

Ladies and gentlemen, I would like to introduce myself. First off, I really want to say "thank you" to Jared, because that was awesome. Awesome speech. That was just wonderful. And it really just lays the foundation so perfectly for the message that I bring to you today.

I want to introduce myself. My name is Patrisha Leybovich. I am 33 years old, and I have been married to a wonderful man for 12 years. He's sitting right over there videotaping me. We have two beautiful children together. They're twins. They are four-and-a-half, and their names are Aaron and Isabella.

My husband and I moved to Lima in 2012 to build a music school called The Music Factory. It's a non-profit music school, and I am the administrative director there, and I'm also one of five teachers.

Tonight, I am going to tell you about my son's onset of autism, and my family's journey to heal him.

I am here tonight because through my journey to heal my child, I have gained a perspective that says autism is on the rise. The CDC, the Centers for Disease Control and Prevention, has the following statistics to report. In the 1960s and the 1970s, it was 5 kids in 10,000 who were being reported infected with this disease. I love that I'm seeing people nodding their heads, because this is not news. I mean, everybody has heard this. This is amazing stuff. The number of kids doubled by the 1980s, and it was now 10 kids out of 10,000 that were being reported on the spectrum. Then it increased to 2 to 6 cases per 1,000. And then it became, in 2009, a staggering 1 child in 110 being diagnosed with autism. And now in 2013, just last year, it's 1 child in 50—I repeat, 50, who is being diagnosed with autism. And here's what's more; if it's a boy, if you have a boy, it's 1 in 20. Yeah, wow.

What that says to me is that, today, it's my child. Tomorrow, it's yours. And the day after that, if it doesn't hit you, it's gonna be your grandchild, because it's coming.

The good news is that by taking the time to figure out why this is happening, we can begin to undo the damage and thus have the power to begin to reverse these horrible statistics. And now here is the kicker. You might be surprised to know that the same sort of evil that's responsible for autism is also responsible for allergies, ADHD, heart disease, diabetes, obesity, fibromyalgia, cancer, IBS, Chron's disease, celiac disease, and chronic pain syndrome, among other things. It all begins with the function, or malfunction, if you will, of the GI tract.

In my speech today, I'm gonna tell you from the beginning what happened to my son, what I'm doing about it currently, and what you can do to prevent this, or any other neuro-immune disease, from attacking your family.

So here's my story.

My husband and I both attended the Cincinnati Conservatory of Music. We got married in 2002. We moved to Lima from Cincinnati to build The Music Factory. That's why we came. In 2006, we bought our first home, and in 2008, we discovered we were pregnant with not one, but two bundles of joy. We were going to be expecting them, welcome them into our home by early summer. My pregnancy was not ideal, and yet we did manage to give birth to two very tiny, but perfect babies.

When I say tiny, I mean it. Aaron was barely four pounds, and Bella came in five hours later weighing five pounds. Now despite their weight, they rated 8 on the Apgar scale. They had no issues at all with their heart or their lungs. They were perfect.

But it was a different story for their livers, which were a little bit immature, and they suffered a bit from jaundice. We were released from the hospital at three days, and then sent back within 24 hours, because the bilirubin levels skyrocketed. And because my babies were so small, they wanted them to be in the NICU, under lamps, in incubators. So, there we were.

While we were in the hospital, the doctors performed spinal taps on my babies in order to rule out any other possible reasons for why they would be jaundiced, except for the obvious issue that their livers would be premature. Now, immediately following the spinal tap, Aaron and Bella received their first course of antibiotics to protect them from infection, from the procedure.

