There's just such a huge explosion of gut-related issues, but most people have some sort of that issue. I mean, even if you look at the overweight and obesity rates in America, it's pretty, well, I wouldn't say universal, But it is pretty common at this point that almost everybody has some sorts of issues with.

Welcome to Health Breakthroughs with Dr. Stengler. And each episode, we cut through the noise to bring you practical, science-backed insights for more energy, better health, and a life that feels like yours again.

Hey everybody. Great to be back with you. Got a great guest today, Dr. Joel Warsh, and he's a pediatrician, more than a paediatrician. He's an integrative pediatricians.

And so the series wouldn't be complete unless we can address pediatric health and gut health, because it's important that gut help starts right from the beginning.

Oftentimes with adults, people, when we talk to them in the clinic, they've had problems ever since they were a kid. So these things could have been resolved a long time ago.

Dr Warsch, great to Thanks for having me out. I'm excited to chat about some good health. Yes. So tell us a bit more. There's not a whole lot of integrative pediatricians, unfortunately.

Of course, those of you who are, I mean, you're very, very popular, are very busy. Tell us about your background getting into that. Yeah, so for me, just like you said, I'm an integrative pediatrician and I don't know if there's a specific definition of exactly what integrator nutrition means, but to me it means blending the best of modern Western medicine and alternative practices.

So I am not against Western Medicine at all. I did all the regular training, training a great allopathic Western medical program, by I got a little bit frustrated with the medications for everything and not really thinking about prevention and i really think about the root cause of what's going on and so that's what let me down the path to learning more about alternative practices and things that other people are using all over the world for treating and really.

Um, thinking about some patients would be in the medical system and have all sorts of issues with their gut health or autoimmune conditions, then go to a natural practitioner and get better.

And I was like, what, What is that? You know, why are people going to some other practitioner? And getting better? So that's really what led me to start learning about it.

I'm not against Western medicine at all. There's a time and a place on blending the best of both worlds together. So yeah, we're very similar in that way.

so then I would presume in your medical training at the time, there wasn't a whole lot of. training and nutrition, and then you had to pick up on that yourself later on and learn kind of all the details of nutrition and herbal medicine and supplements and all that.

Is that accurate? Very accurate. So when you do, when, you go through medical training, I mean, certainly learn about nutrition, but it's from a very different perspective.

You're learning about nutritional deficiencies. And so you're like, oh, if you have folate deficiency, what kind of symptoms would you look for? If you had vitamin B deficient, see is what can I send what you looked for.

It's not focused really at all. I don't remember any training. Maybe there's half a day or something, But I didn't even think so where it really focusing on what should be eating, What healthy eating looks like.

How do you discuss this with your patients is not really focused on general practice it's more. diseases to look for,

what you might be thinking about if you're in the hospital.

So there's not a lot of training on that, but the reality is once you get into regular practice and you start to really get outside of the medical system and gain a broader understanding of what is truly important, there is nothing more important than our diet.

There's nothing the more than important our gut health, I think. And that's the root of of, the vast majority of problems we're seeing in America with chronic disease.

These are poor diets and too many toxins that we're surrounded by and so. That, you know, of anything I would say is what really led me down that integrated path, because we need to be focusing on this.

We need be learning a lot more about this because where the first people there, where there are people talking to patients and especially as a pediatrician, I think that it's even more important because, we to get to these problems before they're an issue.

we, need, to set kids on the right path. And we're not doing that. 50% of kids have a chronic disease and a, lot of that is related to food. So. We're just doing a really poor job, I think, in America and we need to change that.

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Well, maybe walk us through maybe, I mean, you're about to have your second child. Maybe walk this through during the pregnancy with why, uh, nutrition and microbiome balance is important.

And then during delivery and then the infants and kind of walk that's true. If you would buckles to your mind as a, a pediatrician in terms of nutrition, and gut health, things you are looking for and recommending and things like that.

Yeah, I love that question because I don't think it's asked enough, especially in pediatricians. I just actually wrote a book. It's coming out in a little bit called Parenting at Your Child's Pace.

And one of the things that I mentioned in there as a pediatrician is, you know, we don' think about our job starting from before our patient, right? I think of as pediatrican, conventionally, oh, start when they're born.

right that's your job but the reality is that are our gut health and our health in general starts way before that it starts in the parent. It starts and the mom and everything that she's doing during the pregnancy and every thing she is eating it really even goes back to how you're living before you are pregnant all these things matter but certainly when you pregnant it matters all the things that going into your body cuz some of those things go to the baby.

