



**Episode #183:**

**Jess Sherman on Nutrition For Our Child's  
Brain, Mood, Behavior, and Better Overall Healths**

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Debbie: Hello Jess, welcome to the podcast.

Jess: Thank you so much Debbie, for having me. It's a pleasure.

Debbie: I'm looking forward to covering this topic. You know, I've done over 170 episodes and I've only really done one in the past that's even explored nutrition. So I'm very interested in hearing your perspective and learning more about your work and I know this is something that is really important to my clients. So to get started, could you just, you know, introduce yourself, tell us a little bit about your work in the world and your passion for this subject.

Jess: Yeah, thank you so much. I'm excited to share this with your community. I started all of this as a teacher. I was a teacher for a lot of years and as a teacher I was trained with kind of alternative teaching methods, experiential education. I was dealing with a lot of exceptional kids, a lot of kids who really needed something different. And so we spent a lot of time in the classroom adjusting things for them and shifting the curriculum and shifting our expectations and shifting the classroom environment and getting them outside and doing all kinds of really cool, wonderful things with them. But even despite that, so many of them were struggling and I really wanted to learn more about how we could better help kids, you know, grow into themselves, really discover who they were. And I was feeling really constricted by, by being in the structure of school.

And so I left school for what I thought was gonna be a short period of time to study holistic health and nutrition. And then, you know, 10, I guess 12 years later, I am, you know, I still haven't, I didn't go back to the classroom. What I do now is I teach parents and teachers actually too, what I found when I left, which was this missing piece of the puzzle, what I consider to be a missing piece of the puzzle that's not talked about that much. But it's this idea that the brain and the body actually work together as one interconnected ecosystem. And you know, now when I say that it kind of sounds obvious, like of course it's one body, it works together in the same ecosystem. But you know, when I looked around, I realized that what I was taught in education and what my, the kids I was working with were learning from, you know, the medical community and what I was reading about, typically the brain and the body are very much addressed separately.

And we never really learned how the brain affects the body and how the body affects the brain. And it's, that it's not integrated into therapies or into even, you know, the social fabric about how we learn about health and this sort of thing. And so that's what I do now is, when I became a mom, I realized, you know, I got very, very excited when I was learning all of that. I was very excited because it kind of opened up my mind to this whole new toolbox of ways that we could help kids by improving the health of their body in order to help calm their minds and

ease their anxieties and, you know, help them learn and function better. And I got really excited and then I became a mom.

And as you know, you know, everything, all bets are off when it comes to feeding a family. I realized how ill-equipped we are as parents to feed our families in this way. So I, I really set my mind to simplifying things for parents. So that's what I do now. I curate all of this information, which is really exploding in a very exciting way. But I curate it for parents so that they can leave overwhelm and start to become confident in their choices, mostly around food and feeding, but also in, you know, lifestyle and how they connect with their kids, how they communicate with their kids and that sort of thing.

Debbie: Well, I think that overwhelm piece is, is really such a big part of this. And I'm so glad that you're out there curating this because I know, you know, personally, I'll just say I, I've dabbled in nutritional interventions or just even considering our nutrition, but I have, you know, quite honestly, many times just been like, you know what, I, this I just can't add this on. Like there's too many other things that seem more pressing and, and I do get overwhelmed by the magnitude of, of what's available and just how to vet information. And, and I think that, I know that I'm not alone in that. I think it does feel very daunting. So let's take a step back. I'm curious to know, you know, when you made this decision and decided to kind of shift gears and really dive into the research, what kind of aha moments did you have or, or information did you find that really helped you see that connection between, you know, nutrition and behavior? Like what's the most compelling finding that you came across?

Jess: You know, I felt intuitively that there was a hole in how we were helping kids. So, you know, when I started this, this was in the sort of mid two thousands, when I, when I left and it was really fringy. It was really this concept that you could shift something in the body and actually change behaviors and moods was kind of fringy in the conventional medical world. But since there, since then, it has been really, really exciting to see it literally explode. So we're talking, you know, 10 years, maybe close to 15, where there's been a kind of acknowledgement that something is missing and there's been a little bit more, more of a crack in the thinking to say, huh, maybe we need to think about things a little bit more holistically. So I sort of, I was watching this unfold and then in 2015 this landmark paper came out called Nutritional Medicine as Mainstream in Psychiatry.