Let me fast forward 13 months, and then I can backfill on the details. At this time, at 13 months old, we were beginning to notice a real separation between Aaron and Bella. Aaron appeared to have allergies to everything. He was constantly breaking out in rashes. He had excessive ear infections. Seemingly, every other time we turned around, he had an ear infection, for which he was given antibiotics. He was a projectile vomiter, resulting in the necessity to wash upwards of six loads of laundry a day. He was late in sitting up, he was late in walking, but at 13 months, where my story really begins, he wasn't walking yet, but he was trying. He was pulling himself up, he was making efforts to learn. He was also just beginning to just say his name, and say "mama." *[swallows]* I can do this. *[laughs]*

I remember being amazed and taken by the sweetness of his little voice when I would go to his room after a nap, open the door, and he would be standing in his crib in the corner. And he would look at me with full eye contact, and he would smile and say, "Hi Aaron!" because that's what Mama would always say. "Hi Aaron!" *[laughs]*

Well, I only saw that or heard that about two, maybe three times again before I took him to get his MMR vaccine. I never heard it again. I never heard anything again, actually. All his developing words completely disappeared, and they were replaced by random sounds that had no effort to resemble speech, or to communicate. He also regained his startle reflexes, as well as a very strong head tic to the right.

At this point in time, Aaron's development became a major taboo in our household. I knew that something was going terribly wrong, but other people in my family weren't so sure. The majority felt that Aaron was going to catch up to Bella when Aaron was ready. The consensus was that his sister was talking for him, and he was taking the easy way out and letting her do it. And that he was eventually going to outgrow those allergies and the developmental delays that were starting to set in.

First, we were hearing, "You need to work with him more. Boys are just slower than girls," and then that morphed to "Give him time." But working with him was nonstop, and it was practically a thankless duty. He rarely responded, and he gave absolutely no indication that he could hear or understand the majority of what was being said to him. By the time he was three, there was no denying it by anybody anymore. He was using maybe eight words a day; none of them were words to communicate.

We took him to Dayton's Children's Hospital for an evaluation. We did blood tests, and we found that he was allergic to practically every grain, eggs, and cats. The doctors labeled him as PDD, which is Pervasive Developmental Delay, and advised us to go on a gluten-free and casein-free diet, and get him into preschool right away.

I did as I was told. I put Aaron on a gluten-free, casein-free diet. I enrolled him in preschool. This is right at age three.

At the onset, it seemed that we had made a good decision for him, because his vocabulary word usage went from eight words a day to 200. Within 15 days. He was suddenly saying more things.

The problem was that although Aaron was now clearly more vocal, he was still not communicating. He was not using any of these words to talk. We discovered he could read at a first grade level, but he could not tell us he was hungry, or what he needed, or what he was concerned about. He couldn't communicate at all.

He just didn't have the ability to put it together. Also, Aaron's diagnosis qualified him for therapy three times a week at the preschool, and we thought this was also a good idea, because it would help him with speech, socialization, and fine motor skills, which he was also having issues with.

Here again, I do not have a good report. Instead of making progress, we seemed to be gaining speed over the edge of a very steep cliff. By the end of that school year, Aaron was failing in every single area of his therapy. He could not ride a tricycle. He could not talk. He was struggling to toilet train. And what really brought things to a head was the development of extreme tantrums.

Life with Aaron was beginning to feel like a nightmare, and it started at the crack of dawn. Every day, he would wake up something like 4:30, 5 o'clock in the morning. He would come into our room, and he would start to shriek at the top of his lungs. No words, just screaming. Shrieking. I would jump out of bed as fast as I could. I would run into the other side of the house, so that he would hopefully not wake up his sister. I would begin to offer him everything I could find, opening the refrigerator, opening the pantry, finding books, just trying to give him something to make him stop yelling. But it was blind guessing, because he could not say what he wanted, he could not point at what he wanted. It was all a guessing game.

But this is how we started literally every single day, and it didn't stop there. Any transition was liable to send him into tantrums.

We were always on egg shells around him, trying to keep him calm. And eventually we just resigned ourselves to the idea that taking him anywhere was not possible. He couldn't attend fun classes like his sister, he couldn't even be involved in any normal child activities. He didn't care to be around other children. He could not follow simple instructions. He would go from laughing to crying fits, and no one had any idea why he was doing either. And they were on a dime.

I couldn't take him anywhere, unless I was able to give him my full attention, because it was an absolute certainty that he was going to melt down, and I was going to have to physically remove him. We had to watch him like a hawk, because more than once, he wandered away from home and scared us to death.

