Kruppstadt and on the Get to the Root with Hope for Healing podcast, I sit down with experts in genetics, functional medicine, and family care to explore what's really going on beneath the surface so you can stop guessing and start healing.

From personalized insights to practical tools, we bring you whole family wellness that starts at the root. Welcome to the Get to The Root podcast. My name is Dr.

Paula Kruppstad and joining me today is Jeri Alkasser. Jerri, thank you for joining. Thanks for having me, Dr K. Yes. So Jeris daughter, Gianna, came to our practice back in March of 2025 and she has pans.

She has autism. she's seven years old and I think your story, Gianna's story will be such an inspiration to other people and everyone's looking for a magical fix.

There's no such thing. And it is a journey. So I'd really love to unpack that today. And oh, by the way, we're recording this on World Autism Awareness Day.

It's cool. We couldn't have planned it any better. Yeah. Jerry, just give our audience just a little bit of information about you. Sure, yes. So I'm a mother of three.

Gianna is my middle child. I am also an engineer by background, so I love data. That's why this journey has been so great in working with you on that.

Yeah, mother three, married, very close-knit family. And when we had Giannna, it was actually during COVID, and we started to see some differences compared to my older daughter, Eva.

And we started to say, well, is it just because it's COVID? And it was really around the speech delay is where we saw it. We also saw some challenges post-vaccinations that I did not have with my other two children.

So Gianna, through her life, has had a couple of vaccine injuries. And so as you and I have shared and have talked before and even with other families, I wish I would have had genetic testing and knowing what I was doing because I wouldn't have taken a different path very early on.

in her life. So the genetic testing was just phenomenal information on how we can continue to support Gianna. We started noticing that and so we started doing speech therapy.

I started working on the Nemechek protocol to help balance her gut bacteria.

Giannau2019s early symptoms and genetic testing

was reading and really getting connected to everything I could and it wasn't until we moved back to Houston that we got connected with you where we've really been able to put names to what we'd been seeing and actually get data and information to help us on this road to recovery for Gianna.

I appreciate that synopsis and specifically the genetics that you're referring to and I'll just give a shout out to our sponsor the Grand Genomics It's our proprietary wellness blueprint.

Typically when children are diagnosed with autism, depending on where you are and who makes the diagnosis,

they do potentially fragile X testing, a chromosomal microarray or a whole exome.

But this is different because this has systems throughout the body. What you alluded to, and you know, we've talked about this too, is not, I'm not anti-vax.

I'm not, you know, it's that, and neither are you, we're pro immunization and pro patient. So the unique individualities, that's what the blueprint gave you.

All right, so let's go back to March of 2025. You'd found out about the practice, hope for healing here in Houston and we do genetics anywhere and everywhere by the way.

So I'm so glad it was so fortuitous that you found us and it's so exciting to see the progress she's made because it has been so encouraging to me too as a provider.

we did her initial set of labs and we received some alarming results, some raised antibody levels. And do you remember that? And can you kind of unpack the conversation that we had?

Because I know it was a sentinel moment. It was, it's one of those things. So, you know, because we tested Giana for strep and all the swabs were negative.

And so we got the blood work back and saw strep and we're like, okay, so, we did a brief round of antibiotics and I'll never forget I got out the call and it says, Gianna needs surgery.

And I was like… what's going on, we've been from here to here, I need to understand more. And so I appreciate, you spent well over an hour with my husband and I both walking through everything and why we ended up leading to getting her tonsils taken out.

That was truly a pivotal moment in her health journey. I know I shared with you, day three after we got her tonils out, she was shaking her head yes and no, and she has never done that in your tired life.

For a six-year-old child, It's developmentally appropriate for a one-year-old to shake their head yes and no, and maybe not know what it means. But for you to see at six years of age, that type of communication, appropriate.

Huge, huge. And she was still also wearing a diaper at night. Now, she is potty trained, but still wearing diaper night, within like two or three days, She actually pushed the diaper away at And we haven't had an accident since.

She's not wearing a diaper at night post that. And, you know, we were kind of going through like, okay, is this just coincidence? You know as you're trying to kind understand this journey and we have seen continued benefit from that pivotal moment from getting the tonsils out and then working with her diet and supplements and going, gluten-free, dairy- free and continuing it to where now we're hearing words.

You would love the, just this weekend, she found a cowboy hat and she put it on and said cowboy verbally and say, yeehaw. And I was like, oh great. It's rodeo season in Houston.

