Your Child's Tics Are Clues—Not the Root Problem Transcript

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Intro and Podcast Welcome

My biggest tip for parents is that if you plan it and you start making the changes, cooking differently, in two months, so 60 days, it will become second nature.

You will not have to think about it anymore. And so in two months time, you are going to be in a completely different space than you were starting today because it becomes second nature and so many parents are like, You are so right.

It becomes Second Nature. Everything is connected and I'm here to tell you how. I am Dr. Laura Hanson with Connect My Brain. This podcast is for moms who are concerned about their child's development.

The brain impacts our mind, body and overall health. I explain how your brain is wired, what happens when it's out of balance, and how early childhood development not only impacts your child, but can affect you as an adult years later.

Want to know how to improve your life? Join me and learn about your amazing brain and what it can do for you. Hi everybody, it's Dr. Laura with Connect My Child's Brain.

We are so excited that you've tuned in for another fabulous episode. I am so lucky to get to meet just some wonderful human beings around the world.

Dr. Piper Gibson's Background and Son's Tics

And today is no different. we have Dr Piper Gibson, PhD, with us today. And your website, is it regenerative health? Is that correct? It's regenerating.health.

Regenerating dot health. And we'll make sure everybody gets all the information. But thank you so much for coming and joining us today. Yes. Thank you for having me, Dr.

Laura. I'm really looking forward to this conversation today Yeah, I like having these conversations. So let's just dive in. Tell us who you are, what you do, how you got into it, where are you in the world?

Yeah. My name is Dr. Piper Gibson. I am a PhD. I am in Las Cruces, New Mexico, but I actually have a virtual clinic and so I have clients all over the And I am a tick disorder specialist.

So, tick disorders being that precursor to a Tourette's diagnosis. And, I ended up here because my son, wow, 14 years ago at this point, was diagnosed with a transient neurological tick.

He woke up one morning after a really fun vacation, just uncontrollable body movements, and I will tell you that my husband and terrified. So we started down the rabbit hole of multiple doctor's appointments, medications, years of just researching and studying.

And so we actually had a neurologist who looked at us and said, your son just needs a good spanking. Yeah, that for me became the catalyst for change.

I went back to school to relearn everything I thought I knew about health and wellness. For me, it was really about helping my son. and finding a solution for him.

And so now he's 20, he'll be 21 this year. He is a firefighter. he is doing incredibly amazing. But when we saw such incredible success with him, I had families start reaching out.

What did you do? How did make these changes? And, so, became incredibly passionate about helping families all over the world connect the dots and find the patterns as to why their children are having tic disorders in the first place, as well as things like ADHD, sensory processing, anxiety, OCD, those kinds of things.

So what do you think is at the root of tick disorders? And maybe paint a picture because you can have a mild tick and then you have full body kind of a movement.

So maybe for the audience, let's define some different kinds of what does it look like and what you do think it's really going on. Yes. So when we look at a tick disorder, there are two movements.

You can have motor disorders or you can vocal. A motor tick or a vocal tick. Some kids are just simply making sounds. There are some that are clapping their hands or jerking their neck or rolling their eyes.

you know, vocal and motor, and there's multiple of them. My son was definitely one that had the multiple ticks. And what that really is, is this kind of precursor to Tourette's because if you have multiple vocal, end motor ticks for over a year, they will give you a Tourete's diagnosis.

For me, it was like a switch had been flipped on my child. And I said, well, why all of a sudden are we having these behaviors? And, I started to really look at the uncontrollable body movements, the noises as clues.

Why is his body responding this way? So, through all the years of research and data and study, what I really see and what the studies are telling us is that most of the kids who are experiencing this have dysregulated immune systems.

So then the question becomes, why is your immune system dysregulated? What is that driving factor? Is it something in your environment? is it a food you're eating?

Do you have a parasite or heavy metals or have you been exposed to mycotoxins and mold in our environment. So we really start to look at what are all of these driving underlying factors that could be contributing to these clues, these symptoms that we are seeing.

Now, do you think strep plays a big part in this kind of a potential outcome? Yeah, I mean, it really does. We see a lot of our clients who do have streps.

