



Casein and Gluten Free Diets.

Betsy Hicks,
Co-Founder Pathways Medical & Holistic Centers

August 24, 2008

© *Copyright 2008, Moms Fighting Autism*

Ernest: Okay. All right everyone we are all here my name is Ernest Priestly and I am a founder of “Moms Fighting Autism”. I want to welcome you to our fourth conference call. We have had several calls here before in the month of August and this is our first one in September. And we have covered topics relating to different therapies. And we have covered topics you know related to different types of behavior issues and now we are going to talk about the role of diet with autism.

And today we are really, really lucky to have Betsy Hicks who is the co-founder of the “Pathway Medical and Holistic Center” in Wisconsin. She is an author, radio host, video anchor, and she serves as Pathways diet counselor, public education coordinator and oversees the practices the day-to-day operation inside the company.

She is also a mother to a son with autism, so she has a lot of experience to share with us. And she also speaks nationally on holistic interventions for children with disabilities. She specializes and overcomes “picky eating” which is a problem for me when I was growing up and fine creative and practical techniques for inspiring children and adults to enjoy a variety of foods. So we all want to welcome Betsy Hicks, Betsy thank you so much for spending the time with us today.

Betsy: Thank you Ernest I am very honored to be here and excited to be here. This is very exciting especially they heard some of the questions coming in and we have people calling from Iraq and all over the world and I...for the person calling in Iraq I did look out to see what time it is. It is 4 o' clock' in the morning there so *[Laughs]* this is a great way to start your day. And I guess there will be some transcripts available for this too Ernest?

Ernest: Oh yes all the transcripts as well as the audio so that people can play them in their cars you know they can download the audio forth and make a CD to play in the cars if they so choose.

Betsy: Well that's exciting.

Ernest: Lot of the transcripts.

Betsy: Wonderful okay. All right well should I begin at this point now? Are you ready for me?

Ernest: Sure, sure. Tell us a little bit about diet now because I know there is a lot of questions and lot of people have very curious about gluten free diet as well casein free diets and I am sure if you want to know kind of your experience when you went through with your son.

Betsy: I will...yeah why don't I give you a little bit of a background as to where I am coming from and just you know it is actually on the website it is...on your website casein is spelt incorrectly so anybody who is looking at this, it is C-A-S-E-I-N but that's okay. I just want to make sure people know that was just a misprint of some sort. Anyway my

background is very, very long in this area because you don't meet many people these days who have been doing this for longer than a decade. My son was one of the earlier children that was part of this vast amount of autism that we see today. And I am going back now 11 years, he is 15 years old now and so he was four when I first learnt of this diet and this was very little was done.

Lisa Luis was just screened together with her book, DAN was just beginning the DAN conferences to defeat autism and I was just beginning. And I went to my first DAN conferences and actually at that particular conference that's where I started really getting into this little bit more. But when I first started learning about this there was no information.

The only products we had out there were rice milk and rice cakes that was about all of there was to purchase and I was married to my ex-husband at that time and things were very difficult. Let me tell you a little bit about my son because I want people to understand that I walked a lot. Now this is one thing to have a child that you know who is cooperating he is totally understands but my son truly and after over 14 years really working in the autism field I can honestly tell you that he was the most severe that I have ever seen in my life.

Extremely self abusive highly medicated to keep himself from killing himself very very severe situation and really the desperate mode because there weren't a lot of answers. So I learnt of this diet when he was four and saw amazing difference in him right away. But there was a lot of roads to pay for him and my son is doing amazingly well now. But I know that the diet was the most important foundation. One of the things that I am really going to stress for the parents today because I got a lot of questions Ernest on this subject of...is this for Asperger's this is for ADD is this for autism and I really really want you all to hear this load and clear that this is for anyone on the spectrum and then some.

And there is a very very good chance that if you have children especially more than one child on the spectrum there is a good chance that one of the parents is on the spectrum line. I don't want to scare anybody because this is not a bad thing. I am the first person to admit that I have ADHD and it's probably carried me through the years in a very positive way in some aspects. So I am not embarrassed to say that but in other words this diet could be especially good for one of the parents as well too.

We are talking about those early signs that you can look for as well signs that you may have been experiencing your whole life. So my story continues with I started support groups and then I eventually started helping a lot of doctors out. And I went to my first DAN conference and met an amazing penetration there who was searching for answers trying to figure out why all these children awareness practice had autism. And when I got back to my home where I lived in Chicago he asked me to work for the guy councilor in his office for which I agreed to. And I worked there for about a year went back to the same conference this time sat next to him on the plane and fell in love with him *[Laughs]* and my husband Dr. John Hicks and I married shortly after and he is the most amazing man in the world and...

Ernest: You just had your anniversary on Thursday I think right.

Betsy: I did. We just had an anniversary we have been together actually for about six years now, six and a half years and when we first got together we immediately wanted to start a clinic for autism but we wanted to be very holistically based. And I don't want to spend a lot of time on that now you don't need to share all those history for that. But my website is pathwaysmed.com if you like to learn more about that because I don't...I really want to get on with all these amazingly wonderful questions and help you understand this. Now what are first things that I feel is important for all of you to understand is how important diet matters. I have seen autism change over the last decade tremendously. It has gone from please does anybody have any ideas to...we have got an idea, we have got an idea but it is going to cost you \$10,000 *[Laughs]* and it is gone to a really big money making type of an industry and there is a lot of gimmicks out there. There is some really good things but there is lot of gimmicks out there and it is very hard for parents to really differentiate and know which direction to go to. But there is one area that you just can't have any discrepancy for and that is diet. And this is what goes in the body every single day and you know it amazes me just really amazes me when I see...I am not a big proclination person in the form of BMSA and ETA and those types of things because I am holistically based. But it amazes me that people that are doing that but then giving their child's skills everyday. And its like well if you are taking toxins out wouldn't it make sense to not put anymore in. And so we talk about diet we have to think about this. This is the potential of toxicity or potential of cleaning up the system that you have every single day. And there is nobody who understands more picky eating than I do because I was faced with my son who truly for a year of life only ate cereal. And he ate Barbara's brown rice crisp cereals with rice milk as soon as I started him on his diet. He ate that for four years and that was the only thing I could get down him. So I understand picky eating I understand where it comes from I understand what severity of this I counseled thousands of people and we are going to really hit on that picky eating issue today too. But first let's understand what is this gluten-casein free diet. Now the other thing I wanted to start off by saying too is that there is no one size solution for every family. This is not what worked for your neighbor or your niece or your nephew it is going to work for you because gluten-casein is a beginning but it is only a beginning to really looking at the whole diet because my take on all of this diet is that we can't just call as a gluten-casein free diet. We have to call this a nutritious gluten-casein free diet because it is about the whole thing of what everyone is eating. And I really today want to teach you to have a positive focus on this because its scary and it seems overwhelming to so many people but 95% of the parents that I work with say that just every month it gets easier and easier because of the fact that it just becomes what it is and you really just like if somebody told you that every single day you have to get your child the medication and you have to get it down them three times a day. You would make sure that child got that medication and we are going to say...I am saying the same thing which hopes true with diet. So let us start with whole...what is the reason for doing a gluten and casein free diet? Now there is this enzyme in everybody body it is called the Dipeptidyl peptidase-4 you don't need to know that but it is also referred to DPP-4. And this particular enzyme is responsible for breaking down certain protein now gluten is a protein and casein is a

protein and DPP-4 is the main enzyme that's supposed to break down these proteins. Now the protein comes through in this large chain amino acid. It's quite long and typically the enzyme are supposed to break it apart and make it very assimilated through your body and so you can use it and do...take the protein out of it and create amino acids and store it in your body and that is what it is supposed to do. But for whatever particular reason you may want to know of it's either missing or blocked in many different people. Now I still leaving more and more that is blocked then it's missing because I am seeing more and more family be able to reintroduce gluten-casein into the diet once and once they got is really, really healed. So I don't hold to the fact this is necessarily something that is for a lifetime. And that is an exciting thing and that's a new piece if you would hear me speaking year ago I would not accept that. But I have seen enough testimony to it now that I do believe it. But here is this thing with it its not just fixing...if you eliminate gluten-casein that doesn't fix anything. You have to heal the gut as a whole and there is many different ways of doing that but I won't get into today we can always discuss that at a further time. But healing the guts 16 immune system clearing the detox all of those are really essential to making more foods come back in the diet. Now what is gluten? Well gluten is in many different forms. Since we have people from so many different countries I am going to list a lot of different forms of gluten that may not be too big in this country but might be big in your country. So of course you have the wheat and the barley and rye that you hear so much of. Oats is a very controversial one because oats themselves write off out the field do not have gluten but the they are processed in the United States the gluten actually gets back into the oats. So that is why you want to specifically look for gluten free oats. But this is a very new and exciting thing for us that we have got oats back in our diet because it's only been in the last two years that they have been able to really include gluten free oats for us and it is a wonderful food. Then you have things like bulgur and couscous and salt and semolina. Durum wheat is also big and farro and gram and kamut, *[inaudible]* oats and Triticale is also considered gluten I am sorry if I went too quick on that.

Ernest: Well no problem.