And it was published in the Lancet and I was like, wow, okay. So you know, this big medical journal is now publishing, it wasn't research, it was a consensus paper. So it was like a position statement from a group of researchers and medical doctors and academic authors and they all kind of came together and outlined the need for psychiatry, which, you know, I know we're not all, we're kind of, I mean this is medicine for the brain, right? To open itself up to a more holistic framework. And that to me was like, okay, you know, we're at a tipping point where so many kids are struggling with anxiety or aggression or depression or these what are considered kind of brain issues. And there was this acknowledgement that we need to open up and think about how the body affects

the brain. And it was building on all of this research on nutrients, but also the gut-brain connection.

This is, this is why it's overwhelming, right? It's because this is, we're really on the, we've known this kind of intuitively, for centuries, that the brain and the body work together, but they haven't been dealt with together. And now the research on this is just literally exploding. So this is why it's overwhelming to parents to be like, well, what do I actually do? Right. But yeah, so, and that's on my blog too. People can look up nutritional psychiatry and sort of read, read all about that. And then from there I just got really, really interested in the impact of nutrients and off broad spectrum nutrients, on the connection, our connection around food. So what we eat as well as how we eat. So there's a lot, I mean there's a lot of research we could, we could dive into, I don't know how specific you want to get.

Debbie: We could do a week-long series together. Yeah, I know there's, and I'm just, I always try to kind of put myself in my listeners' brains, you know, when I'm doing interviews and I feel like I'm being overwhelmed already with the questions that people would want.

Jess: Yeah. Well, you know, can I just sort of address that for a second? Because I think we get, I think we get overwhelmed when we try to like pull it apart to be like, okay, what supplement does my kid need? Or what food does my kid need? Or what should I take out of the diet? That's super overwhelming. And if we just sort of step back and think big picture and say the role of nutrition when we're dealing with 2e kids or exceptional kids or autistic kids or kids with anxiety or you know, whatever label or whatever behavior or struggle or whatever you want to call it.

They, when we step back, we say all we're trying to do is make them healthier, right? Anything that we can do with food that makes your child healthier is worth doing. Whether that's adding something in or taking something out. And you've got to start with what's manageable. You really do. And you really need this to get - I just want to acknowledge that this is actually exploding really quickly and we live in an age of too much information, right? So I would just caution parents to be like, you know what, there's little baby steps you can take. You don't have to go whole hog like deep in and like change everything overnight.

Debbie: Right. Thank you for that. That already feels better. So I guess, you know, even just, I'm curious to know is it differently wired kids, kids with neuro differences, who are kind of magnifying the impact of nutrition? I mean, I'm assuming that nutrition, this connection between brain and body is true for absolutely everyone. But is it, do we see the impact more when we're talking about neurologically atypical people?

Jess: Yeah, I think so. What really helped me understand this better is when I started looking at kids through the lens of resilience and stress rather than diagnosis or you know, being different or say whatever. Like just all kids, like you say, they're experiencing stress at a different, they're experiencing stress differently. So what

we need to do, what we need to work with, what we have to work with is understanding and reducing their stress load and improving their stress tolerance. And we have to do that with every kid. And we have to do that with every adult. Like that's, that's just life. We need to address our stress and we need to improve our stress tolerance. And yeah, with kids who are differently wired and kids with various diagnoses that, I wouldn't even call it an imbalance, but that tension between the stress that they have and their stress tolerance has been, there's a wider gap there or it's been there for a long time.

And so yeah, they are a bit more, they've got less wiggle room, you know. I think of, in terms of like filling a glass. If you have the glass as the body and the water in the glass is their stress, some kids just, they're at their limit or their, you know, their water is, their glass is full. And so, you know, any little transition in their day or unpredictability in their day, which is, you know, if their glass was less full than they could tolerate that, they could handle that without having a tantrum, it throws them over the edge. So, and I, you know, I'm with you in that like, yeah, you know, kids, kids just, we just want them to be healthy, right? I really just want to look underneath diagnoses and look at their sameness. I mean, we do need to understand their differences and that's important, but also understand that we all can tolerate only so much stress and we all need to feed our stress tolerance. And that's very much related to nutrition, that whole equation.