So we're looking at the pandas, that pediatric autoimmune, we are looking that panda is driven by strept.

Understanding Tic Disorders and Root Causes

But a lots of the kids we were working with don't have any strepe and there's no detectable strepes. And so at this point it becomes pans where we looking all of these other outside influences.

But yes, what we're really looking for is what are these underlying factors that are driving these symptoms? Yeah, those triggers. Have you seen an increase related to mold?

Absolutely have seen a huge increase, related, to molds and mycotoxins. And the sad thing is, and this is really what happened to us, is that we were living in a brand new home that had built.

Before the roof was on, it rained and the walls got moldy and they just kind of covered it up. And so we know from current building materials, we're using cheap building material.

We're, using paper products that come from trees. So you get, you know, drywall that's covered in this paper that comes from, trees, it gets wet and then the mold starts to bloom and they create micro toxins.

so, a lot of it comes, from we've not using good building, materials anymore. And, so I've seen a, lot, of this mold and micro toxin issue in the last few years.

Wow. I've always understood that the basal ganglion of the brain is really impacted with a tick disorder. Do you find that? I do find it that, but what I really find is why are we having so much stress in the brains?

So for us, a lot of gut work, you know, the gut and brain are connected. And so, a matter of figuring out, like, why are we having so much stress in the brain?

Because a lot of times, the, you know, brain is downstream from everything else that's going on. So we have to figure out what these outside stressors are that are causing these issues with the brains.

Yeah, I think especially, well, really for everybody, not just kids, but, we've got to get some homeostasis into that gut. And would you find in anything that you think differently, just say, but just looking at how we handle the gut from one season to the next, how does it play a part with the circadian rhythm and What is that gut-brain connection?

And like you said, we're like these feedback loops, right? So if we've got these imbalances that make neurotransmitters that run the immune system, if the foundation is kind of like the Foundation of the House, is broken or has cracks in it, what is it going to lead to?

Do you find that going into the gut and really trying to heal the got has made a huge difference in the frequency, the resolution of ticks, or even the other things that you mentioned like attention issues, anxiety issues?

Things of that nature. Yeah, absolutely. I mean, the gut is a big, big player in what we are seeing. And it's usually, for me, one of the first places that we're going to look because of its impact on the immune system.

So much of your immune is based in your gut. But if you have leaky guts, you know, these tight gap junctions that really keep your guts sealed, but if those get inflamed, we get food particles and pathogens and medications and all these things that kind of seep into our immune systems and cause this fire alarm to start going off in the body.

It's really a sign, it's like if your check engine light in your car came on, you would take it to the mechanic to figure out what's going on. You wouldn't just ignore the symptoms.

And so it is very much the same thing. We are looking at this as this check-engine light. So the gut is a huge place for us to start. It is so impacted by diet.

I think so many parents out there who have kids that struggle with tics, Tourette's, ADHD, all of these things, have really kind of been told diet doesn't matter.

but we're eating these foods every single day and it just, it impacts our brain. It impacts the nutrition that we are getting. If you are eating cokes and spicy chips all day, you're not getting the nutrients you need to be able to make those neurotransmitters or to detoxify from all those toxins you getting from your credit diet.

So yes, that really does make a difference when we start to look at everything holistically as a whole. What are all these impacts that are causing stress on the body?

And you mentioned stress almost every sentence. So you're really looking at the stress response as well. I love that. a colleague of mine had connected with a company that creates neurofeedback equipment.

And this gentleman literally created a stress response test. He asked me to come and help teach primitive reflexes through that model, right? But the Moro reflex, which I feel like is the enchilada of all reflex is, it is arousal, its CO2O2 reflex.

It is this sympathetic nervous system. And I couldn't agree more. So what's your approach for really looking at that stress response? And tell me how you approach it.

Yeah, I approach through, look at four different stress responses. I'm looking environmental. What is in your

environment that might be causing stress?

What are you eating your food on? what are cooking your foods on, what do you cleaning your home with, washing your clothes with?

Gut Health, Stress, and Environmental Triggers

These are different things that we are looking at from this environmental perspective. Is there mold in your home? Like is this a stressor on your body?