Betsy: But this *[inaudible]* is probably when kamut are two of ones that you are going to see in American groceries stores is much besides the wheat and barley and the rye. Spelt in kamut are wheat they are just a airloom version of wheat. So what they are the wheat before it was genetically modified much more digestible much more healthy but still have gluten so it is important to know that. So what are gluten free flour and starches. Well there is many of them and the one that you see the most of is always in the form of rice. White rice, brown rice, wild rice, black and sweet rice lots of different rice's that are out there but that is the most common if used in gluten free food. The other one is there is also very common use in gluten free foods is corn. But the problem with rice is that you can't necessarily substitute it for wheat flour. Why? Because gluten has elasticity so when you have a flour that doesn't have gluten in it you loose elasticity. So what manufactures do is they have to put in certain types of starches that actually will help add softness to the bread. A lot of these starches are very heat sensitive in other words that is why gluten free bread usually tastes so much better if they are warmed a little bit because the warming will make them more elastic. And those types of starches are things like

arrowroots, potato starch, tapioca those are all usually in just about any type of a recipe to help give it softness. There are other grained coarse that are out there that are wonderful amaranth is a wonderful high protein grain actually it is an herb that is another wonderful one. Bean flours are getting more and more attention *[inaudible]*, garbanzo and lentil flours. I am a huge fan of Indian cuisine. And urid or urad flour which are made of lentil flours are fantastic. You can get things like popudums which are a wonderful lentil flour cracker that are in Indian grocery stores. Buckwheat is gluten free millets is also well known lot of people ask me about things that the millet bread *[inaudible]* through the land bakery and semi bakery that make millet bread. Semi is definitely not 100 % gluten free and I do not know latest on the land the land gone from having gluten to not having gluten to having gluten *[Laughs]* so I am not even sure were they stand anymore. Montina flours another good one very high protein there is nut flours things like almond flours, hazel nut flours that are wonderful because they add fiber and protein to your food as well. There is things pea flour which also add protein. Quinoa is another great one. The first actual grain that was in the United States even before corn it is much more going back history wise the Indians eating large amount of Quinoa. Very high protein you find it almost all vegetarian type restaurants. Sorghum is another gluten free flour. Sorghum is very close cousin of corn we are going to be talking a lot about corn a little bit and some of the concerns with corn but please remember sorghum is a close cousin of corn. So if your child has *[inaudible]* to be the corn sorghum maybe a problem as well. I am not friend of soy we will talk about that a little bit but it is a gluten free flour and teff is a great one teff is found mostly in parts of Africa.

Ernest: Can you spell that.

Betsy: T-E-F-F. And teff got almost like a little bit of chocolaty taste to it. So it is really well in...parts of African they make something called "injera" which is a flat bread in of course in Africa they make one from a 100% teff in the United States most African restaurants combine it with wheat flour so be very very careful if you see teff bread in the United States that they did not at wheat to it because teff alone can be a little strong. Casein is the protein that is found in berry it is from cow, sheep, goat and even used... now they find buffalo yogurt and it is also from buffalo its is basically any animals milk. And that is although goat milk and sheep milk maybe a lot more digestible it still has high concentrations of casein. Mother's milk is fine but you cannot do any starts with an animal's milk. Now the caseins free options seemed to grow more and more with every particular year and this is interesting and it is one of the main questions I got from some of the ones that you sent me regarding cheese people that you need for good cheese substitutes. And I have to say that I am not is up on it is because there has been a few new ones that have been coming out recently but my favorite types of cheese substitutes are made from nuts. They have a lot of the raw restaurants that are out there raw cuisines cook books make a lot of nuts type casein free cheeses. They are soft usually more like a ricotta but there are some rice cheeses that are out there right now that are pretty decent I am not a friend of soy once we will talk about that little bit later. But I think those of the best. One of my favorite ways of having you know you have rice milk, there is avain milk, hazelnut milk, hemp milk is wonderful those are all very good milks coconut milk is great. Here is my kind of rule with some coconut milk really belong to only in recipes

that are Asian Indian anything eastern more for that type of cuisine it has well some South American cuisines but coconut milk does not do well in European type food. You know you would have put coconut milk in your risotto...your time risotto type of thing. So keep that for that. However I am a huge fan for making my own nut milk it is very very simple to do and the taste is amazing. Because there are sometimes that I want something thick I want a thick creamy type milk and by making them myself I can control how watery they are how thick they are and they only last about a week. So it is something that you need to do in small batches but all you really need is a very very powerful blender. There is a good blender for example what I do when I make mine is I put one cup of raw important that they are raw cashews but you could use any nut or seed actually and two cups of very hot water. And put those in the blender for not two minutes until it is exceptionally smooth and you can use that milk as a wonderful pudding maker it really cream up a lot of different things. Cashews make a wonderful creamy type of food so.

Ernest: I got meal look like that actually.

Betsy: Yeah it not very hard to do but it is very important that you get raw and save yourself the money by the pieces not the whole cashew because pieces are much cheaper. Okay what is about this diet? We talked about this kind of opioid effect. But what is really happening so when is whole chain amino acid crosses the blood brain barrier it has a very similar amino acid make up of that of morphine called the opioid effect. And what happens is it kind of turns on the opioid receptors and so many people say what should I be looking for if they have the problem and what should I be looking for in getting improved. So there are many different symptoms because it is very similar to we have over a thousand people listening today if I gave any of you a shot of morphine you would probably all react very very differently some would make very sleepy, some would make very hyper, some might make angry, some may make them kind of just out of it and kind of spacey. So how does this receptor when it is turned on in your specific brain react for your child or yourself or your other children? So some of the symptoms to look at what are the big ones that's hyperactivity this is something you can really test. I remember watching some of husband's patients and when they come for their first appointment and the kids get in there and they are really really wild. And then mom just needs to get them quite for a while so she hands him a bag of Gold Fish Crackers or some Oreo cookies and the kids eat those almost as if there not almost they are eating them in an addictive type format. You can just see the comfort that are actually getting from eating it and for those 10 minutes they are usually exceptionally quiet because they getting their fix. But then about 20 minutes later sometimes 15 minutes sometimes even less the hyperactivity and the screaming and the anxiety begins. Moodiness is another big one in other words kind of that bipolar hot and cold piece spaced out just kind of really out there and not able to either calling their name. Joey, Joey, Joey...and just not responding poor memory is another big one. Sleep problems are huge that's one of the neediest things that parents tell me that when their child serve their diet they started sleeping for the night for the first time. Poor organizational skills is another big symptoms, inability to multitask never feeling full is another one we got that little question Ernest of us today about couple of children they never get enough food and you have to think about it. if you are very

addicted to something no matter feeling full or not you are going to keep eating you are going to keep eating because it feeding that addiction so that is a really big one. You are in still control of another huge one that people tell me that they get their kid potty trained for the first time after starting the diet. Till the biggest ones I would say there are more than any of these combined the second to last is crave only gluten and casein and the last is an extreme picky eater. Rarely, rarely, rarely there is a parent every to say to me my child eats just about anything. And then we actually see something benefits from doing the diet. It is usually specifically only to kids that are picky eaters and its so funny because so many parents will say to me you know we certainly get a lot of questions about this. My child only eats five foods they only eat Gold Fish Crackers or chocolate milk or Nuterine bars or big ones for some reason pizza, macaroni and cheese and they say me if I stop those five foods my child will starve. And I don't mean to be crewel in my response but my response is always your child already is starving. If those are only foods they are getting you giving them calories you are keeping them alive to calories but nutritionally they are starving. So you have no place to go but out from here. Now we are going to talk about this "picky eating" issue I don't even know if I have told you this Ernest but I am writing a book on picky eating. And I have been teaching this and specializing in this for a lot of years and right now I just in search of a publisher but I am hoping to have this together soon because I have lot of different formats that work really well in getting the picky eating most spent much time as we can on that subject today. So now that's a foundation for the gluten and casein piece of this here is a big big message today that we can't spend a lot of time on today but if any of this is something that you want to hear more about send...go back to the website for comments and let them know that you like for me to get lecture more on this and I would be happy to return and give different lectures on different subjects.

Ernest: Oh definitely.

Betsy: The other thing too I would like you all to know I have been doing a radio show for autism one in voice American for three years and I have all types like crazy on all of these subjects. And you can listen to past radio shows on my website which is pathwaysmed.com and you can go to learn...the section learn and then go potcast and you can pull my *[inaudible]* on a lot of them. I just stopped doing this shows so that I can finish my book on picky eating it takes more time so...

Ernest: So people have to give it one more time...

Betsy: Sure in pathwaysmed.com go to the section learn and then go under potcast. Now if I could say one thing to because I know my email address on my website I am currently running our medical practice raising three children trying to buy through am IEP process right now *[Laughs]* and traveling the country doing a lot of speaking engagements. I really dislike not answering somebody on an email but I will probably not have a lot of time to spend on an email response I do appointments I don't have a lot of appointments available because I am spending more time running the business but I do have quite a few diet counselors that work for me. And my husband does accept new patients as well but I do accept my patients for diet counseling as well. I will only see patients though that are

also part of the whole clinic because I am not a fan of just addressing the diet and not addressing the whole issue. So I just wanted to tell you that yes my email address is on the website and I will do my best to answer you and if you like to send just a quick email we will put you on a news letter list and once you know when things are progressing through the office as well so going back to more pieces on the diet. Doing gluten-casein free may not be enough just doing that alone and I know that comes as a freak out type of a response today because you are just barely even positive somebody coping with the thought of even doing gluten-casein but here is why I felt so compelled to tell you this it is because I hear so many people say they did the gluten-casein free diet and it didn't work and I don't believe that it is the gluten-casein free diet that didn't work. I just don't believe that big picture was looked that enough as an example my son still has a severe reaction to corn with the first thing you increase when you go on a gluten-casein free diet you increase corn because so many of the products out there have corn so...