And that affects your, your baby in terms of the, what they're exposed to, the toxins that they are exposed, to the environmental working group did a landmark study that showed that there are hundreds, you know, a couple hundred toxins like can go through to that cord blood and that, they've been finding.

So that's, that a big deal. And we don't even know what that is really doing to us at this point, but probably nothing good. Uh, and when you are born, You're being exposed.

All sorts of bacteria through the vaginal canal, if you're having a vaginol birth and The more research that we do more realize how important that can be it doesn't mean if you have a c-section your child is destined have issues but.

The bacteria that were exposed to it matters it colonizes your gotta colonize your body. We're almost taught these as a bacteria is bad, but it's not like some bacteria, if it gets in the wrong place is, bad.

But bacteria otherwise is very good. And we want to have the right mixture of bacteria. That all comes back to what we're doing to our body. What's going on with our bodies, what were eating and what bacteria we have.

that gets passed on to our child. So going back to the root of this question, everything that we do matters is if we're not eating healthy, if are exposed to too many toxins, that were killing off the good bacteria, then that get passed onto our baby.

And then they don't necessarily have all the bacteria that they're supposed to have. Even the Bifidobacter infantis, it's a big topic of research for young babies because we are finding that a lot of babies don' even have that anymore and that's an important bacteria theoretically for breaking down breast milk.

We're just seeing major changes and I think we're at the tip of the iceberg in terms of understanding how much this affects us. But I do think it's true that it does because look at our chronic disease rates.

We've been doing a lot and it is from day one. Yeah, very good. So then with the delivery like you said it was the vaginal birth you're getting the microbiome colonized exposure has been some good research on that very important and of course you know we see the microbial we always think of the gut that is true that's the largest everybody know goes all the way from the skin to the eyes to sign us to that.

breast-motory track, urinary tract, everything. So if you, you know, if he can have vaginal birth, obviously that's optimal. And then we have the, breastfeeding.

Talk to us about breast feeding and how that plays a role in gut health, not just at the time, but for the future, If you would. Yeah. I mean, these are the great questions.

Just so important. We're now getting back to a point, I think where most people are recognizing that breast milk is extremely important and there are a lot of, There's a lot to best because you just can't replicate and formula if you need to do formula that's okay and we're very lucky that we have this you know life-saving formula for if he can breastfeed but the reality is that there's so much in breast milk that would just cant replicate from.

the antibodies that you get to getting formula something that's process there's gonna be chemicals and toxins in there and there is no way that that doesn't affect you in in some way and just very common sense of logically thinking your breast milk was developed for your baby it's coming from you it your environment it is what we've genetically grown.

to do. And so I believe that there is a lot that we just don't understand about nature and nature has perfected this to the best degree that can at this point.

So I think that when we're feeding our baby with breast milk, we are colonizing with the appropriate bacteria. It's nourishing the bacteria that are supposed to be there.

Its fostering the environment possible to promote health and it doesn't mean you are for sure going to healthy if you have breastmilk. Doesn't means you're not going healthy to have formula but very logically you can't replicate perfectly what nature does.

We're just trying to get as close as we can and we're getting the calories to a baby, but I think that that affects the gut health. And I see it even in practice, you know, babies are slightly different if they're on breast milk versus formulas and as they'll sleep a little bit more, they might be having more gas or fussiness.

They might not go to the bathroom as much, not as many poops. or formula-fed babies in general. And again, it doesn't mean that's a major health complication, but these are just small little windows into some differences.

I think that if you extrapolate that to the population, then these small differences can make some bigger differences in the long run. Whatever we consume throughout our lives, if we're eating something that doesn' t sit well with your body, then over time that increases the inflammation and leads to chronic disease over a time.

And I think formula is just one factor in that, but certainly a big one. That's all babies drinking. So if you can breastfeed, I that's a great deal. I can't remember if it's the first few feedings or the few days, like the colostrum, that the infants get.

It has quite a pronounced effect on maturation of the GI tract, maybe helping prevent allergies down the line. Any thoughts on that? Yeah, the classroom and it's a magical first breast milk.

It's very nutrient dense. Its in calorie dense and for good reason, just because at the beginning you're not getting a lot of milk and the stomach is very small.

So it gives them the nutrients that they need. And I'm sure there's. A lot more that we just don't understand about it, but I think that, you know, we.

