

Caspar ([00:00](#)):

Did you know that there's an everyday ingredient silently affecting your health? One found in most of the foods we eat after discovering their child's sensitivity to synthetic dyes. These parents and first-time filmmakers set out to uncover the hidden dangers of these additives. Their recently released documentary blends, expert insights and personal stories revealing the widespread impact of these chemicals. Through their work, they aim to raise awareness and spark a vital conversation about what we're really consuming. This is the Story of To Dye For: The Documentary with Brandon & Whitney Cawood. Did I say your last name right? That's the thing I forgot. Cawood. All right. Cawood. I have a weird last, last name. So I always tell people it's Schultz and spelt S-Z-U-L-C, so no one gets that. Right. But listen, guys, so glad to have you on. There's a lot to unpack with this because I feel like it's one of the most overlooked parts. We know about toxins in general, like heavy metals and things, but we don't usually dive into things like synthetic dyes, things that literally color foods and so many other additives. But I want to hear, starting with your story, going back to how you even got involved in this and what your personal journey was like to get to actually making a film.

Whitney Cawood ([01:14](#)):

Yeah. So we are obviously married and we have two children, and our oldest, between the ages of one and three, he was really having some concerning behaviors. Some days were fine, and then some days, well, most days were really, really bad. And so he, it was the hitting and the fits and the biting and the emotional dysregulation, and, and a lot of that between the ages of one and three can be completely normal. And so we were wavering back and forth between is this normal toddler behavior or is there something wrong? And so where we kind of drew a line in the sand and decided that we might need to start trying to figure out how to help him is when at his Mother's Morning Out, which is like a half-day daycare. And so he would go two or three days a week just for like two and a half hours.

Whitney Cawood ([02:05](#)):

And in that two and a half hours, we would have several write-ups. Some days I would have to come and pick him up. And, and the same thing was happening in every area of our life between church and play dates. And so it was really becoming an issue. And so we decided to consult doctors and therapists and do all the things. And nothing seemed like it worked. We blamed it on teething of which the doctor suggested to give him Tylenol before he went to his Mother's Morning Out, which was brightly colored red. And so we decided to do an elimination diet on kind of on a whim. And I found an article that suggested eliminating wheat, dairy and synthetic dyes. And within 48 hours, we saw that easygoing child that we would occasionally see for like 30 days straight following that like initial 48 hour detox-ish period.

Whitney Cawood ([02:56](#)):

And so we knew that something he was eating was bothering him and was significantly impacting him. So after the 30 days, we decided to reintroduce wheat and we saw no effect. And then we decided to reintroduce dairy, and we saw no effect. And then we tried to reintroduce synthetic dyes, and within 15 minutes, all of those behaviors came flooding back, the hitting, the biting, the emotional dysregulation. And so we knew synthetic dyes was his culprit. And since then he's had, you know, such a success story. He's, he's doing so well. And, and so it was really kind of a Dr. Jekyll, Mr. Hyde turnaround for us, we like to say synthetic dyes eliminated like 98% of his issues. And the other 2% he was able to slow down and we could talk through things and work through things. And there was so much growth. And you know, now he's doing so well.

Whitney Cawood ([03:47](#)):

He's in public school and he we haven't had a single day where he's hit or bit or had a meltdown or cried. He's just a normal, easygoing, very smart, very talented and gifted child. And, and so I was, we were really, you know, looking at his progress and we were like, how can something we eat? How can something he eats so irregularly at that? The only way, the only times he was consuming synthetic dyes regularly was through his daily allergy medicine or Tylenol, or prescription medication, which he did. He, before he had tubes, he had chronic ear infections. So that year he had six, seven, maybe even eight antibiotics for ear infections. And so he kind of was on this rev 40 loop just with medication, because when we went through our cabinets, we really, we'd already kind of leaned toward organic foods.

Whitney Cawood ([04:36](#)):

We just didn't think about medication. And so he wasn't getting the brightly colorful cereal. So we were really shocked that such a small amount of synthetic dyes could dramatically impact his sleep and emotional regulation. And so I started trying to dig into the research. My background is in education, so all the scientific jargon was very confusing to me. And so I really wanted to ask my questions and try to get to the bottom of what are synthetic dyes doing to us, and how could synthetic dyes be impacting our child in such a traumatic way or dramatic way? And, and so I decided to ask Brandon if he wanted to document our journey to travel, to ask these lead world's leading researchers. The questions I have along with interviewing some, some moms about their story. And he, he agreed.

Brandon Cawood ([05:27](#)):

And

Whitney Cawood ([05:27](#)):

She reluctantly, she

Brandon Cawood ([05:28](#)):

Kinda, she's kinda skipped a little bit of there, obviously. Like we were very, we were, I was, we did a podcast yesterday and I said, we were very like optimistically or like what, how did I word it yesterday? We were like

Whitney Cawood ([05:39](#)):

Optimistically naive.

Brandon Cawood ([05:41](#)):

Yeah, naively optimistic is what it was. Like, the fact that we, we thought maybe we could, you know, interview researchers, maybe they actually would wanna talk to us. Like, looking back now, it's, it's kind of crazy that we actually figured out a way to make that happen. And, and I, I, I don't really give us the credit. We, we feel like God opened a whole lot of doors for us and made that possible. But yeah, we, she came to me with the idea of doing a documentary and, you know, trying to interview this people. And I was a little reluctant at first, and I'll be honest, if I would've known then the amount of work that we would've had to put into making the film, yeah. I don't know that I would've said yes. But luckily, once again, we were kind of naive and, and optimistic and, and I had seen such a, a dramatic shift in, in our son and like, you know, thinking about like what his life would look like if we hadn't have figured this out, and how many people out there could have similar stories and not know that synthetic dyes could potentially be, be the culprit to their, their child's behavior issues and things like that.

Brandon Cawood ([06:37](#)):

It kind of felt like we kind of felt like we didn't really have a choice. Like we, we had to do it and

Whitney Cawood (06:41):

We felt called to do it. And like, even even digging into we started a Facebook group because I, I just really wanted a community that we could talk about all things dyes and swaps, and it quickly in two years grew from zero to, what are we at?