Ernest: It's an healthy thing.

Betsy: So initially when I made him gluten free I felt no improvement at all. And it really was because I was looking at the whole big picture so I want to mention a couple of things today. So as to put bugging your ear about it just that you feel like you get a little bit of the whole picture and one of that is digestive enzymes. And we did have a couple of questions about digestive enzymes and I am a big fan of them. I am not a fan of them to replace the diet. I don't believe you can take enough DPP to be able to replace having to do a gluten-casein free diet and they have...many of enzyme have these replacement type enzymes but I believe those are best for a child that is not a 100% possibly on the diet just kind of loosely doing it. Here is the thing with it and this goes into this whole piece with the whole cheating factor the question of can they occasionally go off the diet which is another question you asked. And I very, very strongly say no it's got to be a 100%. And when we say its not so much for the body that it has to be 100% it's for the person or the child doing this. If you think of this is like alcoholism if when you know somebody who has been alcoholic and they are very, very addicted if they decide to get off of this addictive product of alcohol you wouldn't on their birthday give them a shot of whisky to tell well it is birthday so go ahead and have it because you know what's happened it would trigger the memory for what that piece did like how it felt how that addiction was and it makes it so much harder on the child if you occasionally give it to him. Aside from the whining factor that will dramatically increase because if they know you crave in one time they know you are craven again and all they have to do is beginning for enough. And you feel guilty I understand that guilt because the guilt comes from I don't want to have to do this so I certainly don't want to make them have to do this. There are many factors it is really, really good to do this as a family. So strongly suggest not taking enzymes just replaceable the gluten-casein piece of it. But I do highly recommend enzymes for pancreatic functioning in general. Hope you will be able to absorb the food that you are eating. What happens in our kids systems because of either heavy metal toxicity or whatever the situation is the pancreases are not working really well. And when they don't work very well they don't produce the enzymes that help breakdown the food so what happens is they eat the food and they really kind of come out the same way they came in. And what's the sad thing is if you are working so hard to

getting vegetables down your children if they are not stimulating them its not doing any good. So enzymes are big deal I am a big fan of the company *Enzamerica [phonetic]* I find them easy to find they are affordable and I just like their products I like the company I have known the owner for a while. They are good company and I have done quite a few radio shows on enzymes so you are welcome to list on my potcast you are welcome to listen to those on my website but I will be happy to come back about that more but another big thing with so many of our kids is the reflux. So what's the first thing that the doctors do when our kids have reflux they give them vinegar acid which is the absolute opposite of what they need. The reason that they have this acidic build up in their esophagus is because they are not digesting their food and so what happens is the food just sits there and it rots and it forms an acid reflux which...the doctors are giving an antacid which is making...killing all the hydrochloric acid making even more difficult for your child to digest their next meal. It's the absolute opposite of what you should be doing. So if your child has been diagnosed an anti acid please look into enzymes therapy first thing first is that. We digest gold as a great product I cannot by any means what so ever recommend any supplements today to you I am not legally allowed to nor is that epically a good thing for me to be able to do.

Ernest: Yeah I understand that.

Betsy: So I won't...I am not a medical doctor I am not a dietician at hand that can actually recommend that so I know a tremendous amount about this because of my husband please don't stop any medication don't do anything based on my advice today *[Laughs]*. That is discovering work is my best friends and attorney so actually give that's going on. The other thing that could also be a problem is besides the gluten-casein is soy. As I was talking to you earlier corn is a big one is increased but the other thing that increase is soy. Now for those of you who may or may not this and *[inaudible]* is real. They are banning soy formulas and they are recommending that adults can consume soy no more than once a week. The two of the countries that are really on to the dangers of soy, soy is protease inhibitor and protease is one of the most important digestive enzymes that we have in addition to amylase and look like *[inaudible]* those are very important digestive enzymes and soy actually blocks the enzymes from functioning which is were that blowing type feelings come from. It is also a very high allergen and it is something that I do not recommend in large amounts of. Now if your child doesn't appear to have any problems with soy then a little bit is fine but I certainly would not go pushing soy ice creams, soy cheeses, soy milks, soy lactase those types of things. You want to stay away from all those is best that you can. Soy is also a leading cause in fertility so all of you moms out there who maybe trying to get pregnant again that's part of the reason is real has been...

Ernest: Now why would that be because of the estrogen that it creates or...

Betsy: It is...people already in estrogen overdrive...and I say people because it is not just woman men are *[inaudible]* buds and things which is that and it is not the way to control your estrogen Soy is not a good remedy for that. And Dr. Keller Daniel has written a wonderful book that if you like to learn more about that Dr. Keller Daniel's

book is called "The Hopefully Story" it's a great book not only on soy but also on cytotoxins which another big concern out there. Now a lot of time people would say to me so is my child allergic to gluten-casein and they could be but that's not typically what the problem is typically our kids don't have a lot "allergies" those allergies are called IgE allergies that's when they test for...the doctors may test for...they are called IgE it is very important you know the difference between IgE and IgG. IgE are food allergies IgG are food intolerances. See IgE the food allergies are more inherent they are more things that are they don't go away very easily their usually do due to something that's happen in the immune system tragically and they are also are strictly inherited they have a long memory. IgE are the ones that you see at the kids they have enough lactic reactions. They also cause extreme rashes and eczema and typically the common ones are peanuts and tree nuts, fish, milk, shellfish and things like dairy and eggs wheat and soy those are all typical ones. But the ones that we tend to see more in the children on the spectrum are IgG food intolerances. Once again they are not allergies they are food intolerances they are very very common and it is important that you notice when you are starting to do any sort of dietary intervention. Now there is different test to be done out there. And I should have mentioned earlier one of the best test for testing for gluten and can be morphine and the test to see the diet is necessary for yourself or your child. The best one that I feel right now is out there by Genova. Genova is doing an excellent one you can to their website at genova.com they are looking at all the different markers because there are so many markers to know gluten-casein is a problem I am not a fan of the great plain one they don't do any many markers sport and there is a lot of false readings on it. So if you have been tested before it had a negative through the great plains please I urge you to do the Genova one. It's a little bit more money but it is much more comprehensive giving you better picture. But there is a lot of different companies that are doing IgG intolerances and it's a good thing to do because it is good to know food that you may not consider may not have thought about like garlic or eggs is a really really big one for food intolerances. Now how did these IgG food intolerances begin well pretty much it's a combination of many things. It starts off with this really unbalanced immune system which is frequently what happens when you are looking at immune damage due to vaccines. What happens is during the vaccine because you are giving so many live viruses at one time the immune system gets stuck and is overdrive and is constantly making antibodies to everything anti-myelin antibodies all these different antibodies it is constantly shooting out. And then what also happens is dysbiosis frequently sets in. Not enough good bacteria in the gut, yeast start to grow rapid and we get what's called the leaky gut syndrome. Now leaky gut is very very simple and is exactly what it is it is basically yeast kind of puts itself on the walls of the intestines and food particles leak out into the gut and that's what they call leaky gut but these food particles are not were they are supposed to be. So is that overactive immune system going to do it is going to create antibodies. And this overactive immune system creates antibodies of all these different foods. The foods typically that the child is eating the most of which is just about every child is eating the most of gluten-casein so it is an additional piece besides the whole peptide piece. This is something that's very very common in autism and as per as in AVD and such and it is something that really needs to be addressed. And it does get better if you treat the leaky gut from many different ways you can get these to past but it is important that you know that this might be a problem now if you don't have access to

doing the test or the money to do the test I told you respect and feel that you don't really need to. You can take away any food for ten days and reintroduce it and see what happens. Now can't do this for gluten and casein I mean you can but you are not going to get a reading because in a fact that the opioid the peptide effect can those peptides can stay in the system for months so taking it away for just ten days and reintroducing it is not going to give you an accurate reading. It could take up to three months before you really get a clearing and know better good reading on the benefits of gluten and casein. So another thing that a lot of you hear out there is you are showing a lot about celiac disease and this is an necessarily exceptionally common with autism as well too but it isn't auto immune disease and it is big out there and gluten intolerance which is really everybody is getting diagnosed by IVS these days which really is in most cases gluten tolerance but you are showing more about this and the reason I mention is because gluten in general is becoming a big thing for a lot of people to give up. Why is this because gluten is an event in recognizable forms anymore? The wheat that we are eating today is no where near the wheat that our ancestors have eaten. They have genetically modified it they were tilted the cells and made it so that it just not really even break down or digest and its making it a high allergen because of it. So just want you to let you know that another reason to giving up gluten so one of the more common problems though that we see is a lot of problems with corn. Now I don't want to freak you out because if you are just starting to do a gluten-casein free diet the last thing we need to tell you is that you also to have be corn and soy free. I may not get a chance to talk to you again so I really just feel that this is my step two or step three and may not from next year. So please note that if you see your child start doing really well from a gluten-casein free diet and then five months later they are starting to decline this is those are first two foods I want you to look at is corn and soy. The third one that I want you to look at is eggs now my theory on eggs is that you know our vaccines are cultivated on eggs and that is the first allergen that your immune system is getting to track list so I think that why eggs becomes a problem for a lot of kids. But by all means that your child do well on eggs, eggs are one of the most perfect foods when they are organic and don't eliminate the eggs unless you need to. Corn and Soya on the other hand have really no good benefit and no need in the diet. Here is my take on corn I will make this really quick. If your child has had comprehensive digestive stool analysis any sort of a stool analysis that shows that they have bacteria in their guts helicobacter pylori, **gamma strip** any kind of E. coli, the bad E. coli which is hemolytic E. coli, the clostridium, coxiella any of these bacterias one of the things you need to know is that corn and sugar but corn especially in the form of hyper dose corn syrup feed these bacterias very rapidly so if you are noticing problems with corn there is a good chance that the child also has a large amount of bacteria. Now were I tend to see this amount that crave corn there are eating this horrible food like gorilla munch and I am sure there is a lot of parents out there just like "ah that is the only gluten free food that's the latest gorilla munch free you know but this is corn bacteria feeding food. I am not saying that you can never do gorilla munch but it should not be your child's main source of food. A parasite turn another big one now can we just have a full moon I can't remember when were the full moon Ernest do you know when it was?

