

This transcript was exported on Nov 10, 2023 - view latest version [here](#).

Donna ([00:00:00](#)):

Thank you very much for joining us today for this podcast. Now we talk about autism and you might in your family, not have autism. Most people do know somebody that has an issue with autism, a friend, a grandchild, but this podcast is full of a lot more information than just autism. There's literally nobody that can listen to this podcast and not gain some very important information that will help you in your life too. So we talk about Young Coconut Keeper and how that got started and the thousands of families that helped around the world, how you can make it yourself just with box. I'm interviewing Holly Lawson. She's been a friend for a really long time. She joined the Bedrock Group, which is our autistic bark group for helping parents with autism. She joined and with her husband, they worked, get their daughter well, and the daughter today is in college. She's beautiful. She and her twin sister are amazing. There's no sign it hasn't been for decades of her daughter having autism. So I think you're going to gain a tremendous amount of information. But most important, I want you to know that what we're talking about is going to concern you too. So let's jump right in.

Holly ([00:01:24](#)):

These are extraordinary times, but with too much information and much of it confusing on body ecology Living, I interview some of the best minds to help you live your best life possible. We'll discuss topics on using foods to heal on building a hearty immune system, on aging well, on taking care of your gut and of course your brain, but most of all, on clarifying the right steps to be happier, healthier, and having the energy to make a difference in your own world.

Donna ([00:02:00](#)):

I love doing these podcasts. I love doing the interviews, and today is one that I've looked forward to for honestly, literally years. My guest today is Holly Larsson and she's the proud mom of twin girls. One of them was diagnosed on the autism spectrum years ago, and their family began a difficult but rewarding journey of healing after finding the buddy called Diet. Now, this was years ago and we have quite a journey here, but not only did it help Holly recover from autism, but the diet helped the entire family, and she's going to explain what that means. She was diagnosed actually with kidney diseases at a very young age, and she actually had a kidney transplant at the age of 13, and then she had a cancer diagnosis in 2011. Then she had a second kidney transplant in 2020. So I didn't know her when she was 13.

([00:03:00](#)):

I didn't know her until she contacted the Body Ecology BEDROK group. It's called Body Ecology Diet Recovering Our Kids. So the parents named it BEDROK. So that's been a while ago, and the girls were little and they've grown up and they're both in college. They are beautiful. I'll throw that in there like their mom. And they're just beautiful people inside and out. And this is what we want to communicate today is we want you to know that many, many children are recovering and always have been. And so if you look up anything you read on autism, they always start off with telling you what it is. They always start off with seeing it's a neurodevelopmental disorder, and then they usually go on and very quickly tell you that there's no recovery from it. It's a permanent thing, and that's so wrong. And so I want that to be really clear and I think you'll see that when Holly tells her story. So Holly, do you, let's see, I have a bunch of questions over here, but so when you started, when you gave birth to these beautiful little girls, what was that like? I know with a kidney transplant, pregnancy is challenging.

Holly ([00:04:27](#)):

This transcript was exported on Nov 10, 2023 - view latest version [here](#).

Yes. Well, first I'm so honored to be here and you've had such a profound impact on all of our lives in the family. I mean, obviously Tula, who was the one that was diagnosed with autism, her life completely changed because of you. She's happy, she's healthy, she's thriving now. So we're just so grateful for you.

Donna ([00:04:50](#)):

She's also beautiful. Both the girls are fraternal. They don't look alike, but it's like having two beautiful girls in your family. Was she normal when she was born? Did she have any signs of autism?

Holly ([00:05:04](#)):

Well, she did. So first I'll tell you, I was on immunosuppression because I had my kidney transplant at age 13 and I only had one kidney. They had removed both of 'em. So some of my doctors didn't want me to be pregnant. Some of them said it was okay. I was most concerned about being on immunosuppression, passing the medications down to my baby. So we chose to have a surrogate carry the girls. So we went through IVF. She got pregnant with twins, and when she went into delivery, she decided to have general anesthesia.

Donna ([00:05:52](#)):

What

Holly ([00:05:53](#)):

General anesthesia?

Donna ([00:05:55](#)):

Well, honey, it's hard to hear you. I don't know if you can get close to the microphone, but I didn't hear that. Last thing when she went into labor, she decided to have

Holly ([00:06:03](#)):

General anesthesia.

Donna ([00:06:05](#)):

Okay,

Holly ([00:06:06](#)):

So not my body. So that was difficult. Her doctor told me, no big deal. The second one out will just be a little groggy. So that happened to be Tula. She was groggy. She was having a little bit of difficulty breathing, so the doctors wanted to put her on a round of preventative antibiotics. The first, I believe it was the first couple days of her life.

Donna ([00:06:36](#)):

I want to just interject here, Holly, that in the baby boomer generation, that's how babies are born.

Holly ([00:06:42](#)):

Their

This transcript was exported on Nov 10, 2023 - view latest version [here](#).

Donna ([00:06:42](#)):

Mothers were, I guess they didn't want to feel any pain, modern mothers. And so they were put to sleep.