Brandon Cawood (06:58):

770,000,

Whitney Cawood (06:59):

770,000 people. Wow. So we've heard thousands and thousands and thousands of stories of life change from removing synthetic dyes. And then even since now that our documentary To Dye For: The documentary has now come out, we've, we're now hearing stories of people who have since seen the documentary and now they're starting to see change in their child, which is obviously why we've done it, but we initially kind of thought it was gonna be like a kind of a rare reaction, which mm-hmm <affirmative>. I mean, in the grand scheme of things, a reaction as dramatic as our sons is, is probably relatively rare. But we still have heard thousands and thousands of stories of, of families that are very similar to ours. And synthetic dyes were a hundred percent their culprit. Whereas some families you may have some underlying issue, and then synthetic dyes are of course taking you into the problem area. But for us, like that was the only issue that he had. And it, it felt like a miracle and kind of a golden ticket that we wanted to share with everyone.

Caspar (07:56):

Yeah. It seems like these types of stories you hear all the time, right? Children acting out these days having, you know, developmental issues, just behavioral issues has become very common. Right? I know this, my niece and nephew are in school, I see my friends with kids, like, and you hear about it. This wasn't what it was 20, 30 years ago. Obviously something is there. A lot of the doctors will say, well, it's, you know, more chemicals in general. It's the diagnostics have gotten much better. We have now the drugs to solve this problem. Right? Were you ever pressured by the doctors beyond the Tylenol to say, well, maybe this is genetic and they will need some sort of drugs and, you know, behavioral issue type thing? Well,

Whitney Cawood (08:34):

To an extent we were, I mean, we, when we consulted doctors, most doctors would say, I mean, it's up to you, but before they're six, like, you don't have to have a diagnosis. Yeah. But we were, we had two different instances, two or three different instances where we went to the doctor and they wrote us a referral to the children's hospital for an evaluation. And we kind of didn't, we, because his behavior was irregular, we didn't feel good because it didn't seem like he fit any kind of box other than kind of what we, the rabbit hole we went down is he has a very, very high QE he's, very, very smart and gifted children tend to kind of get overstimulated mm-hmm <affirmative>. Very easily. And so it, the only time that he would hit and bite and things like that, it was very overstimulating times, like recess, or he could always sit still while the teacher was teaching.

Whitney Cawood (09:22):

He was always very interested in the academics even very, very early on. Like, he's a very eager learner, but he didn't fit the bill for anything. And so we were to an extent pressured. And then also the, the school he was at, the Mother's Morning Out, he was at, they, they kind of gave us an ultimatum in, unless you get him evaluated by our psychiatrist and start an RTI, which is a response intervention plan, which would follow him from three all the way through 12th grade. And so we, we, we didn't feel comfortable

with that either, because he is just so young and we really felt like there were other things we can do to help him. And luckily we, he would've had a misdiagnosis because he mm-hmm <affirmative>. He doesn't have any, any neurologic issues. He's just a normal, very bright normal little boy.

Caspar (10:10):

And that's the thing also, it's, it's the system you guys were placed in that all parents are placed in is it's quick to throw a label on someone if they slightly different behavior. And I do think you're right, a lot of children that are sensitive to these things that ha have high intelligence levels usually are going to, you know, quickly shift if introduced to some different environment or different substance. But it's, it's, you can't then quickly, you know, place that label on them and have that problem for the rest of their life. However, what are you to do, go against, you know, the system and the doctors. Yeah. Did you feel that at any point you, you kind of had to say, we need to step out of the systems in place and really do, I mean, you did this, I know, but where was that pivotal point where you say, we have to do it ourselves because the system is failing us?

Whitney Cawood (11:01):

Well, that was hard for me, especially kind of bucking up to a teacher. Not really bucking up, but just saying, we don't feel comfortable with what they were suggesting. Yeah. Because I'm a former teacher and I've dealt with, you know, children that their parents kind of made excuses or didn't want to address behaviors. And I didn't want to be that parent. It was mortifying that I was that parent, first of all. So that, that was difficult. But I had a friend at the time, and her child has, she has a child with autism, and so he needs a lot of extra help. And so I was talking to her about it and kind of this ultimatum they gave us and where I was wavering, whereas, you know, for one side of me didn't want to be difficult, and the other side of me felt like it was wrong.

Whitney Cawood (11:44):

And so I was telling her that just in the parking lot at my son's school. And so she, she gave me the rundown and she said, you know, realistically having a diagnosis helps insurance cover. So if, if you feel like you need extra support, that's something you need to consider. However, God made you his mama for a reason. If you don't feel good about it, don't do it. He made you his mama. And that needs to be your North Star. And that has stuck with me forever, and, and it was such a powerful empowering decision that, you know, if I don't feel good about this, if this doesn't feel right, then God made me his mama. And there's a reason. And thank God she had that conversation 'cause I immediately went home to Brandon and I was like, yeah. Like it's a no for us.

Caspar (12:28):

Yeah. I, I feel like parents really need to dive deep into their own hearts, right. And their own belief systems and not follow what everyone else around them is telling them, because you're correct. That's your child, no one else's. You have that responsibility, and you can't just pass that along to an expert. You know, we talked about this before. I don't think we need more experts out there. We mean need more observers and people that trust their instincts to where they were placed in this world. And you were placed into this challenge. So I, I want to go into when you started actually documenting things, like how did that start for first timers? You guys are kind of like, let's just pick up a camera and start traveling. How did that go?

Brandon Cawood (13:08):

Well, luckily, so we're first time filmmakers, but my job, my day to day, I am a commercial photographer Okay. And videographer. So I'm, that's what I do every single day. I make commercials and short form videos for companies for marketing and advertising. So like I have a background in video production

that's, that was, and that's kind of, that's kind of what, that's kinda what we felt. The the pull and the draw. The fact that, you know, we've got all this equipment, we've got all this knowledge and knowhow. So we have the means to do it. We have the story, we have the background. Like, you know, our family has gone through this, like, we're the perfect people to do this. And so now I say that I have a hist, you know, my background is in the short form video. I'd never taken on a project of this magnitude, a hour and a half long feature film.

Brandon Cawood ([13:57](#)):

But, you know, we just kinda, how do you, how do you eat a elephant? Right? You know, one bite at a time. So we, we just kind of chipped away at it and we, we kind of went into it, you know, we originally, the scope of the film in our minds was much smaller in the beginning than it turned out to be. We thought, you know, maybe we'll find some families local that, that have gone through something similar. We'll talk to a couple of doctors here and there that, that are in our network of people that we know. And we actually had difficulty even finding doctors and people like that in our area to talk to. And so Whitney, you know, Whitney, before we started our group, Whitney was in a couple of other dye free groups. And, and she just kind of started looking into things.