Ernest: I don't remember actually Google is here.

Betsy: Okay. Well interesting because parasites are really need one because it is very easy to test this one. Parasites are hard to pick up on a stool test because they are cycle able which means they only surface a couple few days really strongly surface so that they will be detectable on stool test only a few days out of the month. So they typically they tend to surface around the full moon. So if you have seen hyperactivity around the full moon then parasites are another thing you need to be careful of. The foods typically that are crave when parasites are big in a child or the niche vegetables potatoes, tomatoes, eggplants things like that are all really really big with parasites. Fake food is another big concern of mine that I want to make sure that you are not giving your children and by fake food I mean things like pretty pebbles. Pretty pebbles are gluten-casein free and people think that is a food but it is not. Pretty pebbles are really nothing more than paste with food coloring. And I just want to tell you that we need to keep these foods for and whole because remember our goal. Our goal is not to do any more harm it's to take the toxicity out not add to the toxicity. And another part of this toxicity which is so big out there right now is artificial sweeteners and my biggest concern for the kids that have been given splendor because splendor is nothing more than sugar that's been chlorinated or bleached and it makes it so that it's a big quick for chlorinated powder and what's happening that it settles in the intestines and were seen a lot of intestinal problems from people who do a large amounts of splendor. An artificial coloring is another one you know it is made from coal tar the same petrochemical they put out on our streets it causes all kinds of liver stresses really suppress communities so we want to stay away from that we want to stay away from nitrates and MSG. Nitrates are what keeps the peak MSG are the flavor enhances. Now mom said...one of the question send said she went to McDonalds I think it was McDonalds that was some fast food place and they got this child a chicken breast and low bun and had it was just grilled and then it had this tomato nuggets and the child really reacted. My guess is guess it could be cross contamination or not questioning that. But I am not anywhere near as much convinced that cross contamination is much as I am convinced at MSG. Most fast food places will put large amount of MSG on chicken because of the fact that the chickens that they are using are so dead and so icky that they have flavor enhance it. So the chicken mix is a strong enhancer. And so they...the child probably reacted with MSG. Okay so another reason that foods can be a problem through this is alkalinity or acidity and this has been really big through a body ecology diet she has done a lot to teach about alkalinity and acidity and basically what it is saying is that a lot of these foods that these kids are eating which are all carbs and bad carbs and simple carbs as well as even you are lucky enough that they are eating meat those are all acid forming foods and it is a vegetables that bring us alkalinity. Now just like a swimming pool or a hot tub you need to keep not too alkalinity not too acidic but our kids are run in acidic. There blood is running acidic not just a stomach acid we are talking about their blood and their urine range are all running very acidic and it is causing dysbiosis and a lot of other digestive issues. So it's so vital to be able to get those vegetables down and we will talk about how to do that. The last piece I want to stand on different types of varieties of diet is that I really am a big fan of the blood type diet. *Dr. Dea Dono [phonetic]* has written a few books the latest one is "Live Right for Your Type" and that's a great one to understand the difference in blood type but the reason I find this really important is because a blood type for example do not have very good pancreases. They do not digest these very well at all. They do great on

land they do great on fish they do wonderful on chicken but beef is not strong to. However if you have an O who is not eating beef they are going to be very lethargic they are going to not feel very well because O s desperately need beef. So I do say I am not saying you need to do about type diet 100% but it is worth just keep your nose into a little bit information on the different types of blood types out there. And then before we actually...I want to hit the piece of picky eating. Ernest is it possible to take just like a two minute break really quick.

Ernest: I am sure no problem.

Betsy: Actually I will just be 1 minute I will be right back.

Ernest: Okay that's all right. Hello everybody hopefully we are here she will be back here in a minute and so far what do you think about the information here I am going to *[inaudible]* everybody and give me a second. What do you think about the information everybody?

Woman Speaker: All right it was *[inaudible]*

Ernest: Oh good. No problem most of the people actually listening online so I will meet you again and we will continue when she return here.

Betsy: I am back. I am sorry. I needed to get some water okay are we all set here. I am here can you hear me?

Ernest: Oh yes. I can I think after everybody there enjoying everything and they suggest and so we are back again.

Betsy: Good, good, good I am glad its always of a strange thing to talk to an audience that you can't see those faces or you don't know what's resonating and what's not resonating I did two radio for three years and you just have no clue even if its like of fun.

Ernest: Oh of course.

Betsy: Okay so let's get into the eating potatoes as how to implement it how to make this work in your household. So first thing that I usually tell people is you need to start kind of setting these roles for what is it that you are going to do now when I say rules the reason I say that is because when the rules come up front to the family it is much easier than making them up as you go along because kids question everything. Now I am going to tell you that I have done this diet with a son that was severely sick and non verbal and had no even understanding of the words or things such as that I have done this with a seven year old daughter who had Asperger syndrome who no longer has the diagnosis but she perseverated to the extreme and I have done that with her and I did this with the five year old daughter who had unquestionably bipolar and severe ADHD so I am not just talking about my son here I have done this with all different types and the reason I talk about the rules is because you need to kind of know what is allowed and what is not

allowed especially for the kids who understand us. I will tell you what few parents talk to me Asperger and Asperger is one of toughest to do this diet with I feel a lot more sympathy for putting a child with Aspergers on the diet then a child's autism. Because the child and there is a huge difference a child that's two and a child that's 12. It is never ever too late to start this diet. I did not start this diet till I was in my 30s and I did it for five years I am not honest I don't really need to be honest as much anymore although I still watch it carefully that I don't...I am not a 100% any longer. But I was very strict for five years and it helped me immensely to get through a lot of my digestive issues that I had to get through along with many other things. So it is never ever too late to start and but the reason after is so much harder is because here you are working so hard to get these children socially accepted you are working so hard to get them to have friends and to get them to fit in and now you having to take something that is more corky than anything else and give them different types of food. So there are ways to make the food look more exciting and more like other kid's foods. We can touch on that a little bit today but we are not going to have total time I think it will be fun or is down the road if we did just to show on lunches or just one on breakfasts and dinners and things like that and kind of separate that. But for now please understand that Asperger is a challenge so if the kids know those are rules it will make it easier. Having special snacks for them for example when you if there are in the classroom and they frequently do birthdays were they have cupcakes making your own cupcakes some good cupcakes and just having the teacher keep them in the freezer so that anytime somebody is bring cupcakes to school you can take out one of their special cupcakes or the cookies or things such as that. Now I had one child that was really important to and another child who was so embarrassed by it that she would just rather not have it then to be different. So respect were the child is coming from please it is so important. Try not to make a big deal for the children that are socially aware in front of their other classmates but make a big deal for the kids that are not socially aware because you want to make sure that the classroom is supporting the child in other word they are not pushing something on it and I have had so many parents stating me that the classmates are so strict about what so and so can eat because they understand the importance. There is a wonderful book called "No Cup Cakes for Jason" and Stephanie Harlan wrote this book I don't know I assume it is available to **Amazon** we sell it on our website at pathwaysmed.com so it is called "No Cup Cakes for Jason" it is a social story book written for any child that is trying to understand that the class is trying to understand why this child can't eat this particular food. So the social part of it is a big piece but you need to have those special type treats and you need only you can set what those treats are because when people say to me well you know just how healthy do I have to be how much sugar is too much sugar how much soda is too much soda and I can never answer that because it is what's working for your family. No family doesn't do soda but if I go to the fair I do let the kids get cotton candy and it's like...but that's my choice and it is not it shouldn't be judged by anybody. It isn't going to be judged by me if you decide that you want to do skilled occasionally its what works for your family so please don't feel like a failure if you could only do so much I would much rather have you keep the guy at 100% free and have some other foods that may not be so desiring than give up on this altogether because we all can't do it all. The are dealing with not just parents so you want to try to have those special type foods that you can pull out turn your bag *[inaudible]* type food. A lot of parents ask me about they are doing their ADA

therapy and they need to have reinforces and this is becoming worse and worse out there most of the programmes are not requiring food reinforces as much as they used to but if that is something that you are looking for once again there are so many different types of things from grapes to specific crackers you just don't want to be reinforcing constantly with the cookies, with the cookie, with the cookies or with the chocolate chip but you have to make the decision as to what is the motivation. So what I like to say is all of my families. This is were I say you give them a very healthy breakfast you allow some non nutritional food at lunch time and you give them a healthy dinner. The reason I say lunch time be lenient is because of the social end of it. I remember the first time my daughter bought a salad to school she was in first grade and she had a salad in her lunch and she came back and she was crying and she said salad is not allowed in first grade and *[Laughs]* I said well why not she told because not one other kid had salad and they all looked at me strange and even now though that was one of her favorite things to eat for lunch it just wasn't working and sadly we kind of had to go with the status cold of all this because we need to make it easier for our kids. So if there is one meal that we are going to be lenient on its going to be lunch but let's start them off good.

