



**Building a Healthy Child
May BioBites Audio Transcript
May 7, 2024 – Dr. Melina Roberts, ND**

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I'm so happy to be here on this monthly edition of our BioBites presentation and if you're new to BioBites, 1st of all, I'm Jessica Frank.

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I'm the biological medicine program manager at the Marion Institute. So happy to be here today. BioBites is our monthly free educational series.

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It connects you with some of the foremost experts in alternative health, natural healing, biological medicine, speaking on key topics related to wellness and empowered health.

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So before we roll into our presentation today, just some housekeeping first. I'm inviting you to keep your mics muted.

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We do record this video, which is really great because you'll get a copy of the recording later.

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Please keep your muted for the presentation. But I'd love to hear where your phone where you're calling from or logging on from.

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So in the chat function, tell us where you're located. That's great. Second there are 2 parts of today's presentation the 1st half is dr.

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Roberts talking to us about building a healthy child and the second half will move into kind of a Q&A and for that you're welcome to chat into, or ask your question into the chat and we'll keep tabs on that and get to those in the second part of our presentation.

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And 3rd go ahead to announce our next BioBites. That's going to be held on June 4th

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Again, 12 noon Tuesday Eastern time. And this episode will feature our very own Rita Higgins and she'll be discussing bringing it home how at home gardens fight climate change the intersectionality of food health environmental health and human health.

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So make sure you're getting our emails and of course following us on your favorite social channels and we'll also share that registration link in the chat during the program.

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After the program ends, you'll receive some resources. Again, the presentation slides will be sent to you plus the recording and an audio version as well.

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Maybe a few bonus resources too. So, okay, without further ado, today's topic is all about how to be preemptive and even proactive when it comes to the health of our children.

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Here to break this down for us is Dr. Molina Roberts, the clinical director of advanced naturopathic medical center in Calgary, Canada. Dr.

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Roberts is recognized as one of the top biological medicine practitioners in North America and was selected to be a lead North American lecturer for the Paracelsus Academy and is a lead lecturer for Biomed International.

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Dr. Roberts is also TEDx, be a TEDx speaker at TEDx Queens Village in New York.

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She was recognized as a top natural pathic doctor by the International Association of Healthcare Professionals in 2,012.

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She's a leading authority and European biological medicine in incorporating the most innovative technology to treat complex chronic disease.

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Women's health issues, hormonal balancing, pediatric health, digestive disorders and cancer.

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The Advanced Natural Pathic Medical Center, her clinic was awarded the Consumer Choice Award for Natural Pathic Medicine in Calgary in 2,017 and 2,018 and I'm going to keep going with some accolades here.

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She's published author of the book building a healthy child, has articles in scientific journals and magazines like the Clinical Journal of Sport Medicine, Townsend Letter.

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Food Matters, a live magazine and impact magazine, and she's been featured in ABC, NBC, Box, CW, CBS.

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Canada News Journal and many more. Last but not least, fun fact. Dr. Roberts is a black belt in karate and a 3rd degree black belt in Taekwondo.

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Yeah.

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Okay, so we are real lucky to have her and I can't wait to hear what she has to say about building a healthy child.

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So, at this point I will hand it over to you.

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All right, perfect. Thank you so much for having me. I'm hoping everyone can hear me well.

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As I set up the presentation. Yeah, hopefully sound is good. And that that works, right?

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Looks great. Sounds great.

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Alright, perfect. Yeah, so we're going to be talking about building a healthy child, but I'm also, you know, going to touch on how are we going to actually build health so we can truly prevent chronic disease.

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And, you know, in our ideal world, if we can build our children's health Okay. Correctly from the beginning, then we can prevent chronic disease in their future.

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And so this is this is really going back to instead like truly preventative medicine if we just want to make sure that instead of that, instead of just treating chronic disease all the time, but going back to how can we prevent all of these problems from happening?

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We got to go back to Like you could even go back before pregnancy all the pregnancy stuff that you want to do ahead of time but then we've got to make sure that we're taking care of our kids self.

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So that's really what I'm going to be going into today.

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So, Jessica did a wonderful job. In doing my intro, so I don't really need to go through this again.

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But I'm a naturopathic doctor and I've been practicing for about 20 years now, believed or not.

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So my story, like most people's story, have a personal journey behind it. We all have a personal reason for why we do what we do and this is my story.

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So my story is that I was a kid who had really bad allergies and eczema. And I'll go into that a little bit more because this is actually one of the reasons I became an naturopathic doctor was that when I was about 13, a family friend said to my parents, you know, he's taking her to see a naturopathic doctor.

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And they brought me to see an natroopathic doctor and within a few months of seeing this doctor and following his plan, all of my allergies and I'm a cleared up.

