Introduction to the Masterclass

Hi, welcome. I am Dr. Rachel McConnell and I'm your host and the creator of our Masterclass series here today called Why is my child acting this way? So I' m a board certified pediatrician with over 20 years of experience and so there's a lot of information out there, a lots of parenting tips and tricks out here, but my approach is a little bit different.

because I think that the behavior your child is showing you is a signal. It's not necessarily the problem, it's just that there's something going on, and this is how it is coming out, And this how they're displaying that's there is an underlying problem.

So it time to stop guessing and start understanding. I'll see you soon. Thanks. Hi, how are you today? I'm good, thanks for having me Rachel. Excellent.

Today we have Dr. Paula Kruppstadt with us. If you could introduce yourself and tell us a little bit more about you. Thanks. Well, I'm a classically trained board certified pediatrician and a pediatricians or a doctor now for 36 years.

I am dating myself and I I'm a fellow of the American Academy of Pediatrics and my own health cratered. I would say in the mid 2015 area or so and I really wasn't getting answers through.

Dr. Kruppstadt's Background and Functional Medicine Journey

My training and seeking out a local internist and then I started pursuing functional medicine and have been certified in that and that I opened my own functional Medicine pediatric practice, but we also have a family practice empty several nurse practitioners pediatric nurse practitioner on staff and we see womb to tomb and When I started the practice and it is still what is the foundation of what we do is what We call precision genetics because that's what saved my life.

My weighted ballooned up to around 300 and I had lost and gained and lost in gained, I'd become suicidal. And I was on 11 to 13 different antidepressants, and now I'm not on any.

So when you invited me to restore the calm summit, just really resonated with my own health journey and then that of several of my children too. Thanks for having me, Rachel.

I really appreciate it. Excellent. I am so happy that you're here with us, and I'm so glad that your doing well now. So I have a quick question before we even get into all of our summit questions.

so I still just doing like traditional pediatrics, I see people in my office, you come in with an ear infection, we talk about causes, what we need to do.

What is the difference? Can you explain to us like a functional medicine doctor versus kind of your traditional training? That's a really great question.

And I think it's really important. It's like a 40,000 foot view of why someone's having health problems. So if we look at pediatrics, we go, why does this kid keep getting ear infections and asthma and, you know, sinus infections?

It' like something's wrong with the immune system. and with their body's ability to detoxify what is making their tonsil tissue and adenoidal tissue so big.

So it's that big 40,000 foot view. And we look at the body in biologic systems. When somebody comes to me for constipation, I don't think they have a mirror-lax deficiency.

I'm thinking more, well, does this child have some mitochondrial challenges? Do they have a lack of something called glutathione in their gut and their skin?

And what's the problem? If it's not fiber, if it not water, the brush in the room to keep them pooping, then what the cause? So we focus on something call precision genetics.

That's what we really ask parents to do. So when they're stuck, we do general pediatrics too, It's interesting, we do something called ozone insufflations for ear infections, instead of antibiotics, if they don't have to have antibiotics.

But when it's bad, you use them, of course. It just thinking outside the box, other therapies that might be able to help. And it just going upstream and trying to figure out, or whacking this mole, why do you have recurrent strep?

Let's try to figured that out. Right. Excellent. No, that is terrific because I think we hear a lot about functional medicine now, but I don't think anybody really understands.

And I know from my point of view, like I also tried to Be like, why do you keep coming to see me from the same thing? And sometimes I feel like it's also complicated, where, you know, the child has an ear infection on Friday night, or Sunday morning.

And so they'll they're go see someone else several times before they finally like okay, I've gone to the urgent care seven times. Now I'm here to See you.

Yeah, yeah, exactly. It's not something you learn overnight. There's a core course. applying functional medicine to clinical practice. And then there's six different advanced modules.

Then there is a test that you take and a case report. I learned so much after I graduated. It was more than what I'd ever learned in med school and all the years of practice, and it was just a whole different way of thinking.