Betsy: Let's finish their day well. What is starting off good it's not through Gorilla Munch cereal starting off good is getting some protein and its wonderful if you can get a little something green into their breakfast as well too. Even if it's just a handful of sprouts it will help raise their alkalinity and please don't give up on the egg we are going to really hit the picky eating part but I just want to get through what ultimately I want you to be eating. The next part is I like for all meals especially dinners I want you to think of your meals in threes. It makes it much easier for parents because they say well I don't know how much of these are appropriate amount but if you think of a triangle and a third of it being from protein and a third of it being from vegetables and a third of it being from something that they really like, like some sort of a potato or rice or some sort of a bread and kind of always thinking of your meals in third that way it make it easier for you to plan at the beginning of the day. So we need to hit the picky eating because its one of the biggest questions that people ask me and its such a frustrating piece. Earlier I was talking to you about how our kids really are starving when they are not getting nutrition. But when they say to me...but it is all they would eat it is all...and please no I have been there I walked this lot. It sail away as 100 years ago when there weren't Goldfish Crackers and Marconi and cheese and the only food that was on the table were meat and vegetables and potatoes and things such as that. I guarantee they wouldn't starve but we have introduced these foods and we have kind of ruined our children and by that I mean we taught things by pediatricians things like giving our kids juice so that they don't even learn to drink water they don't even know they learnt from a young age that one thing they should be drinking that is something sweet and they learn from the pediatricians the first food you should be giving them are fruits which is the opposite they should be eating vegetables first because once they get the sweetness of fruits they don't care for the vegetables. And its these type crackers and the cheerios and things that were given are babies that are making them very grain dependent. So we have to take responsibility to the fact we have created this in many different ways. I want with all of you so once again not pointed any fingers but with have kind of created this so its our really responsibility for taking them out of it. Now its very very sad to say yes with autism we have got

texture sensitivity yes that's exceptionally fair to say and we are dealing with even bigger situation than just the standard picky eating child that is out there which doesn't...they are everywhere...most of the kids that are out there and its because texture sensitivities become very difficult. Now how I like to explain this is I went to Asia I guess it was last year I was in Asia and I learnt while I was there that there are many cultures and many parts of Asia that eat worms. They actually eat them live.

Ernest: Wow we can have a class on that one.

Betsy: Yeah *[Laughs]* okay well good because I am going to have you do this little exercise with me here because think about this. Think about what it takes to get you to eat a worm now if you knew that an entire coat...I mean a whole millions of people everything these everyday. And obviously they are *[inaudible]* on them. So just like your mom is saying to you but everyone else eats them so if you were living in an environment were they eat them all around would you all the certain desire to eat them probably not because it's not what are raised on. But why would you be afraid of the worm. And so is as it sounds that's the mind set that you need to understand when understanding your child picky eating. Because they what they are terrified for usually isn't so much the taste as they are to the way that it is going to feel. So this is why you need to start small. Now I know I have some picky eaters that are so extreme out there that they truly will eat nothing but accord. So this is where we start usually I recommend meat and then I do vegetables next you do with whatever you are comfortable with but let us start with meat because I had so many patients over the years that they wouldn't touch meat and this is how we started off well any kind of food that is new like this. We do what's kind of ABA approach which is a first this then that. If you child doesn't understand the concept first this then that this does make it a little bit more of a challenge but that also attainable too because my son didn't understand that command until he was much older and we were able to look what's in his as well. It works similar to this you take something that the child really likes French fries and you take a hamburger. You start exceptionally easy and very attainable for example maybe the first time you do this you just simply have to get them agree to put the hamburger on their lips. And then you give you give them the reinforce of the French fries you cannot have the French fries in their reach because you have to be in control of giving them the French fries as a reward. The request maybe simply just touch it to your lip and you get a fry okay. Then you reward them in anyway you want to from that point forth but you want to start this very slow. The next time you may want to do okay now just put it in your mouth and then get the reward. The next time is when we start actually making them responsible for eating it. So you have to start though when you are doing this miniscule, miniscule bite. I mean the tip of a pin type of thing so small that it is very, very achievable. Think about that worm what would it takes to get you to eat a worm? If it was really, really tiny and you have your favorite food right next to it and they said listen you can dip it in ketchup. You can put it in your favorite food and disguise that way but let them steal the responsibility for it. You know Jessica Seinfeld came up with that big "Deceptively Delicious" and I like that in many different ways although her recipes aren't healthy at all. Because she is a lot of like vegetable oil and this stuff is not necessarily good no mention of anything as much of an organic something such as that. We have been doing this is for years

sneaking into vegetables but I don't want to be deceptive because I think the kids need to learn that you can eat this and its not going to hurt you because you cannot spend the lifetime despising the vegetables teach them that they are not scary. Teach them that the meats not scary and get them to start breaking it down so you do this piece were you put on their tongue they swallow they get their reward then you just consists away make the bites a little bit larger a little bit larger. Once they realize that this texture is familiar its comfortable the taste is not scary they will be more willing to try bigger and bigger bites. And that's really kind of your beginning for this. The next piece that I say is very very strongly is that you have got to be strong and really what's the word I am trying to look for...just determined, determined isn't enough but just that your adamant that this is what is going to happen that you are going to eat those and there is no "is end or buts". A typical story is okay Betsy I took all your advise and I sat at the table and the food I had out there with the chips that he likes and the meat. And I say you can't get the chips until you take this "teeche" bite and screamed and he left the table. And I say okay so then what did you do? Well I put it all away just like you said I didn't leave it out there and he had no access to any other food. Great okay great job. Now then what happened? Well then it was dinner time and he came back and he was really really hungry and he was crying and he wanted those chips so badly. So I said okay *[inaudible]* sit by what you said I took out little pea piece with me. And I said you have to eat this first then you get the chips and he said no and he screamed and he ran away again and okay excellent. So then what happened? Well then it was time for bed and well of course it was time for bed I didn't want to go bed hungry so I gave him the chips. Now what is the moral of this story? The moral of this story is that you have now taught your child that if they hold that long enough and if they cry long enough eventually they are going to get what they want. And this is not what you want to be teaching them because then its just going to make your job harder and harder. A child can go many days without food not without water but he can go many days without food. So eventually something...even if all you are getting them to eat is maybe it is just a bite of even though that will be nuts Gorilla Munch cereal whatever it might be that's still at least the calorie that is going to keep them from starving themselves. So I am just saying that you want them to really kind of hold...you want to hold out as long as you possibly can to make sure that they get this nutrition in them and then once they understand that you are serious they know from that point forward your life just gets easier. Now the other thing is I was talking to you earlier is about that trying on that earlier. You have your meal, your vegetable and say for your potato for example. Now this is were I recommend getting into a form and this is great with kids but I have done this on older kids too. And if they really really love that potato mashed potato for example or that rice they don't like the rest. Then you don't do finish your meat and finish your vegetables then you get the potato. You do bite for bite, bite of meat bite of vegetable reward by the potato and you do think in these threes. And this gives them in a pattern of eating things in a way that they are constantly getting that reinforcement what they want. Now parents will say to me that sounds like a lot of work. That's sounds very hard to be having to sit there and I am not disputing that. You do have to actually sit there when you taboo once they get the format for that they will be fine. Now I was saying earlier that that I recommend doing equal amounts one third the vegetable in such but when you first start this off I don't recommend that you have to go

that severe. I think that you can sorry I had to kill moth in my room so the whacking sound came from.

Ernest: You should eat it.

Betsy: When you first start this off keeping his bites really small really a tiny able so that the first time you do this you may have one tea spoon of broccoli you may have a size of quarter of a hamburger. And then you may have a big heaping play of French fries. I am told okay with that because of the fact this is teaching them this whole trilogy of food and then gradually you start increasing the others. Now I also was by the piece enough everybody has to like everything. I mean maybe what you made really is awful *[Laughs]* maybe because a lot of people don't cook very well and I probably would be picky towards the vegetable as well too. So in those cases what you want to do remember I was talking earlier about those rules setting those rules our rules my kids were growing up was always this three bite rule. Just three bites if you don't like it after three bites you don't have to eat anymore. And this way the rule part makes it easier for them to be able to know what is expected of them instead of how much does Joey have to eat well they know the rule okay. So the last part I want to hit is setting a good example and this is something that really kind of amazes me because I have parents to say I just don't understand they won't eat any vegetables but I guess I don't really blame them because I won't eat any vegetables either. Well kids are watching you even if they have a disability they are watching you they know what is normal on the table and what is not normal on the table so you really have to setting a good example for...I think it is down right cruel to be putting the child on the gluten-casein free diet and then ordering the pizza in front of them you need to do this as much the family is possible. It usually benefits the whole family as well.

Ernest: Well you know you have got so much information here its just we got to have you back again because...

Betsy: Oh thank you we got now we got so much to leave.

Ernest: No, no, no, we are not we are going to have you back again with all these people here are saying hey of course questions.

Betsy: Oh I am sorry.

Ernest: Oh no, no, no, we want you to keep going. But maybe we have to bring you back.

Betsy: Okay.