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So to me it was like magic. I didn't really understand how that all worked. So I was pretty amazed and that really was my personal experience of why I ended up going into naturopathic medicine in the 1st place.

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We'll fast forward to graduating practicing for a number of years, then becoming a mother.

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And wanting to make sure Take some steps to make sure that my kid didn't have to go through the same health challenges that I went through and wondering, is there a possibility that I could prevent this in my kid?

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And as a practicing natural path, as well as Do we need some specialized training in biological medicine?

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I had come to know that like that, that's the key to health, lied in the gut.

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And I had had patient parents in my practice who'd bring in kids and they'd also be wondering, can I prevent food allergies, sensitivity?

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Digestive discomfort. Sort of regular illnesses in their children and how how can they do this and What I realized was that there was a way.

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There was a way for us to be able to really avoid food allergies and avoid all of those childhood ailments.

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And so I was able to apply this to building my daughter's health from the ground up, but also to help lots of my patients to be able to do that for their children, to be able to build, build health from the beginning.

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So this is my journey and I'll go into it a bit more. Go into some background of that and so after I graduated from the Naturopathic College, I did a two-year program with the parasols clinic and I basically did a deep dive into biological medicine.

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So the parasols clinic is a clinic at the time was run by Dr. Thomas Rao in Switzerland.

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And so I got to learn so much about this different approach to medicine and it did overlap a lot with natural pathic medicine in that the philosophies behind it were that the body has an innate ability to be able to heal itself.

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We just, but the differences is that biological medicine really focuses on that we need to set up an environment that allows it to do so.

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And it's a really systematic way of looking at health because what you want to do in order to get the body to function properly, you need to do 2 main things.

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You need to identify and remove stressors from the body and then we need to improve organ function. So those are the like the 2 main things that we're doing both biological medicine.

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But there's also. 2 major tenants of biological medicine. That that are really important for how the body functions.

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So the 1st one is adaptability. So how well our body is able to adapt to stressors in its environment either internally or externally and how well our body can adapt to those stressors.

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It actually dictates how well our body is able to heal. So our adaptability, our self-healing, self-regulating mechanisms are really important.

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And that's really how I define health. Health is health is how well our body can adapt to stress.

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And just in the quarter there, one of the ways that we assess that adaptability is with a test called heart rate variability.

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So the better better our bodies are in terms of adaptability than our heart rate variability is in a more coherent aspect.

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We're, we're better at self-regulating. If our body isn't adaptable, then we have incoherent.

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And so you will see that we will see that in our testing with something called heart rate variability testing.

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And then the other thing that biological medicine really focuses on is terrain. So that's the area around ourselves.

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So the extracellular matrix and this extracellular matrix is what actually dictates the health of our body and dictates and guides our bodies ability to be able to self-regulate.

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And really our focus is always on terrain which Which always is so interesting to me because we always have to be looking at what is influencing that terrain.

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The analogy I love to use is that if you have a plant that is sick. You don't do anything.

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You don't manipulate the plant in any way. In order to help it to regain health, you change the soil.

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That that plant is in in order to help it to regain health. And that's the same thing that we do with human health.

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Human health is all about cleaning up the terrain. And if you clean up the terrain, then we can have healthy cells.

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And one of the ways that we look at that in our clinic in biological medicine is we do something called dark field microscopy.

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So we look at the life blood cells underneath the microscope and we actually get a glimpse.

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That internal environment is looking like.

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So. Biological medicine, I think that that what we really learn in biological medicine is this. Is understanding that health really begins in the digestive track.

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Right, so. You'll hear these from hypocrites. You'll see that food is our medicine and medicine should be our food that all disease begins in the gut.

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And this still holds true today. And I don't think that we actually. Give it enough in terms of health that that we always need to be focusing on the digestive track.

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So you'll hear me say that a lot in this presentation because it's so important in terms of building health.

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Hmm. Okay, there we go. So yeah, digestive health is really the key to long-term health.

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If we want to build health in people's bodies, we need to focus on making sure that we take care of their digestive track.

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And so in my practice, what I see, I treat a lot of chronic disease, cancer, complex chronic disease.

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So it's and any time anyone comes into my clinic I'm always my focus is always on making sure I take care of their digestive track.

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So we are literally what we eat and our body has the ability to be able to absorb. So we convert the foods we eat into every cell, tissue, organ of our body.

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What we eat and What we eat becomes every cell of our body. So what we eat and how well our digestive tract absorbs the nutrients from the foods we eat dictates the health of our body.

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The better shape our digestive track is in, the better health we are in. So this is really key to understanding.