But I'm really glad you asked that.

Functional Medicine vs Traditional Pediatrics

We have all of these kids going to see cardiology, pulmonology rheumatology gastroenterology and instead of going, okay, what's the underlying root cause dysfunction?

And then how can we partner with this family to help them? No, that's perfect because you're right, we have very segmented care and a lot of our children have many specialists in what you would think would otherwise be a healthy child.

You're like, why do you have so many specialist, more specialist than shoes? Yes, I like that, Grace. I think I'll borrow it. Put a little trademark on there.

Heard that here. Okay, now to actually get into the summit the whole reason we're here So our summit is titled. Why is my child acting this way? So whenever you get a parent in the office You know or over zoom asking you that question.

What do you tell them? Well, you know when a child is manifesting symptoms of anger or irritability or unpredictability rage. We have to think about inflammation.

That's the driver of all of this. So a kid can unzip their brain and go look mommy and daddy. My brain is hot red swollen and painful, but we see that in temper tantrums and all those other things.

I just named inattentiveness like 80 D 80 HD. so I think of Uncontrolled inflammation and that can be driven by occult infections infections. We don't know about home environment, but it all comes down to what's going on under the hood.

So to speak with uncontrolled inflammation. And our neurotransmitters show up and we kind of piece through that. So it involves getting a lot of history and then just taking a deeper dive.

Excellent. Well there, that kind of started my second question. So one of our big things is that behavior is often the signal rather than the problem itself.

You gave us some examples. Do you also have any other ones? I know we see a lot of common like bathroom problems or sleep problems, or school focus issues or teenager angst.

Yes, and you know a I'd say children end up in psychiatric facilities that shouldn't necessarily be there. And there's a time and a place for psychiatric medications to kind of be a bandaid.

But you have to figure out what the problem is. So one of the things that a phrase that I'm sure you've heard, everybody's heard most people that genetics load the gun, but environment pulls the trigger.

Our environment can change the way that the genetics that we're born with show up. But there are some genetics, that are what we call non epigenetically modifiable, meaning they are hardwired.

They are, what they, are you get what you, get you don't throw a fit. And that's what, we look at at our practice. We have a lot of parents who come to us who has a child with autism or they have anxiety and they're seeing a therapist and a psychiatrist and there on medications and I'm a big advocate for doing what we call pharmacogenetic testing to see how certain meds are are metabolized in that child's body.

But also what We were talking about as far as infections go. That's really interesting strap. It's called group a beta hemolytic strap that causes strep throat.

But there can be different reservoirs of infections in our body like our gut, our sinuses, or throat, the GI tract, you know, perianally or around the anus where that strep hides and it can cause a condition called pediatric autoimmune neuropsychiatric disorder associated with streptococcal infections or pandas.

And so I think that I also think about Lyme disease, Bartonella, Babesia, tick-borne relapsing fever. These are things that are here in the great state of Texas all over the world.

and you don't have to have had a tick bite that you remember or a cat scratch that remember. But also a very common pediatric thing that, you guys encounter all the time that we do too, is mycoplasma.

Behavior as a Signal of Inflammation

Mycopasmon pneumoniae causes walking pneumonia, ear infections, sinusitis, sore throats, bronchitis. but it behaves a lot like a virus because it doesn't have a cell wall and it can cause just crazy rage and irritability.

So our foundation is looking at what what I call precision genetics are and that gives me a roadmap to be able to partner with families to put out that fire of inflammation that's causing some of these things to show up, like you talked about, they may be having constipation or diarrhea or sleep trouble or ADD, ADHD, autism, irritability, rage, anxiety that you just can't piece apart.

It's like, what's going on with this kid? So to be able to partner with families because this is so traumatic when your kid is suffering and you as a parent, you've got grandparents and friends judging you and thinking that your parenting sucks.