So it was just, but I, like we all looked at each other and so she's really making these great connections and we're starting to hear a lot more verbal words.

Actually, that's so exciting. The other thing that you told me was that Gianna had never slept through the night and within two weeks of having the tonsillectomy and the adenoidectomy, and it's not like she was snoring or had obvious obstructive sleep apnea, but then, I did only spend 45 minutes, not well over an hour.

It may have seemed like that. Yes. I feel incumbent upon me as a medical practitioner and the strep testing that we're referring to is anti streptolysin O and DNase B and part of our workup when a kiddo comes in we swab their throat, we swap their nose, and we may swab their bottom.

We don't stick the cultured in but just around the anus because there are reservoirs of bacteria and what we call group A beta hemolytic strep. So she was officially diagnosed with PANDAS, pediatric autoimmune neuropsychiatric disorder associated with streptococcal infections.

Strep findings, PANDAS, and tonsil surgery

but no one child shows up the same way. One of the things that I remember too, we typically do pre-medicate with antibiotics when our kids and even adults that have brain inflammation go in for a tonsillectomy, adenoidectomy because they can see their bloodstream with bacteria and you'll get a flare after the surgery.

So I remembered that She didn't have strep growing out of her tonsils, but she had some really disgusting, what we call gram negative endotoxin producing organisms.

And one in particular, a large amount was called buzo bacterium nucleotum. Now a little bit of that is okay, like 6% or so, But she has a larger percentage.

And that is being associated with Alzheimer's disease and colon cancer. And we see it in children who are not neurotypical and in adults who have neurodegeneration here at our practice.

So I remember, like you said, you're analytical, You need data. and I think that that was very reassuring afterwards to see what was growing in her tonsils.

and then for you to see and you know you're doubting yourself and I think too the questions that go through parents minds and if you care to reflect on that it's like why would we want to remove tonsillar tissue or adenoidal tissue that is meant to be a barrier to infection.

So what was if, you can think back to some of this stuff that you went through in your mind. Yes, and so, you know, it really spawned out of the conversation you and I were having around the details in the data.

And so what really was, to me, is that the chunk that was in her tonsils can cross the blood-brain barrier and attack the basal ganglia and lead to longer term.

I was like, okay, so we really quickly did what I'll call a high-level risk assessment and says, Okay, we don't need these for longevity. what is the worst that can happen here is that we see improvement.

And so my husband and I went through that conversation pretty quickly, but it was really that data saying, you've seen this in multiple patients and seen success and also seen what can hide in there that can cross that blood-brain barrier.

And so we took action very quickly post that conversation to get her scheduled because you also as a parent struggle like, do I want to have surgery for my child?

What is recovery going to look like? And God bless her, the recovery was not easy. But the benefits completely outweighed that week or so where she really struggled with recovery.

Because it's painful. But she did really well. And like I said, we just continue to see compounding benefits and how connection is with her brother and sister, how she's engaging at school.

Even prior to this, We had seen a different child because she was in a flare. And the school was saying, what have you done with Gianna? She's not the sweet little Gianno we know.

And I was like, she was having rage fits, and that all subsided post the tonsil surgery. It's like we got our girl back. That's what even the teachers were saying.

So it wasn't just my husband and I seeing it. The teachers we're seeing this as well at her school. And we continue,

like I said, continue to see benefits with her through her speech therapy, working with the teachers, her engagement, the connection she's putting together.

She's starting to write her name. We did not see any of that before and, you know, very interested, following directions like two and three step directions, which is not something I mean, and we'd have to tell her even simple directions multiple times.

She's now starting to be like, okay, Gianna, pick that up and go put that in the washing machine. Boom, boom, and you tell it once. And so we're really starting see all that come together.

That's beautiful. What you just said, it wasn't easy. It was a two week recovery. it's hard, but like you said the benefits outweigh it. Let's go back to what was in tonsils.

Its what the organisms within the tonsil produce. They're called endotoxins. Why is my phone going off? That's not right. Sorry about that. Endotoxins are made by what we call gram negative.

I call them poopy water bacteria. And we've also discovered that Gianna has a medical condition called chronic inflammatory response syndrome. which some people will say mold illness, but I say biotoxin illness.

And, you know, within the interior of a water damage building, it's not just mold. In fact, we've learned so much in the last few years is that actually 47% of biotoxin influence is actually a gram positive bacteria called Actinomycetes, Actina is to be short, and it lives on people and in people.