Aaron would not answer when he was called. He didn't know his name. He didn't know anyone who was in the house. Who's Mama, where's Mama, who's that, who's this, nothing. Nothing. No response at all.

So I ended up buying him shoes that squeak so that I could hear him, wherever he went.

He seemed to have a death wish. The list goes on. He showed no sense of fear for heights, traffic, strangers, even fire. He burned himself three times playing by the hot grill, and twice trying to pick up lighted fireworks.

He didn't seem to care when I left for work. He made no effort to hug me, to kiss me, to say goodbye, or otherwise show that he cared, or had an attachment to me.

What was worse is that the simple act of me coming home from work would send him into terrible tantrums that would take hours to break him of. It was impossible to cook dinner, or pay any kind of normal attention to his twin sister, or to my husband, because handling Aaron had become a full-time job.

Incidentally, Aaron had also developed a severe case of athlete's foot. We had taken him to the doctor. Oddly enough, he never complained, even though he had cuts a quarter of an inch deep underneath his

toes. We tried every remedy available, including prescription strength bacterial and fungal creams, but we could not get it under control. He had such major sensory issues that he literally could not feel the pain in his feet.

He really was living in a world of his own, and it was very, very far away from ours. This insane behavior was going on for well over a year, and the issue with his feet was raging for almost three months when our family finally hit rock bottom. Nothing was working, and everything was getting worse, so we quit. We quit everything. We took him off the gluten-free, casein-free diet, we pulled him out of school, and we just sat home and cried and prayed to try to figure out what to do.

About three weeks later, our fortune finally began to come around. And our fortune came around through the way of a friend. Someone opened my eyes. And that friend, who had healed her own child from autism, she came to my house, and she told me her story. And it was from her that I first learned about Donna Gates' Body Ecology Diet, and Natasha Campbell-McBride's GAPS diet, which I think Jared also mentioned.

I did some internet research on these two diets, and I ordered both of the women's books right away. Both of the diets appeared to be built on the same basic premise, but I needed to make an immediate decision, because I didn't want to waste a single day, now that I *knew* that there could be something that I could do to really help my child.

When comparing the information in each diet, I became drawn to YouTube tutorials by Dr. McBride, and so I decided to start Aaron on GAPS. I did not have the book, but I could see that this approach was the most logical approach to treating autism, and it clearly explained why we have failed so miserably on a gluten-free, casein-free diet before.

As I studied, I was becoming empowered to heal my son, and my perspective was changing literally overnight. I went from thinking things like, "My God, my son can't talk," to "*Why* can't my son talk? What is it that is physically preventing him from making the connections necessary in his brain to talk? What is it exactly that's getting in the way? What is it that's not there? What's missing?"

And then I began to see a clear path, that I was going to be able to attack the illness that was invading him, and seeming to get worse every single day that I was waiting. And that's not all I could see. GAPS was going to be very hard for Aaron. So hard, in fact, I couldn't see how he was going to be able to do this, unless our whole family did it too. We would all have to be committed to the lifestyle changes in order to create an environment that Aaron could heal in. So my life from that point was an absolute whirlwind, propelled forward only by the hope that if there *was* anything I could do to save my baby, I was going to go to the ends of the earth to do it.

I finally received my copy of the GAPS book, but I was already well on my way in implementing the protocol. It was difficult for our family, but we were instantly repaid with Aaron's progress.

Since the start of the GAPS diet, Aaron's recovery is fraught with ups and downs. It's always two steps forward and one step back. I wish I could tell you otherwise [*laughs*], but the daily truth is that recovering a child who has been damaged from autism is very difficult. And it feels like the game can change from second to second.

However, having said this, I can tell you, honestly, that Aaron is a completely different kid from where he was eight months ago when we started this diet. It was July 7th when we started GAPS.

Now, Aaron calls me "Mama" when he wakes up. He comes into my bedroom, and he lays down by me, and he sings a song. Then he tells me in a normal voice what he wants for breakfast. And says, "Mommy, get out of bed. Come to the kitchen."