Holly ([00:06:48](#)):

So

Donna ([00:06:48](#)):

A lot of babies, I'm sure I was one of 'em, were born. And when for a couple of weeks they're really groggy. Maybe if I had, my kids were born naturally, so they were immediately present looking around. They were amazingly different, but that's not done very much today. So that's definitely a strike against a newborn. And why did they put her on the antibiotic though?

Holly ([00:07:17](#)):

It was preventative, just in case she got a lung infection, she was fine. But I had grown up in and out of hospitals and clinics my whole life. I'd always just listen to doctors I never questioned. So she was on antibiotics, brought the girls home, and the surrogate was kind enough to pump some breast milk for us. So the feedings though, did not go well with Tula. She would kick and scream and I'd have to massage her to get any milk down. She was diagnosed with reflux by her pediatrician was put on medication, told us to switch to formula. We tried. I know we tried.

Donna ([00:08:12](#)):

It's so common today. I'm constantly talking to new moms who they didn't maybe produce enough milk they thought, and that's the first thing the doctor says to do, or they try it themselves. They go on a formula and there's not really a good formula out there.

Holly ([00:08:29](#)):

Right. So we were switching formulas and finally came. We found one that helped her a little bit, but I was not used to looking at nutrition labels back then. And the first ingredient was sugar. So she was on that formula for a long time. So born c-section did not get the beneficial bacteria was on antibiotics actually many times because that first year her sister would get a cold and she would get pneumonia, and she had all these rounds of antibiotics for ear infections. I don't even know if they prescribe antibiotics for ear infections anymore, but it was about three times her first year and no breast milk. So there are three strikes right there.

Donna ([00:09:22](#)):

Can I again interject a little bit? Interesting information? We know more and more about the microbiome, how it's formed at or the first three months, the digestive tract and a newborn simply isn't working. It's even difficult for the newborn baby to digest their mother's own milk. And there's very little protein in milk. They've just got the whole formula thing completely wrong. But anyway, it's not unusual for the first three months for babies to spit up and have reflux. But mothers don't know that. The doctors don't either, I guess. And so they think, oh, he's spitting up and so he's not digesting my milk. But that inner ecosystem is trying to get established and when it is in three months, things start going much smoother. So back to what you were going through in the meantime. You had another little girl to

This transcript was exported on Nov 10, 2023 - view latest version [here](#).

contrast tool is as health basically her digestive tract and everything. And so was there a big difference between the two girls and

Holly ([00:10:35](#)):

There were, Tula was having diarrhea where her sister was not Tula. She looked unhealthy. She would have hives. We never found the culprit. She had dark circles under her eyes as she grew. She was very thin, but with this distended stomach and then started the behavioral symptoms. So she started stemming like hand flapping. She had echo. So I would ask her a question and she would either repeat it to me or her answer would be about Mr. Noodle, a character from Sesame Street, the cradle cap. So I just thought all babies had cradle cap and for some reason hers was worse and she had it until she was about five years old. And it was so, yeah, it so bad that we would have to use a toothbrush in the bath to try to get it off. It's

Donna ([00:11:39](#)):

Real common today. I want to interject this too. That's a biotin deficiency and yeast, they consume the biotin because it helps them grow. If you get rid of the biotin, then they can grow and develop these tentacles to get themselves established. So if a child is born with cradle cap, they are deficient in biotin. I think biotin is one of the many important supplements some moms should be taking. But of course, moms are not told that they do need to eat a certain way. Their yeast infection will be themselves. And of course, if you were in and out of the hospital as a teenager and so on, having a transplant, a kidney transplant, they would've had you on antibiotics as well. So mothers today have yeast infections. It's just prevalent. And also your immune system's naturally suppressed your progesterone. Estrogen goes up a lot, glucose goes up a lot that feeds the infection even if she didn't seem to have a problem with it before. So I think one of the causes of autism that no one ever brings up is that our babies are being born with a yeast infection. So what you're saying is exactly confirmation of that basically.

Holly ([00:12:57](#)):

Yes. So yeah, she tantrumed, she was just unhappy. She was very anxious and I was very scared because before the girls were born, I was an academic therapist at a children's hospital. So I had worked with lots of kids with autism, and to me it was like anything but autism. So a diagnosis really scared me. So we finally got her evaluated. She was diagnosed on the spectrum, but when it's your own child, I was taught that there's nothing you can do for autism. I just started researching and I found a group called TACA, TACA, that talk about cur autism. I think the acronym is different now, but a doctor was slated to speak that night. So I went to see her and she talked about autism as a GI disorder and talked about that there's tests that you can get done through the Great Plains Laboratory.

([00:14:11](#)):

So I ordered up the stool analysis and the organic acid test and got those samples, sent them off, got the results. I didn't really know how to read them, but I did notice that her yeast levels were off the charts. She didn't have any good bacteria and the minerals and the vitamins were really low. The oxalates were high, so I needed to find a doctor locally that could help me with this. So we saw one that works with autistic in a more holistic way, and he did his own labs and he said, okay, we just need all these supplements. So we had so many supplements, we had a big spreadsheet on our fridge and went back a month later and nothing had changed. The vitamins and minerals hadn't changed. So he said, well, we need to double the supplements. Double them month later went back, they had dropped, so nothing

This transcript was exported on Nov 10, 2023 - view latest version [here](#).

was working. And I remember the nurse saying to me, these kids just need so much, so many supplements that their body just sucks it all in and they need more. It just didn't make sense to me.