It lives in the mouth. People who have periodontal disease, halitosis, people who dandruff and maybe eczematous skin, it can live there. But those gram-negative poopy water bacteria, sometimes when people have Pets like cats, if they let their kitty litter get too massive, it can also spread endotoxins.

But mold is actually a very small part of the cause of all of this. So your description of everything that she's gained, and then you have the objective third party observers saying, what's going on?

She's improving. How inspirational to give people hope. It is and what's been great is being able to share this with other families. It's interesting to see just how many families are struggling and across kind of the autism spectrum and things they're seeing, whether it be from ADHD to what we diagnose as kind on the Autism spectrum.

So I've even engaged with three or four families here recently and gone back to like, you need the genetic blueprint if you can, and then you see, then I go into diet.

What are your children needing? Where are you getting your food source? I get into all these things that really can continue to help their child on the journey.

And I have a couple of families that are just now doing the genetic testing, which are wonderful. I said, get the data. Get to the root cause. As a society, we treat a lot of symptoms, but it's really understanding why am I seeing that symptom and how do I truly get.

That's why I love, you know, Get To The Root is just really love the website name and your practice name for that and Under Hope For Healing because it is really what we are trying to do here.

trying to understand why is she having these symptoms? What is the trigger that's causing them? Yes, thank you for that. Jerry, tell me what you have done and I'm also holding here and i can share these.

I'll just go ahead and share right now and then I want you to kind of unpack and we can put this into the show notes. You can, if you want to too, I don't know if have the ability to type into the chat if there is one or not.

Maybe there isn't, but I'll let you spell it out. So Gianna is your daughter and you have created some books and some coloring books that are so sweet.

One of them is called No Words, Just Love, Gianna goes to school and there's two versions of it. Then the next one is called No Words, Just Love. The third one no words, just love, Gianna becomes a big sister.

So tell us about your foundation and where people can find you because you truly are, and I think this just goes into your wiring, you are a woman on a mission and it's true, That story is so inspirational and it's a process.

You're still going through this and that's the thing. And you had done some things previously, like you said, the NEMCHEC protocol prior to moving to Houston and all these things work together.

So tell us about your foundation and where people can find you. Yeah. So we're working on a couple of things, but I'll start kind of with how this spawned.

I said there's nothing more frustrating than not knowing how to help your child. And so when we got kind in very early diagnosis, I remember just being so frustrated and there was not a sense of community.

You're doing a lot of research on your own and then you feel helpless. It's like, how can I help my child? And what does that future look like for them?

So, and then when we found you, it was so great because we saw data and we a path to healing. And I got to reflect there are so many families that don't have, whether it be the physical means, the financial means to be able to get the resources and help they did.

So I said, we have to make a difference. We have to help those that are really struggling. So I started writing kind of No Words, Just Love.

Recovery gains and ongoing healing journey

And so that's the first book and it really talks about the beautiful relationship between Gianna non-verbal and her sister, Eva. A portion of all the proceeds of those books go to Help Other Families.

We've been able to helps families do multiple different things and we're now on another journey which is not out yet to really create a website and a community where families can come together.

Resources will be a lot more available. You can connect with families that are dealing with multiple type of special needs and or disabilities and how we can truly help more people.

And I'll have to tell you a kind of interesting story. So I mentioned I had three children. The book came and we were so excited and my little son, Gianluca, was like, where am I?

And so already setting up writing that she gets a little brother. That book was really important to me because we we're hesitant to have another child because, we didn't want to take away the care that Gianna needed.

I was also concerned like, what if there's also the same type of challenges with the third child and can we support them effectively? And then I also didn't know how Gianna was going to respond.

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 Fogran has allowed us to create. Yes. I didn't know how she, I mean, very much, you know, the routine is important.

And so I'm like, what are we doing here? And I'll never forget we brought him home and she went over and touched his nose and then she touched her nose.

It was like the most beautiful scene. She like really accepted him and I will, she has never once been aggressive towards him, just loving towards, him very protective.

You know, I remember he would lose his little binky and should run and go get it to him. So just that connection. I wanted people to know like, it's okay, that acceptance will be there.

And then the school has been a big one. That's the last book that we just did. We just got it, to the School because we truly have a calm team, Gianna.

and which you are a critical part of, as well as all of the teachers, but we communicate quite frequently. And so, wanted to make it available because I know other families struggle with the school system and the support, and we've been truly blessed with Tomball ISD and how connected they are with us.