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Long-term health. If we want to build long-term health, we got to build it in the digestive track.

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So this is the importance of the digestive tract that comes down to 4 things that make the digestive tract extremely important.

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One is absorption. So, we absorb the nutrients from the foods we're eating and that's the building block of all the different cells in our body.

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So we have to make sure that that digestive track is working well so that we can properly absorb nutrients.

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The another thing that that digestive track is important for is a elimination. So. We need to be able to eliminate things that our body doesn't need.

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So including toxic loads or anything that we've taken in that our body is trying to dispose of.

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We need to make sure that our bowels are moving well. This is an important part of the digestive track.

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And they need to be moving. You know, at least one to 3 times a day. I will always be asking my patients about their bowel movements because a elimination will tell me a lot about what's going on in that digestive truck.

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So elimination is an extremely important part of how this digestive track works. The other part is understanding that it's a huge barrier.

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So it's our, basically our barrier to the outside world. And that barrier is actually not very huge.

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Like the lining of our digestive tract is just one cell deep and then on top of that digestive track is our microbiome.

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So it's those microbes. So this is our barrier to the outside world. And so we have to make sure we really take care of that.

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Microbiome and that lining of the digestive track, they need to be working really well in order for our digestive tracks to be working well.

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And the other part that plays a huge role in terms of our digestive track is that a 80% of our immune system is housed in our gut.

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So we have to make sure that our our digestive track is working really well in order to have really strong immunity.

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Because right on the I talked about the one cell deep. Lining of a digestive tract on the inside of that.

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Is where. A large amount of our immune cells live. One of the huge ones that live there are the gut associated lymphoid tissues.

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So the gulf and these lymphatic, this is a big part of the lymphatic system, it's a big part of the immune system, but that's the part that's saying, okay, should we let this in or do we need to break it down.

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So our immune system is a huge part of why the digestive tract is so important.

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So here's some statistics for you. And one of these is like right from the CDC and you can see it right here.

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It's 40% of school aged children in adolescence have at least one chronic health condition.

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So that's pretty high that our children are having chronic health conditions. You can see here statistics, food allergies are on the rise.

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And asthma's probably the most common emergency visit in Canada and like about 12% of children have asthma.

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Disease is actually really high.

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And the other statistics for adults is that chronic disease itself is on the rise. So we'll see we see increases in diabetes and heart disease and cancer.

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So these are all increasing every year.

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And what's so you know you get the doom and gloom but what I want you to understand that we have the ability to change these statistics.

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So we have the ability to be able to prevent chronic digestive disturbances in our children.

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So abdominal bloating gas constipation diarrhea colic

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Prevent common childhood issues. So the things that we see so commonly in our kids and we think that this is normal, but we can be preventing this.

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So allergies, eczema, air infections, asthma, mood swings, irritability, behavior problems, you know, the ADHD issues.

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And, and then preventing chronic disease in adults. And this can all be changed by how we feed our children.

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So we also have a big responsibility as parents too. So we have an ability to be able to build a solid foundation for long-term health.

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Now, this is, I don't know if anyone's heard of the potting jer cat study, but it's really interesting research.

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And what they found with these cats was that if they give these cats a diet that is not ideal for their digestive track, then these cats will develop all sorts of allergies.

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And then if this diet is continued for the second generation, then the incidence of allergies increases and by the 3rd generation the instance of allergies is close to a hundred percent.

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So this really just shows the generational problems with eating a diet that is not ideal for their digestive tracks.

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And the comment I'll often get because these are cats is is both tell me more about like what's what's happening with humans.

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So what they've shown it in its in humans, it's hard to do that kind of generational study that they're able to do with cats because we have longer lifespans, so it's harder to do that.

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But what they have found in human studies is that if a baby is fed breastfed exclusively for the 1st 4 months that there's a reduction in the incidents of allergies.

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If there's a early diet of real foods like fruits and vegetables and healthy fats, then the incidence of allergies decreases.

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If babies are giving early in life that the incidence of allergies decreases. So these are different things that I also have implemented into my plan.

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So my food introduction plan. Encompasses like 3 discoveries. That I came across that are the foundations of my food introduction program.

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So one is that we want to build a healthy microbiome. Oops. We want to support proper child development by introducing foods in line with organ maturation.

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And we want our children to be eating real nutrient dense foods and to be avoiding processed chemically latent foods.

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So really from all the data I've seen out there, there is no food introduction program that takes all of these concepts into consideration.

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So talking about the developing microbiome. So the microbiome is that ecosystem of bacteria and fungus that live within our digestive tracts.

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And this microbiome is really essential for how we process nutrients, proper immune function, preventing disease progression.