It's created for a reason and you can't mimic that with formula. So you're probably losing something by using formula and again, if you need to, you to it's better than nothing for sure.

But I don't think it matches breast milk. You're certainly not there yet, probably never will. And we want to try to always eat as naturally as we can, whether that's formula or when you get older in the food that we eat, because sure, it happens every day, then that is going to affect you.

And I guess the first digestive thing that would come up then, which you would see a lot, would be the colon. Maybe talk to us a bit about that, what's going on, you know, the digestion there, things you do to help patients.

Tell us bit more about. Yeah, it's very common to see gas, fussiness, colic after the first few weeks of life. I mean, It's so common that we have a name for it.

Colic isn't even really a thing per se. It is, you know, a diagnosis where you've done an exam and everything else is fine, but the baby's really fussy and maybe gassy and crying for multiple hours and generally thought to be related to gut health and usually it is.

So yeah, we see it all the time and certainly more frequently in formula fed babies than breastfed babies that happens in both. But again, logically speaking, if you're giving them something that's not natural, then your body has to deal with that.

It might not be the right fit for your baby. And so they might be sensitive to something in there. We're not necessarily meant to drink cow's milk. as a new baby or goat's milk or whatever, whatever you are drinking.

So there's there are some babies, there is some sensitivity there. And some of these are allergic to it, or they're a little bit sensitive to. Your body has to deal with that, learn to handle it and process it.

I think it's not surprising. that a percentage of babies who are feeding off of something like cow's milk, they don't have the bacteria that is meant to be there or the right environment to break that down appropriately because they're not a cow, right?

They're vacuums, so it's just different. It doesn't mean they can't learn or things change over, but we weren't genetically set up to do that. So I think that there's a just a percent of kids that have issues with that, which makes a lot of sense to me.

No infants that need to be used formula. Fortunately, there are much healthier versions nowadays, which usually aren't recommended a whole lot by your regular pediatricians, but I know pediatrician's like yourself know certain brands are healthier ingredients and fatty acids and things like that.

So I presume some of your patients, those recommendations are very helpful. Yeah, it's hard with formula because it is so difficult to get a formula passed in America by the NPA.

Obviously, that's a good thing in some degree because that is such an important food. It's the only food that a baby is eating, so you need very strict guidelines to make sure that they're getting all the nutrients that Because even, I think a lot of people don't realize that, but even a small error in the nutrients can have a huge problem for a baby because it's the only thing they're eating for let's say four or six months.

So if you don' have enough zinc or you have too few calories or your off by just a little bit, then the electrolytes can get thrown off. That part is good in terms of being very regulated, at the same time there's only a few companies that do it and the ingredients aren't always the best.

It is getting better. That's good. I think companies are becoming more mindful of it. There are more options available now in America and then also people import things from other places.

The difficulty with getting things in other place is it might not be in English if you only speak English or you might know all the details about a recall or something like that because it's in a different country and also it is more expensive of course to import something in.

Luckily, there are some newer brands that are a little bit better, but nothing is perfect. People ask me like, oh, what's the best formula? I don't have a specific answer.

I think they're ones that better or worse and you can look at the ingredients, I mean, they are preservatives and all of them have to be. So you just choose whatever you feel like is going to the be best for your baby and they'll be pretty similar.

Do you use infant probiotics much in the practice? Sometimes I for me personally, I'm not a fan of using anything just because I think that even with probiotics, anything you give to a baby, we might find out in five years like, Oh, can't believe we were giving this probiotic, you know, that one, We thought it was good.

And then really it's causing more issues than it is. I, think, probiotetics are probably pretty low risk in terms of potential complications, but it one of my first go-tos in babies that are having issues with either gas or colic or fastiness.

I think that's a good reasonable thing to think about in the first month or two. If your baby's having digestive issues and giving them a newborn probiotic can be very helpful.

And I've seen it be helpful, but I don't recommend it to all babies. It's working good. Leave it alone, right? It's a good policy for medicine in general, don't you think about what the add-in is going to make it worse?

So what else are you seeing then in terms of, you know, kids are eating the solid food, they're getting older, let's say, one to six. What kind of things do you mainly see in the pediatric population?

Probably like a lot of lack of fiber, a package foods, constipation, all sorts of thing. Tell us more of the things that you see there. Yeah, the number one reason for kids to, well the two top reasons, one would be like coughs and colds.