I talk to the teacher almost daily. We're talking about, you know, setting up the diet, what you've able to help us with, with this school, on what Gianna Cannon can't have, they've really been partnership.

So I wanted to also explore that and share with the families and the whole purpose in mind. Like you said, I am on a mission. Our children need our help.

They're the future and it starts with all the elements that we've talked about today. And so we're hoping we can continue to help families, and also provide funding and resources for those that are really struggling to diagnose and help their children thrive.

It's truly extraordinary. What you described when you brought your little guy home from the hospital, to see that within Giana. is everything she needs and her beautiful, loving, sweet little spirit.

And that's what so many of these kids, we need to unlock. I think what you're doing, because I, 80% of improvement is in the kitchen and in home and creating that non-toxic environment.

You're creating a platform for that. This is the first time hearing, I know I've written some letters, But to hear what Tombal ISD is doing is so encouraging because trying to describe to people that this is not an allergy.

This is we're being proactive. We've identified that that child could develop celiac or if they continue to eat gluten or what we call gluten cross-reactive foods, or maybe there's no genetic component, or that with dairy products, what we do know about dairy and gluten, gluten-containing grains, how this is very simplified, block cerebral folate receptors.

And there is a lot of stuff in the news right now about leukovirin, and you can get there with methylation, leukivir, those kind of things. to have the school district be listening and seeing that it's opening the door for other people.

It's like, I think we had to do a compromise on corn or something like that. You know, it has got to be organic, non-GMO or just the best they can do or almond or cassava flour tortillas, those kinds of things.

I'm kind of remembering back. You know, Jerry, if you were talking to parents that were on the fence about doing the blueprint, because I'm always like, listen, If you do anything at all, start with the Blueprint because that truly is a window into the soul of your child.

And what you alluded to is that you indeed did see some changes with vaccinations. I did. Yeah. So we identify things genetically where the immune system, T cells specifically, have an abnormal way or they don't properly identify foreign invaders.

And then it's like it sets off a bomb in the system and you see regression or you a halting of development. What did you with vaccines? Did you regression, or did just see stop?

I saw regression and, you know, it was really the image that's burned in my head. So Gianna had had her like year

and a half vaccines and we saw continued regression so much so that her second birthday, I remember taking her birthday cake to her and there was zero emotion.

There was no smile, no excitement. And I just remember taking like, she's a shell of a child. I remember thinking, how am I ever going to connect with my child?

And that's when I started really diving into like the Nemechek protocol. We got into diet. How am i balancing our gut bacteria? Like we got in to all of that.

She was three and a half. She had another vaccine and I had no issues with my first child. So I'm thinking like, okay. I mean, looking back, I was uneducated and going in and we had a vaccine in the morning.

We don't know what we don' know. Exactly. And I dropped her off at school and they called me and she was screaming and crying in a wheelchair and couldn't walk.

So she lost the ability to kind of walk and put any weight on her legs.

Biotoxin illness, school support, and family advocacy

So I remember going up to the school just like, just gut wrenched and I had to carry her home. I mean, we were so blessed because the next day she was okay and could walk in everything.

But I was just thinking, what have I done? And it was at that moment I looked at my husband. And I said, I'm done. She's not getting anything else until we find out what is really going on.

That's what really started leading me to more research. Like how do we truly get to root of this problem of what We were looking at going to Chicago and then I was like, we're in Houston, and that's how we stumbled upon Von U.

I said, there has to be some help here. And it was there. It was done and continued to write letters, which Texas has been very, you know, it's a lot easier to get vaccine exemptions than in some other areas, so we were able to do that.

But those are things like we physically saw in her. and I can't do anything else until I better understand. her. And then that's where I mentioned like, I think every infant should have genetic testing because then you can at least know how you should then go forward for your child on what they can and can't do.

Because like with Eva, we saw no issues with any issues. Now she was on a paced vaccine schedule because we were working with another great doctor out in California and very much on the pace schedule.

But we didn't see any adverse reactions. So as a mother, it was like okay, Like I said, I'm not anti-vax, but for Gianna, it was very clearly that her body was having a negative reaction.

Correct. And you are stating what so many parents reflect back. Then they get looked at sideways when they go back to the doctor. The doctor doesn't even write it down in the chart and you're gaslit medically.

But I have to say that I used to be a vaccine Nazi. I went to Liberia West Africa when I was in medical school and I saw a grown woman die of tetanus and i saw babies die vaccine preventable illnesses but then you pull back and you go we're not in a third world country we are not giving things the way that vaccines the We were administered vaccines a lot less, a lots less frequently.