And it's like, it has nothing to do with parenting, but it everything to with biochemistry and infection and at the root, inflammation. That even translates into neurotransmitter.

imbalances. So that's kind of a broad overview of, oh, I kind got lost in the weeds there. Feel free to interrupt me, you know, get me back on track. That was terrific.

Yeah. I was enjoying listening to you. And one of the things I got out of that was like, You are not the victim of your own genetics. Yes. You're not.

It's like different things come along that trigger a cascade. But also when you do these genes and I guess we'll probably talk about that a little bit.

They they give you this way to kind of tell how your child or you we do wound to tomb internationally. This is a telemedicine. console with one of our people that interprets genetics.

And we're not we are not looking for what a geneticist say at Texas Children's or Memorial Herman Children. We're here in Houston. Those are the two premier children's hospitals.

Were not Looking for disease. were not. Looking. For what people call syndromes. and when they look at chromosomes were. Not looking. for additions or deletions.

We're looking for little single changes in an enzyme or a receptor that you, as a parent, um, As a person can provide your child with something that will give them what they need and not, you know, they may not have a Ritalin deficiency.

Okay. For their ADD or, uh, five answer a concert. And I've, I write plenty of scripts for those electronically now. But it's like, we're looking deeper to find how we can balance those neurotransmitters, but applying also very foundational lifestyle principles to help out with that too.

So it was just another broad overview there. Perfect, now sometimes we just need a broad overview and then take that deep dive next. So what is one of the most common misconceptions or some of biggest misconceptions that parents or just people in general kind of have about what you do?

Uh, you mean about just functional medicine or pediatrics in general? Oh, I'm like functional, medicine, genetic medicine. Kind of all of, all those things.

Yeah. I think that people think, Oh I'll do my genetics. It's one and done. And, uh, okay. What do I do now? And it's actually this beautiful gift. Um, the genetic panel that we do, would it be okay if I spoke about that a little bit?

Sure. Okay. The company that I use allowed me to make my own panel because it's really what helped me get well and helped get off all antidepressants.

I mean and we call it the wellness blueprint and it is this beautiful gift that you can give your child because our genes don't change. Okay, they don' change As you grow, the needs to support those genetic vulnerabilities will grow.

But that's the beauty of functional medicine. You give the body what it needs and you take away what doesn't need. you don't just guess, you test, You have evidence and then based on the ages and stages of your life and the weight, then you support yourself with what you need So let me just use an example.

A parent comes to our practice with a teenage boy who is full of rage, and he's been given the diagnosis many years ago of ADD, ADHD. And he starting to go out, sneak whatever food he wants.

Genetics, Infections, and Root Causes

He's starting the smoke pot, he is very, very disruptive. So, and you know, when I know that as parents, what we're trying to do and as health care providers is continue a relationship with our kids.

So maybe a teenager isn't a good place to begin. Let me go with a little kid, a Roger rapid in the first grade classroom, sweetie, but can't focus worth beans.

Okay. And the family is getting notes saying, you know, your kid was showing some signs and symptoms of ADD and the parents are like, wow, I was on Medications that suppress my appetite for years and I'd like to try a different way.

So they come to us and the very first thing I'm going to say is I need a roadmap. And so this wellness blueprint. We have a little special running through the end of of August 2026. I think your summits coming up to be running the summit goes in in September.

Maybe they need a special like, yeah, don't send to you if they were like hey, we saw you on the Summit. Yes, maybe we do maybe give them the back to school special.

It's a little bit off, but it's for slightly less than around $1,500 is this beautiful comprehensive report. And there's one hour orientation and that can be done on your own as parents and if you have an older child they can watch and then there's a one-hour one on one overview of each part and we break it up into systems.

So, you know, we talked about inflammation being the root of all dysfunction, You know I does inflammation and so If we want to put the fire out, if your house is burning, what do you do?

You get out of the house and you hose it down and, you know, put out the fires. But then what you would do when the ashes are cool? And you go into each room of your home and haul everything to the foyer of You go through all that debris, you recycle all the good used parts.