Brandon Cawood ([14:36](#)):

There's a, a lady named Dr. Rebecca Bevans, who has a really popular, like, TEDx talk that she did, I don't know, 11 years ago at this point. I can't remember exactly when it was. But Whitney reached out to her and, you know, she's a, she's a psychologist, but she's also had the story with her son and, and his sensitivity to dyes. And so I thought she would be perfect in her documentary, and she had no idea who we were, but she agreed to be in the film. And then Ru we found an article about a lady that an NBC article and her story, like this would be perfect for our film. And Whitney kind of stalked her on Facebook and tracked her down. And, and now we've become really good friends with, like, with her and actually with everybody in our film.

Brandon Cawood ([15:15](#)):

And luckily Rebecca because she'd been in that world with the TEDx talk, and she, you know, she talked to a lot of these people and worked with Center for Science in the Public Interest. She interested, introduced us to Lisa Lefferts, who, who she's now, she's just a consultant with the Center for, for CSPI. But she used to be a, a scientist at CSPI, and she kind of connected all the rest of the dots for us. You know, she helped us get in touch with Dr. Stevenson in, in London, the, the, the researcher who's responsible for the warning label in the EU. And then she also helped connected us to Dr. Joel Nigg and then Thomas at Center for Science of Public Interest. So just kind of this series of events of, of people, you know, like I said before, God opening doors, and one person introducing us to next to the next person, and then, like I said, two of the, the Rebecca and Emily, those were two of the moms. And then that kind of led to the two other moms connecting. And then in our group, one of the moms found us in our group and reached out to us. And her story was great for the film. That was perfect. Yeah.

Whitney Cawood ([16:11](#)):

And these are literally like the world's leading synthetic dye experts. Like they're top-notch A-team. It's so funny that we started with kind of the B-team and they said, no, they wouldn't even email us back. And then all of a sudden the stars aligned. And, you know, we had Rebecca, after, with Rebecca, I had to, like, I sent her a message on Instagram, I found her email, I like did all the things, and I was so persistent. And finally she ended up giving me a call. And we, we talked for like two hours, but we really feel like everyone that is in our documentary, it was really meant to be in our documentary. And it, it's crazy how it all came about. And stories like that are woven throughout our entire story with funding and, and just the assistance that people have given us along the way. Because people know that we are literally just two

people that created a documentary. Like we, like I did the marketing piece and you know, directed the questions and the, the interviews. And then Brandon literally, he edited, he shot it, he composed the music, he created the graphics. Like we had to tackle it in that way because we didn't have the funds to pay anybody to help us. And so it, it's been wild.

Caspar ([17:24](#)):

Oh, I'm sure. It's a, it's a massive endeavor to create. And then you have this personal attachment of course, that's really, you know, pushing you forward. Now you must have dove down the rabbit hole before on all things dye. And for those that aren't too familiar with synthetic dyes, can you go into the prevalence of it, of what you started seeing? You said it's in, of course, medications and things, but how prevalent is it, especially when it comes to things that we provide to our children?

Brandon Cawood ([17:50](#)):

Well, going into the film, we actually, we purposely, Whitney started to dig into research, and once she realized how complex it was, we kind of purposely backed off. We wanted early on we recognized, okay, we need to make this film a film that somebody who's never heard of this ever can watch and like, and not feel like it's over their head and not get confused about it. So we went into it very naïve so that we could ask those questions that, you know, a general person would ask. Obviously throughout the process, we've learned a ton about synthetic dyes and, you know, and, and how, how prevalent they are. It's, it's a, it's a additive that's really, really hard to avoid, even if you know that you need to avoid it. You know, it's in, it's obviously in like your brightly colored junk food and your ultra processed food has a lot of synthetic dyes.

Brandon Cawood ([18:38](#)):

Then it's in like these little, these little other little places. Like, you know, there's some spinach tortillas out there that they seem green because they're spinach, right? They, they said, but that's not why they're green. They're green because they have blue and yellow dye in it. And then, you know, marshmallows, a lot of your name brand marshmallows have blue 1 in it. And then muffins and breads and, and sports drinks and, you know, all kinds of things that a lot of people look at as like, maybe even a lot of people even look at a lot of this stuff, even as healthy, you know, people think of drinking Gatorade to help them, you know, perform better in sports. They're not thinking about these chemicals that are in there just to, to cosmetically make it look bright and colorful. So it's it's really hard to, to avoid, but the majority of people have no idea that it's something that they should even be looking for.

Brandon Cawood ([19:24](#)):

So like, right. And you know, the FDA's website, they have a, a little statement on there that if you, if you're worried about your family and you're worried that, you know, synthetic dyes could be an issue, then, then read labels and avoid it. But first of all, you have to know that it is an issue. That's an actual thing to do that. And realistically, like asking Americans to police their food with these labels that have 30, 30 ingredients in it that you can barely pronounce yet alone, know what they are, it's kind of crazy. So.

Caspar ([19:51](#)):

Yeah. And we, we put our trust into these organizations and they're kind of like, well, you do the research, we're just gonna say yes to it. Right? And have you figure that out if it's gonna actually harm you or not have, have your outlooks on, you know, the, the, the government organizations in charge, the companies behind them. Has that changed drastically as you've gotten into this?

Brandon Cawood ([20:11](#)):

For sure. For sure. For sure. Like and even beyond synthetic dyes, so like, what's crazy as synthetic dyes are one of the most regulated additives there are, a lot of people don't realize this, but every single batch of a synthetic dye has to be a sample that has to be taken and sent into the FDA to be batch certified. So they have tested to make sure that it has the allowable amount amounts of like carcinogens and heavy metals and stuff like that. <Laugh>, like, so it's actually pretty regulated, but obviously on this journey we learned about the whole GRAS loop and stuff. And luckily dyes don't fall within that. But the fact that there are thousands of chemicals in our food that have never even looked at by the FDA, because there's this loophole that generally recognized as safe, like, you know, it's crazy. And our country tends to lean more on we're gonna put it in here until somebody proves that it's not safe.

Brandon Cawood ([20:55](#)):

Yeah. Where it should be the opposite of that. It should be, you should have to prove that a chemical is like safe beyond a shadow of a doubt before we're putting it in food, especially children's food and like things that are marketed to children. So yeah, I definitely realized that was a big eyeopener that, that the general population probably assumes that if, if something is in food, that it's been well researched and well studied to be allowed to be in there. But like that's really not the case. And I think we, I heard the statistic, we don't know for sure, but we hear, you know, I've heard the statistic from people like, like Calley Means there's, you know, Europe has 400 approved additives for food additives where we have like 10,000, which is a crazy difference. So.