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And the microbiome in order for it to be healthy, we have to have diversity of those microbiome.

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And we also have to have balance of what we call the healthy and unhealthy bacteria. So that's what helps to make that microbiome as healthy as possible and can determine overall health in luggage.

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And how that microbiome becomes colonized is 1st of all from a from a vaginal birth, what they've shown in studies is that a baby who has a vaginal birth compared to a baby who has a c-section that their microbiomes are completely different.

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And the other thing is is that a baby who is breastfed versus a baby who was formula fed have very different microbiomes.

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So that's the 1st way that the digestive tracts, those microbiomes are colonized.

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And then the next way that they're colonized is by how foods are introduced.

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And the what what I found so interesting was that we actually build this unique foundation of microbes. Between age basically between birth and age 3.

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So we had this window of opportunity to build this foundation of their gut flora.

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So the other concept that my plan is based on is on something called otogenetics. And otogenetics, what it is it's the study of human development from embryo to adulthood.

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And what happens is that our organs begin to develop in the womb and then they reach full maturation at different stages outside the womb as we age.

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And so we need to be introducing foods in line with how these organs are maturing.

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So one of the key ones is that our, when babies are born, their digestive tracks are hyper permeable.

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So they will absorb really anything that comes into this system. So we need to actually be really careful with what we introduce into their digestive tracks.

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So ideally it's something that's highly nutritious. Like breast milk.

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The other thing that in terms of development is that the blood brain barrier is not fully developed until 12 months of age.

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So we have to be really careful again what we introduce in those 1st that 1st year of life because it can be crossing that potentially crossing the blood brain barrier and affecting our nervous system and brain development.

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And this is also a really important one to me is that the pancreas doesn't reach full maturation and the pancreas is what releases enzymes to help break down grains.

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So it doesn't reach full maturation till around 2 years of age. So we really shouldn't be introducing grains until age 2.

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So that's this was is really important and it's a tough one for parents to take in because of all of the, I'm going to say information or misinformation that that they've been told for sure, you know, for either like my pediatrician told me I can do this or, you know, like someone that they really respect in the food introduction and taking care of their baby.

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Information is that they often get told that the 1st foods to introduce should be cereals. But really our pancreas hasn't reached full maturation so we can't actually fully break down those grains.

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So we should not actually be introducing any sort of grains, including rice, until after 2 years of age.

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And then the other one that's important to understand is the liver. The liver doesn't reach full maturation till around 4 or 5 years old.

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And even when they're 4 and 5 years old, they, their liver still not working at.

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Adult capacity to what kind of toxic loads their systems are able to handle and manage. So we ought to be really careful with the kind of toxins that we're introducing to our children.

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And then the other one is that our immune system doesn't reach full maturation till age 7.

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So. Like, yes, so in terms of, how our, so our immune system is just constantly coming across, coming across infectious agents or coming across viruses and then being educated.

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So it has to mount a response and then it then it then it can. Mount that response really for life.

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So throughout those early years, that's when kids are getting sick a lot. But it's okay for them to be getting sick because their immune systems becoming educated.

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So we have to just realize that even in terms of foods that that immune system is becoming educated. So we have to give it time.

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To be able to become fully educated. Okay.

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And the other concept as well. Is that since the beginning of time, Our bodies have been hardwired to break down real food.

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And I think probably with this audience that makes complete sense to you, but I would say that if you look at what children are eating, most children are eating processed foods, foods that are coming out of packages that are stripped of nutritional value that are fortified with nutrients and really lack proper building blocks in order to help support their overall function.

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So we need to be We need to be feeding our children real food. A lot of our food supply now is infiltrated with chemicals, so it's sprayed with pesticides, herbicides, insecticides, so it's sprayed with pesticides, herbicides, insecticides.

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It's injected with antibiotics, hormones, preservatives, food additives, dyes.

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You know, just look at the label. You could see that there's tons of stuff that we shouldn't be eating.

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Our foods are, have been manipulated, right? So they've been changed, genetically modified, microwaving our foods also changes the structure, the protein structure of our foods.

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And doing this makes it challenging for us to be able to properly break them down properly metabolize these foods.

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So we really need to recognize this and be feeding our children foods that their bodies can recognize and make into useful fuels.

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Now breastfeeding's very important for our growing baby and I know that there's some women who aren't able to breastfeed who aren't able to produce milk and that's usually the pushback I get from this but in an ideal world if we're able to breastfeed, that's what we should be doing because this is the best thing for our babies is breast

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milk. It's the perfect food. It's made, it gives our body the proper nutrient, all the proper nutrients they need to grow and develop.

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And then it also gives our body immune system, immune, like, our, we receive our innate immune system from our breast milk, gives us the nutrients, the hormones, the enzymes, the healthy bacteria to properly grow and develop.