Donna ([00:15:35](#)):

No, and you know what? It doesn't make sense. Supplements are not the answer. But also I've heard this story many, many times, and I can't imagine having a child take all those supplements and a lot of people open them up, put 'em into something and get their child to drink them. But how can you do that? I mean, they're disgusting tasting. So that's already a no go right there. You were amazing to keep doing it, at least trying like that. But obviously it's good for people to know. The supplements are not the answer.

Holly ([00:16:13](#)):

No. So meanwhile she was going, she couldn't function in a preschool class. Her sister was in preschool, she was at an ABA clinic, and I talked with another mom there who told us about a clinic in New York with these wonderful doctors that help in a more holistic way and made an appointment. We saw Dr. Campaign. Unfortunately, he is retired now, but he was wonderful. And he talked about autism as an immune GI disorder, and he introduced us to the body ecology diet. And

Donna ([00:16:55](#)):

What was your name?

Holly ([00:16:58](#)):

The doctor? Dr. Payne.

Donna ([00:17:02](#)):

Oh, I don't know her, but we had many doctors starting to see the success we were having with our bed rec group. And some of them, a good number of 'em had their own children with autism and they were recommending body ecology. So I'm glad we found her way to her.

Holly ([00:17:16](#)):

Yes, it was actually, his name was Michael Michael campaign.

Donna ([00:17:21](#)):

Oh, him?

Holly ([00:17:22](#)):

Yes, yes. Yeah. So he told us about body ecology diet and Tula had been on probiotic capsules and it just wasn't doing anything. So he said that she needed live fermented foods and drinks. Wow,

Donna ([00:17:37](#)):

Good for him.

Holly ([00:17:38](#)):

This transcript was exported on Nov 10, 2023 - view latest version [here](#).

I know. And so I ordered up your book. In the meantime, he had prescribed an antifungal, so she had had small die off with that where the yeast is being killed. And so the behaviors get a little worse. So her die off was more stemming, more anxiety. And I was reading your book at the same time and I was feeling a little bit overwhelmed with all the information, and I was kind of thinking maybe this antifungal will just do the trick and cure her. And it didn't. She just really was no different after that prescription was done. So Mike was the one that was really interested in fermenting. So in his past, he had loved making beer. So the idea of fermenting coconuts really interested him.

Donna ([00:18:37](#)):

That was really, so you started in the diet and you started opening and fermenting coconut. And I know Michael had told me that story about he and his friend made beer

([00:18:50](#)):

And when they were young college or high school or something. So he liked the concept of fermenting and thank God because he started opening, it's a pain to open up coconuts. And he did that for you. I think people didn't do the diet. They don't know how to get into the coconuts. We didn't have anything else at that time. You had to do it yourself. So having Michael opening those coconuts and then that was great. I feel like this story has a divine arrangement in it. Just the fact absolutely, that Michael wanted to do that and he's willing to open the coconuts. And can you tell people about that? What happened when you started fermenting the coconut water?

Holly ([00:19:37](#)):

Yeah, so Chula had been on the diet, and that was a transition for her because she was really used to, she was such a picky eater. She would eat, she was used to eating cheese and crackers and sugar. I mean, I was the mom that would bribe her to get in the car with suckers. And so she was used to eating. So she had this plate now of chicken and broccoli, and she was refusing to eat it. And what I did was I used little stevia drops to put it on the broccoli to just get her to start eating. And that, as you know, their taste buds start changing once they get the good bacteria in their guts. So that only lasted a little while. But once, well, she had been on the antifungal and now we're moving to coconut keifer, and I thought, well, it can't be as powerful as a prescription drug.

([00:20:32](#)):

So we just decided to give her a cup full. And the most amazing thing happened. I mean, she had a die off that really scared us. I mean, her behaviors got so bad. And I called the doctor and he said, well, it's working. You just have to decrease the dose. So we went from about a cup to about a half teaspoon and worked our way up. Now I know not all kids react that way, or for her it was pretty intense. And we would just use a little syringe and say, you can have five of these syringe bowls of keifer, and then you can have a gluten-free casing free cookie. As her taste buds started changing, then we would just do half a cookie and then there was no cookie and she would be asking for the ER on her own. So that was amazing. And she started connecting. She started talking. She actually was having conversations with us instead of talking about Mr. Noodle on Sesame Street and making no sense, she started talking about that she had always had an owie tummy. So for her, it was just amazing. And then

Donna ([00:22:00](#)):

That's, it doesn't always happen that way where suddenly you start talking because sometimes talking is one of the later things. A whole bunch of other good things start happening. And I just want to add a few

This transcript was exported on Nov 10, 2023 - view latest version [here](#).

things along the way here. So it's very, very common for the parents to write into our emails. And the bedrock group, the first person I told to do this was actually a family member whose son had autism and she lived on the is of Palms in South Carolina. And I remember talking to her a couple hours and just, I didn't really know for sure, but I just explained what I thought

Holly ([00:22:41](#)):