Debbie: Yeah. And I recently did an episode with Dr. John Duffy about raising the new teen in the age of anxiety. And that's, you know, we talked about just how different and more intense the experience of just daily life is for today's kids and teens.

Jess: Yeah. And well, and I would add to that, I mean that's, it's so true. It's, it is, they're working at a different level and I think of it as sort of a perfect storm where they have more stress inputs than ever before and their stress tolerance is at an all time low. And partly that's because of nutrition. That's what, that's the power of nutrition is because when I say stress tolerance, I'm talking about, you know, the mechanisms in our body through which we manage stress. So that's very hormonal. It's very much related to neurotransmitters, even detoxification comes in there. And if those systems aren't working well, then we have a reduced ability to tolerate stress. And those systems are driven by nutrients. They're driven by nutrition. So the more, I think this is why they're finding that, you know, we have quite a few studies now on how, you know, even broad spectrum nutrient supplements or changing the, changing the macronutrients of the diet. So not particularly taking a specific thing out or adding a specific thing in, but just sort of shifting eating patterns and adding more nourishment in general to the diet helps stabilize moods and reactions and basically what I would call improve stress tolerance.

Debbie: Yeah, that was gonna be my next question. You know, I'm sure that there are some specific things when you really look at the individual that might help, you know, support them depending on what's going on in their lives. However, it sounds like there are some kind of general things that many people are just not getting right or that could be improved upon. So could you share with us what

some of those general things are that either whether it's things people are lacking or things people need more of kind of across the board?

Jess:

Yeah. Well that's a, that's a really nice way to look at it when you're shifting diet, like where does, where do you start, is to reduce the things that are getting in the way of good health and focus on improving the things that nourish the body. And this is something, and I'll talk about some specific things, but this is a big topic because I think what happens when people start to think about changing a person's diet, a child's diet, they immediately start to think about what needs to go. You know, we've got to take out the sugar, we've got to take out the additives, we've got to take out the dairy or we've got to take out, you know what I mean? Like, and this is the conversation that I'm hearing in general. It focuses kind of on restriction and that's scary. Like that is really hard.

I'd say that's the number one fear that people come, you know, when they're sort of interested in working with me, they're like, but I don't think I can take anything out of my child's diet. And I think it's a very valid, valid fear and it's really not where I start. It's important to consider at some point because a lot of kids are reacting poorly to foods, but I start with nourishment. I start with focusing on what can we add into the diet to nourish our kids a little bit more. So the very first thing that I have the families that I work with start to think about, or the skill that I want them to develop is to be able to look at a meal and be able to answer the question, how can I make this more nourishing? You know, without necessarily changing it too much.

And that requires a little bit of, you know, understanding of nutrients and different foods that they might not have used before, which I would, you know, also acknowledge is something that we just don't learn as parents. You know, you never learn how to use this tool and yet it's so important. So little things, as examples, would be like putting some more fiber in the cheese sauce for the macaroni and cheese for example, like putting in some psyllium husk or putting in some mashed sweet potato or cauliflower blends really nicely into that. And it's just sort of a random example, but I know a lot of kids really like macaroni and cheese. So you know, you can take something that's familiar to them and look at it and say, okay, how can we make this a little bit more nutritionally dense by adding to it without shifting it?

And of course you have really super picky eaters and we can talk about that if you want to. But that's where I would say would be the focus to say instead of instinctively going to the food restriction piece first, let's go to the nourishment piece first. And sometimes it doesn't even start with what you're eating. Sometimes it starts with how you're eating, you know, can, you guys, can the family sit together? And a lot of families don't sit together for family meals even once a week, twice a week. Nourishment also has to do with getting them sleeping better. You know, connecting with them, snuggling with them. That's all nourishment too. So when you think of food in this broader context as one of the tools that we use to nourish our kids, I think it, it kind of opens things up a little.