Ernest: I can bring you back and do that because we for about 45 minutes unless you want a...we can extend this a little bit here but we got a lot of questions from people, one of which as you are talking to them asking questions and one question came in from...

Betsy: Okay.

Ernest: Her name is *Sandy Weller*[phonetic] and she is from Vancouver Washington.

Betsy: Great.

Ernest: And she says help recipes that she had some or nowhere I can them love your seminars thank you.

Betsy: Okay wonderful my favorite gluten-casein free recipe book out there is through an author called Suseson Deff, S-U-S-E-S-O-N and her last name is D-E-F-F and her website is specialeats.com. Suseson is my closest girlfriend and as it is not why I am recommending her book [Laughs] I met her because I loved her book so much and we ended up being very very close friends. If you are on my website pathwaysmed.com you can purchase the book on our store but you can also go directly to Suseson it is the same price regardless where you go and Suseson actually works as a diet counselor for my business pathways and she does private diet counseling as well and would give you all the same information that I am giving you today. So that is a one good source the other thing is I am really the worst person when it comes to recipes because I am kind of an [inaudible] cook in that I don't follow the diet structures.

Ernest: I do the same thing.

Betsy: Its my Italian heritage I just somehow was blessed with knowing what to do and I come to respect and realize not everyone is like that. but I can't decorate my house to save my life so we have her [inaudible] in our net I have to have my husband decorate we all have our talents so I am a good [inaudible] I was like why you just add a little of this and that but especially it is a great one the kids friendly and it is called kids friendly gluten-casein free book by Daniel Lake I want to say is her name I interviewed her in my radio show. Her books pretty good my frustration was so many of the gluten-casein free books or that they are just down right not nutritious I mean I don't another recipes for cookie next I want to know how to make a meal and Suseson does this book specially teaches you how to make a meal not just another pan cake or cookie recipe although she has good pan cake and cookie recipes that's not being potatoes of her book and so that's a good one there any other questions?

Ernest: Sure got a couple more I got John from Salt Lake City Eaton 18:07 essentially he say hey I really want to try this but he has got six children.

Betsy: Okay.

Ernest: And how can he afford this? I mean obviously the milk thing certainly sounds like a good idea, cashews I guess if you get the spilt ones is news to me I did not know this if I belong anything for this is to get...

Betsy: The cashew pieces there are out there...

Ernest: Because the other ones are whole ones they are way too expensive that are raw.

Betsy: Yeah I know *[Laughs]*.

Ernest: But how can you afford *[inaudible]* for some people this might be initial

Betsy: Its very challenging especially when people are in food stamps and things such as that that the government also subsidies with what's their favorite food cheese.

Ernest: Oh yeah.

Betsy: So here are some tips because I do believe that you can make all of this very affordable. Now the person with six children you know where they live.

Ernest: Yeah they live in Salt Lake City Eaton.

Betsy: Okay so the first thing you need to do honestly I am just such a believer in this. I live in truly the middle of nowhere Wisconsin actually it is not that bad. Its just a big farming community nobody knows this area but believe it or not I was confident number one organic farms in the country. But the first thing you want to do is find an organic farmer by you know. I am so big with organic that's also watchful whole other day because you are getting so much more nutrition. In many cases you are getting 70% more nutrition from organic beef, grab that organic beef thing you are from the meat that you are find in the grocery store. So if you only get more minutes your fest on your child you want to make sure its good piece of meat. I am sorry what Ernest?

Ernest: Oh no I was just to going to add to just now I am sorry I interrupted just reading the other day that most of the beef we kept is corn fed.

Betsy: Yes terrible.

Ernest: And if we take these cows and they just popping full corn over a 145 days before the *[inaudible]*

Betsy: Very sad.

Ernest: Were before some 20-30 years ago we used to get all of our beef was grass fed because you know there were out there grazing.

Betsy: Sure.

Ernest: And that's all changed now.

Betsy: Exactly and you think of it do you want a cow that's been eating captain crunch or do you want a cow that's been eating the salad bar. If the nutrition doesn't go in the cow the nutrition can't come out of the cow. So if your cow is not eating grass then it is not

getting a lot of nutrition. So here is what I recommend anyone to do is to by pass the grocery stores and go directly to the farmers now I know in New York City that this is next to impossible I know probably in Irvine or anything like that that is impossible also but there is a lot of places in this country especially if you are in Salt lake that you can travel not too far you know once every few months and buy a quarter of a cow or chickens on the days that they slaughter so that they don't have to even put them...you can bring them right back to your freezer. I am big on this because people are buying precut and packaged things that chickens are the perfect example. Chicken breast and chicken piece are so ridiculously priced when we need to start buying whole chickens again and just cutting up our own chicken it is not that hard to do you get comfortable with it after a while and you can use all the parts of that chickens. I take the chicken breast and I make chicken salads or chicken strips so things such as that. I take the *[inaudible]* meat and I make nuggets from those types of things. I barbeque the wings or the drumsticks I take the carcass of the chicken and I submerge it in the pot of water and make stock. I use every single part of that chicken. I take the liver of the chicken and give it to my pets *[Laughs]* it is like...we use everything. And that's were you save money when you buy things in whole. Now if you go to a farmer even if you only have to take a four hour drive every six months but you are buying enough to last you. You are saving usually 70 % what you would be paying in a grocery store. So that's one piece the next piece is to concentrate a lot on beans and rice. And beans and rice are wonderful gluten-casein free food I was in Costa Rica years ago these kids were naturally eating the gluten-casein free diet they were eating beans and rice and the eggs that the chickens were laying and of course it is was a lot easier to let vegetables for them but I mean this is the world that they knew. And we have kind of worked our way into that just not what we eat here but it can be what we eat here so beans and rice are good one also just not buying things precut not buying *[inaudible]* things such as that will save a tremendous amount as well. Now when it comes to the bread here is my biggest recommendation for saving money. Get yourself a really good cook book but even there you can go online for so many recipes I mean all you have to do is just Google gluten free bread no corn something like that whatever you want to do you won't believe all those things that will come up. But make your own flour blends remember what I used to say the very beginning that you have got things you have got your flours but you need to have the right combination in order to make it work. Carol Fenster is one of the best when it comes to teaching people how to make flour blends. You can go to her website savorypalate.com is Carol Fenster she set some good books on making flour blends and that save the time because what I do is I have this huge, huge bowl the biggest bowl that I own and I quite drouple my flour lend recipe and I make these big batches and put them in these air tight containers glass containers and I just store them and then whatever a recipe calls for anything it could be a wheat flour that it calls for but my blend will substitute for the wheat flour. So I can just substitute my blend for what might be an any basic recipe. So you can take your same recipe books and use them interchangeably if you know what the substitute you know we talked about the cashew milk or even if you are just having rice milk or whatever it might be and substituting these things yourself.

Ernest: Very good.

Betsy: Where you are going to lose the money is buying all the packages in the pre-made and the prepackage stuff.

Ernest: Yeah that's where everyone is so busy that they get the prepackages many of the time and not sure exactly what's in there.

Betsy: Yeah you have a lot more fun making your own four blends because you can throw in some nutrition I mean I will put in a little extra almond flour maybe sometimes I will be using coconut flour if I know I am going to be making something like pan cakes or something just to give it some different types of flavors and nutrition.

Ernest: Okay let's see here...

Betsy: I have *[inaudible]* too that you have bought *[inaudible]*

Ernest: There is actually one you can answer really quickly.

Betsy: Okay good.

Ernest: Because I want to know the answer to this one. Here is a question here from re-contradicting information regarding McDonald's French fries are they or are they not gluten free?

Betsy: Okay so my favorite McDonald's French fry story is patient of mine I can't answer this quickly...*[Laughs]* there is a story of that but a patient of mine one time literally gave every single day of his child's life went to McDonald's and ordered child extra large McDonald's French fry and the child will eat the French fry and that was a regime of this child's diet for years every single day and the mom said to me one day when this whole report came out she said I finally now understand why my daughter has been gaining so much weight I know what's it is the gluten in the French fry you know I hate to tell you this but even if there is any gluten in there and it is exceptionally miniscule there is a lot more to those French fries than that miniscule and that of gluten. I will tell you what Ernest I am not a stickler when it comes to...I am a severe stickler with cross contamination. I do think that there is a potential for there being a problem and I definitely would agree that some children may react but my guess is that if your child's dieting from McDonald's French fries it is more likely to the junkies soy oil that they are using and something called acrylamides which is what happens when you take oils to extremely hot temperatures much more so than the small trace amount of gluten that may potentially be in there. So are they safe is very relative term are they gluten free I would probably say as of this point there is no conclusive evidence.

Ernest: Okay.

Betsy: Sorry, sorry I sure there was much more answer than you wanted to get but that really set voice into the question that I was asked a lot which was what to do with overweight children and under weight children and we kind of talked a little bit about that

when they crave food then they just can't constantly eat and eat and eat and eat because of their craving when you take away the gluten and the casein then it is very hopeful they won't necessarily be eating all the time anymore. But what I want you to really pay attention to when it comes to overweight and under weight is the types of fats that they are eating. Now you need to understand this is really important our cells travel around our body in fat cells and if you get rid of all fats in your body you are not going to be able to have very good cellular energies it can be very hard for you to function and to move around properly so fats play a really important role but you also want to make sure that you are doing the fats. Because you don't want to be doing corn oils, soy oils, vegetable oils all very very junky oils that they tend to take to hydrogenated levels. You know it cracks me up when Kentucky fried chicken there is this great advertising that no more hydrogenated oils well I have got news for you that their oils may not starch hydrogenated but all they have to do is eat it to the first fry and it becomes hydrogenated. So the oils that you want to be using if you are cooking you want to be using coconut oil, grape seed oil those specifically for more fine type things and then...