And then I look at biological stressors. So, you know, is there something going on in you gut? Is their a parasite? You don't have enough short chain fatty acids?

Are you not digesting well? So that's going to cause a huge amount of stress as well. Then we look at physical stress. So many kids, and I kind of feel like it runs the gamut here, is you've got so many kid that just exercise their thumbs, like that's all they're doing.

They're not getting any movement in their day to move the lymph, to detoxify, make more neurotransmitters. Exercise is so important for the gut. And then you have these other kids who are just this kind of extreme sports.

They're doing all these activities all day long. And that's a stressor as well. So looking at that physical stress and then mental emotional stress. I mean, we as adults think about, oh, well, you know, my boss is a jerk or whatever, and we have this emotional Our kids also have this level of emotional stress.

So is there a bully at school? What, you know, homework do they have to do? But also looking from, and this is really important for me and something I've noticed through the years, is that what is the stress level coming from the parent?

Because if you have a parent who's so anxious and so stressed and is just constantly watching these kids with binoculars for anything, symptom that's out of the ordinary, They feel that and they're stressed from that too.

So it's very impactful. For me, it is looking at these four stressors. We use some functional lab testing to kind of analyze internally the gut, that sort of thing.

But really, what are those factors? It's different for everybody. Everybody is not the same. Have you heard of genomic testing? I am also a genomic specialist.

Oh, that's great. I have a Genomics training course that will actually be coming out through functional diagnostic nutrition later this year, but it's a huge game changer for me and I love genomics.

I do too. I've been utilizing it in my practice since August of last year. And I am amazed at how it matches the individual. But the one thing, and I'd love your take on it, the thing that keeps coming up, I would say probably 99.9% of the people is benzene.

And that comes from gas stoves and gas water heaters. And I look at every person, I go, you got a gas stove? And they go yeah. It almost becomes some of these things that people can't even imagine.

replacing, but wonder if that a trigger and if this person has a mutation and now that's part of the epigenetic panel for them that is literally changing them.

Have you run across some kind of environmental thing like that that so common? What do you tell people? How do they respond? Yeah, you know one of that most common things that we're seeing, so we test one up the genes for mold sensitivity, And every time we see this gene for mold sensitivity, I look at about 55 different genes.

But every we this come up and we these kids who have these homes that are toxic mold and mycotoxins, we have

to have this discussion about how important it is to get them into a cleaner environment.

And yes, mold is going to impact so many people in general, but these are just so extra sensitive. So yes I see so environmental factors that can kind of drive these issues for these.

Like when you start to look how well they make glutathione and, you know, they live across the street from a pesticide plant or, things like that. It's really impactful to see that epigenetic piece and what it's doing to our kids.

Well, I'm getting very, very concerned about the environmental. And I think about I am 65 years old. When I was a kid, There used to be this pest control truck that used drive down the road and spray this white fog.

And we were kids and we made a game out of beating the fog, so we we're outside when this was going on and then we would lay down in the grass And I can only imagine what in the world I have been exposed to.

But have you found that today we're not as durable as we appeared that we were before? Do you find that too? Absolutely. And that truck still drives down the streets where I live.

Oh, you're putting row inside. I tell parents frequently, we live in a toxic soup. I mean, there's so many chemicals on the market that we're just grandfathered in.

There's never been any testing. We don't know a lot about it. But you know, you have the pesticide fight where you And they're going to replace glyphosate, but they just replacing it with something that's equally as toxic and kind of just as dangerous.

So I think because we live in this toxic soup, I see so many of these kids who, you know, 50 years ago would have been so much more resilient, But they are exposed to so may more things in the environment.

The stress levels are higher. You know they going school in moldy buildings, these kinds of things. I feel like it's just this perfect storm that creates so issues for these kid.

Well, and then you have to think about the parents, right? The parents. The grandparents. Everything that's just kind of been passed down. And then, you know, now they find hundreds of chemicals even in the umbilical cord at birth.

Oh my gosh, so it's like, what's the fighting chance? So, you know, it sounds like to me you really focus from this biologic approach. Would that be correct?