Debbie: As you were describing kind of how can we put a little fiber into this or I was remembering there's a book that Jessica Seinfeld wrote many years ago, *Deceptively Delicious*. I'm sure you're familiar with that book.

Jess: Yeah.

Debbie: I remember when that came out, I think my son was three or four or something and I, I was into it for a little while. I'm like, wow, I've just made these cupcakes, but really they've got X, Y and Z in them. Is that kind of the thing you're talking about? It could be as simple as that. Just start just adding some or sneaking in some nutrients?

Jess: I think it's a starting point. I remember when that book came out as well, and there was a big backlash against it because people were, you know, upset with the idea of having to like sneak things into their kids. So there was like these two camps, you know? And I have nothing wrong with sneaking stuff in. I do talk to my kids about the stuff that I'm, you know, quote unquote sneaking in. But that's where we're at. Like, you, you've got to figure out where your kids are at with all of this, right? My kids, you know, we've been talking about it for, for years about, you know, what the body needs and you know why I put cauliflower in the sauce and you know, whatever, all these weird things. And we laugh about it sometimes too because sometimes it doesn't turn out so well.

And you know, the kids know that I do what I do and they know why I do what I do. But if you have a super picky eater, I mean their body needs these foods and their cells on a cellular level need to learn how to recognize them as well. So if you need to start by, you know, shifting the palette by getting these foods in, in a way that's not threatening to them, then that's a great place to start. And some people can't even start with the food. Some people have to start with some supplements and get those in and just get those nutritional bases covered and then start expanding the palette using different foods. So it really depends on where you're starting from.

Debbie: Are there some signs that parents should be on the lookout for that their child is, could really benefit from some nutritional changes in their diets? I mean, I think the kind of simple things are, wow, my child really gets hyper after having sugar or you know, these kind of broad things. But are there any signs or indicators that a child really needs some support in this area?

Jess: Yeah, I mean, I think really all children do, no matter what. I do think they're living in this perfect storm. You know, they've got so much stress to deal with and our, our food is not what it used to be, sadly. So I, and this is one of the things I tell people when they're starting, when they're embarking on this, is that, you know, we're not fixing your child. We're not, we're not fixing anything. We're not, we're just nourishing. We're just nourishing the whole family. And we could all use, I call, I talk about it as like a two pronged process. We have to clean up and we have to build. And all of us can use a little cleaning up and a little building. So, you know, there are real specific nutrients that have been studied. There's been a lot of really interesting study on cholesterol, on actually having low cholesterol

being, being associated with aggression and anger, suicidal ideation, that sort of thing.

It's really quite compelling. So, you know, there's a lot of really amazing research on the connection between copper and zinc that some kids are high in copper and low in zinc and vice versa and that can be associated with things like depression and apathy or even executive function issues because copper and zinc are both very much involved in the dopamine pathway. And dopamine is the neurotransmitter that's most associated with executive function issues and that activity of the frontal cortex. So yeah, you could pull it apart and you could get real specific. And I've reviewed some of these studies on my blog so people can, can go take a look if they're interested. But you know, really on the, in terms of the broad strokes, I think we can all use a little bit of cleaning up and building, we can all use a little bit more focus on how we're nourishing our bodies cause that's something that has kind of fallen to the wayside for a lot of us. It's like you eat when you can, you eat what you can, when you can. Yeah.

Debbie: Yeah. And I think it used to be fast food versus whatever, like fast food was the negative thing. And not that it's, it still isn't. But I notice so many of these nutrition bars and food products that are sold at places like Whole Foods or you know, places that are, have a good reputation and they're easy, right? It's easy to eat a bar and you think it's really nutritious, but it's still steering us away from eating what I imagine are better foods for us.

Jess: Well, I mean eating, eating the way we should be eating for many of us requires like a total overhaul in, in our lifestyle. Right? Because you have to make food, you have to make time for it, you have to find money for it, you have to make space for it. And it's been really crowded out in our busy lives for a lot of us. So you know, sometimes it's just sort of takes a rejigging. People sort of get to a crisis point. They're like, okay, we just need to rejig. We just need to simplify. And that's one of the things I support is just general simplification of life and getting back to the basics. So really what I'm teaching parents, just getting back to the basics of healthy connecting, you know, and healthy eating and healthy living. But sadly it's sort of that, that kind of needs to be a conscious move for a lot of us because things just, the default is to just get busier and busier and busier and busier.