Ernest: Yeah we use grape seed oil our house.

Betsy: That's a great one of olive oil but you don't want to fry you don't want to take it too much higher than 350 degrees. Palm oil is also another good one for frying. Most people know palm oil through spectrum shortenings palm oil so that's another good one. Sun flower, *[inaudible]* flower oil are all oils you can cook with and my very very favorite and I am a very big fan of is ghee that's spelt G-H-E-E and ghee is clarified butter. It is butter were the casein has been removed and its very very good for your DNA or genes it turns out good genes great for digestion and if your child does not have any IDG reactions to dairy so you are just slowly taking away dairy because the casein related issues then it is perfectly fine because there is no casein in it. Okay and then non heated oils oh those are great that you just don't want to heat them are extra virgin coconut oil, coconut oil that's heated is extra pressed not heated is extra virgin and hemp seed oil you don't want to heat. Olive oil good high quality olive oil you don't want to heat too high. Flax seed oil definitely don't heat at all. Flax seeds loose all of their mega threes immediately after you heated them. Walnut and almond oils you don't want to heat as well. I am sorry so that's really were the key is to gain weight and to losing weight. It is just using the proper oil and then of course introducing vegetables for those that are dealing with weight issues. Oh I want to say this too the under weight children frequently the kids that are under weight their problem is low amino acids so its important more than anything for these kids to be getting ample amounts of protein. Okay more questions...

Ernest: Oh yeah.

Betsy: Okay just throw them at me.

Ernest: Okay let's see here. How effective is the casein-gluten free diet in a child who has five functioning Asperger. I think you hit on that briefly...

Betsy: It is very effective. I mean this is anything that we are dealing with from anything especially move to because it is their high function in their operating perfectly well that this could help with perseveration it could help with even...it can even help in social situations for being able to neural transmitters to really be able to work well. But especially with Aspergers don't just look at the gluten and casein look at the whole pictures of food because when you are looking at neural transmitter problems remember most people think oh neural transmitters there are in the brain. No, a lot of our neural transmitters affecting greatest place for neural transmitters is our gut so what we eat affects. How we think how we process and how we socially interact.

Ernest: Okay I have got another question here. And that is let's see here this is a question I have heard too before what they are asking is the name is Michelle and she is from Falcon Colorado and her question is what is your take on delivery to your door type companies could I know there are companies that actually deliver gluten free and casein free diets to directly to your meals directly to your door.

Betsy: Wow I think if you got the money go for it. I have in the winter time I have basically my vegetables and delivered to my door I buy all my meats and things like that directly from the farmers but my vegetables get delivered from a call up type thing and I do that just because its very hard for me to go to a grocery store based on were I live. But the pre-made meals I mean you have got companies like allergygrocer.com which is a great company allergygrocer.com has very large variety of different types of foods but you know packaged foods not like...you were speaking like meals that you...the frozen that getting delivered to the door or...

Ernest: Actually as a matter of fact I was just looking at something just the other day I left them about six months ago they are in California I don't know the name unfortunately I can have that later but they actually fix gluten free meals pre-made meals.

Betsy: Wow that's great.

Ernest: And then shipment directly to you which is kind of nice for those people that are on the road of course it is expensive of course everything from shipping and the preparation.

Betsy: Right, right. I think you know it goes to that if that's suits your lifestyle then do that but you know once again I am really for the family being a family and sitting down the dinner table together and eating the same thing together you know its me its really important part of the family unit so I like making sure that our family eats all the same there is no reason for all of us to eat the same.

Ernest: Sure.

Betsy: You know Ernest let me just say because I think people are so stressed about meal times because they think they have to do so much and it doesn't have to be that much you know its not that hard you get a rice cooker to make your rice you put potatoes in the

oven until they are cooked. I don't use my *[inaudible]* for anything because *[inaudible]* destroy the nutrition that is already in your food you know you take vegetables you cut it up you sauté it with little olive oil you take a chicken breast and you put it in the oven and just sprinkle from seasoning then this is really big tip for those people who are buying foods like rices that are seasoned, rices or buying things that are already marinated and things such as that go to a company like of course organic spices are great but then there is companies like penzeys.com which is a spice company and you can order poultry blend or sausage blend or whatever these things might be and you just take your chicken you put this olive oil on top of it sprinkle it with the poultry blend and put it in the oven and it doesn't take very long to do things like that. But we are putting so much stress that we got to create these elaborate meals. And think our kids will enjoy it much more that if we eat the whole food rather than these big type casserole type things.

Ernest: Right okay. I have another question here lets see let me go here it is hard to find out from them which one to ask right away...

Betsy: Sure.

Ernest: Let's see...this one is Lisa Stedman from Chesapeake, Virginia and her question was what are some of the behaviors of children who are gluten sensitive.

Betsy: Okay so we kind of talk about that a little bit at the beginning which were some of the things that you expect to see I guess what she is asking to know if their candidates are being on a gluten free diet or I am not sure...

Ernest: I think she was just asking what type of...how do people react when they have a gluten problem.

Betsy: Okay there are different ways to look at this gluten problem there is this opioid effect which we talked about in with beginning but then gluten in general is a problem for so many people and that usually a lot due to digestive issues. Gluten especially has been diagnosed with any sort digestive like irritable bowels syndrome any kind of a cramping diarrhea, constipation, frequently those are big gluten problems. You can get tested for gluten intolerance the best test for that is just to do it and just try to do it and just try to do it where as dairy people who have problems with dairy aside from the opioid piece once again it is lot of mucus's problems a lot of allergies asthma those are all big things that indicated that you want to take dairy away. Big circle black circles under the eyes another big dairy one but it could be gluten as well. In general there are not foods that you have to say that oh this is another good one Ernest because this was asked for me too and this is the big question that I take gluten and casein there are going to be missing out on so much good nutrition. No they are not I mean unless you are eating starch bread all the time or some really really good kamut or some kind of good full grain type of bread they are missing out on very little because the genetically modified over process grains a work list in our diet. As far...you can get plenty of fiber from other good grains and foods and vegetables. As for the casein piece people say all that acts all the good time they say well how are they going to get their calcium. But you have to understand when

a cow has a calf and that calf drinks its mother's milk and thrive if you took that mothers milk and you pasteurize it and you heated it the way that we do our milk and in the United States you kill all the enzymes. All the enzymes that are responsible for breaking it down in that calf by and the calf would not live very long or it would become very very sick if they had to rely on mother's milk that had been pasteurized or heated. And yet the cow has four stomachs we have one it makes it even harder for us to digest it. Because there is no enzyme left in our milk anymore. So what happens is as we drink these milk and we don't assimilate it we don't break it down we don't have the enzymes to pull in the nutrition for it so you could drink tons of milk and tons of cheese and still get off to your process very very easily. The people that get off to your process usually the problem is not that they weren't milk drinkers or cheese eaters the problem is probably that they didn't eat enough vegetables because the vegetables are the true way to get on minerals. The other piece is that soda, carbonated sodas through the way that they are carbonated when you consume that it actually leaches the minerals from your bones so big soda drinkers are big with osteoporosis as well so please don't put the blame on the *[inaudible]* taking away dairy. Dairy supplements are really essential to most people in today and age and finding the right supplement for calcium is the way to go. I can't spend anytime recommending supplements on this however I am very specific about supplements and if you are on our websites pathwaysmed.com in our story you can see all the different supplements that we do recommend because there is a...don't be taken thumbs people *[Laughs]* thumbs this is not your version of calcium.

Ernest: I have one question here and that is what type of...how long does it take to actually heal the difference?

Betsy: Good question I am glad somebody asked it does vary but I will tell you what two weeks tends be about the magic number for the majority of people. I have had one child that got substantially worse for two weeks and then like just right on track got better but I had one child that I didn't see any improvement for months. And then I had another child that literally got better the next day so it really varies on the child but please understand there could be withdrawal period involved with this so if they are really just...you have to think about it in the which are all the way just like a drug addict would be withdrawing from any sort of a substance that their brain was addicted to and they are going to beg and look in the garbage and do whatever they can to get their fix. So be prepared for that many different cases but does get easier.

Ernest: Great now I tell I have got a great question here from Susan from Iraq.

Betsy: All right, which were to now quarter to six in the morning? *[Laughs]*

Ernest: I guess this is an original question I don't know if she is on the line if you want I will just post a message if you are listening online. There is hi I am living in the middle east I want to ask you is there a test which can tell us my son has autism needs to start with the diet or not?

Betsy: So I did mention this before and that's one instant by Genova which is the one that I like I like that much better than the great plains test so you go to website genova.com.

Ernest: Very good. All right hey let's see here going to...here is the question from Chris from Canyonville what is the best almond or rice milk also my son craze green vegetables is there a reason for it?

Betsy: Okay so the best almond or rice milk good question because the brand boy they are popping up all over the place I like Pacific I think Pacific is a good company but I do a lot of hemp milk which is my favorite.

Ernest: That's what I drink.