Caspar ([21:37](#)):

Yeah, that is shocking, especially when you're like, we're all humans. Why are some countries allowing so little of this and protecting their people? And we're sitting here saying, add more in. Do that more. Have you gotten any backlash or anything so far?

Whitney Cawood ([21:54](#)):

Well, I, you always have those trolls on Facebook or Instagram.

Caspar ([21:59](#)):

The trolls are one thing, right. But it's like the government organizations like, or, or even the, the big, you know, kind of companies behind this have, have, has there been anything

Whitney Cawood ([22:08](#)):

They've kind of laid low? Honestly, yeah. I don't know that we're, we were on anybody's radar to begin with. I, I we haven't really experienced a ton of pushback that I, I I can say we, we've posted a couple of videos where we've had some alarmingly similar comments where I'm like, is that a bot <laugh>? Like, these are kind of

Caspar ([22:27](#)):

Weird

Brandon Cawood ([22:27](#)):

<Laugh>. Well, we've had to, we've had a little bit of a, we've had some people like on IMDB, like, oh yeah, that's some negative reviews and stuff. Like, there's not, like, we have a whole bunch of win reviews on there, but No, no, like, like ratings don't say anything, but no actually reviews.

Whitney Cawood ([22:41](#)):

But then on Amazon, we've had how many, like

Brandon Cawood (22:45):

Over 400,

Whitney Cawood (22:46):

400, like five-star reviews. And so it's just, it was weird to, it does, there have been moments where it's felt like somebody's trying to slow us down, but luckily we kind of feel like it's God's story to tell,

Brandon Cawood (22:57):

Luckily, because we don't, we didn't start off with a big following and we were, we're not influencers.

Whitney Cawood (23:02):

We didn't start off with a following at all.

Brandon Cawood (23:04):

Yeah. Like, we're, so luckily we've kind of, we've kind of floated under the radar up until, you know, our film came out. We have noticed that like any interview that goes on the news or something that there's typically, they, they reach out to like the, I can't remember the exact acronym, but like the manufacturers of color Yep. Colors or whatever. And of course, they're always stating that, you know, these chemicals are safe. The FDA says they're safe <laugh>, and the FDA said Red 3 was safe for 34 years, and they just banned it. So like, you can't really trust Yeah. Trust that information. But then what's crazy is when you go, like on the, on the, on the, the Association of Color Manufacturers, whatever their, their website, their partners are like PepsiCo and Coca-Cola and hersh. Like it's, you know, it's and like, so these companies who have a, you know, they're the people using more synthetic dyes than anybody else. These are the people that, you know, fund this, this organization. So

Whitney Cawood (23:51):

I do know there's been a lot of pushback in regards to like policy. Like we interviewed a senator in California, and he said once he introduced a, a bill that was a failed bill to, to put a warning label on synthetic dyes that everybody was coming into his office trying to get him to take it down. And so there was a lot of industry pressure there. So I think that's really where we're gonna see some pushback. But I think that they're, they're scared, like they're scared of this army of parents and especially moms that we're, this is an issue for us and we're addressing it. And to your point of, in regards to other countries, I was asking Dr. Jim Stevenson, and so he's the researcher that was responsible for the research. And the reason why the EU as a whole decided to put a warning label on synthetic dyes.

Whitney Cawood (24:42):

And what that did is it encouraged manufacturers to not use them because no one wants a warning label. The warning label says may have an adverse effect on activity and attention in children. So they opted out of using that and use, you know, more natural additives or like, like beet root and turmeric and things like that. Yeah. But I asked him, I said, who funded your study? Because every researcher we've talked to we're like, why hasn't, haven't there been a, why hasn't there been a study like they did in the EU? And the, and the way that they did it with the school system and, and this group of kids in on such a large scale, and they're like, I don't know. There's no funding. I keep applying for funding, I can't find funding mm-hmm <affirmative>. And so I asked him, I was like, how did you, were you able to, to receive this funds? And he was like, oh, well, it was a government funded study. Mm-Hmm. It cost over a million dollars to do this study. And I'm like, oh, wow. The government, you know, they have a reason to protect

their citizens. Sure. Because they hold some responsibility with healthcare. And so I think there is pros and cons with the way we do things here in the US but the reality is they, they don't have the motivation to keep us healthy like other countries do. And so I think that that's an issue.

Caspar (25:52):

They don't have the motivation, but obviously there, there is information out there showing the negative side, the potential, let's say, even if you said possibly, right? Oh, definitely. No,

Whitney Cawood (26:01):

A hundred percent 27. We know enough. I say all that to say we know enough now, now that we have the we h report, and the we h report actually came outta California, and it's the most comprehensive study in the world analysis. And so it took into account 27 clinical trials just looking at children and the behavioral impacts it has on children. It's very, very strong double-blind placebo study. Like it's, it's evidence and it's, it's showing a causal relationship with these things. And so it concluded that it causes in some children it can, synthetic dyes can cause hyperactivity in attentiveness, restlessness, sleeplessness, irritability and aggression. And so it, there are other studies that show even more issues with like memory and, and things like that. And like obviously anecdotal things that parents have noticed. But that research also, the Wee Hall report even looked into like low income families and how they're more susceptible to consuming more synthetic dyes and have less access to healthy foods.

Whitney Cawood (27:00):

And so like that's, that's also an issue. And then that you go down the entire rabbit hole of, you know, children in Title one schools, we don't have labels on their school foods and mm-hmm <affirmative>. They don't, children should not have to police their foods. But yet we're allowing, you know, schools to have foods that have synthetic dyes, which we know can harm some, which we know can harm children in general in terms of the genotoxicity. And some of them can cause have been known to cause like cancer in animals. But in regards to, you know, the neurobehavioral effects, we know that that's causing issues with some children, and we really need to be protecting, especially the most vulnerable populations. Which is interesting enough. We were, we just a news report just came out. They interviewed our family, and then another he has a what college does he work at in North Carolina?

Whitney Cawood (27:56):

South Carolina. South Carolina. But anyway, he's looking at Red 40 and he is looking at if, if it can cause cancer. And, and the way that he did the study is he was looking at pregnant mice, and unfortunately the mice died, so he couldn't study them. The babies died. So we're like, holy cow. Which, I mean, of course it hasn't been replicated, it hasn't been pub, it hasn't been published, but it's just like, there's so much pause for concern here. And the fact that it's in medications, it was in my prenats that I took with my son. I went back and forth between the super fancy Garden of Life prenats and the one that my gynecologist gave me whenever I would run out. And so it was brightly red. And so there's, there's obviously a multitude of issues with that. And we, we, it really doesn't need to be in school food. It really doesn't need to be in medication. And that just shouldn't be something that we should have to police or even look for.