Would

Donna ([00:22:41](#)):

Happen. I knew they'd got problems that need to be fixed. I knew they had yeast problems that need to be fixed. So I told Diane what I thought would work. Well, she was, I mean, my opinion needs a major award for this, but she started cracking this coconuts, and I remember hanging up thinking she will never ever find coconuts in Charleston. So this is an island in Charleston, the deep south. And so she did though and start cracking 'em like crazy, and she gave 'em to Thomas, but same thing. He wouldn't eat anything but crackers. That's all they will eat is gluten flour, products, sugar and dairy, and those are super addictive. So anyway, so she put it in, what she told me was junky juice. And I said, what does that mean? And she said, I don't even want to tell you what I was giving him, but within the week he didn't want the junky juice anymore. He just wanted the coconut keeper. And we've had parents write in and say, will they become an alcoholic from drinking this for minute drink because he won't stop drinking it. But when kids do that, those are the ones that definitely start recovering faster. So I wanted to throw that in. So she was basically following a pattern that we see quite often and it's exciting. And so you knew you were on the right path. And then

([00:24:08](#)):

We

Holly ([00:24:08](#)):

Started adding fermented vegetable juice. So we started fermenting vegetables and then we would juice them just because it was easier to put in the syringe. We put a little stevia in it. And then she was having more die-offs with that. And then she had always been on probiotic capsules, but now pairing it with something live, she was having more die-offs with the probiotic capsules, and we were just increasing the CFU counts when she could tolerate that. So she was having die-offs just all the time and getting better and getting healthier. And then at the same time, she was flying through her lessons now at ABA, where before she just wasn't making much progress. And now parents were coming up and saying, what are you doing? We're observing Tula and we can't believe the progress.

Donna ([00:25:13](#)):

I want to add something here before I forget it.

([00:25:16](#)):

You mentioned that all of a sudden she's talking and having conversations with you and a lot of the children are not even present. They're off in the bedroom watching video games. It won't even come out. They won't talk to you or anything. And so it looks like they're not learning or absorbing everything, it's just that they're in their own world. But when they do start coming out and they do start talking, you can see how much they're actually absorbing and remembering and they just can't get it out. I remember one time, Holly, I was talking in Pasadena, you and Michael came to that talk and brought the

girls, and then they came up on stage with me. And I remember asking them, what was it like to have ula? I said, what was it like to have autism? Because people don't know that answer to a question like that. The kids don't get, nobody asks 'em what was it like? But in ULAs case, she said, it was so hard. I was trying to communicate. I was trying to talk to people to get it out, but it just wouldn't come out. That's because parts of the brain just aren't connecting with each other, but everything's there. There's inflammation in the brain that's interfering with the brain working more effectively. But that's important to understand is they're very much present and when they can communicate, your parents are shocked with the conversations they can have.

[\(00:26:47\)](#):

So

Holly [\(00:26:48\)](#):

That's

Donna [\(00:26:49\)](#):

Important. That's encouraging for parents to know that their child's just not, I don't know. Their brain isn't working. It is working. So what about her sister? When I asked her, well, what was it like to have a sister that wasn't there, basically? And she said, that's exactly what she said. She said, well, it was just like having a sister, but no one was there. But another thing I want to ask you, a lot of times I see this so commonly is there are other children in the family and then this child comes along with autism and it requires so much focus to help that child get well. The other children often feel like all the attention's going to the child with autism. Can you speak to that up?

Holly [\(00:27:39\)](#):

Tool assessor definitely felt that way. And it was hard too because I would have to sneak her in the basement just to have some grapes or a treat. She didn't like that. And there were times where she would come, I would say it's a secret, and she would go straight to Tula and say, guess what? I just ate. And she wanted Tula to know, and it was hard. It was really hard on her socially too, because we really had to pull back from being involved in the neighborhood gatherings because at one point, Tula was ready, but everything revolved around sugar. It was Easter egg hunts filled with candy, and let's have donuts before trick or treating, and let's go ice skating with s'mores. And we did it for a while and it was hard, and I didn't understand why all gatherings have to be around junk food.

Donna [\(00:28:53\)](#):

This is the month of October when we're recording this, and I think it's fun for kids to dress up and have parties, but same thing. I hate the idea that they're going door to door and getting more candy and it's commercialized holiday now.

Holly [\(00:29:11\)](#):

And

Donna [\(00:29:12\)](#):

So true meaning of Halloween is completely lost. But I just cringe when I see the sugar that's put on our kids and teachers go along with it. You can't have a birthday party without it,

This transcript was exported on Nov 10, 2023 - view latest version [here](#).

Holly ([00:29:25](#)):

Which

Donna ([00:29:25](#)):

Is actually not true. You can make a sugar-free gluten-free cake today. But back then, we hadn't gotten there yet. So can you tell us what Michael did because people did start coming up to you saying, what are you doing? So

Holly ([00:29:41](#)):

Yes, so well, I ended up having jars full of the coconut keifer at ABA, and parents started taking it home. And that was during the 2008 nine recession. And Michael had been let go of his job. And at the time we were thinking, oh my gosh, how are we going to afford the food? And we ended up being on welfare, and it is very doable to be on this diet and not have much money, but he applied to 200 something positions, didn't get anything, and now we're seeing this progress that Tula was making, and we thought, why can't we make it available to everybody? So it was at that time that he started a business plan, business plan to make it commercially available.