Am I framing you correctly? You are totally correct. It is definitely a biological approach, but it is a biological approach and completely re-educating the families that we're working with because I didn't know any better.

Like I did not know. I mean, I was a fashion designer and had went back to school to relearn everything I knew about health and wellness because I don't what I know and now I have so much knowledge from all the study.

And so now it's so of this re-education of parents that this is what you have to understand. You know, this toxic, that is toxic. Do this. Don't do that.

Wow. First of all, there's many people that come to mind. And I think it plays a part in other things too, like even eczema when the body can't get the toxins out properly and these poor little kids are just covered head to toe and their skin is now the biggest filter known to mankind.

What do you think about our teenagers? You know, unfortunately just even had a conversation this morning with a mother and maybe it's more older teens and young adults.

I may not even have the age group right, but there's so many kids that are taking their own life. Do you find any connection with the work that you've been doing?

I absolutely do. The mental health piece is extremely huge for us. And, you know, what I frequently see is there is, one, this higher level of inflammation.

So when we think about, your brain and we about how your body reacts, and when you think of your mental well-being, it's not just the brain. It's all these other factors that impact the brains.

Your nutrition, diet. I can really speak from the fact that When I was a teenager, I definitely struggled with mental health issues. And it wasn't until I, was an adult and I found out how badly gluten impacted my brain.

I cannot tolerate it. My son cannot eat it, but how much food impacts your mood and your wellbeing. Yes, these young adults and these teenagers who are just eating garbage all day, five meals of fast food and they're not getting the nutrients they need.

Yes, that is going to impact your mental health. And I think that there needs to be a broader, bigger conversation about it's not just mental.

Genomics, Mold Sensitivity, and Toxic Exposure

It's what feeds into your health as well. What are we doing on that biological level to support your. no offense, but I can't even stand that word, mental health, because there's such a negative connotation to it to where we don't feel comfortable talking about the things that are really struggling us.

And, you know, especially we all have this point of reference of since COVID. But I mean, that was a real eye opener for everybody. You know, it's kind of like even before you and I hit record button today, we were like, okay, are we both on the same page?

And I am totally okay if somebody doesn't agree with me, because I have a set of circumstances that are mine, and you have set a circumstances, that is yours, but wow, all these different perspectives for families and with all of us out there, like the work you're doing, the works that I'm doing.

You know, there's a plethora of people that you can connect with. So tell us about your virtual clinic. I love that I went and looked at you on Facebook and I found your virtual clinic.

I think that's so great. So tell us about your Virtual Clinic. Yes, so we help families look for the patterns and the problems that are creating these symptoms in the kids.

So it's done online. We do a lot of functional lab testing. So we send, you know, genetics testing, we sent stool pathogen testing we some urine testing all over the world to our different clients.

And the really cool thing is that we can do it all virtually through zoom. so you and I doing a podcast interview, Georgia, I'm in New Mexico, but very similar.

and so we take all that data, the lab gets the results, We analyze all the data. we do all of our meetings on zoom, and then we really take parents through about 12 to 18 months of separate protocols.

So when we see results, I can look at this 30,000 foot view and see all of these things and all these patterns that really connect the dots as to why these kids are experiencing what they're experiencing.

But you can't just throw everything at them and be like, here, do this. We have a very structured program where we take families through individual protocols, so what we are creating and teaching families is based on the individual.

It's not a one-size-fits-all approach. this is your biology, this your body, your environment where you live, how it's connected, and then we take them through 12 to 18 months of different plans, protocols, lessons, training to help them get their child back on track.

That's wonderful. You're in New Mexico? I'm in Mexico. What brought you to New Well, I've kind of always been here. Oh really? Yes. So I went to high school in El Paso, Texas, but my parents lived, one lived in Al Passo, and one in Las Cruces, New Mexico, which are only about 45 minutes apart.

And so I came here for college. My husband got a job here, he just retired and we have been her ever since. Wow, that's great. What kind of place is it?

What's the weather like? what's, the environment like. So it's desert. Okay. It is hot most of the year. so right now, you know, we're 90 degree weather.