[audience claps]

He can tell me clearly what book he's looking for, what game it is he's lost. He can tell me clearly, in a complete sentence, what it is he wants, and ask me to help him find it. He actively and imaginatively plays with his sister. He asks to play with other children. He asks to go to other people's houses. He gives bear hugs now, and he gives kisses. He can ride his bike as well as his sister. And he can put together puzzles, all by himself, and asks for help when he needs it. He's in a swim-and-gym class at the Y. He goes to music class all by himself, just like other kids. He can let the dog out. He can bring the dog in. He can help fold the laundry. He can put his clothes away. He can clean up his toys.

And the best part is, is that every time I walk out the door, my son chases me, and he runs, and he asks for a hug and a kiss, and says, "Mommy, come home." And when I get home, he's often there with the door open before I can even get out of the car.

My child is transforming, and my mission today is to tell you is how our family found ourselves in this predicament, how to recognize the red flags to prevent yourself finding yourself in a similar situation.

I need to tell you, my son was not born autistic. He was, however, born compromised. With all of my current research and experience, this is what I can tell you about his illness.

Factor 1: Aaron was born with two methylenetetrahydrofolate gene mutations. I know, I'll say it again. Methylenetetrahydrofolate. It's abbreviated MTHFR. This is a very big deal. These gene mutations cause him to produce very low levels of methylfolate in his body, and now his body cannot process folic acid like a normal, healthy body should. Low methylfolate results in mitochondrial weakness, which means that his cell batteries are always running on low. Low methylfolate results in the development of food and environmental allergies. T cell immune weaknesses that would make him more prone to viruses, fungus, cancer, poor information control, poor toxin clearance, which is very important, and it also causes him to suffer from a limited dopamine production. This within itself can mean different things for different people, but for Aaron, we've attributed the low dopamine production to explain his poor sleep patterns, emotional instability, clumsiness, and fine motor skills.

On a side note, since receiving treatment, Aaron is doing much better. On all of these counts.

MTHFR gene mutations are being linked to prevalent environmental influences, such as consumption of GMO foods, exposure to chemicals from pesticides, and synthetic substances like plastics, fabrics, and poisonings from vaccines. The fact is that 60-70% of people, even in this room, have a gene mutation and don't know it.

The gene mutations were first discovered in the 1980s, and they are definitely contributing to the chronic ailments that we're seeing on the rise. These gene mutations were not the cause of Aaron's autism. They were a contributing factor.

Factor 2: Aaron was given antibiotics before his gut flora had a chance to populate. Antibiotics, in general, should be avoided at all costs, but especially so when considering an infant. Babies are born with sterile guts, and they begin growing their gut flora after being exposed to various factors after birth. The primary source of gut flora comes from the birth canal during the birth process. In this way, the infant's gut flora begins to grow whatever type of bacteria that they swallow at birth. Ideally, this should be a good thing. However, if the mother's gut flora isn't healthy, or if the baby is born Cesarean, or worse, if the baby is given an antibiotic within the first few weeks of delivery, then the baby's gut flora begins to grow all the wrong types of bacteria.

So in effect, if the baby does not succeed in establishing a balanced gut flora by around 20 days of life, then the baby is left immunocompromised. This is what happened to my son.

Antibiotics were not the cause of Aaron's autism. They were a contributing factor.

Factor 3: Aaron was not breast-fed. Little did I know, bottle-fed babies develop completely different gut flora than breast-fed babies. Breastfeeding is the one and only opportunity we have in our lives to populate the entire surface of our gut with a healthy mixture of bacteria.

So why didn't I do it? Right? I'm ashamed to admit that I honestly didn't know. I could blame the fabulous marketing for baby formulas, and the efforts of doctors and nurses to make a new mother feel it's okay not to do it, especially with two little ones. But the truth is, I should have done my homework. I didn't, and so now I'm dealing with the consequences.

This factor is the one that keeps me up at night, because if there had been anything I could have done to remedy Factors 1 and 2, it would've been this. It was a chance, and I missed it.