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So I, my recommendation is that we exclusively breastfeed for at least 6 months and that we are breastfeeding for a year.

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And the statistics do show that children who are exposed to cows milk, which is Typically the primary component in most formulas if they are exposed to

cow's milk before 4 months of age that they have a 50 to 60% increase in developing type one diabetes.

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Crazy high statistics really have shown that the statistics that show that breastfeed children have a 8 to 3 point higher IQ than formula fed babies.

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Another reason to breastfeed and then breastfed children have reduced risk of asthma and overall lung function problems.

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So mom's diet during breastfeeding is also really important. This is also a tough one.

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I have patients coming in and they're coming in and they're saying they're saying, oh, my child has colic or my child has eczema or something right and I don't understand how this is happening because we haven't even introduced foods yet and we're just breastfeeding the baby and I have to break the news to them that what mom eats is really important to to

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breastfeeding. So we actually have to go through and change mom's diet in order to improve baby symptoms.

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So mom's diet when breastfeeding is important because anything that mom eats will move into the breast milk We need to be paying close attention to Okay.

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Anything that's happening with the baby from some rashes to wheezing, xima colic spitting up vomiting, painful gas.

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All of these are just indications that the body is trying to eliminate something that it can't process.

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So we need to be paying close attention to this. And really like eliminating any of the allergens from from mom's diet.

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Most common things I say for mom to avoid is one is alcoholic beverages, cows, dairy, wheat, corn, refined sugar, I say should be completely avoided and then limiting things that that are high.

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High potential allergens, which can be eggs, spork, soy, coffee, all of those things are potential problems.

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Yeah, that's sort of, in general. A recommendation.

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And 1st foods. So remembering that infants small intestine is very hyper permeable. So they are able to absorb things a lot.

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Higher capacity than an adult. They're also fast growing, right? So. The intestines have limited digestive capacity due to their lack of development of all the necessary digestive enzymes, digestive enzymes haven't completely been that we're not releasing enough of those digestive enzymes.

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So I talked about that. In terms of like the pancreas. Doesn't reach full maturation until around 2, so we're not really seeing all of the enzymes as well to break down foods.

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So we have to be really careful with how we introduce foods because some of these proteins can be making their way into their bloodstream and this can be causing a number of different symptoms.

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So we have to be really careful about how we introduce those 1st foods. So this is my, plan here.

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And so basically at 6 months of age, you want to be introducing. Hyper allergic vegetables that are easy to digest.

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And then at 8 months we can introduce fruits.

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At 10 months, then we can introduce proteins and tougher to metabolize vegetables.

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At 12 months. Often often women are weaning their baby off of breast milk and so that's when I would say that we can do the goat's milk and then this is also when you do like the more acidic fruits and vegetables, which might be a bit more hyper allergic.

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18 months this is when you do a bit more complex carbohydrate so this is the beans the lentils rice kinoa.

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And then at 24 months so you just want to hold on and wait till the immune system is stronger and more developed before you introduce the the grains and also those more hyper allergic foods like the cows.

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Dairy, the eggs, the soy nuts.

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And then at 3 years of age. Sometimes you just want to wait a bit longer in terms of introducing some of those hyper allergic foods.

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So like one of those major hyper allergic foods that we're seeing a lot in children is the peanuts.

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So I say wait till around the 3 years till we have a better a stronger immune system, more development of the microbiome.

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More maturity in terms of the lining of the digestive track before we introduce those hyper allergic foods.

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Okay. And then some introduction tips. So in terms of introducing new foods, I say to introduce small amounts in the morning, so it gives us the whole day to be able to watch our child and make sure that they're not having any reaction to that food as opposed to giving them a new food at dinner time and then and then they go to bed so you want to so want to be doing it new food in the morning and then

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you're watching them and you're watching if they have any type of reaction. So whether they get a runny nose, sneezing, rash around their mouth, rice rash around their anus, changes in stool, changes in personality.

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So all of those things you're paying attention to because those can all be signs that that food might not be working for them.

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Then with premature babies I say to introduce their foods according to their adjusted age. So, so sometimes, you know, if a baby is born like a month early, then then you don't want to be introducing foods till they are, you know, technically that 7 months of age as opposed to the 6 months.

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And then when we're looking at food, we want to decrease the toxic load that we're doing with all of our children.

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So we want to be choosing foods that are organic, non-GMO, lower toxicity load because they're their livers just can't handle a higher toxicity load.

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So just some case studies in terms of what I've seen in my practice and which is quite common.

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So, and I would say that my, my patients who are the best with following this plan are patients who are already.