Betsy: Hemplast that's the one that I use right now. Those are really good ones so your child craze green vegetables. Well let me tell you probably 99% of the parents listening today are exceptionally envy of you because that's a really really good thing. Now there is a lot talked about with the oxalate diet I am not an expert on the oxalate diet which some can be some other situations with green vegetables but for most all cases I am going to recommend strongly that green vegetables are a good thing I want you to actually noticing the problem with them. One thing with green and green in general is the core cell. Core cell detoxifies and sometimes you know they can naturally be craving that as a detoxification. My son takes green vegetation outside and rubs it into his hands and I know it is because he is craving the core cell in there. So that could be a very good thing but it is something that you automatically want to potentially look into is the low oxalate diet because they say that some children have a problem with thing such as spinach that high oxalates but please the reason I don't even like to mention that is because that's a very rare situation and I do not want people going off spinach because of the fear that it oxalates but there is a subset of foods that do frequently cause a problem and those are called salicylates and on my websites under diet counseling I think I have food that are high medium and low in salicylates but salicylates are natural preservatives found in foods very high and things like honey and almonds, berries are very high in salicylates. Cinnamon lot of spices are high in salicylates and those foods are... salicylates are basically this natural preservatives that food have to keep their foods fresh within it. So it is chemically although you can't get bad chemical based salicylates but it can be a really good food too. Kids with really really dysfunctional detoxification system were the livers just are not functioning well sometimes that is problem with salicylates and once you get the liver functioning back to normal they do better but in the meantime that is something you may want to look into our foods that are high medium and low in salicylates.

Ernest: Okay great I know I got a question here and I am going to frame it here after question here and that is her name is Michele and from Colorado I think she had a question before. And that's one item that most kids thought that we can change to start with was there such an item i.e. peanut butter or bread...

Betsy: You want to make sure I am understanding this question?

Ernest: Yeah so we can make sure too *[Laughs]*

Betsy: I am thinking what she might mean is if you got to go off all the foods say for example nothing but gluten and casein you have to get off with everything. What is something that's still is afford that you could do because being a peanut butter in general I mean more peanut butters are gluten and dairy free of course I am anti skimpy and jiff and things like that because of the fact that are high fructose corn syrup and hydrogenated fats as well so a natural peanut butter would be something I would prefer but once again you know we are taking different steps and not everybody is in the right same steps so if this regular peanut butter or whatever it might be is were you need to go right now I respect and honor that's fine but that is a very good example of food peanut butter that everyone has of course French fries that's a big ones that's always talked about is that how French fries are naturally in most cases they are gluten and dairy free especially from making them yourself and a lot of chips and things such as that. I am trying to think of other foods that...which you might be thinking of just trying to think of foods that kind of survive on during the...every kid is different I mean I have got some kids who love the bananas there are that like grapes whatever it might be.

Ernest: Before you go on there is something here Betsy someone is trying to look up Genova online but apparently its is not coming up maybe we got the spelling I think the spelling they gave me was G-E-N-O-V-A.

Betsy: Thank you for asking I would be really feel sad if I missed that one on few people I mean...okay lets see what's going to come up here. You can ask me while I am looking this up...sorry I apologize its genovadiagnostics.com so G-E-N-O-V-A-D-I-A-G-N-O-S-T-I-C-S sorry about that.

Ernest: Yeah no problem I am sure our people here are going crazy looking for that thing but yeah we have couple of people that responded with that so good thing. Good thinking everybody.

Betsy: Thank you.

Ernest: Okay lets see here...here is a person got to ask is lactate is same as rice milk?

Betsy: No, lactose which is what lactate is removing as lactose. Lactose is the sugar component of milk dairy were casein is the protein component. So all they have done in lactate milk is they have removed the sugar has just as much casein because doctors frequently like to say that the reason you can't break down dairy is because of the sugars and that's exceptionally false for anybody who say do better on lactase will do a lot better if they got milk dairy altogether.

Ernest: Okay lets see we have one person here *[inaudible]* I was seeing Wisconsin *[inaudible]* see you Greg Hicks and did not realize you are from Wisconsin so that somebody so...

Betsy: Oh yeah. We are close by to you and we are seeing good that's wonderful come visit us that's great.

Ernest: And I see here...here go I am Michele from Long Beach and she says my 10 year old *[inaudible]* son with autism is a very very picky eater. His very big thing is to eat cheese what's the good substitute can you recommend a vitamin supplement which I think you can't I think should be taking so...

Betsy: Yeah once again you can go on to our website of pathwaysmed.com and under our store which is elemental you will be able to see supplements that we do text to recommend but as far as a chief substitute I have to say when you are starting the gluten-casein free diet because the cheeses are not very comparable I would recommend completely going cold truck you away from cheese for a couple of months before introducing the chief substitutes. If there is something you really like and then you have to give it up for couple months the substitutes are going to taste much better after a couple months then if you went directly from what they love to a substitute the next day and there aren't a lot of good cheese substitutes I mean there are some rice milk cheeses that are out there make sure that there is no casein in them and once I was talking to you... there is actually in California were you I think she said Long Beach California that's what she said...

Ernest: That must be yes Long Beach California.

Betsy: There is lots of raw restaurants and raw restaurants are wonderful for making raw cheeses which are made from nuts. So that would be my biggest recommendations to find a raw restaurant there is got to be a ten of them in the Long Beach and go there to buy your cheese.

Ernest: Okay just to note here and wife likes this almond cheese.

Betsy: Yeah I don't know if the almond cheese have casein in it or not. Make sure you read the label to make sure because I have to say we just don't do the cheese substitutes so I don't know if the almond cheese does or not.

Ernest: Okay lets see here and check some questions have come in lets see here...lets see...

Betsy: If you are looking at those let me just mention I am going to be in... North Berlin Illinois in a couple of weeks giving I think it is a free lecture out there it is St. Mary's hospital go to my website for more information on that I do travel quite a bit through out the country and so if you in a city that you are needing to have somebody come and speak about diet too please send me an email because I do travel a lot I am always happy to give a lecture in for a city that really is in desperate need of getting these type of lecture then. So I am sorry go ahead this is what I wanted to say in there.

Ernest: Oh no problem. I see here...here is one that asked Julie from Maxwell Tennessee what is your experience with older children on the diet?

Betsy: Well it is a lot harder to start an older child on the diet. Unless the child who really wants to cooperate I mean there is a difference between a celiac person who hurts everyday of their life their cooperation levels going to be a lot more than hey we don't like your behavior so we are putting you on this diet *[Laughs]* so it is a very different type of dynamics so I don't know what your dynamic part is but it is very hard to put a teenager who is Asperger or who really has a lot of social situations already to make them do it because it is very hard unless they are with you all the time to make them do anything.

Ernest: Sure.

Betsy: So it has to be really an agreement however if it is an older child that's not exceptionally high functioning were you still able to control all this their meals then you can still see fantastic results.

Ernest: Well lets see here I am going to ask you something here and that is we are kind of running sort of out of time here but I was wondering this if you had to sort of name five things that people here could take away with what would they be or what could be the top three things that should know about these diets and what to take away from this conference that we had.

Betsy: Okay. So 1) It's got to be a 100% and cheating only hurts the child. 2) Don't just think in terms of gluten and casein think in terms of nutrition. 3) Set a pace that's attainable for your family don't ever feel like a failure if there is a problem if it is not going well figure out why it didn't work figure out what you could do differently next time and please by all means do not give up and I am going to keep going because I can think of more. 4) It isn't just about diet there is a lot more that needs to be repaired because its like telling somebody who is celiac why don't you just give up gluten when you are better. No celiac is not a immune disease you better fix your immune system. It's the same situations here tied as a piece. I have been doing and counseling families and helping people for over a decade and I can tell you so strongly that there is no one size fits all. There is nothing cookie cutter about the way autism should ever be treated it has to be customized specifically to the child and I will give number. 5) Don't contribute to the harm. In other words our kids have been hurt enough through be it vaccines through the environment through poor diet try to at this minimize anything further and at least the body knows how to heal the body know what it needs you give the body the tools that it needs and it can be well.

Ernest: Great, great those are great takeaways you know I really want to have you back again.

Betsy: Well cool.

Ernest: Because there are just so many questions here *[inaudible]* one person asked what is Chelation Therapy I know that's come up a number of times maybe when you can come back we can discuss that. That's something we can talk about...

Betsy: I would love to do that. Yeah maybe we should have my husband back with me next time we can do it together.

Ernest: That's perfect.

Betsy: Because we like to *[inaudible]* each other senses and...

Ernest: *[Laughs]* well that great we love to have you talk about that.

Betsy: Yeah. He in the practitioner point of view and I talk from the parent point of view. He is an actual pediatrician. So it will be a lot of fun.

Ernest: Truly great. We would love to have him because there is just so many question that keep coming in and unfortunately you know there is just not enough time to address them all but we really do want to thank you for spending the time with us here.

Betsy: No problem. It's been a pleasure to be with you thank you to everybody out there wherever you are please let me know where you are at if you need me to come to the city because we need to educate people out there. We need to let people understand that food is important because it's the most important thing that we do to our bodies everyday. So thank you Ernest very much.

Ernest: You bet no problem and for those who are still on the line if you would we really would appreciate tell me what you thought about the event I am going to give you a number here that you can dial lets see here. Unfortunately I don't have in front of me here but I am going to email you guys out and give you a number that you can dial. That you can tell me exactly what you thought about it give me your feedbacks I would love to give it so we continue to do these thank you so very much and have a good night.

Betsy: Thank you. Bye bye.

Ernest: Bye bye.