Debbie: Right.

Jess: You know, and so while you're doing that, the bars can be a really helpful, you know, because they do have some nutrition. They're not the best. But, you know, we can only do what we can do when it comes to changing something so fundamental as diet. Right? So you know, a little tip would be if you're going to choose a bar because you know you have to nourish your child and you've got to eat on the go or what have you, take a look at the sugar content, and try to get one that is lower in sugar and then look at what the sweetener ingredient is as well and at least choose one that has a real sweetener like cane sugar for example, versus high fructose corn syrup. That's a step forward. If you can pick one that is higher in fiber. I think one of the very first things we talk about in nourishment with the group that I work with is fiber. Getting more fiber into our

kids, aiming for, you know, 25 grams or so of fiber a day, which once you start looking at product labels, you realize how little fiber we eat. So choosing a bar that's higher in fiber and lower in sugar is a great way to start and has, you know, real ingredients versus you know, processed ingredients.

Debbie: Are there any kind of, you know, sugar obviously is one of them or high fructose corn syrup. Are there any other bigger culprits or things that we really want to pay attention to the amount our kids are taking in? You know, we hear about food dyes, like any kind of red flags when, when families come in to see you that you do want them to address and work on getting out of their kid's system?

Jess: Well, you know, again, we want to look at what they're eating through the lens of nourishment. So I get them to ask the question when they're choosing something, is this nourishing? Is this nourishing my child? Our kids need lots of premium fuel. They're just, they're growing, they're growing fast, you know, and they're, they're very nutrient hungry. So is this food going to nourish them, not just fill them up. And then we can look at, you know, something like sugar. Is that nourishing them? No, not really. Not only is it not nourishing them, but sugar has been shown to, to enhance nutritional deficiencies by helping the body excrete nutrients as well. So a high sugar diet tends to be also low in vitamin C and calcium and magnesium because sugar helps the body deplete those things.

So, and then chemicals would be the other if there were like two like low hanging fruit things that I think give you big bang for your buck, if you're going to focus on taking something out, it would be reducing the sugar and reducing the chemicals. Because again, they're not nourishing. They're not helping the project of what we're trying to do. But you know, I say that sort of cautiously because I really don't want people to focus on what they're taking out. Focus on what you're putting in and when you focus on what you're putting in, those things will naturally fall to the wayside.

Debbie: Right, I love that. Yeah.

Jess: And then you can have a different conversation with your kids about why you're making the choices that you're making. Instead of no, you can't have that, that's bad for you, the conversation becomes, we're going to make this choice because it's more nourishing for us, for our bodies and our brains.

Debbie: Yeah. So it's that lens shift of food as fuel. And that doesn't mean that we can't have food to enjoy or dessert sometimes and that kind of thing. But it's more, it sounds like it's just being conscious of what we're putting in our bodies.

Jess: It is, it's starting to make the connection between what we're fueling our bodies with and how we're feeling. Right. And depending on the age of the child, that's gonna be a different conversation for, you know, with a two year old is going to be a different conversation than with a 15 year old. But ultimately I think that's the piece of that conversation that we no longer really, we don't learn about, first of all, as parents. And so we, we don't, we're not equipped to teach it to our kids so that they can make a connection between what they're fueling their body with and, and how they're feeling.

Debbie: So let's talk about, for parents who are listening and who want to start implementing changes, like maybe this is really resonating with them. It sounds like, you know, you just talked about how you would talk to a two year old versus a 15 year old. So this is like a lifelong project and this is an important part of our work as parents. How do we go about making changes if we've already established, you know, what if what we're discussing, even just introducing more nutrients, feels like a pretty radical change from what we've been doing for many years. How do we start this conversation with our kids? How do we start making these changes?