And so plus the toxins in our environment are so much more too. You guys were out in California and talked about toxicity. There's more problems out there.

They are waking up to that and they have been for quite a while now, which is really great. Yeah. But one thing I want to add, and this is where we made the change.

We need to get different care for Gianna. When she couldn't walk, I called her pediatrician and I was told that's just normal. And I said, there is no way, shape or form where a child can't walk for a day, which is normal.

And so that was where I was like, we need true answers and really a medical provider that's willing to talk through us with the data and understand what is going on, because that is not normal, and we sometimes just kind of brush that off.

So we decided we needed to do something different to continue to help support our healing journey. That makes me so angry when I hear that a pediatrician told you it's normal for a child not to be able to walk after a vaccine.

That's not normal and it is okay to get angry about things and I'm so grateful that you and is it Louise? It's Louise, yeah. Louise. I was thinking it's not Louis, it is Louise!

You're both engineers, correct? Correct, yes. Yes. So thinking through things scientifically, and we do have just a ton of data showing these things. Have you seen this in Gianna's class?

Are there a lot more little boys in her class than girls? Very much so. There's a class of 10, so we're blessed with a small class size. Only two girls, the rest are boys.

You know, I would like to opine just for a second, if you'll indulge me, why boys tend to, you know four out of four, four of five children with autism are boys.

And the reason that that occurs is because, and when you think about you've got a older daughter that is neurotypical, okay. Little girls, it's called the vestibulocochlear system.

It's like where they are in space, how they interpret data, how do they hear it and process it. And I am going to go ahead and use some, and you can't just pigeonhole everyone, but there are differences between boys and girls.

So girls' vestibulocochlear system matures faster than boys, meaning they can multitask, like they may be holding a baby doll, pretending they're talking on a fake little phone, and stirring a pot just like mommy.

And they are their baby, whereas when you watch little boys play, And this is in all boys. Some boys are more verbal than others, but they'll be lining up their toys, doing different things, and their coordination may not be as coordinated to interpret all the status.

Boy's vestibulocochlear system matures more like about 36 months of age and pediatric ear, nose and throat doctors are kind of aware of this. Whereas little girls, and we'll never know why for Gianna, why this affected her because there's so many variables.

There's never a way to pin it. I would say that when children are sick, and they've been sick within the six weeks prior to vaccine or during that time period you need to avoid the vaccines.

We want them well for at least six-weeks but if they have been, sick they need be avoided and you do one aluminum containing vaccine at a time but you're not doing that now and we're just not going there but we'll just support her immune system because You're in this to win this.

And our goal, and I don't know if I said this, to you and your husband when you came in, but I try because, you know, when receive the diagnosis of autism, they say, put your affairs in order.

ABA therapy is the only thing that you can do and depending on where you go, diet doesn't affect it, hyperbaric oxygen doesn' t affect, other things doesn t effect it and this is this the plight and there's nothing more you could do.

What kind of a message is that? And then just medicating to treat the symptoms and we have kids that are drooling and it's just terrible. So what you're doing is beautiful.

Now where can people find at least your, like what is the address of your foundation, that kind of a thing? Yeah. So I can tell you where you can find all the books and we're working on more contact information, which I, I.

When the podcast comes out, but you get the book and all that stuff on Amazon, they're on Barnes and noble.com, you know, Walmart. All the kind of online resources and more to come on the website and the community and connection.

We're. Working on that process right now to get that stood up. Great.

Books, foundation, and helping other families

Jerry, I really want to thank you for sharing your story, sharing Gianna's story because our hope is that it would provide a profound amount of inspiration and encouragement to so many parents.

I stopped short of saying what I want share with parents previously is we want children and young adults A lot of times teenage boys are given no hope whatsoever.

And to provide as much function as possible, the longer that a child has been sick with autism, The longer it takes for them to get better. But looking at environmental things, because autism isn't environmentally influenced condition because of this biotoxin thing that we talked about but just to peel the layers of the onion to identify what someone needs take away what they don't need instead of grasping at straws and thinking I'll try this, I will try that.

But you can't go wrong with gluten free, dairy free MSG free refined sugar free dye free and low toxin living. I'm so excited I am going to be interviewing the branch one of the Branch Basics co-founders in a couple of weeks.