The other one is stomach issues. So stomach pain, constipation, problems going to the bathroom, gas bloating. I mean, this is a massive art of medicine, whether it's kids, teens or adults.

There's just such a huge increase in stomach issue to a point that I don't think a lot of people don't even realize that it, it is abnormal. Like they just, they're so used to the issues that they take it as being normal.

So many kids go to, the bathroom and have a poop every like three days or five days, or six days are seven days. Which is not normal and it's not necessarily dangerous per se if you go every couple of days but it certainly not

ideal.

You probably should be going at least every day, if not a couple times a day if everything's working perfectly, but that's just not what we're seeing.

There's a big increase in patients coming to my practice and everywhere really with gut issues, whatever that may be. So just from stomach ache, gas, bloating, constipation, and then you can go even farther down in terms of celiac disease and bleeding when you're going to the bathroom and food allergies, there's just such a huge explosion of related issues, but most people have some sort of gut issue.

I mean, even if you look at the overweight and obesity rates in America, it's like 80% are overweight or obese. We have huge issues when it comes to our diets.

So it is pretty, well, I wouldn't say universal, But it was pretty common at this point that almost everybody has some issues with food. Yeah. So when you're working with a diet, of course, that has to be on track for the digestion to working well.

I mean, what are some, maybe some of the more common issues you see with the typical patients, you know, kids with digestive problems? I would say the most common thing I see is constipation or just general pain.

Um, I'm lucky, in that I work in integrative practice. So I have a pretty self-selecting population and, and in general, people are fairly health conscious and probably eat a little bit more healthy than, well, I don't say probably, they definitely eat more healthier than general population in terms of eating more fruit and vegetables and being aware.

But even still, it's such a huge and very common issue. So we see all the time when there are always discussions every day about diet, you know, that's a big part of the well checkups for us is really talking more about prevention and just reminding people that it is super important to get the fruits and veggies in.

It's always hard with the young age. I think the specific to the taller age of kids are picky. So some kids don't want to eat a lot of fruits and veggies and just reminding parents of how important that is.

And then if they have a child who is more picky than really trying to help them figure out ways to get those into the diet, whether it's sneaking things in or getting them more involved or taking some cooking classes and learning how to prepare things a little bit differently.

There are many ways to get fruits and veggies in or maybe even doing smoothies or whatever it is that are not just give them a piece of broccoli and have them eat it, there are ways, to kind of get a little bit more fruits, and even if you can improve that five or 10%, that makes a big difference for kids.

Hey everybody, I want to take just a quick moment and invite you to my website, drstengler.com. Here we have the supplements that we've been using with our patients for many, many years.

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And how about food sensitivities in kids? Are you, you know, kids are having digestive problems, abdominal pain, gas, bloating, loose stool, whatever, are you just picking some common foods that you often find are an issue, withdrawing for a period of time, see if they improve, or how do you work with that process?

Yeah, that's another one of those issues that we're seeing a lot more. I certainly see that all the time regardless, of healthy eaters, because I think our food is just so crappy these days that It's inevitable that we're going to have food sensitivities.

Certainly gluten and dairy are the two main ones. I think a lot of kids are just sensitive to that. And I mean, I know I'm personally sensitive. So I can have a little bit, but if I have, a it makes me really itchy and then I start having

more gut issues and having trouble going into the bathroom.

That's probably true of a, of people these days just because it's not prepared. Very well like the week that we eat in general is not great chemicals and might be genetically modified the dairy.

That we're getting or the milk that were drinking it's pasteurized it made from cows that are in factory farms and there's. There's all sorts of chemicals that go into that and hormones and antibiotics.

So I'm not sure that so many people are sensitive to high quality versions of those things. But I think what we get in general is much lower quality as it is.

And people aren't sensitive, maybe not the gluten or dairy per se, but just what's in there. The chemicals, the toxin is sprayed in and that's just how it all is now.

For a lot of people, they do much better without that. Um, and certainly at least recognizing those things and be very helpful for them to minimize it.

So those are, so when we think of food sensitivities, I mean, you can do food sensitivity testing, but it's not the best test in general, it would say.

And certainly for kids, a of it has not been validated. Right. so you could do it and sometimes things come up, But I don't know that that's the way to do.

I think it is helpful if you have no idea what's going on. But in generally, You can just pick the common things. And remove them and then, you know, take them out for a couple of weeks.