Okay. Here's that ceramic plate that didn't burn up. And here's the silver plaque we had on the wall. You keep that, and you clean it up, but then all of the other debris you call in the dump truck.

and you haul it out into the front yard and they take it away. So what I just gave an illustration of is inflammation, the house is burning. Then there's a process called autophagy and it means self-eating and that's the ability to pull fuel into each cell, clean it it and then recycle the good used parts and get rid of the debris.

And then when the the blood stream That's called detoxification, where our liver, kidneys, skin, and lungs poop it out, pee it, out sweat it and breathe it.

So that's part one. We get all those things running. Okay. And once you start that and that well established for your child, then you can add in fuel, which is something that fuels dopamine.

Dopamine is fueled by something called vitamin B9 and you know, I want to go back to this thing called autophagy. How do you know if your child has an issue with autopathy?

They get really hangry. They're really irritable. And they have to eat. Then after they eat, they're happy. One of our kids, all my kids are adults now, 20 up to 31. Even my 22-year-old, well, she's almost 23. She's a mom.

she eats, and then she goes, I just love you guys. She feels so good. It's like she gave herself fuel and it came in and It did that so these people with autophagy are the kids and the adults that go on to develop type 2 diabetes because they can't pull glucose into the cells and they get hangry and have these big fat mood swings and your kids are just irritable and their peeing out the walls and you have to have snacks to get the glucose in.

But there's also supplementation, the right kind, right time. There's even things for infants that you can put on their skin or powder or if it's a breastfeeding mom that they can take and gets to the baby.

And anyway, then we look at those, we looked at something called methylation mitochondria, and then essential vitamins and minerals. But one of the things I love the most is that And I think one of your other guests is talking about the quality of the food that we eat and the toxins.

I was just about to ask you about that. Like we talked about inflammation, we talk about infection, but like in this world that live in, what are the other common like big inflammatory triggers that you're seeing?

It's our diet. You know, it's like Our genes haven't changed all these years. So why are we seeing all of these children that are so sick with chronic illnesses?

And the current generation is set to die sooner than our generation. And chronic illness, I think it's down to one in six children with a chronic disease.

It's just catastrophic. The amount of toxins in our environment. This genetic panel, tells you if your child has the available, if they're going to develop, see if, they can develop celiac disease, If they continue to eat gluten or gliadin, or if They have enzymes to digest dairy.

And also if have a leaky gut, the genetics can tell you, we hear all about increased intestinal permeability and there's a lot of reasons why, but this can Tell us if if your child was born with a leaky gut and it sets them up for problems.

And so it's like, how can we give you as parents the right probiotic? It'll tell you what kind of probiotics your children needs and how often and what kinda diet and vitamins and minerals they need.

So you don't just guessed and you just go, Oh, that sounds like a good multi.

The Wellness Blueprint and Precision Testing

I've seen it on my Instagram or Facebook feed. Maybe it doesn't have what your kiddo needs, you know, so some toxins we live in a very toxic environment, Europe is 20 to 25 years ahead of the U. S., but glyphosate, which is Roundup, it's adulterated our entire water supply and it causes increased intestinal permeability, but also that means, so if your kids have a lot of diarrhea, a lotta abdominal pain, you know, It's never normal for a child to have headache.

I mean, if they have headaches, something's wrong and we need to find out why. But yeah, our food, it tells us about our. And it also tells a parent how they can help their child detoxify and what their detox genes look like.

So when I say detox, I'm talking about the body's master anti-inflammatory called glutathione. You can smear it on your skin. you can take it orally. There's watermelon, there's orange, There is cocoa mint.

And it's like, do I need this? Do I not need that? And this roadmap gives parents the tools. But another big piece is brain regeneration and neurotransmitters.

So there are enzymes that help the brain and the gut communicate and regenerate, but then the neurotransmitter are a big piece of why our children behave certain ways and also are very, very anxious.