Caspar (28:50):

Let me ask you, because it, it is so prevalent, and if someone's listening right now saying, well, how do I start to identify if the issue truly is the synthetic dye or something else? What, what does that look like when you started that elimination diet, knowing that it's in so much, it could be hidden? Like how do you get to that point of truly knowing that in the elimination diet you did?

Brandon Cawood ([29:12](#)):

We, we suggest a 30 day elimination diet. So that luckily with the, with 30 days, that gives you enough time to kind of learn about reading labels. And luckily food that is manufactured in the United States, the FDA requires it to be listed on the label, and it has to be listed under the, the FDNC, you know, the food drug and cosmetic like the, either either FDNC, like red 40 or red 40 or red 40 like or whatever. So in America, that ha that has to be on the label like that. Like, so there's been some confusion here lately about like, are companies changing the names of dyes and, and they're changing 'em to be secret and like, technically that's not legal. Like in the United States, if it's manufactured, it has to be labeled using that system, the color and the number. So they're pretty easy to identify if it's manufactured in the United States.

Brandon Cawood ([29:58](#)):

Where you might run into some issues is if there are things on the shelves from another country. So like, you know, Europe uses the E system E 127, or, you know, I can't remember, I don't know the, the, the number per, like, it's identical, but it, it's out there and you can look it up and then like you know, Canada is, is typically using at the chemical name, like instead of Yellow 5, they're using Tartrazine or LorAnn Red. So it is good to know that stuff. So if you are getting something that's maybe manufactured somewhere else and you're looking for the Red 40 and you don't see it, if you see those other names, it is good to identify that stuff. So, but luckily if you're in the United States, for the most part, it's gonna be pretty easy to identify. And like I said, it's a, a color and a number.

Brandon Cawood ([30:40](#)):

And so we also say 30 days, because even in the beginning when we decided to eliminate dyes, we had areas that we didn't think about like marshmallows. You, you, a lot of times you assume if it visually doesn't look as a dyes, it doesn't have dyes, and it probably doesn't. And then you, as you do more and you start reading every single label that your child's eating, you find those little hidden, those little hidden areas. So within 30 days, you can typically recognize whether your child has a behavior shift or not from removing the dyes. And we've heard a lot of, a lot of stories where people didn't see that big of a shift eliminating the dyes. Mm-Hmm <affirmative>. You know, but they did two weeks or 30 days detoxing their kid and then they rein, reintroduce the dyes and saw a huge, you know, like a huge mood swing or something like that. So you've kind of detoxed your kids off of it, and then you can kind of recognize,

Whitney Cawood ([31:26](#)):

Now you can identify the pin, pinpoint the impact, but we also, we've spent the past two years educating and helping our audience learn how to do just this. And so you can go to, ToDyeForTheDocumentary.com/resources, and we have a blog there that helps you walk through how to eliminate it from your pantry, how to look for things that has derm, have dermal where you may have a dermal exposure. We also have a list of synthetic dyes, why you should avoid them, unexpected products that contain synthetic dyes, and then some synthetic dye-free brands as well as like holiday swaps for like dye-free candy canes or dye-free, like just the fun stuff so that your children don't feel necessarily left out during those times. And so that would be a really great place for families to start, would be to use those resources.

Caspar ([32:15](#)):

Yeah. It's always starts with awareness, right? You need to know what, what the problem may be to then address it. You know, you guys did a really good job, I thought in the documentary. It's, it's blending the science with the personal stories, right? You have the doctor, you have the personal stories. The personal stories are quite, you know, impactful. Were there any ones that stuck out to you that, you know, really

kind of just jolted you or, or got you to really stick out and think about you know, what, what's going on?

Whitney Cawood (32:44):

I think for me, Evan's story was really, was really powerful. And like there were even aspects of his story that we could have included that would be even more shocking than what is even in the documentary. And so his story was particularly painful in that how it was impacting the whole family. And, and especially him, he was a little bit older, and so he was obviously really struggling with how he felt after he had these episodes. And, and he, it was consuming all parts of their life. And she was really concerned about his future. And then to see him now once again, these are a really, really bright child and eliminating dyes helped them pinpoint, you know, what was really going on and how to really, really help him. And, and now he can live a life that is gonna be that's gonna continue to be a really, really good life.

Whitney Cawood (33:41):

Whereas you look at the trajectory of all of these children that we interviewed, and it looked, it looked grim and like, that's what, and even that's what we were worried about as we were looking at our child. Like what? And I was, and I, I waiver, I go back and forth between wanting to homeschool and <laugh> and like putting my kids in public school. We have a wonderful stem school. My son's in a German immersion program. He's in the gifted program, so we're really rooted. But before we, before we did the elimination diet, I was really wavering sending him to public school. And I, I had just accepted that I'm gonna have to homeschool him to protect other kids and to protect him from being in situations where, you know, this is not gonna be okay, <laugh>, we're really gonna be really put through the ringer if this continues. And so to, to look at how he's thriving now is, is just crazy.

Brandon Cawood (34:37):

I think for me. I think Rebecca's story with her son oh yeah. To hear a, you know, a 7-year-old that that's suicidal and things like that, that's that we didn't, I mean, obviously we knew that once we saw her, her TEDx talk like that's not something we'd never even thought about.

Whitney Cawood (34:58):

And we've heard that from several families. I think that is the story most people identify with. They, and we didn't expect that, I mean, to hear of it, suicidal child, like that's something I've never heard of. And, and so once the documentary came out, we had so many moms saying, this was our, this was our story. Our child was suicidal before we cut dyes, which is like, that's insane. But then you think of it, and synthetic dyes are a chemical. Chemicals impact us all differently. Just like medications impact us all differently. And so it really can have such a dark impact on, on these children.

Caspar (35:36):

Yeah, I was, I was gonna say that these types of introducing different chemicals to a growing small body, it's going to look different in everyone too. That's why it's a little difficult to be like one-to-one. What exactly happens if you introduce exactly. Some children may not have anything exhibit right now, maybe later in life, some health complication arises from somewhere, where some right away have, you know, a very profound, so it's not a one-to-one sort of relationship that most of science wants to prove and say, Hey, but that child looks fine. It's not that. Then of course it can be. Right. And it, there, there are these natural ways, I was in Bhutan not long ago and I was looking at all the ways they color and they're very into organic food there, and they do use the beet root right? And all sorts of different colors. Would it really be that difficult for us to just change that back? It's not to the natural. Like what is it then if we already have natural ways?