Jess: Well, I think it starts with some confidence. You have to feel confident that what you're doing matters because our kids are little sponges, right? And they will, they're watching us all the time and they will sense when, if we, if we're like, we're going to make this change because somebody told me that I need to do this, it's not going to fly as much as if you come at it with a sense of confidence and say, guys, we need to nourish ourselves because we want to function better because we've got goals and we've got, you know, ideas we want to build on and we want to, you know, feel good in our day. So, so you need to build that confidence first off. And then, and maybe even that means doing some things for yourself as a parent first and starting to feel that shift in your health and in your energy and in, you know, maybe your brain fog lifts and maybe your anxiety, you know, shifts and things like that.

If you can feel that in your body, that is, that's a great perspective to bring to your kids. So sometimes that's, that's the first thing. And the second thing is also have, if there are two parents involved, have a good conversation with each other and really create a plan and stick to it because when two parents present themselves as a unified front, things work a lot better. Right? And consider what's, what's doable. Consider what's doable. So I, I break it down in my work and my book and on my website you'll read about it too. I break it down into four areas that we need to explore. But even if you know, you choose one of them and just like one strategy within one of them, whatever, whatever feels doable, and just get used to it and just start experimenting with it and start working with it. So it really doesn't have to be an all or nothing thing. Anything that you can do to improve what's coming into your kids will help them get healthier. And when they get healthier in their bodies, they will function better and they will feel better.

Debbie: Right. As we all do. And then part of what we can do is also help make that connection for them. Right. Like talk about that. Oh, did you notice, I noticed that you seem to sleep better last night or I noticed that you seemed a little calmer. Like I think that's an important part of our role too, right?

Jess: For sure. Yeah. Yeah. And understanding that like not everybody understands this perspective. You know, I want to stress again, it's a fairly new way of thinking about the brain that it has anything at all to do with the body. That something in the body, like a nutritional deficiency or an allergy or an infection or a blood sugar instability, could actually affect mood and behavior and

cognitive functioning and executive functioning. So it's a pretty new way of understanding things, but it's catching on quickly.

Debbie: So I'm just curious, are there any common challenges among your clients when people come to you? Like what is the number one thing or one thing that you see typically creates challenge when parents are trying to make these changes in their families?

Jess: I think not having both parents on board is a big one. And I've actually, it was such a big thing that I, I created a script that people can actually download and just some ideas. Cause often it's one of the parents will engage with me and you know, learn about this and start to feel really secure and confident in the idea that when you nourish the body, you also support the brain and then they present it to their, their parenting partner and that person is, is not on board. And so there's a reframing of things that has to happen. There's a, there's a conversation that happens, has to happen there. Otherwise it's just not going to translate to the kids. So that's, that's a big challenge. And then the second challenge is not having their kids on board. So that's like the picky eaters or the aggressive kids who will be combative about it. And you know, they're naturally like that anyway because they're highly anxious kids or have that sort of aggressive edge to them. And so getting them to actually make different decisions is a second stumbling block.

But I guess what I stress to parents is that these are all behaviors that can be worked through and it's worth working through them. But you sort of have to have that confidence that it's worth doing this. Because it is challenging, there's no two ways about it. It's challenging, but it's a challenge worth taking on. Absolutely. Because the changes that I see in kids and in families are quite profound. When you start to see, you know, the obsessive behaviors often will resolve. Sleep gets better. So everybody in the house is sleeping better, anxieties reduce. So transitions become easier, conversations become easier, relationships become closer. It's really quite a transformation.

Debbie: That all sounds wonderful. So you recently wrote a book called *Raising Resilience: Take the stress out of feeding your family and love your life*. Can you just take a few minutes to tell us about the book and what listeners could find inside?

Jess: Yeah, it's, I wrote it a couple of years ago and it was really a compilation of all that I had learned over about a 10 year period, having worked clinically as a nutritionist, but also just reading the literature and going to conferences and learning from doctors and nutritionists and therapists. I felt myself saying the same things over and over and over, like the basics of we need to clean up, we need to build. There were really some basic things that needed to be addressed in order to raise the resilience of the body. And I was noticing, you know, there's a lot of conversation about resilient kids, but the idea that nutrients and what we eat and how we eat had any impact on resilience wasn't really being talked about that much.