Factor 4: I vaccinated my child. There is a prevalent argument that vaccines are causing autism. But I say, vaccines are only one of many factors that are triggering autism. At the center of this controversy is Dr. Andrew Wakefield in Austin, Texas. It was Dr. Wakefield that first publicized the link between stomach disorders and autism. And then taking the findings one step further, he made a link between the stomach disorders, autism, and the MMR vaccine.

This was back in 1996, and since then, U.S. courts have actually ruled accordingly, admitting that the MMR vaccine has caused autism in our children. But I didn't know about Dr. Wakefield. I didn't know about any of this. All I knew was that my baby was never the same after he received his MMR. My knowledge of this hushed-up battle only came from digging for evidence to support my observations.

What I learned is that autism is just one triggers that can get pulled when the GI tract is compromised, and the human body is pushed beyond its capacity. In my child's case, the MMR vaccine was not the smoking gun. It was, however, the finger that pulled the trigger.

The barrel of that gun was being loaded with every factor I previously mentioned. Being born with an MTHFR gene mutation. Two, actually. Receiving antibiotics within the first month of life. Not being breastfed. Receiving regular vaccines in spite of the fact that he had a visibly compromised immune system. The signs of impending danger were totally clear. And the day Aaron received his MMR vaccine, his little body had reached capacity for normal function. Things began to misfire in a very serious way, and he slipped away right in front of our eyes.

Like too many other mothers, I trusted the recommended vaccine schedule proposed by my family doctor. Because Aaron crossed into the autism spectrum within two weeks of receiving his MMR, it's tempting to point and say at the MMR, "It was that vaccine. This is what did this to my kid." Well, yes it was, and no, it wasn't. Many children receive vaccines and they don't become autistic. On the other hand, adverse reactions to vaccinations are becoming widespread. And fortunately, more people are using caution when making the decision whether to vaccinate or to opt out. My attitude was that I had confidence in my family doctor, and so I was going to leave these "complicated" decisions to the professionals. Another one of my big mistakes.

Knowledge acquisition has led me to the realization that vaccines can do major damage to children with compromised immune systems.

Did I know that Aaron's immune system was struggling? Yes, I did. Did I know what a vaccine could do to a child whose immune system was in distress? No. I did not know. Who should have known? The doctors? It's easy to answer "yes" to that one, but in reality, it's a mistake to blame anyone but myself for not figuring it out. Knowledge is free to anyone who seeks it, and I just was not looking.

Aaron showed all the red flags, which should have told me not to vaccinate him. The signs were, he had allergies to formulas, he had severe acid reflux and vomiting, he had allergies to solid foods, he had some speech delays, he had some gross motor and fine motor delays in development. Now, allergies and development delays can be dealt with without causing an onset of actual autism. After all, lots of kids suffer from allergies and delays, and yet they don't develop autism. At least, that used to be the case.

Now we see that autism rates are skyrocketing. Right along with rates of allergies, ADD, the adult onset of celiac disease, diabetes, Chron's disease, heart disease, fibromyalgia, cancer, chronic pain syndrome, and the list is endless. You see, when the human body stops functioning properly, and the gut wall becomes permeable, all sorts of triggers can get pulled.

For you, it may be IBS or cancer. For Jared, it was celiac disease. For my baby, it was autism. I remind you that 1 in 50 children now have autism, or an autism-related disorder. That means that if you're pregnant right now, that there's a 1 in 50 possibility that your baby's going to be diagnosed.

I believe that the reason that we're seeing such an increase in this illness is because we as a population are not healthy. The autism rates are not the only alarming statistics that need attention. Just look around you at the insane number of people—young people—being stricken with cancers and other life-threatening conditions. Every single classroom in our schools has a child, or two, suffering from severe asthma and allergies. We have more obesity, more heart disease, more unexplained experiences with fibromyalgia and chronic pain. And this is why our kids are sick. We're giving birth to genetically modified babies, and the more illnesses that we have in our family, the more likely we are to have children who have illnesses.