Wonderful. Non-toxic cleaning products and I think every family you know vinegar, baking soda, those kind of things. What kind cleaning products do you use in your household?

Pretty much those type of thing that I will say what is quite fascinating. We've gotten back to like stuff my grandmother and great-grandmother used to do.

And so when I started to, you know, as we're starting on this journey, I was like, oh yeah, my grandmother did that. My great-grandmother used to clean with that, and so my mom used wipe the floors with vinegar water, like when she'd clean the floor.

So we are really getting back to all of that and just really, we have a big garden outside, so we do grow a lot of our own food and definitely eat organic, but I call it getting-back-to-basics of how human beings are supposed to are supposed to live.

I know some of the stuff may be convenience, but our body doesn't recognize it as nutrition and food. And so really understanding that is important. Our bodies are amazing and the healing is can truly take place under the right conditions.

And so that's what we've seen with Gianna and continuing to develop that with the supplements and everything, continuing help support her, how she needs to be supported in real food.

Blessing, I love to cook and love be in the kitchen. So it is great. The kids get involved too. They're excited to make their gluten-free muffins with and we mash up bananas and put in there.

and they're exited to do all of that. Beautiful. You're building into the next generation You have provided so much hope and encouragement. If you had just a few things to say or just wanted to wrap it up and say goodbye to our studio audience, what would you say?

I want to say there's hope and you're not alone. I think those are the biggest things because there was a period where I felt alone and didn't know what to do.

And especially with your children, there is nothing harder for a parent than not seeing their children thrive. What can you do for that? But there are resources out there available and what they need most is your love and support and an advocate.

one thing that, you know, leaning in to really be an advocate for your kids, but there is hope and there's a healing journey. It is not a one and done.

There is no silver bullet. it is a continued journey and time is your friend, and also early diagnosis. Like I leaned in before she can have infants having genetic testing.

And as soon as you see something that parent, like mother's intuition is amazing, if you feel that something is off, early detection, or early intervention is absolutely critical.

I love that part about mom's guts. Moms know. We have to listen to moms. And it's just that inborn sense that's given. So I just want to thank you again.

Stating about hope, because our practice name is Hope for Healing and Getting to the Root. Again, I'd like to think Vagran, who's our sponsor, and Jerry Alcácer.

Thank you for sharing Gianna's story and giving hope to other families. It's so important and like you mentioned, it's a mission. I'm so committed. Like I've always been this, I always want to make a world a better place.

That's something I have always strived to do and there's just so many kids that need help and families that needs support and not everyone is blessed like Luis and I are to be able to some of the things.

So we have to open up that opportunity for others. Yeah, I appreciate that. I think if folks could do anything, it would be that blueprint and then if they can't afford to partner otherwise, they could at least start the journey with the genetics and a few sentinel products and supplements that lower inflammation, improve detoxification, provide methylation, mitochondrial support, and autophagy, these systems in the body.

If they can do that, then you can see a world of difference. Completely. I want to tell you, you're going to be so excited. Gianna is now taking two tablespoons of Barline's fish oil every day.

And I have no one to thank except her little brother and sister. So they're like, it's time for our medicine. And everyone comes out and Eva takes it.

She saw John Luca take it and now Gianna lines up and she takes two tablespoons. We've been doing that now for two weeks. Super excited. That one's been a journey.

She's not smelling it. She is not taking it and now she's like, that is, we are so blessed. she takes all of her supplements, all over, but now that we've got the fish oil in, I'm just over the moon.

Yeah, That's fantastic. It's the power of positive peer pressure too. And I think John Luca was the one, she's like, oh, he's, like hey, it's time for our medicine.

And so they all line up and we got our little tablespoons out and now they'll do it and she does her too. I was like okay, gee, good job. We make a big deal about it.

It's taken probably about a year, but we've got there. How old is John Lucca? John Lucas will be four in June. Mm hmm. Beautiful. Yes. But just in their relationship is super cute.

They are now getting to where and it's he'll like talk for and then they like play together and they, but she's so like caring for him. Like he starts crying and upsets her.

So she'll scream and he cries more. We got that going on. Okay. She'll go over and like hug him and she will start

rubbing his shoulders and kiss him on the head.

And she is just trying to comfort him, it is, its adorable. Sweet, sweet. Yeah. Well, thanks again for sharing the story. Beautiful. All right. Will you take care?

I appreciate your time on a Thursday afternoon. Yes. We'll have a great, wonderful Easter weekend. You too. Alright. Take care. 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.