Whitney Cawood (36:30):

I mean, the reality is you, you are, it's gonna be difficult in that you're gonna have to reformulate that's gonna cost you a lot of money. But the reality is, Panera Bread cookies, if you've ever gone into Panera Bread, their cookies are naturally dyed. They're bright, they're beautiful. Trader Joe's, all of their products are naturally dyed. They have M&M dupes. They're beautiful, they're vibrant. You can do it. Manufacturers have figured out how to do it. It's just a matter of they're making so much more money. Yeah. Synthetic dyes are oftentimes a byproduct of petroleum, very, very cheap. And so you compare that to the price of turmeric or beet root, it's gonna cost them a little bit more money. But the reality is we've got to choose our hard, is it mm-hmm <affirmative>. At the cost of consumers? Is it at the cost of children's health or is it just at the cost of a, a slight difference in your bottom line?

Whitney Cawood (37:19):

We really, we, and, and the reality is what's really unfortunate, we have Amer American manufacturers that create a version for us with synthetic dyes, and they've already reformulated it for the EU, for Canada, for Australia or, or wherever. So they know how to do it. Some of them know how to do it. And so the reality is it's not that hard. They can make that excuse, but let's be real here. When they, when when they took away child labor laws, they said, you're gonna put us outta business. They didn't go outta business <laugh> then. They're not gonna go outta business now. No. They, you, they're making millions, billions of dollars they can figure out how to do it. It's already been done. Well, you look at Supernatural Sprinkles her, her line of icing and sprinkles, they're so vibrant. They, they have figured out how to do it. I mean, I couldn't figure out how to do it, but food scientists can. They're very smart. And so the reality is we just need to put the money and the effort into creating products that are both beautiful and that are, that are synthetically dye-free and, and natural. Well,

Brandon Cawood (38:21):

I think a big issue too is we have come to expect our food to be cheap and last a really long time. Yeah. Especially

Whitney Cawood (38:30):

Here in the US.

Brandon Cawood (38:31):

Yeah. So like, since like natural dyes, the issue, the main issue that companies have with natural dyes is, you know, they're not always pH stable. They're not always temperature stable. Mm-Hmm <affirmative>. Sometimes they, they tend to shift colors when they're on the shelf. I mean, when you're wanting a product to last for a year on the shelf

Whitney Cawood (38:46):

Or two or three years,

Brandon Cawood (38:47):

Then yes, synthetic dyes are the way to go because they're not gonna change color. They're gonna look the same day one as they do day 365. So that's, that's kind of the issue and that's the argument. But like, does our food really need that? Like,

Caspar (39:00):

Like, well, that, that's the thing, right? Last year, like I was talking to a guest before this Michelle Bang, she wrote a book *Sun & Ssukgat*, which is about like a Korean way of cooking and rekindling your traditional ways of looking and your relationship to food. And she said like, we expect our fruits to look perfect, right? To be bright and vibrant when she's like, in reality, it's the blemished ones that actually provide more antioxidant, you know total amounts. They're better for you. You know, they have more absorption rates and everything. It's like, we want it to look vibrant and perfect, but nature isn't always like that. Nature provides things in imperfections for a reason, just like all of us. I think it's also a reflection of our ability to use Botox and surgery and wanna look perfect when we have to embrace our imperfections. And I think that is a big part of Americans, especially relationship to food. We want it to look a certain way that nature sometimes doesn't prescribe to. And we have to be able to shift that, that thought process, that it needs to be this color we do. Yeah. That needs to look this way. And

Whitney Cawood (40:08):

I think that's why we felt like the education piece had to come first. There have been bills that were put on the table that have been just slammed, and it was a no. And then also, you know, when you look at tricks, tricks actually took out synthetic dyes and the world went in, they went bonkers. They were livid. They said, you've ruined my childhood <laugh>. And then they put the synthetic dyes back in. But I, they never came out and said, I'm sorry, we found out now that we have 27 clinical trials, that this can cause behavior issues in some children we know that red 3 and yellow 5 can be genotoxic yellow 5 in and yellow 6 can contain carcinogenic components. And Red 40 can increase your susceptibility to colitis. Sorry guys, we've been doing that, but we're gonna take it out now. They didn't say that.

Whitney Cawood (40:55):

They said we're going to, you know, we're trying to be healthier and this is what we're doing. They're not gonna take any accountability for the fact that they've been feeding us something that can cause harm. And rightfully so. That is a PR nightmare. No one would do that, <laugh>. So the reality is we feel like we believe that education has to come first. And so, and we've seen so much progress in this area that, and, and we can't take all credit obviously with what's going on with synthetic dyes. Like our documentary came out at the perfect time at a time where people are waking up to looking not only at the chemicals in their food, but at synthetic dyes. And so we have seen where moms are taking it upon themselves to write senators and, and we have lobbyists, good lobbyists that are lobbying to ban synthetic dyes in public schools.

Whitney Cawood (41:42):

And we now have several states just this session, that have bills to ban synthetic dyes in public schools. And, and so we really felt like with, with all things, education had to come first and we felt like we could be a tool in, in what's going on now to create a film where we can bring the science to everyday people and we can break it down in a way where people can know that there is concern here and that we should be concerned and we should be, you know, basically policing our own food, whereas we shouldn't have to. But that is what we're gonna have to do to create change. And, and we've really, really, we're noticing a massive shift.

Brandon Cawood (42:19):

And one of the, one of the funny things that we've seen, like we've seen kind of a trend when people watch the film and then post about it or send us a message or, you know, share it on social media, it's usually like I was crying within the first five to 10 minutes. And the other thing is like, I threw everything in the garbage that we cleaned out our shelves <laugh>. So like that, that, that shows us that our film is resonating with people and connecting and connecting those dots and, and giving them the education. Yeah.

Whitney Cawood (42:42):

That's what was missing. Yeah,

Brandon Cawood (42:43):

I think so too. I think, I think, and I do think that, you know, we have, we have seen a lot of movement in this area over the past year, so there seems to be a shift especially amongst, amongst moms and, and

Whitney Cawood (42:55):

And have we even addressed the fact that Red 3 was, so the day our documentary came out, the very next day Red 3 was banned nationwide, which is not what, it obviously is not because of our documentary, it's just the most incredible timing. And so people are really waking up to have a nationwide ban on a synthetic diet that hasn't happened since what, the seventies?