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Already a patient like the mom is already a patient of my clinic and understands how I practice and then and then they they follow this plan with their children.

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I find that those are the ones that do the best as opposed to when Patients don't understand how.

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How I work and how the kind of introductions that I do and then they find it really tough to make those changes with the diet for their children and make those changes with.

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Their own diet, you know, as the mom. But this is a case where it was a patient, a long-term patient of mind who had a child, they followed the plan exactly and their son had no allergies, no eczema, no air infections.

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Hasn't been on any antibiotics. So did does quite well and I get to see that a lot, which I love to see.

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And then there was, and I like to give these examples because I know that there's some women who aren't able to breastfeed and so she wasn't able to breastfeed and so for the 1st child they had them on a commercial formula.

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And this child was spitting up all the time, not sitting up, so not reaching their their benchmarks.

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All we seem to have comfortable. So I saw the child around 8 months. And so I just changed the child to a homemade formula.

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And what you could see is that they stopped spitting up, they reached their developmental milestones, seemed healthy and happy.

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And yeah, so we're able to kind of heal up the gut and remove any of the damage that had happened with the formula and now she's a happy healthy girl so we get to see.

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And then. I think we talk about, yeah, and then they had a second child. And so mom's still unable to breastfeed with the second child, but we were prepared and we had her starting with a homemade formula.

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And with that homemade formula. You know, baby was, yeah, no allergies, no eczema, no air infections and not on anti, not needing any antibiotics.

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So, so we can see that even if they're not able to breastfeed that we can get a, we can get different formulas.

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And I'm pretty biased when it comes to formulas is that there's really no good Not many good formulas.

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I'm going to say in North America. The when I get patient I either get patients to do a homemade formula or we get them to get a formula from a goat formula from Europe.

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I believe it's from Germany. And those ones are cleaner sources. Yeah, the formula if someone wants to start a company in North America.

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Making baby formulas that are better than the ones out there. If you read through those labels, it's really disheartening.

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It's horrible to see what they're feeding our children. You know, it'll be filled with like, Canola oils and Yeah.

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A whole bunch of junk so that we shouldn't be feeding our children.

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So. And I think the challenge always comes with like. What if I what if I didn't do this with my child did I mess them up and I was just saying, you know, it's easier to build the body up right from the beginning, but if you didn't follow the plan, there's still hope, right?

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So we still have hope, it just takes more work. So our body is a dynamic system. It's constantly breaking down and building back up.

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We are always making new cells that replace the old cells. Yeah. Like I always find that these are so interesting.

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You know a colon cell is replaced every 4 days skin cells are replaced every is that 2 weeks every 2 to 3 weeks.

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Red blood cells every 3 months are white blood cells. They live for about a year. So we have an entire new body.

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Sells and everything about every 7 years or so. And so that means that if children don't follow this food introduction plan we just have to create in a right environment and give the body the correct building blocks.

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And then we have that opportunity to be able to build the correct building blocks. And then we have that opportunity to be able to build.

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And then we have that opportunity to be able to build that healthy gut floor from the beginning to be able to build that healthy gut floor from the beginning.

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But what I say is that, you know, like we can do it right at the beginning. It makes it, it makes it easier.

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If we can build it correctly from that birth. To age 3, we build them with a solid foundation.

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Otherwise, it just takes more work. Right? It's it's more more labour intensive, but it's possible.

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So this is what we can all benefit from. Is by removing. These 6 foods, which are just major inflammatory foods for all of us.

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And really not foods that are building health in our body. I'm not sure how much time I have.

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I'll go, I can go through these in a bit more detail. But wheat, What's happened over the last 100 years is that they've changed the grain.

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So it's really they've made it so it has a higher percentage of gluten in it and with that it makes it hard for our bodies to be able to effectively break them down.

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And so they become, it becomes an inflammatory food. So weed is a problem. Cows dairy, the problem with cows dairy is a protein in it called casein A.

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One case may one is a protein that's designed for cows digestive tracts not our human digestive tracts so we can't break it down effectively so it ends up causing inflammation in our guts.

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So it's there's also other problems with cows dairy. So there's the casein a 1.

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There's problems that they've been injected with hormones, antibodies, that when they do the pasteurization with the water they basically heat up the water and any enzymes that are beneficial in that cow's dairy really just get killed off.

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So by time it's an end product for us it's really not beneficial for us to be consuming.

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Soy, one of the major problems with soy is that about 90% of the soy on the North American market is genetically modified and that's the same with corn,

about 90 to 95% of the corn on the North American market is genetically modified.

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With sugar, sugar really has no nutritional value. It's increasing. Our our blood sugars.