See if you notice any improvement, put it back in, see if, if it's worsening again. And if. Now let's say take out gluten for. A month and things get way better.

Then you put a back end for couple days and it gets worse. Will you have your answer? You know you're sensitive to it and you just be mindful of that.

I think it is important distinction for parents and this is what we talk about allergies and sensitivity. So usually most of the kids are not allergic to it, meaning like they have a reaction where they get highs or throat closing up or those kind of things.

That's not what's so common. It's just more of their sensitivity, like you mentioned, which causes them to be uncomfortable. So gas, bloating, rashes, constipation, that kind You find in the field, the conventional field of pediatrics, are they starting to acknowledge kind of more the concept of food sensitivities?

I know historically they have acknowledged allergies, but the sensitivites wasn't really an area they were very informative on. Do you see that's changing at all or not so much?

I think it's changing. I thing that there's more of an acknowledgement that you can be sensitive to something without being allergic. I don't think there is much of acknowledgement in terms of the testing.

Right. Really become mainstream in any way that have been validated for kids. But I've definitely seen a lot more research and information and discussions around food and how it can affect you.

And maybe they don't call it sensitivity per se, but I think that's what they really mean. So I don think there's definitely much more of an acknowledgement that foods can effect you, it's very, medicine's slow to change anything.

Yeah. Well, we've talked a lot in this series on leaky gut syndrome. I dunno what your thoughts are in terms of applying that to pediatrics. Any thoughts on that or?

Yeah, I think it's the same. I, think that most likely, even just going back to the, you know, common sense approach to things, your body is meant to break down certain food and your, body can deal with things in a certain way.

And if you, give it something that it is not ready for, then it can cause inflammation. It can, cause issues. and then to me, that's, makes the most sense in terms of a common-sense, Halfway to have why we're getting into so many issues and say eat food and your body's not really good at breaking it down maybe there's some some chemicals in there that you're having issues with your eating it consistently creates a leaky gut things get to where they're not supposed to be now you have reactions to foods that use shouldn't necessarily have a reaction to and that is.

probably part of the pathway and part the first steps leading to chronic disease or leading allergies and whether it's that or whatever other mechanism, I mean, we're certainly seeing a lot more allergies in kids.

So there has to be some way that it is happening and leaky gut makes the most sense for me. I think there's more and more research showing that that is a realistic pathway for how we're getting our, so it makes sense to me that that's probably one of the major pathways to why we are getting such a huge increase in allergies and chronic disease.

Yeah. So maybe as the kids get older then maybe just give us your thoughts on gut health connected to things like, you know, attention and focus, skin health, mood, things of that nature.

Maybe give your thought on that. Yeah, yeah, these are wonderful questions and that's why I'm talking about gut health because it's so important and yes, so going back to kind of the root of this question.

So first of all, yes we're seeing a huge increase in all of these issues in older kids and teens in terms of focus, ADHD, autism, mental health concerns, mood, you know, all of this.

So there's certainly many factors that are related to this, but one of the big ones is certainly gut health. I mean, there is no question at this point that the nutrients that we take in, that our gut help is intimately tied to our mental state.

the gut brain access. There's, there's very few topics in gut health that are more heavily studied at this point. So I don't think that's even in modern medicine, kind of woo woo anymore.

That's pretty, pretty mainstream at point and there is no. There's no reason to not believe that what we're eating isn't a major factor in these things.

I mean, again, our food is so nutrient-deplete that we are not getting what need for our body to function properly. We need the appropriate nutrients for body function, for brain to functioning, and what were getting is filled with chemicals.

So, what I have seen time and time again is kids that think about these thing, families that thinks about this things and improve their diet and have huge, huge benefits in terms of their mental health.

their mood. It may not be the only thing that they need to do, but if you talk to any integrative practitioner or any issue like this, the number one thing they're going to get an effect is changing the diet.

So that's removing the foods that are causing inflammation or adding in more nutrients. I mean, we're literally built of what we eat. We're not getting those nutrients, then how do you expect the body to function well?

And so sometimes supplementing can help in the short term just to boost up what we're really deficient in, but ultimately you need to be getting nutrients daily and not exposing your body for the toxins because How do you expect your body to function appropriately?

Your immune system to functioning appropriately, your brain to functions appropriately if you're fighting off inflammation all day from the foods that you are eating.