Brandon Cawood (43:14):

Yeah, since with Red 2. Red 2 was in the seventies. Yeah. So, so it's, it's, yeah, it's just kind of been the, the perfect storm and people are becoming more aware of it. And in our film, like you said, I think what our film has done that a lot of the, you know, a lot of the, the influencers and a lot of the politicians that are talking about this hasn't done is give people that those personal stories of this is a real life thing that is happening to real people. And so I feel like that's, that's kind of the gap that our film is filling in all of this. So,

Caspar (43:45):

Well, it is almost serendipitous that this occurred on that date where Red #3 was pulled, and then you have the MAHA movement happen right now. People like Calley and Casey Means really promoting this. Do, are you really optimistic that this is going to lead to change? Or are we just seeing government sort of pander, do a few moves, allow the big food companies to switch a name? You know, this is what drugs do all the time. You get pulled off for one thing, whether it's Vioxx or something else, they admit it killed people, they shift it a little bit and create a new drug and they continue doing the same thing. So where, where are your thoughts around that? Are we really on this precipice of change?

Brandon Cawood (44:24):

I hope so. I, I we're optimistic that, that, I mean, you can't really dial this back once people know this information and like, you can't really, you know, walk it back, walk it backwards. Now what you may see is you may see with the red 3 ban, you may see red 40 come in and take the place and mm-hmm <affirmative>. Like, you know, everywhere they had Red 3 before it's just gonna be red 40. So that's why we feel like you gotta stay vigilant. We gotta keep spreading the word. We gotta keep riding politicians. I don't think, I mean one place, I'm not super optimistic. I don't necessarily see the FDA stepping up and, and reevaluating these things. Maybe they will, but it doesn't, if you look at the history, they're

Whitney Cawood (45:00):

Not going to, unless we put a fire on their desk, that's for

Brandon Cawood (45:02):

Sure. I think, I think our best bet is at the state level right now, like a

Whitney Cawood (45:05):

Metaphorical fire. No one set fire to the

Caspar ([45:08](#)):

FDA's

Brandon Cawood ([45:08](#)):

Desk. Like if you, I mean California, you know, last year became the first state to ban all the dyes in public schools, and then of course they were the first state to ban Red 3. Now, like Whitney said I wanna say that Arizona or what I read, I'm not, don't quote me on this, but I think Arizona did just pass a bill to ban in public schools

Whitney Cawood ([45:24](#)):

In Utah. Utah's working on one West Virginia.

Brandon Cawood ([45:27](#)):

We testified in Virginia on a, on a bill that all that's left is for the governor to sign it. New York has a bill, New York, on the table, New York. Yep. So like that's that like the state level eventually. And

Whitney Cawood ([45:36](#)):

Those are just the states that we have personally either talked to a state representative or a lobbyist or someone where we've connected pieces. But it'll, I think it's also really great to point out that historically Democrats have been the policy or have been the party that have passed bills in regards to synthetic dyes and have pushed it. But Republicans are really getting on board. This is something every single person should care about. And so, I mean, that's really rare to find something that both Democrats and Republicans can agree on. And of course, not every person that is in, in a party will agree on this, but this, we, what we have seen is, you know, we even testified at a senate hearing or at a subcommittee hearing, subcommittee hearing, I mean, and we saw it pass right in front of us, and it was just so easy.

Whitney Cawood ([46:25](#)):

And, and every, every time it's been addressed in, in regards to synthetic dyes in public schools, it's just been unanimous and it's been a bipartisan support. And it's been really great to see not only California, but other states, both Democratic and Republican states are, are picking up on this. And it really seems like it's something everyone should get behind. I really hope to see, you know, synthetic dyes as being the starting point and people getting on board with protecting children and looking at the chemicals in our food. I would really hope that we could put policy and, and or put parties aside and just really focus on what's best for everyone because I mean, we, we care about everyone whether you agree with our political views or not.

Caspar ([47:10](#)):

And, and on top of that, we're talking about children here. Right? Exactly. We're talking about the most innocent and the, the future generations here. We don't want them to be sick. The trends don't look good with health issues with children. We have to do everything possible. And that's why I'm incredibly optimistic. You have wonderful people like yourself putting you like information out there, but you have people like Bobby Kennedy, right? That that's really, really I think knowledgeable in all this and hopefully gets to that position at top of HHS and can do some change. I do think it's a challenge. I'm sure you guys agree that it's not easy, but I do think it's, it's a challenge worth accepting if we're talking about children here. Yeah, for sure. Do, do you guys have any like future plans beyond the documentary right now to continue this kind of quest and crusade? Or you just solely focused right now on that?

Brandon Cawood ([47:59](#)):

I mean, as far as the documentary goes, obviously we would, we would love the film to, to explode and get everywhere as possible. Like, you know, right now we've our, our film was pitched to, to Netflix and Hulu. We haven't heard anything definitive yet, but obviously that would be a really big platform. Yeah. but as far as the documentary, you know, like, like it's just a tool. Like we made it as a tool and we're still kind of working in this area. You know, we obviously, when a film comes out, you have a really big push and then it kind of slowly tapers off. And so now we're just kind of in this coast mode with the film and you know, we'll have little upticks here and there where, where it'll, it'll, it'll get promoted somewhere and we'll have a big uptick and, and we, we cont want to continue to push those, but we're, we're kind of looking now is like one, how can we start to get the film in front of people that wouldn't probably pay for it to see it. That's kind of our next thought. Like how do we get, you know, school systems to show our film to families, or how do we get like the community centers, centers, community centers to show our film? And then on top of that, we're, we're working, you know, we're, we're in contact with a lot of, with a lot of senators and delegates and stuff in different states. We're really, really,

Whitney Cawood ([49:06](#)):

We're pretty laser focused on dyes right

Brandon Cawood ([49:08](#)):

Now. We're really excited to see what happens in West Virginia. There's a, a bill that's gonna about to be on the table in West Virginia that's gonna look to ban, you know, dyes statewide. We'll, like, I don't know how that'll actually happen, but, but that would be, that would be pretty interesting if a state completely bans dyes. Like how is the food system gonna work around that? Especially if we could get something like that to happen in California. That's such a big state. Like, you know, that's what I was saying on, on state level. The more and more of these states that, that put bills in the legislation and, and, and make laws like eventually, whether the FDA does something or not, they're gonna have to make a shift. You can't, they're

Whitney Cawood ([49:43](#)):

Gonna have to address that, that at

Brandon Cawood ([49:44](#)):

A federal law can't, you can't have two or three different versions of your product floating around the country. And that's, that's a nightmare with shipping and, you know, and selling and all that sort of stuff. So that's why I think, I think the state level is, is the focus right now getting states to put bills on the table and, and eventually I think enough states do things, then maybe the FDA starts looking into it and, and doing things like on a more federal level. So

Whitney Cawood ([50:04](#)):

We are open to a, another documentary maybe later on down the road. I don't know that we will be using our savings to fund <laugh> as much as we did this time, but yeah, we're open to it.