We had a great rainstorm last night, but not a lot of precipitation. It's just the hot, darn desert. I'm a cold fan. I really love the cold. That just really, well, it really works well for my curly hair, too.

It works for well my curly hair too, and straight today, but I have very similar curly here. However, I love to heat, but it's dry heat. So it not like it gonna get poofy, you know?

Yeah. Mine grows like a chia pet, is what mine does. So okay, we've kind of talked about ticks. What do you find with kids with attention issues? Because that's the other thing.

But what is it like one in five kids get some kind a label? I can't stand labels either. I believe there's a reason why. These are just labels, but they don't tell you why?

What have you found with your work that really starts to pull apart what's going on with the attention Yeah, attention issues fascinate me because my first PhD was in holistic nutrition.

So really looking at how much diet applies. Here, for example, in New Mexico, everybody here qualifies and gets free breakfast. When you start to look at what the free-breakfast consists of, it's things like crumb cake and fruit punch.

Well, when you look out what you need for attention, protein, because protein is rich in amino acids and we need those amino-acids in order to make our neurotransmitters.

If we are starting our day with crumb cake and fruit punch, we're not getting the nutrients we need to be able to sit down and focus and function. And it's not just, you know, the free school lunches.

I'm not bashing that at all. But we do it as parents at home. We're like, here's your fruity pebbles and your orange juice. Now go to school. So one, have to look at how do we start the day?

Have we even gotten any sunlight? Do we just go from inside to inside? What kind of physical activity are we doing? So one, we have to look at that diet lifestyle piece when it comes to attention.

But also from the genomic side, We can really look what nutritional deficiencies these kids might be struggling with it. We could add things in to help them improve that focus and function.

So, you know, if they don't methylate well, so they're not utilizing folate, well they were not going to make neurotransmitters well. But we also then have to look at, well, how well are they making neurotransmitters?

So it's all connected. But when we start to apply this holistic diet lifestyle with the genetic piece, we get some really powerful movement in helping these kids with their attention.

Yeah. I think there's so many pieces. that we have a lot of therapies here and I think all of them are absolutely fabulous. But the thing that makes it all stick is the fuel.

And if you don't have the right fuel, I could be so fantastic at neurofeedback, developmental exercises, eye exercises. But if they don't have the fuel, it just doesn't stick.

Mental Health, Energy, and Nutrition

And at the end of the day, that's what it's all about, is that you've got to feed this body correctly so that can make the fuels so you can have ATP, so can you have energy.

So, two things come to mind. One, ever since about 2019, I have really seen kids don't have the same level of energy that they used to have. And then also, I think one of the hardest things to get parents to really understand and be on board with and do is the food piece.

So what do you think about energy and trying to give parents do really work on these nutrition programs? Yeah, well, sometimes it's difficult to get parents on board.

But you know, one of the things that I have seen, especially in regard to energy with my own clients is the people who got COVID and or the vaccine have a lot of issues with iron storage.

And so their energy because you need iron to make all that ATP. Their energy is so depleted because that iron has been locked up by this infection. And so we're doing right now some work around that with these kids that I'm seeing this low energy, but also really talking to parents.

Parents are so busy. I don't have time to cook breakfast. So then it becomes a conversation about, well, what can you maybe meal prep on the weekends that you can give your kid a good, you know, breakfast, here's some eggs for you and some bacon that maybe you don't have to get up and cook on Tuesday morning, but you have some kind of plan.

So what Can you plan in your free time to make sure that your kids is getting the nutrition they need to fuel their body to function? And sometimes, it's a Well, my kid loves cocoa pebbles or whatever.

And I'm like, well, don't buy it. Your kid doesn't have a job. They don' have car. Just don have it in your house. Sorry, we're not eating that. But you could have this beef jerky and you can have the orange and don"t have in the house so it really is this re-education because parents are so busy and they sometimes become overwhelmed with, how do I do this?

Let's make a plan. Well, I think that would be really good for our audience is to, we understand, that you're busy, but if it's really what you want, if you really want to accomplish these things, You got to realize there's a learning curve.