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And really causing inflammation and inflammation is damaging our cells. It feeds, also feeds the unhealthy bacteria and fungus in our gut.

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So it throws off our microbiome. So lots of problems with why we shouldn't be consuming white refined sugar.

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And, but there are replacements like, in terms of white refined sugars having real maple syrup, raw honey, monk fruit.

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Stevia, those are other replacements that we could have so we can still have sweetness. Diet without having the white refined sugar and then industrial oils.

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So industrial oils are ones that we should also be staying away from. They often get called heart healthy vegetable oils which they are not because they are highly refined.

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Adulterated oils, they use high heat they use. Chemicals in order to extract the oils and so by time they become an end user they are not healthy for us to be consuming.

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They are highly inflammatory in our body. Omega sixes, they can get incorporated into our cells.

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Which makes the cells weaker. So really if we want to be healthy we need to be removing these 6 foods from our diet and so we would all benefit from from removing these.

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Major inflammatory foods and this will help to make sure that we heal our gut and that we can properly absorb the nutrients from the foods are eating and we can start building health in our body.

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And I think that brings me to the end. So these are all the different ways you can reach me or follow me.

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Thank you so much for being here. I appreciate your attention. I appreciate. You being here and I hope that you found this information valuable and yeah, so I will.

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Thank you.

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Turn over the mic to Jessica if anyone has any questions. I believe that's next portion answering some questions.

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Yeah, sounds great. Thank you. Yes, I think, yeah, you can stop your screen share and we'll just go straight on in.

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Yeah. Yeah. Okay, yeah, yeah, okay, yeah.

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We have about 1010 min left and I do see some that came in through the chat, no words.

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Yeah, so 1st of all, back up to when we were talking about the infants, the maturation of organs.

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Yeah.

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What is it about the, grain that's indigestible before the age of 2 and then what is it in the human that is not ready yet or is not developed yet until the age of 2.

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What's that relationship?

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Yeah. Yeah. So yeah, so basically, so, so, our organs they start to develop like in neutral so in the womb and then they don't reach full maturation until different stages outside the womb for each organ system.

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So the pancreas, one of the main functions of the pancreas is that it releases enzymes that help to break down grains.

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And so our pancreas doesn't reach that full maturation until around age 2. So we actually don't have the enzymes to break down grains.

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Until H 2.

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That makes sense, yeah. Yeah.

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Alright. Yeah, totally, totally. Moving forward when we were talking about what's okay for breast feeding moms.

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Can a breast feeding mom? Can can she ingest rice?

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Yes, yes, so she can she can take those in. Yeah, so she can take in the grains.

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Okay, okay. Okay. Yep. Okay.

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Yeah.

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It's just that Yeah, once we start to do food introduction to, yeah, because the thing is is that Typically with an adult you have the enzymes to break them down so that they don't those proteins don't end up crossing over.

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Okay. Yes. Okay, that's totally out. Okay.

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Yeah, yeah. They're good. They're good questions, so these are great. Yeah.

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That totally makes sense. Yeah, because obviously it's being processed. Before it goes into the, infant's body.

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Yeah, yeah, yeah.

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So, what about plant based milks? By 12 months old.

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Yeah, you can do plant-based milks like like you're talking about like almond milks, coconut milks, hemp milks and stuff like that.

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The challenges is that they still don't have they don't have like a high nutritional value in terms of like like goat's milk.

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So the reason I say to kind of transition to goats milk is that goat's milk will still have a lot of those nutrients and fats that our babies need.

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But also when once we reach around a year of age, typically as long as they are getting all of the nutrients, as long as baby is getting all the nutrients from the foods, the solid foods that they're eating, it doesn't really matter that what the milk source is in terms of making sure that they get the nutrition from the from that those sources of milk.

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Awesome. Okay, great. Why are there conventional doctors telling parents to start peanuts earlier?

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Have you heard this? Okay.

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Yeah, so and I've I've made blogs about this because I know that there's like there's there's basically a research there's a study out there that has shown that if you introduce out like like hyper allergic foods like peanuts.

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If you introduce them early so they are introduced so in minute amounts. At like 4 months of age. They'll be a decrease in the incidence of allergies.

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So that's so that's what a lot of recommendations are happening in terms of kind of the conventional world.

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Like exposure therapy almost. Okay.

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Yes, exactly. So, so what, so that's, that's what that research is showing.

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And so, but so this is in. Like I'm going to save the general public and they just see a reduction in allergies.

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Now Now, of course, this is kind of anecdotal because I'm just talking about my patient.

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What I've seen in terms of my patient population. But with my patient population, if we give the body some time to build up a healthy microbiome, give it time to be able to heal up the lining of the digestive track.