Donna ([00:30:40](#)):

Well, did you sell it in stores? Did you just have people come into your house and pick it up or how did he sell it?

Holly ([00:30:48](#)):

Yes, so he sold it in stores mostly direct to consumers. So it was both. And he got great feedback from people. It was helping kids, it was helping families. And we had been at it for a few years when a larger company called and wanted to buy us. So that's what got us moving out to California.

Donna ([00:31:23](#)):

This podcast is brought to you by a body ecology product called Echo Phage. Now, echo phage is a grouping of four viruses put together that work to conquer a microbe that can be very beneficial, but it often goes rogue and becomes a pathogen. It's called e coli, and you'll find pathogenic e coli in sibo. You'll find it in people who have eaten out, say at a restaurant and gotten diarrhea, or they've gone on a trip like Mexico and gotten diarrhea. That would be preventative if you took echo pH along with you on those trips. Siba though is a very, very common infection of the small intestine. And Echo phage works in the small intestine to get rid of the echo phage, whether it's there because it's not supposed to be or it's there because it's turned into a pathogen. The other really important reason why echo phage is beneficial is a supplement, is that many people get urinary tract infections.

([00:32:31](#)):

Many, many women after menopause have recurring infections, UGI infections, and they can painful, they can be frustrating, they keep coming back. E coli is the main most common cause of a urinary tract infection. Now, it can be caused by another microbe called Klebsiella, especially if the urinary tract infection was required in a hospital or because of the medical procedure. But most of the time it's e coli and it's just commonly there in the bladder and it's constantly coming back unless you use the echo phage. So the echo phage will kill the e coli and also prevent a reoccurring infection. So all of the body ecology products are good for the gut. This is one of my favorites, and I think many, many people would

This transcript was exported on Nov 10, 2023 - view latest version [here](#).

benefit. It does happen to have beneficial bacteria. So I highly recommend you try Echo foods. Go to [body ecology.com](http://bodyecology.com).

(00:33:36):

I remember all those days. And I also remember that it was delicious. I wish that we could have it all over the country, but it wasn't distributed everywhere yet. It's a hard thing to make. I think Michael told me that maybe I'm wrong in the numbers that he did over 5,000 coconuts opened him, fermented him maybe way more than that in a year's time. But we would always see each other at the autism conferences like Autism One and Michael would have a table there telling people about it. And it's just honestly, one of the things that I was surprised about was that, again, getting back to those doctors who had their own children with autism, they were doing it for their own kids and getting remarkable results now.

(00:34:21):

So it didn't work with every single one, but I will tell you that when it didn't work, that was because these doctors had children who were older. They were like 8, 9, 10, I would say. And it's asking a lot of just the diet and certain foods and things like that to help a child recover at that age. So earlier, the key, one of the most important things to do is besides doing it right, is to do it early. So as soon as you have a diagnosis, and unfortunately at that point, most people were not getting good advice. But how old was Thula at that time when all when you went on the diet and Michael started making the coconut ke,

Holly (00:35:09):

She was four. And that's what Dr. Campaign told us too. He said, start right away, don't hesitate. He said it was around age six where it gets harder to completely recover kids.

Donna (00:35:28):

We had one wonderful mother with a 10 year old, and he fully recovered Christopher, but I could see the window starting to close around the age of five. So early diagnosis is extremely important. I have never met this wonderful doctor, but he was obviously a part of Bedrock and was tuning in. Lots of doctors were there was. We began for a while, and then a period of time came by and my moms who were guiding the group said, wow, we have all these doctors joining now. So that was great. So I wish I could meet him and tell him thank you, because he was giving out the right kind of advice. And

Holly (00:36:09):

Yes, he was. I mean, so many doctors give the wrong advice

Donna (00:36:18):

Or no advice. They honestly don't know.

Holly (00:36:21):

Exactly.

Donna (00:36:21):

So really, it's kind of the lucky ones, I guess, that could say they found their way to the right doctors. And there's another factor too, I want to say, and this is really important I think, for people to hear. I thought

This transcript was exported on Nov 10, 2023 - view latest version [here](#).

that when we started to get seen on these children recovered that the world would be lining up at our door for answers. What are you doing? We did have a good number. And the key autism doctors at that time did start changing things. Gluten-free, Cain free was pretty much getting to be accepted, but then the kids kind of just went to a certain point and stopped getting well, and they didn't know anything about Sugar-Free. They didn't know about yeast infections. They didn't know what the gut, they didn't know about fer minute food. So that was kind of things that Bedrock was teaching.