And so that's on there. That gives us a profound amount of insight, like the adrenaline junkies who are already always breaking bones and flitting about from one activity to the other.

You're like, what is wrong? How did this child end this way? And it's like… this tells me why my kiddos the way they are, you know? So, yeah. Excellent.

Do you have any particular patterns you want parents to notice or maybe things to be like, okay, let's change this in your diet or environment first. And then if we're not seeing any kind of improvement, then we'll do the testing.

Or if you notice these patterns, we were just immediately doing the test. Well, for me, I think it's it something that you have to invest in and I recommend this blueprint to everyone who comes through our doors because you can be proactive even if your kid is not having any trouble.

But you know money doesn't grow on trees and you Have families have so much power in their kitchen. I mean 80% of the changes that You can make that will influence your child's behavior is made in the kitchen.

So if you can use environmentalworkinggroup.org, EWG. ORG, and pick the Clean 15 or the Dirty Dozen, the dirty dozen are the foods that you really should buy organic and then the clean 15 are things that don't have to.

Basically a good principle is if it has a coating like an avocado or a banana, you don' have Don't waste your money on that. Just wash the outside of it really well.

But if it's very porous, like strawberries, fruit, celery, those kind of things, you really should buy organic because that's loaded with toxins, herbicides and pesticides.

And so start with the food in your kitchen. use environmentalworkinggroup.org and go for the, you know, the dirty dozen foods, try to do organic for those.

And the beautiful thing is we have Sam's and Costco, which are huge organic wholesalers that you can get a lot of those things, like cherries and strawberries and blueberries that are Organic and red raspberries like red raspberry is have more fiber per cup than any fruit.

So it's like if your kids constipated just feed him some organic red Raspberries and you should be expecting some poop real soon. And then also this is something that you know is pediatricians, but also doctors and in our our country.

If we think about it, we never drive by a field and see a grown bull or a growing billy goat or grown sheep. sucking mama's cow udders or otherwise. So milk is for babies and when we're older we don't really need milk or dairy and casein which is one of the proteins that's in dairy is incredibly inflammatory.

Now for fat I'm all for butter and ghee like grass-fed butter or ghee which You know, H-E-B has Costco, Sam's, you know grass bed, Kerrygold and then ghee.

There's a now a large container that that Costco has and that fat is very good for the brain and the gut. But once you're at past a certain age, You really don't need milk.

And you know, there's even problems with the organic milk that's on the shelves. The way it's pasteurized. It's like you lose even more nutrients. So it' like, you think you're making a better choice or, or I want to do raw A2 cow milk.

And it like. You're not a baby cow. you are not baby sheep. Not a Baby goat. And if you eliminate the casing, the diarrhea, constipation, nasal congestion, chronic ear infections, and the chronic flares of the respiratory tract might drastically improve.

Yes, eczema. So yes, preservatives and monosodium glutamate. Ditch those and you don't have to have a fight. You just don' bite it and buy it. and you have a sanctuary, but you got to get dad and mom both on board and then have creative lateral shifts for your kids.

Diet, Toxins, and Environmental Triggers

We have health coaches that work with families and my YouTube channel has like what to put in your kid's lunches, things like that too, you know, that will help them.

But you're right, Rachel. That is low hanging fruit. And parents have that in their power to what they put in, their kids lunches and what prepare for them and start there.

And then, like I said, I like everybody to get that genetic profile. So anyway. And I'm with you, like, I want to get it for myself and my kids. I like what does this tell us?

And then I know since they're just those like little tiny micro changes, even though I gave my children half of their genetics, of course, it's not going to we may have different microchanges.

Yes. It's a luck of the draw the majority of that time. You know, its like genes from dad, genes for mom. There are certain genes that come just from mom mitochondrial.

But I like an actionable plan. What I appreciate about the neurotransmitters, you know, I miss the memo in med school that postpartum depression tends to get worse with each consecutive pregnancy.