So this idea of stress tolerance started forming in my mind, the idea that we manage our stress using nutrients quite literally, you know, in part. I mean,

there's other things we can do to manage stress as well. But if we don't have hormones and neurotransmitters functioning, which are all built out of nutrients, then we don't handle our stress very well. So the book kind of outlines that. What are some of the biggest biological stressors, the stressors in our bodies that are adding to our stress loads. So things like yeast and blood sugar instability and the gut brain connection is all talked about in there. And then what are some of the strategies, concrete strategies, that we can do to bring more nourishment into our kids' lives so that we improve their stress tolerance. So that's what the book is about.

Debbie: Well, and you also just, you know, listeners, I'll have a link to Jess's book on the show notes for this page, but also your website is just chock full of, you know, wonderful information. You have a very, you know, a blog that you've been keeping for a while with great content. You have a lot of resources. So, you have a whole section on autism and ADHD, which I know is something that our listeners are gonna want to check out. So as a way to kind of wrap up, can you just tell listeners where they can find you and if they're going to go to your website, do you have any favorite resources they should tap into?

Jess: Yeah, I mean I've got, I've got a lot of resources on there because I just feel so passionately that this is foundational. This is, you know, if you can get this piece in place, then all the other therapies and work that you do to help your kids, whether it's educational or medical even, it just, it works better. It just works faster and it works better once the building blocks are in place. So I've got a lot of information resources on there, which is just straight up information. And then I've got coaching resources as well where I actually walk, walk people through it. The most intense of those is called my resilience roadmap, which is walking parents through three months of just, okay, like reframing how you're gonna deal with food in your life, feeding and nourishing, really.

And I, I really feel like it's one of a kind because the focus is very much on nourishment and the focus is on connection. Like we have to make these diet changes with connection front of mind, you know, I feel like connection with our kids, between our kids and ourselves, but also with our kids and their food. Like that's a relationship that has to remain intact as well. Right. So that I feel very strongly about that, when we're dealing with dealing with kids is very different from trying to change the health of yourself or your spouse. We're working with kids so it's very specific. So all of that is at my website, which is [JessSherman.com](http://JessSherman.com). And I'm constantly trying like I say, to curate this for people because I know it's overwhelming, but there are some real broad spectrum, broad strokes. So maybe we could link to some of the specific blog posts that outline those broad strokes of where to start and how to start conceptualizing this project.

Debbie: Yeah, that sounds great. So you can share those with me and listeners, I will include all those on the show notes page and I'm already thinking, I just need to have you back on the show for a followup and I may just reach out to the community and curate some questions because I think your, your approach to this conversation is really in alignment with Tilt and with our community. So I just want to say thank you so much for sharing with us today and for doing this

work. And the teaching profession lost somebody but it's great that you're doing this really important work for, for all families. So thank you so much.

Jess: Well, thank you so much Debbie. You know what's so interesting is that the teaching community is now reaching out to me more, which is very cool because they see this in the classroom, right? They see, okay, we're in the business of helping kids develop into their best selves. And so we need to know a little something about nourishment. And so I'm actually starting to do a little bit more work with teachers, which is really, really fun. Really fun to get back to my roots. So thank you so much for having me, Debbie. I really, I do resonate with this whole concept of just tilting your perspective. I love how you talk about that, tilt your perspective a little bit and then things become a bit easier, a little bit less overwhelming. So thank you for doing what you do.

Debbie: Thank you so much.

**RESOURCES MENTIONED:**

- Jess Sherman's website
- The Resilience Community
- Jess's 12-week program
- *Raising Resilience: Take the Stress Out of Feeding Your Family and Love Your Life* by Jess Sherman
- Jess's resources
- *Nutritional Medicine as Mainstream in Psychiatry* (article in The Lancet)
- Parenting the New Teen with John Duffy (podcast episode)
- Dietician and Nutritionist Jill Castle with the Facts about ADHD and Nutrition (podcast episode)
- Jennifer Scribner Talks About Ending the "Picky Eater" Battles with Differently Wired Kids (podcast episode)
- *Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food* by Jessica Seinfeld