(00:37:13):

But I think that, oh my gosh, I lost my train of thought here, but oh, I know. So parents are key because when people didn't line up at the door and want to get their kids, well, I was really shocked at that. I thought, gosh, why not? Why are they all not all here getting these answers and then implementing them? Well, interestingly enough, we had another group that was out there with Bedrock. They were totally different moms. I noticed after a while. First of all, they were not very harmonious, where our bedrock group, the moms were always working together, lovely loving people. They would share information. Sometimes I'd put something in, it would be all around the world and come back again. So I thought, oh, good, that point got out. But I was really used to wonder, what is it about our parents that work together so well and are being so successful? And I honestly believe from a spiritual perspective that these moms, mostly hams, few dads came around, but that they're humble. They have a sense of, well, not wanting to make anybody feel guilty but responsible for having created this in a whole generation of our children. Because in my generation, people didn't have autism. And now, do you know the latest statistics?

(00:38:43):

One in 40 boys? Because back in those days, it was one in 180, but what's the latest? Because every time you look, it's gotten worse.

Holly (00:38:54):

I know, I feel like it was in the thirties, but I don't know for sure. I just know that it's alarming.

Donna (00:39:00):

It's bad. It's a true epidemic, and unfortunately it's being covered up more than there are answers for people. And I have my theories on why the truth isn't getting out there and why there are these coverups. In a lot of ways we're silenced in being able to give our opinion or they knock you off the air. But I think there's definite reasons that this is happening and money is involved big time. So let's see. I do have kind of made a note of some things so kids can recover, but it isn't easy as you can see, as people can see from listening to you.

Holly (00:39:43):

And I do want to say too, that we redid the organic acid test and stool analysis after only nine months on the Body Ecology Diet. And she was out of range on 24 compounds and markers, and nine months later she was out of range on only 13. So it was, yeah, and she still has yeast overgrowth, but it had reduced significantly. Yeah. So I was really surprised just after only nine months.

Donna (00:40:21):

Well, yeas are normal. They're normally present in the body and in the gut in particular, one of the things you have to do is crowd them out with the good bacteria. And so some of the kids love the fermented

vegetables they take to them right away. But the way I often encourage moms to introduce it is to put them in a bowl and put some bleach, corn chips around

Holly ([00:40:46](#)):

In

Donna ([00:40:47](#)):

There, and then they like to scoop it up and eat it, and then they'd start getting into it. And that sour taste is kind of addictive too. And they'd go on and eat more, go on them all the time. And if you're not crazy about the sour taste, you can add olive oil to them, which is more like a salad dressing is really something sour like lemon vinegar, olive oil, and some salt. And so you can easily do that with a culture of vegetables, and then they taste more like they're a salad. So one of the things I wanted to bring up was brain work. I did an interview just recently with a woman who has had excellent success with her program, which is called Brain Harmony, and I would encourage people to go back and look at, listen to that podcast. But did you do any kind of therapy like that? Therapist did not,

Holly ([00:41:43](#)):

No. She was just speeding through her lessons at ABA. And so then she was able to go back to, she was able to go to pre-K with a therapist, and then the therapist said, she no longer needs me, so she just fit right in. I'll never forget the call. And he called me and said, she's asking other girls for play dates, which I didn't know if that would ever happen. And at the end of the year conference with that pre-K teacher, she started crying and said, I would've never in a million years imagined that recovery was possible. I saw how she was at the beginning of the year, and I didn't think that she'd be ready for kindergarten. And now she's just completely normal and thriving

Donna ([00:42:38](#)):

And fast forward years, she's now not just ready for kindergarten. She was ready for college. But along the way, I know I would get reports from you or Michael, what the girls were doing. So it was clearly, people probably are doubting, but it was clear it was over with, completely done with. And yet Michael was saying, well, Tula is playing music and the girls love music and they're singing all the time and performing even. So I know you put 'em in a great school that nurtured that, but describe them today.

Holly ([00:43:16](#)):

Yeah, so Tula is, they're both out on the East coast at different colleges, and Tula ISS really involved in environmental policy. So that's really her passion. She's been lobbying now for a few years and she heads up climate strikes and she's just really passionate about that.

([00:43:45](#)):

And her sister's more undecided, but is doing great. They both really love college, and I think it was good for them to be away from each other too. But Tula was just home for fall break, which it was so good to see her. And we had a conversation about just her autism because they have a lot of feelings about, well, her sister too, people knowing and Tula being bullied not only for the food that she was bringing to school, but when she would bring up that she used to have autism. There were some kids would say, that's not true, that's not possible that you had it and now you don't. So that was hard for her.

This transcript was exported on Nov 10, 2023 - view latest version [here](#).

Donna ([00:44:41](#)):

Well, also, there's a stigma attached to it. So what I've noticed a lot parents would not, if they're little like three years old, and they were working on helping their kid recover, and then the child did recover. They didn't want to talk about it anymore. Some of our parents were great and stayed around to help, but for the most part, parents thought, this is a period of living through a nightmare. Well, the kids are recovered and they're going to forget about it and move on. And I've even had some parents say, we didn't even want him to know that we just told him he had a tummy ache. Well, that father who said that about his son, that he's graduated from Clemson College just this past year, and he is gone on to graduate school and majoring in accounting, which I am awful at math.