And I have profound inflammation problems, but also profound methylation problems. taking away what I didn't need. You know, when I went gluten and dairy free, my pain went away.

I was in chronic pain. And when it started methylated, then the weight started coming off. It's like, yes, I did other things. At 36 I had a gastric bypass, but then I met people and they balloon right back up again because they don't deal with the underlying root cause.

of why they needed food as a drug to begin with. And so we have inflammatory neurotransmitters and we had calming neurotrasmiters. Then dopamine is this beautiful bridge between the two.

You can identify on this panel the kids whose brain goes 90 miles an hour and what they need to calm it down. And it'll also tell you these are the kids who might grind their teeth.

Their brain won't shut down when they go to bed. They're going to have gut problems. There are always on high alert and it's like how can we modulate this using vitamins and minerals instead of medications, but don't get me wrong.

I use meds all the time too, But I'm very selective about what I used if I don' have a good reason why I won't use them or pharmacogenetics. And so yeah, you know, You can do so much.

There's only one form of magnesium really that well, not just one for but magnesium that crosses the blood brain barrier and is very, very calming. and that's magnesium L3 and eight and for certain kids and adults and adolescents.

It is so calming and it just really restores just they're not on high alert all the time and bing bong ping Roger rapid. So I love that panel because it gives you answers and and As you age, your metabolic needs increase.

And when you go from not being able to swallow like capsules, there are certain things I'll take till I die. You know, like I have this bad autophagy and there's a supplement that you can take that binds to the insulin receptor and allows glucose to come in.

Well, I got a little lazy and stopped taking it. My hemoglobin A1C, which is the amount of sugar attached to red blood cell, Went all the way up to 5.8 and I became pre-diabetic.

It's kind of at 5 point seven. Then I went on this back on the supplement that I knew I needed, but you don't feel anything necessarily. My hemoglobin A1c came right back down to like five.

And it's like, I see this in children all the time, too. And we can treat this and prevent this from coming where they don't need metformin and all these other things and trolicity and become a bad type 2 diabetic and help parents with their kids to just calm that inflammation in the body.

Oh, man, you got me going. I did, yeah, you're very passionate about that. So one more question, probably more than one, because I'll probably have a follow-up question before we wrap it up.

We talked a little bit about food, we talked about infection. What about just some other environmental things that you would recommend not having in a household or just daily products that everybody uses?

It makes you cringe and die a bit on the inside when you see that? Yeah, fragrances, perfumes, colognes, because so many of them are adulterated with lead and cadmium and mercury and aluminum and arsenic.

And so I'm OK with pure essential oils, you know, but I hate it when people are spraying Glade and Glades plugins and candles that are not pure beeswax or maybe Mrs.

Myers. And these acts body products because have you noticed the scent lingers? I literally have to wear gloves on people that didn't get the memo that come into my office.

It's like you have the scrub and scrubbing scrub. So home care cleaning products that are truly clean. There's a company called Branch Basics. I have them on my website.

And what's easy, I love things that are simple. So there's a concentrate and they have different bottles and it says, fill the concentrate to here, put the water up to hear, do this.

And it's for everything from windows to wood to floors. They have dishwashing and the also have the laundry powder. It's clean and non-toxic. That way what you're giving your children and your family to reduce inflammation in their body and you're not giving them cancer by your Febreze and your Glade plugin.

So that's a biggie right there. Perfect. Thank you so much for sharing that with me. All right. So we talked about kind of the small or the many changes that parents can make.

Household Products and Reducing Chemical Exposure

Um, so in closing up, So for all of our parents who are now like, Oh my gosh, I have to overhaul my entire house, my cabinet, My kitchen, uh, fragrances.

What is one message you want to leave those parents with? Breathe. Just breathe. I know that Rome wasn't built in a day, you know, You can't make all these changes overnight.

And don't put that pressure on yourself. and start with yourself, because so much of the time, at the core when we deal with mental, emotional, physical, sexual, spiritual abuse in our lives, okay?