So here's my call to action. I want people to start taking action to heal themselves and to heal their kids. It's true, that depending on the damage that's been done, no one's recovery is guaranteed. I consider myself lucky. But I have heard miraculous stories before. I'm seeing miraculous things from my own child. So start getting educated. Start making different decisions so that we can start getting different results.

And this brings me to my final thought for the evening. I want to encourage you all to take your family's health seriously. Very seriously. Consider every minor issue as a signal of a potential danger that's lurking ahead. Do you have cancer in the family? Chronic pain? Celiac disease? MS? IBS? Allergies? Asthma? Fibromyalgia? These are all warnings that you and your loved ones are in a danger zone. We need to clean up our kitchens. We need to clean up our houses. We need to clean up our gardens. We need to clean up our schools, in order to stop these statistics from closing in on us.

Furthermore, knowing that our babies are more susceptible to neuroimmune disorders than ever before, we need to encourage proactivity, such as testing for the gene mutations at birth, and making sure that people know the signs of gut flora gone bad, and what it can mean for people and the future of the baby.

Today, thanks to hours of endless research, I have been able to find ways to turn back the clock for Aaron, and he is well on his way to making a full recovery. The key to this is three-fold. The first is the discovery of the GAPS diet, which I have the book up here— you probably can't see it. I'll hold it up in a minute. But discovery of the GAPS diet, and with it, the knowledge of how to rebuild gut flora and the body's immune response.

Secondly, the discovery of the methylenetetrahydrofolate gene defects, and the implementation of protocol to remedy this condition.

And thirdly, I have been able to assemble a team of professionals who help me in making the decisions in Aaron's recovery process. Aaron has three doctors. We work with Dr. Allen Lewis, who's a DAN doctor in Gahanna, Ohio. DAN, for those of you who haven't heard the term, DAN stands for "Defeat Autism Now." It's basically traditionally trained MDs who jump ship and set up their entire practice dedicated to helping people fix this situation. And we found someone in Gahanna, Ohio who I can recommend if

anyone needs contact information. We also work with Dr. Michelle Simons, who's a nutritionist and a chiropractor in Findlay, Ohio. She's our day-to-day girl. Thank you, Laurie, for that one. And she keeps me straight on Aaron's supplementations. She tells me what to give him, and how much to give him, and when to back off, and when to push. He also receives regular weekly chiropractic therapy from Dr. Travis Elsass from Huffer Chiropractic in Jackson Center. And Dr. Travis makes sure that Aaron has constant, good nerve supply in his body.

These three professionals have contributed immensely to Aaron's recovery. And now I just want to make myself available to you, and thank you for being such an awesome audience. But I want to make myself available to answer any questions that you might have.

[audience claps]

Thank you. Anybody?

I told you I would show you. This is the GAPS book. I've read *Wheat Belly*, and I'm glad that it was given a review today. It's an important part of a piece of these puzzles. This book, it says right on it, "GAPS, Gut and Psychology Syndrome. A natural treatment for autism, dyspraxia, ADD, ADHD, dyslexia, depression, and schizophrenia." I say, forget it says any of those things. You need to read this book.

[audience laughs] You need to read this book, because what it talks about is how the body functions, and what's going to happen if the gut flora is not working the way it's supposed to.

Questions? Yes.

Audience: With autism, is it generally just diagnosed as an infant, or can they develop it when they're older?

They can develop it when they're older, yes.

Like seven, eight?

Yes. Mm-hmm. There are even incidents of this happening in as old as nine, and even, I think I read recently, as old as eleven years old. Mm-hmm. What happens is, everybody's got a bucket inside of them. And that bucket is taking the crap that we're putting into it. And when the bucket gets overfilled, triggers get pulled. This is the slang talk for, your gut is becoming permeable, and something leaks through your gut wall, and depending on who you are, and what your background is, when that bucket overflows, triggers are gonna get pulled, and it could be different for everybody, and it could happen at any age. Other questions?

Audience: In your research, did you come across anything else, like mercury or heavy metals?