([00:45:36](#)):

So I think that tells you something about his brain. But he recently, so Beth Lampert is doing a video, a whole entire documentary movie on the kids that are recovering. And so they interviewed Thomas and he just came right out and told about his whole experience and everything. He's not ashamed of it anymore, embarrassed by it anymore. He's actually proud of it and proud of his mother. He was the first child to recover, and she really is the person who kept Bedrock going for five years. And so thousands of people came to us. At one point we had over 2000 parents and practitioners enrolled in Bedrock. So I think it would make a great movie, actually. But anyway, Beth is Beth Lambert. She's somebody. I did a podcast with her quite a while ago, maybe a year, but also a very, very good podcast to listen to. Now you have your group that you're starting, we've talked about you're doing this forever, and finally, the girls out of the house and you're ready to do this. Can you tell us about your blog and also the name? I love the name.

Holly ([00:46:46](#)):

So the name is a Journey Off the Spectrum, and I wanted to share our story. I wanted to share Hope. If I would've known all the great information that you have on your website and in your books, it would've saved us from a lot of struggle. So I just wanted Bedrock. Bedrock was such a great community. It really saved me women sharing recipes. And so that's what I really wanted to continue is the blog. Not only sharing my story, but to have mothers or dads come on and share their victories and share their successes and recipes and just create a community like Bedrock was.

Donna ([00:47:39](#)):

Yeah, parent News said two key things. Parents need support. I could put information out in the world that I thought made sense to try, and then we get feedback and find out, yet it's working. But also you can tell people what to do, but they need to come back and check in and report what you're doing and ask a million questions

Holly ([00:48:01](#)):

Every

Donna ([00:48:01](#)):

Day. They may have a new question every week or two, but they need somebody to answer it. And then you said another thing that's really important, and that is hope. I would ask my moms who are leading Bedrock, what's the most important reason you think people are coming? Obviously information they kept telling me even over the years as they would say, they need hope. They need to know that indeed

This transcript was exported on Nov 10, 2023 - view latest version [here](#).

their child can get well. So that's what you're offering now, and I really want people to come to you. And how will they find you?

Holly ([00:48:39](#)):

So my site, it's a journey off the spectrum.com.

Donna ([00:48:45](#)):

And what kind of help are you going to offer, would you say? Can they write in and send in meals and then

Holly ([00:48:52](#)):

Yes, yes, they can contact me. The forum I think is going to be great, just having that connection and that support. And then I'm open to doing some things in the future. So I haven't defined that yet, but I'd like to have some groups in the future.

Donna ([00:49:16](#)):

Well, after a certain number of years went by, we stopped doing bedrock,

Holly ([00:49:22](#)):

And

Donna ([00:49:22](#)):

I kind of always have regretted that. But it seemed to me, first of all, that the information was out in the world and that a lot of the doctors who were dealing with children were doing it. They were sure that a gluten-free sugar-free diet, they did recommend things like prevented foods. Some of the kids weren't getting well. So that creates a lot of how come it works and how come maybe it doesn't work because these children aren't getting well and all these kids are. So that's confusing too. I honestly think that just going to your doctor and saying, Hey, do this diet and eat, drink this coconut keever. I would say that the parents, they just needed the support. They needed to go somewhere and ask a lot of questions. You're not going to get that from your doctor either. So another fantastic thing. I'm very grateful that you're doing this.

([00:50:22](#)):

So it also is extremely intensive on my part too. I would often stay up till two, three o'clock in the morning. I wouldn't even be addicted to getting to those emails and answering them. It was helping people all over the world in the strangest places, England and Canada. But even in Hong Kong, there were groups forming around body ecology. Now, I admire those people so much back then because, and you and Michael, because the cracking of the coconuts was a pain, and that right there would discourage people, and that right there would discouraged people. But today it's a million times easier because all over every single store you can get coconut water that's actually boxed. So we sell the Keer starter to make your own Keer, of course. But we also, darn my train of thought, again, too many things pop in my head. I'll start to whole segment over.

([00:51:26](#)):

This transcript was exported on Nov 10, 2023 - view latest version [here](#).

So I wanted to kind of interject one last thing. I know we're running out of time, but just the fact that you and Michael started putting Tula on the coconut created Kfa and created a whole entire company around it, making it available to thousands of people. It is just amazing that you all did that. But also the parents all over the world were cracking coconuts. So today, fortunately, thanks to some parents over in England, actually, they didn't have the coconuts. They figured that it's out, that if you buy the box coconut water, which you can get everywhere in stores all over, you can actually use that and it's a whole lot easier. So on our keeper starter, which we sell, of course, we have new instructions inside on how to make it with, not with fresh coconuts, but with the boxed coconut water. And so one of the things I found was that if you use a box coconut water and you open one coconut, put that fresh water in, it ferments really well.

(00:52:28):

But what the parents in England ended up doing that, I started remembering they did this and I checked it out, you can take the box coconut water and you ferment with our starter just a little bit, say a cup of that coconut water, and then let that ferment for at least 24. But 32 hours is way better, and even 48 hours since they've made this new starter, not from the powder package that you get from us, but you actually take the box coconut order, make it your starter, and then from then on you can start preventing other batches. And I think it's a good idea to make up a lot because the whole family can drink it. And once the kids get on it, there's something rather addictive in a good way about it. You can start off by putting it in their junky juice just to get it in their body, but it's really easy today to do it. And of course, like you said, some states have the company that bought you all out. But most, I mean, I've been all over and every time I do, I look to see if I can pick up a bottle and drink it myself. Nobody has it. So

Holly (00:53:44):

It's actually been discontinued.