As parents, we've got to take care of ourselves first, deal with our own trauma. And so many of us have been traumatized and come from a place of trauma, so I would say extend grace to yourself, take big deep breaths, And and start with your kitchen, start With your Kitchen, and it's baby steps.

And there's so many voices on social media. I would say, maybe turn the social Media off. Just just, um, just just maybe don't be scrolling on everything because we start comparing ourselves to everybody else.

We can't do that. You know, your children are unique. beautiful creations that are meant to heal. I mean the God of the universe made our bodies able to Heal and you know, they're perfect and complete the way they are.

There may just be some hitches in the giddy up and that's where these precision genetics come in. You give yourself what you need. you take away what you don't need and then you start to restore that balance and you have to start with baby steps and be gentle and just breathe.

I like to blow bubbles and also just practice deep breathing and sometimes we'll teach kids and parents how to breathe deep, but also, just get out in nature and move and just just very, very simply.

I provided a little simple ebook for people who would like it's just a freebie that people can have to just kind of start making micro changes, but just open up your mind to that dialogue and our website, our social media tries not to overwhelm people and hit them over and over again.

But you know, just simple things. And we also have a podcast is called the get to the root podcast where I go over a lot of these things in more depth and but be kind to yourself, breathe, start small and don't give up.

Don't give up. Perfect. Yeah, no, that is great advice. I think really baby steps like will get you there as well as giant

leaps. Yes, That is Great. Thank you.

So for parents who want to learn more about the work that you do, I know you mentioned you've got the YouTube channel, the social media, where can they find out more Yeah, we'll attach our website, but it's get to the root.com with the number two relocated in the Houston area.

But if families just want to do genetics, they can do that from anywhere in The World. And then if they are in crisis or we anyway, We have a free discovery call.

Practical Advice for Parents and Where to Learn More

We have the option to be a member or not a number being a Member allows you access to our triage nurse and when your children are really really sick or they're behaving very erratically.

and they may have one of these undiagnosed infections. Maybe they've been in and out of residential psychiatric care. All four of my children at one point have had vector-borne illness like Lyme-Bard babesia.

It was a very dark time and three out the four on antidepressants along with me while we were dealing with this. and two out of my four with pans, pandas, and three out the four without an immunity.

And never once at one of the premier children's hospitals did they say, well, what does your kid eat? Not once. So my journey began way back when, when I was gaslit by my own internist and when my world came crashing down.

And I felt like I wanted to die. And these genes gave me my life. The genetic study gave my my back, and then it allowed me to partner with my kids. Three out of the four drunk the functional medicine Kool-Aid.

We always say, only in the Krupp-Stutt household do we talk about, well, what type of poop did you have? Bristol, three or four. Or what did your what Did your aura ring score show your sleep score?

How much REM did you get last night? You know? So it takes time and and, and just simple changes can make such a big difference. But mom and dad, be encouraged.

Your kitchen is your territory and even what you buy takeout, okay, even much buy, take out. And so, you know, healthier choices and options. All right, well, perfect.

Thank you so much for joining us today and sharing your expertise, your insight, and of course, all of your personal stories. Yeah, Well, thank you, Rachel, for having me and I, I'm so glad you put this summit together.

Parents, parents are being bombarded every day and the comparison game takes place and every family is unique. Everybody's story is Unique and having you arrange this summit to give parents just some good answers.

And then you're having a master class for parents too, right after the summit. Yes. Yeah. So I'm hoping like all of our parents who are watching are going to join me so we can kind of do some more deep diving and look at things and maybe come up with a nice like, okay, let's get this figured out together instead of like I am still super overwhelmed.

What am I supposed to be doing? Yeah. And we will share that on our social media. My practice is called hope for healing and we have YouTube, Instagram, Facebook, and.

We try to practice what we preach. So anyway, perfect. Thank you for having me. You have a great rest of your day.