Caspar ([50:16](#)):

No, I'm sure there's a lot of people out there after seeing this, especially that'll be open to, you know, funding this and, and continuing on. Again, it's such a, you know, it's something everyone could support or should, I can understand that it's easy to buy cheaper food and it's quicker, but again, you have to look at what about children's health in this all, you know, can we, can we spend just a little bit more, or at least subsidize even those portions make, make the companies take out of their profits a little bit for that and

start to put this in. So, you know, what, what are your like kind of hopes in, in the next, let's say, few months for, for what you'd like to see happen? You know, after this gets out and starts to build up.

Whitney Cawood (50:59):

For me, I would really like to, you know, start a new conversation and build upon, we vote with our dollars, and we agree with that. We do need to do that, but there's also this group and this population that are very low income that can't do that, that don't have the same access that, you know, I taught in an inner, inner city school, and some of the families that I taught were they didn't speak English. And then I had a few families that were illiterate and, and that's, that's not the same. They, they have more barriers than I have. They're not gonna be driving 20 minutes to Trader Joe's. And, you know, I had children that took taxis to school. Taxis, they are very expensive, and they're not gonna drive a taxi to Trader Joe's to get dye-free candy. They're, they're gonna try to stay as close as possible.

Whitney Cawood (51:46):

They're probably gonna be walking to a convenience store. And so the reality is we have to accept, and we have to be think, we have to be thinking that we have to agree that those children are just as important as our children, and we have to prioritize that. And all food should be safe. All children should be protected. And you know, I, I like, I like the idea of giving people choice, of course, but when we're talking about kids, when synthetic dyes are oftentimes used to make ultra-processed unhealthy foods marketable to kids, that's an issue. And so we really need to be thinking about that and, and if that's okay, and if it's not okay, then we need to be addressing it. So I would really like to, to shift the conversation away from just, let's be healthy. Let's buy dye-free foods to, we really need to be protecting children as a whole, especially children that have so much stacked against them.

Whitney Cawood (52:42):

We, synthetic dyes of course, aren't gonna solve all the behavioral problems and all the neurologic problems in the world, but it's a really great place to start, and it's a really great conversation to be had. And maybe it's the beginning of looking at lots of chemicals and, and making sure that, that our food is safe in general. And we just, we do hope that it continues even beyond dyes, although we are really laser focused on dyes. The reason why that is, is if you if you were to, you know, put your tentacles in lots of different areas, you're really probably not gonna make progress in terms of policy. And so we're really trying our best to, to make as much movement in this area as possible. And then hopefully we can move on to whatever is next and and tackle the next issue. But that's our passion. And, and well, I mean, in addition to this, we've been working our regular day jobs, it would be may hopefully this turns into something we can do more permanently.

Caspar (53:37):

And that's the thing, isn't it, Brendan, that this is really a low hanging fruit in that it's a cosmetic additive. It's not necessary at all.

Brandon Cawood (53:45):

Exactly. I think you know, there's a lot of, a lot of additives in our food that, that may have an ar an opposing argument when people, you know, start trying to come for 'em and take 'em outta food. You know, if it's, if it's a, you know, a, a preservative, you know, there's an argument that it makes the food last longer if it's a flavor enhancer. You know, you have that if it's an artificial sweetener, you know, you have it, it does make things sweet without having so much sugar. You know, there's lots of issues with artificial sweeteners and stuff too, but, but with, when it comes to dyes, they are literally just cosmetic. There's no, there's no other argument other than, you know, we were talking about earlier about how it might extend the shelf life of the co of the, the look of it, but it's not an actual preservative, it's just the

color will last longer. Right? So, so like, that's, that's kind of why we feel like dyes, aside from it being such a huge part of our story, is such a great starting point for getting additives removed from our, our food system, because it is you know, there's not a big argument on the opposite side of it for why we should have 'em aside from the <crosstalk>.

Caspar ([54:49](#)):

Absolutely. Yeah. No, I, I mean, so much of what you guys have talked about put forward in this documentary really opens our eyes as to why are we doing this. Mm-Hmm <affirmative>. You know, if it's the children even are at risk at 1% of children 0.1%, then why are we doing this? If we have alternatives, if we could use natural things, pay a little bit more, even, even just to label it where it's more in your face that this contains a synthetic dye, just as we've done with so many other things out there, that alone would be a step in the right direction. So I'm really hoping that this documentary moves the trajectory of all this in that way, where we start making, and I think, you know, you can't say it's done that for red #3, but I think that's just the start. And things like this documentary will keep it going. So where can people really learn more about, number one, watch the documentary, number two, connect with you, you know, talk to you and, and just engage.

Brandon Cawood ([55:47](#)):

So visit our website to ToDyeForTheDocumentary.com, and there you can, you can sign up for our email list and, you know, we try to keep people up to date with what's going on and you know, we send out free resources and things like that. We also have a page on our website ToDyeForTheDocumentary.com/resources where you can download those templates for writing your state representatives or writing your school board. And then to watch the film, the easiest way to, to get access to that, other than going straight to your, your platform. And, you know, searching for it is we have a, we have a site back ToDyeForTheDocumentary.com/watch, and that has a link to each one of the platforms that you can watch the film on. And then follow us on Facebook, follow us on Instagram. We're pretty active on both of those platforms. And, you know, send us a message, you, you have questions and we, we're pretty, we're pretty quick to respond and we try to, we try to do the best we can to, to help people out and help them move forward on a drie journey.

Caspar ([56:45](#)):

Yeah. Well, you guys are doing amazing work, so thank you so much. Keep it up. I'm hoping this goes big, right? I I could see this. Yeah, I see this, this is one of those things that people just don't know and when they hear, they go, oh wow. Like, I didn't know I gotta share this with everyone else I know now. Yeah. So I'm really hoping that happens. And yeah. And I hope you continue this amazing work and keep, you know, doing this, this kind of writing this story that I know is what helps us heal as a whole and starting with the children. So thank you both so much.

Brandon Cawood ([57:17](#)):

Thank you for having us. Thank you for having us. We enjoyed it.

Caspar ([57:20](#)):

And until next time, continue writing your own healing story.