Donna (00:53:47):

Oh, really? Well, I can understand because Michael stayed on for a while and ensured the quality was there, but I saw quickly that the quality was really going down.

(00:53:57):

It can't be old. It can't be a week or two older. It gets really sour. So yeah, making it at home is the answer. So we can hopefully you'll put that up on your website, the instructions for making it at home. And Holly, I just want you to know that if you need me in any way, I'm so glad that we're at this point where you're doing this. It's a tremendous gift. And if you need for me to answer some questions or be on a webinar where we can talk to people, I'm here for you.

Holly (00:54:30):

Oh, thank you so much. I mean, you've just been an angel in our lives and we love you so much.

Donna (00:54:37):

Oh, thanks for saying that. You wonder sometimes if you are making a difference. But I did notice that you had mentioned to me that when you had a kidney transplant the second time you ended up with a urinary tract infection. And this is a huge problem for women when they start to get one, they usually get it over and over and over again. And e coli is the most common cause of a urinary tract infection. But we have a product called Echo Phase, which is excellent at helping prevent them and actually getting rid of it. But yours came from being in the hospital and having the operation. And I just wanted to mention

This transcript was exported on Nov 10, 2023 - view latest version [here](#).

when you told me that I thought the Eli other type of urinary tract infection is from Klebsiella, another pathogen, and that's a hospital acquired bacteria. So that when you told me that you ended up with the UTI from having the kidney transplant, what did you do for that?

Holly ([00:55:44](#)):

Yeah, so actually I got the UTI, not right out of the hospital, but later on. And my body has been used to eating fermented foods and drinking coconut keefer every day.

Donna ([00:55:58](#)):

You stopped it,

Holly ([00:55:59](#)):

You stopped it After the transplant, I stopped one. I was on really high immunosuppression, and one of the drugs just made my stomach raw. So when I would drink the coconut keefer, it just wasn't good. So I took a break and the doctors didn't want me to be on it right after the transplant, so I was just out of the habit if I'm being honest of drinking it. And so when I got this UT, I went in for a round of antibiotics, came right back. It came back for three months. So I was on antibiotics for three months. They even had me coming in for these weekly bladder installations of heparin. Nothing was working, nothing was working. I was worried about my gut being on antibiotics that long. And I left the clinic one day and I sat in my car and I just thought, what is going on? What can I do? And it was like all the information came back to me. Of course, I drove straight from that parking lot to the grocery store to buy coconuts, and I could feel the UTI coming back at that point. So I knew that I'd be in another round and started drinking the coconut keefer. And within two days that the UTI went away and it never came back. And so now,

Donna ([00:57:23](#)):

And it comes back over and over. It's a recurring infection in women because the antibiotics just suppress it and get rid of maybe a large number of them. So your symptoms go away. You're not wanting to pee all the time and so on, but it's not really getting rid of all of them, and some of 'em are going to spring back. So you need something on a daily basis to keep after those ones that are trying to come back and create a new infection. So that's great. Thank you for sharing that. I was thrilled to hear that because I just happen to know how many women are suffering from UTIs, and there are two different key microbes. Interestingly, in sibo, the microbes that they find are the same ones, Klebsiella and e coli. So usually fermented foods or for people with sibo, they say, don't do fermented foods. You'll have a reaction. But I think there's exceptions to that. And I think you just offered us a great, something that everybody should try. Well, I could keep bringing up all kinds of stories and thanking you over and over again, but let's just get this podcast out and hopefully you'll start having a lot of people coming and we'll get this thing going and get lots of kids recovered. So thank you very much, Holly, for who you are and your persistence and for your wonderful husband and your beautiful girls, and not giving up and just telling your story and starting this blog to help people.

Holly ([00:59:04](#)):

Well, thank you. None of this could have been done without you, so we appreciate you so much,

Donna ([00:59:10](#)):

This transcript was exported on Nov 10, 2023 - view latest version [here](#).

But you can give people information and they got to do it. So our mothers, and mothers like you are really the true warriors of the world, I think should make a documentary and show the truth. I know Beth is working on that, but we have a group of moms who are like you and recovered their kids, and it'd be a great story. But now what's wonderful is you've raised the girls, they're happy and beautiful and successful, and it's time to help other people. So thank you for doing that too. Yeah, thank you.

Holly ([00:59:41](#)):

Body ecology is not a diet. It's a way of life based on seven universal laws that always guide us toward the truth. If you want to know more about us, about these seven universal laws and about our amazing effective products, go to our website, [body ecology.com](#). Also, for a free transcript of this show, go to our website. Again, that's [body ecology.com](#). And of course, if you like what you're learning, we'd be very grateful for a review on Apple or wherever you listen to your podcast. If you've got a topic you want to learn about, just let us

Donna ([01:00:20](#)):

Know.

Holly ([01:00:21](#)):

This information does not

Donna ([01:00:23](#)):

Replace the

Holly ([01:00:23](#)):

Advice of your doctor or healthcare professional. Thank you very much for listening, and here's to a happier, healthier world.