You gotta realize you might have to dust yourself off a few times and start over. One of the podcasts that I did recently, I really highlighted that point of sometimes you can pick up from a parent that either they might not tell you everything.

or they really have fallen off the wagon and they're afraid to tell you because they think you're going to be mad at them. And I know for myself, and I can feel that energy from you as well, is that I look at my role as a coach.

And nobody's perfect all the time, but if you don't step in and allow some help to come in there, it's gonna be really difficult for you to succeed. And I think one of the things that I really get discouraged for families more than anything is that, you know, its resources, It's time to do this kind of work.

and we really do want you be successful. I am a huge advocate for meal prepping, but I really love what I learned from another person that was on my podcast, which I thought was a really good point, was really plan it and don't let those foods sit in the refrigerator for too long because you're going to get too many histamines developing.

So you got to also plan it out that you are actually going use the food. And I am a huge advocate for kids eating hamburgers for breakfast. Have a hamburger.

Are you too? Yes. or cook sugar-free bacon. Do two to three packs of it at a time. Fat bombs, savory and sweet,

and prep it with your kid. You can turn it into a math lesson.

So why don't you highlight maybe two or three things that you think would really help parents be successful with some of these struggles, especially around the food.

My biggest tip for parents is that if you plan it and you start making the changes, cooking differently, in two months, so 60 days, It will become second nature.

You will not have to think about it anymore. you're going to know what recipes your kids like to eat. Your going know recipes you like make. your going going what ingredients you need that are the clean, safe ingredients.

And so in two months time, you are going be in a completely different space than you were starting today because it becomes second-nature and so many parents are like, You are so right.

It becomes 2nd nature And another thing that I really love, and this is what I've kind of taught some of my clients to do, is AI can be a fantastic resource for creating recipes.

So you go in your kitchen and you're like, I didn't plan it. I don't know what. And you can say, okay, act as a five star Michelin rated chef. And I have onions and hamburger and diced tomatoes and whatever garlic, whatever other random thing, make me a recipe.

And so we do this frequently. At first, I was like, these can't possibly be good, but they are really, really good. They're great recipes. So it's a quick, easy way.

You get a free GPT account and you can plug that information in and get new recipes and I love what you said about do it with your kids because that's something I frequently teach is You know, there's so many kid-friendly cookbooks you can get.

Make it fun, make it enjoyable. It does not have to be drudgery. Yeah, I would tell the parent, get some chef hats. And especially if you have more than one kid, have one kids gets a Friday night with a parent.

They cook the dinner and then the rest of the family can hold up scorecards from like one to five, five. I want to have this one again. One, please don't ever make this again, type of deal.

Turn it into something fun. Everything doesn't have to feel like it's just like getting a tooth pulled or something like that. I'm going to ask you another question and I hope it is okay.

But I think it kind of important because I really think you have a wonderful perspective and insight on toxins. So do you ever wonder about the streaks in the sky?

Practical Food Strategies for Families

Oh, the contrails. Yeah, so I have looked at that. And, you know, is it possible? I mean, I am of the opinion that yes, it's totally possible that we have these chemical exposure from contrail.

But I also have to look at it from the perspective of How big of an impact is that compared to the other things that we're exposed to right here on the ground?

So like the herbicides, the pesticides, and the cruddy things we are eating on a day-to-day basis. The chemicals we clean our homes with. And so I feel like very much you have these people who are focused on toxins from the contrails.

Yeah, but What are the toxins in your own home? Are you cleaning your house with bleach and pine salt? What is that toxin exposure on the level that you're living in?

Because you are here every single day in you house, what are those daily exposures? So yes, I definitely think that there is probably an impact, but for me it's how big of an effect compared to everything else that we're dealing with.

Well, it's probably just shoving us in the ground. I think the thing that I find very interesting, I've actually been following these for about eight years, and it used to be once in a while.

Now it is every day. And the other thing that I have noticed, I used to call them truth bombs over on YouTube. And I actually did one on that and I connected two documentaries to it.

Because one of the things that has come up is more people have ringing in the ear. ever since the intensity of these have increased. It's not an isolated thing, though.

What connects the dot for that is that it's actually aluminum coming down. And sometimes you can actually see it to where it looks like it is raining.