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And make sure that the immune system is not activated. With my patient population if you actually follow this plan as I've laid it out.

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Yeah.

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We actually have an incidence of 0. I've seen 0 children have peanut allergies.

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So, so it's not so I think that we just have to give the body some time and not be introducing some of those inflammatory foods.

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So, and so that study was done on kind of the average population, the average population of kids who are cereals as 1st foods who are given processed foods.

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Foods that are stuck with like chemicals and GMOs. So they haven't taken the time.

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They've seen a reduction. So that's that's what they're basing their research on.

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I would say that so that's where if you're willing to take the time to do the food introduction to help build up that gut properly from the beginning, I have seen 0.

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Hmm.

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So not just a reduction, 0. Kids have like peanut allergies. None of none of my patients who follow that plan.

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We haven't seen any. So, so that's that's my take on all of that.

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Yeah. This is

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Yeah.

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Okay, yes. Have it, read that with a skeptical eye. Yeah, I am curious to know how your cyclical, personal story has panned out.

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You have a daughter where you able to stop the process of a hereditary allergies Yeah.

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Yeah, yeah, so, I put this plan together a while ago, so now my daughter is 16.

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So I have a teenager and yeah, so yeah, we've been able to yeah built built her health.

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Great from the beginning and really like yeah, she doesn't have any food allergies or yep so but the thing is is like I think also because she's my child is that her diet is quite clean.

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So, I think anytime she eats something that's, that's not clean, her body tells her that too.

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And I wouldn't say that's necessarily an allergy, but but she has a pretty good indication that if she eats a food.

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Hmm.

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That is, is not an ideal food that her, her body tells her right away. So that's, yep.

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Hmm, great. I had a

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Which I don't think is a bad thing, but. Yeah. Yeah.

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Not at all. No, not at all. Most of us aren't aware of that even as, we're a fully fledged adults.

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Yeah.

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So I had a question about, toxic loads. So that's, obviously a big tenant of biological.

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Yeah.

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And I'm hearing from you that you know infants have toxic loads but how would you manage toxic load and in someone so tiny who hasn't developed their organ systems.

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How does one manage or cleanse the toxic load of a child.

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Yeah, so and the challenges is that like babies today are coming into a world that is so toxic, right?

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So we do continuously need to be working on these organ systems. I do like really gentle drainage remedies with babies.

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And so the drainage remedies are usually like a mixture of different homeopathics. Sometimes there's some botanicals in there.

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As well. And that are that have like an affinity for certain organ systems. And so those drainage remedy, that's typically what I'll do with them and with those drainage remedies we can put them in there directly into their mouth or if they won't take them, you can even just put those remedies right onto their skin because anything you put onto their skin gets absorbed into the tissues below.

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So that's 1 way that we can be getting those remedies into those kids. But yeah, unfortunately, like they come in with like They come into this world already with tons of toxins.

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So often I am opening up detox pathways to make sure that the toxins can effectively move out and that the toxins can effectively move out and that we can get their body back into better health.

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Hmm, that's great. Setting, I love it. Preemptive and proactive.

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Yeah. Yes.

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Okay.

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So we are, out of time. Unfortunately, but I had a question. Are we going to be able to, would it be possible for me to share the infant for me as a resource and Yeah, okay.

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You should. Yes, yes.

01:00:07.000 --> 01:00:21.000

Okay. Yep, yeah, so I think if I forward. I need to forward you probably that infant formula and I also was going to forward you, which I'm not sure if I have already, the the sheet, the the one page sheet for food introduction that people can share.

01:00:21.000 --> 01:00:22.000

Yeah.

01:00:22.000 --> 01:00:24.000

Yep. Great. I have those. You did send them to me.

01:00:24.000 --> 01:00:27.000

Okay, perfect. Yeah.

01:00:27.000 --> 01:00:28.000

Yeah, perfect.

01:00:28.000 --> 01:00:32.000

So we are all set there. So that will be included in our follow up email. So you'll get there, several resources including that packet and, I just wanna say to everybody, thank you so much.

01:00:32.000 --> 01:00:33.000

Yeah.

01:00:33.000 --> 01:00:40.000

This was absolutely fascinating. I can't wait to tell it to my younger cousins and share it around.

01:00:40.000 --> 01:00:41.000

Okay. Yeah.

01:00:41.000 --> 01:00:47.000

So, we want to make sure that everybody gets our information about the next bio bite so that just got dropped into the chat.

01:00:47.000 --> 01:01:00.000

So feel free to go ahead and everybody click on that link and register for the next month's bio bytes and without I guess that's it any final words you'd like to say we really want to say thank you so much for being here this is amazing.

Goodbye!

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