Yes ma'am. Aaron had mercury and aluminum poisoning from his vaccines, and we had to do chelation for that. We are currently in the stage of his—he's good now, that's not a concern for us anymore—but we did have to chelate for mercury and aluminum. We are now working on copper, and that's been a... fun experience. *[laughs]*

Yes, good question. Any others? Yes, ma'am.

Audience: Did your son experience any sort of iron deficiencies. My son is turning five, and he has almost all the same exact symptoms. That's basically our story.

Yes, yes.

He has a severe iron deficiency, they said. He can't retain any of his nutrients.

His gut wall is like a screen. You gotta fix the gut wall, you gotta fix the gut wall. Read this book right away. Go on YouTube and just type in "Natasha Campbell-McBride." The first and foremost thing—the first step we had to do with Aaron, and I want to make this very, very clear, because I have a lot of people asking what we're doing in our household to help this child. And he is doing miraculous.

We did not start out with the doctors... with the three doctors I mentioned. We did not start out with that. I think I mentioned in my speech, that at one point, when things had really become bad for us, we just quit everything, and that includes our family doctor. We quit it all. We quit it all, because I was following every advice I was being given, right from day one, and it was taking us nowhere except somewhere I didn't want to be anymore. So we quit, everything.

What has to be done—and it took us about three months of just cleaning out our house. We must've thrown out over \$2,000 worth of food. We had days where we were drinking nothing but bone broth. We had to clean up the environment and house first, throwing out clothing, anything that's got flame retardant on it. I mean, just everything. Just cleaning house. Anything that might be just irritating his symptoms. It all had to go. And it took us three months to get his gut in a position where he was able to receive treatment. And I'll tell you, it was so worth it, because these doctors, they're not cheap, okay?

So when we finally did get him started with the DAN doctor, and they did his blood tests, and they did his stool analysis, and they took a look at everything in his gut, I got the phone call. I was so grateful that I did. They called me and they said, "Your son looks like what we want our patients to look like after treatment. It's so amazing that you guys have done this and this is where you're starting from." The promising case of where we are now is because of the work we did at home first. The diet and the environment needs to be done first, and my advice to you is to fix this first, read the book for sure, because if he's not able to absorb the nutrients, you're dealing with a gut wall that is leaking like crazy, and you may also have the gene mutations that are just flat-out blocking the nutrients from being absorbed.

Like Aaron, we have to bypass, orally, what his genes cannot do. Okay? But the diet is the number one place to start.

Any other questions?

Audience: How's the fungal issue with his feet?

Okay, that's another interesting story. Okay, so I told you how bad his feet were, right? Alright, so, a week after taking him on GAPS diet—completely disappeared. Totally. Not even a sign of it. And we had that for months, until we chelated him for mercury and aluminum. And when we went through that chelation process, it brought a whole another wave of that yeast out, and so we got another outbreak of athlete's foot, and he's just now starting to clear up on that.

But yeah, it was crazy. The first issues that were on the surface, it cleaned them all out in a week, and it was completely gone. And it wasn't until we went through the chelation process, and anybody who knows anything about chelation will tell you that it brings out bad stuff, but it brings out good stuff, too. It goes very, very deep into the tissues and bring out... well, for Aaron, it brought out another wave of yeast, and another outbreak of athlete's foot for us to clear up. But we did not have to use fungal creams or things like that. I think we used a homeopathic formula just to relieve the itching on it. And you know what? He could *tell* me. I didn't even see anything there, and he said, "Mama, my feet itch." And there was nothing there. I didn't see a thing. That's how much difference there was. So that's a very good question.

Yes?

Audience: That first week, where you said you changed his diet—what were those first few steps of your diet?

Throw everything away *[laughs]*.

After that. What did you eat?

Nothing but broth. Our whole family, we went on a bone broth diet. Bone broth. I had pots of chicken stock and pots of beef broth, and that is all we ate. The entire family. That's all we ate. And then after about two days, we started to eat the meat and the vegetables in the stew pot. We went very, very slowly. We had to go very, very slowly with everything. But our whole family is on GAPS diet, and we'll stay right there.