But once it hits the ground, it becomes radioactive. That's what they have connected to the ringing in the ears. The other thing is, is they call it, oh, what was it?

Oh, sun dimming, that it's putting a film over the sun. And so the other that keeps coming up in the majority of the genomic tests that I'm doing is the kids have mutations against vitamin D.

So, you know, I'm right there with you. You want them to get sunlight, but it's like, what do you do to actually be safe and get what you think that you're actually getting?

I just had this conversation with my husband the other day because he's, like… I saw this thing about sunscreen and I'm like, yes, dear. Uh-huh. I've been in that thing for sunscreen forever.

Yes, about sun. He was like how do you know you're getting the right vitamin D? I said, well, there's multiple factors. There's one, are you fair skinned?

Are you darker skin? Do you have the variants or the mutations for VDR or GCP? What are these different things that we're looking at? And so, yeah, it's really hard to determine what that right amount of sun is.

But I'm like, well, don't go out in New Mexico at noon with your shirt off because you're going to get a sunburn. Go out earlier in the day and get that vitamin D.

Take a supplement if you have a variant or mutation. So, definitely looking at so many factors that really are affecting everyone. Yeah, I understand too.

You got to start somewhere and trying to get the first stages of things to move the needle I think is probably the easiest way to then get people on board.

to turn it into a lifestyle. Would you agree? I totally agree. And I tell people frequently, you cannot change absolutely everything. If your city is spraying pesticides, I mean, can fight them.

But bring your kids' toys into the garage or into their house while you're spraying. take them outside after, spray, hose everything off, you know, looking at what you can control in the environment that you have at the time instead of, I have so many parents who are like analyze every single ingredient in food.

And I'm like, listen, meats, fruits, vegetables, the whole foods, instead focusing on what's in this package, You don't have to think about that anymore.

like keep it simple. 100 years ago we kept it simply and we ate far less sugar and I think that is another hugely impactful thing is the oh yes the amount of sugar yeah yeah well and if we go if try to overly do everything all at once your own stress response as a parent or as an adult is really going to skyrocket and it's going the purpose of

the changes that you're trying to make.

Absolutely. Well, I have so enjoyed talking to you. Tell us how we find you, what one pearl you want to leave with everybody before you go, and definitely stay cool over the summer.

Contrails, Sun Exposure, and Final Advice

Yes. So you can find me at regenerating.health, so not.com,.health. There is a link if you're interested in working with us as well. You can us on Instagram at Regenerating Health, on Facebook at RegeneratingHealth, and then also we have a private Facebook group called Tick Disorder Secrets, a natural approach.

So what I would love parents to understand is your child's symptoms are not random misbehaviors or evidence that, you know, they're broken. They are signals from a nervous system that is struggling to adapt to stress underneath the surface and in the environment that you are living in.

And so I have to start looking at them as clues instead of a way to give our child a label. Well, from now on, I'm going to call you Sherlock Holmes. I love that cues.

Okay. Well thank you so much, Dr. Gibson for being with us today. It's really brought some great information to my audience. Listen, you heard this podcast.

There's lots of tidbits in it. So, if you know of somebody that can really benefit from this information, please share it. Subscribe to the podcast because we're always putting out new information.

Remember, we've got two free events, the first Saturday in June and the last Saturday, in The first one is for parents, come by the office 12 to 1 for a primitive reflex workshop, really help you understand what's in the background of a Primitive Reflex.

And then the last Saturday, again, one hour, 12-1, it's the Babysitting Club. We're gonna work with anybody, whether it's a grandparent, a parent, or a young person that maybe is working with a child or taking care of a children with any kind of special need.

We are going to give you some ideas of how to work them because my goal is I want mom and dad to get out for a date night. So if you want to come by, go to the website, the resource tab, click on events and get registered.

Thanks for tuning in today and as always, be blessed. Thanks for listening. I hope today's lesson will help you or someone you love. Do you have a question or just really want to talk to somebody about brains?

Connect with me over on Facebook or Instagram at Connect My Brain. Looking to understand and optimize your particular brain? Check out connectmybrain.com for course information and resources.

See you next class. you