But when you remove some of those things and you add in some nutrients, then you watch them get better. It's not a magical change like taking a pill. So it's like you go all the way over here within one day, it is a slow build up, but you notice the most significant and long-lasting changes when you focus on your lifestyle and when do you make these changes.

And then you can do some other stuff too. But if you, let's say, get rid of gluten and dairy, add in some vitamins and then add a little bit more fruits and veggies and you get a 5 or 10% improvement on you mental health or your focus, that's a huge change for such a small item.

Sometimes that is enough for kids and a lot of times it is. Yeah. So in our last section, you kind of already alluded to it, but with, especially kids, when you change the diet in a proper way, get the nutrients in, we get, the exercise, Get the digestion working.

Obviously you know, viewers need to know you can see great changes and all these common things kid experience, ranging from colic to. growth to mood and focus, skin health, hair health.

All that stuff. Maybe just tell us a bit, tell them that you see these things in practice. And of course it varies depending on the person's severity, but in general, that's what you.

Yeah, absolutely. The number one thing that I see. positive changes is when people change their lifestyle and specifically when they change up their diet.

I mean, it's not always as simple as you take out the dairy and your rash goes away, but sometimes it is. And if there's one thing that has the most effect and the The most changes that I see it's changing up your diet because it so frequently answers the problems.

I mean, so. The thing that they're eating the most commonly. A couple of things is actually the problem and you switch that up and things go away. It's no more apparent than with the baby, right?

Because what are we seeing very often these days is rashes, eczema. And issues of that sort of colic and, and fastiness and gas. And sometimes if you're on, let's say a formula and they're sensitive to dairy and you switch that out, those symptoms get better.

So it's, it, uh, much more apparent when you just having one food, but, that is the reality. It's if your body can't handle what you are eating, then it you have outward symptoms like rashes or.

I mean, what do you expect to happen? That's what your body is doing to show that there's an issue. So yeah, there is no more important item to think about in my mind as an ingrained nutrition than food because you have the most dramatic effect and it's something you can very easily do.

It doesn't cost you anymore. You don't have to do any crazy testing. Also take a lot of supplements or anything like that. Just focus on your diet, read labels a little bit more, try to purchase products that have fewer chemicals and make more, you know, make meals at home yourself.

And if you do that and you remove the things that are most likely causing an issue, then you often see a change. Yeah, absolutely. Well, tell us more about your book, Parenting at Your Child's Pace.

Tell us, what that book's all about. So it's an integrative pediatrician's guide to the first three years. So a mixture of your regular old parenting book going through all of the most common questions that we see, but from a pediatricians perspective and also an integrated pediatrican's perspective.

A lot of that parenting books out there, you know, like come from therapists or moms, and there's a lot great books up there but not too many from, from the doctor.

And certainly, um, I'm right in the thick of things. I know what questions people ask day in and day out and I can

also The book has to be unique because I get to give it a health perspective as well.

So I can talk about the medical side of things, which is so important. You can't talk to about a healthy child without focusing on health and wellness, but a lot of these books don't have that part.

in there because they're not doctors. So it's just a different perspective of what you see. But I see most of the kids in those first three years, the therapists are not necessarily seeing them that often.

And I talk about things like how to have a healthy child, how do I think about the things from day one. I mean, I talked about that the Dr. Gators smoothie.

And in these books that are, you know, any gurus out there, they're like, oh, we need to have this smoothie. You eat this, these couple of foods and everything's going to get better.

And so I kind of, it's like a mock on that. If you will, there's no actual food that is going make everything better, but the Dr. Gator smoothie is thinking about the foundations like sleep and exercise and diet and toxins and community and love and nature and vitamin D.

I mean, that's what makes up the smoothie to hell. And so I kind of start the book that way. You know, most parenting books are going to get right into the, those parenting questions about being in a hospital or potty training.

But we start with health in that first chapter and focusing on de-stressing parents and, and kind weird focus and how to focus your stress. And then also about health.

Then it kind moves into that. The regular questions that we get, but I give my opinion on things and it's a little bit more funny a bit and make it a more fun read.

nice nice and what's the best website for you in your practice for the viewers so a couple places you can find me at instagram is probably the most popular dr joel gator uh raising amazing plus dot com i have lots of resources there as well so those are the two i think easiest places to find my and then the book there's a website that to parenting at your child's pace.com okay great well dr wars thank you so much for your time and your insight on integrative pediatric approaches to gut health and whole body health.

Thanks for having me on and thank you for doing this and teaching everyone about gut-health. It's so important.