Wheat and refined sugar are forever on our X list, by the way. People ask us that all the time. We'll never go back to wheat, we'll never go back to refined sugar.

Audience: Were there any changes in your girl after you changed your diet?

Changes in Bella... that's a loaded question. *[laughs]* She, actually... yes. She always had a little bit of shading under her eyes, like a redness or dark circles. That is beginning to lift. She has... I have to brag about her... she is incredibly... quick. She's just right there with the conversation. She's the last child that you would think is bouncing off the walls and not paying attention. I mean, she's just been his number one teacher. Right from the start. She's the one who taught him how to ride a tricycle. She would get right down there with him. They used to have separate rooms. About a month, or a couple weeks into the GAPS diet, we put them back in the same rooms, because they had a friendship, a relationship that they never had before. So, a lot of Aaron's recovery, I have to say, and the fact that they're homeschooled—I keep them home—our whole recovery process wouldn't work without her. She's kind of a glue, right in the middle of it.

Audience: Have you and your husband seen any changes at home?

Yes, and even our dog. *[laughs]* Oh my goodness, even our dog.

Okay, my changes. I handle stress a lot better than I used to, number one. I also had a very unusual skin tag growing on my right breast that dried up and fell off. And I used to have extremely painful periods, menstruation cycles. Very, very painful. And I don't have those issues anymore. I still get cramps and things like that, but it's very normal, very normal. You know, what I would experience when I was young.

All in all, my health is much better off. My husband experienced a lovely period of hyperimmunity kicking in, where once we took away all the things that his body was up in defense against, he got very, very ill, and it lasted for weeks. When you start removing everything from your diet, right at the get go, and we were cold turkey, we went fast. I think Laurie said to me once, "Wow, you guys went really, really quick with this!" I mean, it was like night and day. Flipped a switch. Once I realized what was going on, I didn't want any of it anymore. I wanted as far away from it as possible. And I didn't care about the money, I didn't care about the work, I was just going to do it all. I was just going to handle it and make it work.

What that brings with it is all these changes that you're making for the better. You're supposed to be... you're supposed to be feeling better, right? You're supposed to be healthier, and then you get really, really sick. And you're like, "I'm doing all of this so I can feel *better*. But I feel like crap! I haven't been this sick in years!" and it's just a fight in the family, and we have each other's back, and we say, "Keep going, keep moving forward," and you heal, because your immune system finally wakes up, kicks in, and starts to dump all that stuff.

This is what we learned with Aaron. It's in there, it's gotta come out. It's not pretty when it comes out. And it's the same for me, or my husband. Anybody who starts changing their diet, it's not gonna be pretty when it comes out, but you gotta get it out.

Any other questions?

Audience: is the GAPS diet similar to the nutrient-dense food from Weston Price?

Absolutely. That's how I learned about it, actually. Natasha Campbell-McBride, in her book, she gives a reference for how people who are just learning about this, what they can do to get access to the kind of foods that she's recommending. And of course, because I don't know . I can't just go to the grocery store and buy ground beef, or milk, or cheese. I can't just do that, okay? That's not going to work for me anymore.

At the beginning, I was completely at a loss. I didn't know what to do. I had no idea where to start. I had never fermented anything in my life! And I thought I would kill somebody if I did! *[laughs]* I ferment all the time now.

What [McBride] recommends, and she tells people right in the book, is that if you're looking for resources for high quality foods, seek out the Weston Price Foundation. So I had heard about this, I had a friend who I knew, who was a member of the Weston Price Foundation, and I knew she was drinking raw milk, and I called her, crying, "Give me your milk source, please! Share your milkman!" *[laughs]* And from my milkman, I was sent to Laurie, and from that point on, I'm a Weston Price member. I studied the book, I make little PowerPoints for my kids as part of the homeschooling, so I'm totally committed. Completely committed.

But yeah, I'm really grateful. I've never been here before. I'm usually working Monday nights, but I cancelled my work at the opportunity to come and share my story with you.

Any other questions? Okay, thank you!