Introduction to Integrative Pediatric Gut Health

Hey, everybody. Great to be back with you. Got a great guest today, Doctor Joel Warsh. And he's a pediatrician. Morton, a pediatrician. He's an integrative pediatrician.

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

People when we talk to in the clinic, they've had problems ever since they were a kid. And so these things could have been resolved a long time ago. So Doctor Warsh, great to be with you.

Thanks for having me on. I'm excited to chat about some good health. Yeah. So tell us a bit more. I mean, there's not a whole lot of integrative pediatricians, unfortunately.

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

So I'm not against Western medicine at all. I did all the regular training, training at a great allopathic Western medical program, but I got a little bit frustrated with the regular system and medications for everything, and not really thinking about prevention and not really thinking about the root cause of what's going on.

And so that's what led 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 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, well, 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.

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

So then I would presume in your dimensional 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, you 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 have vitamin D deficiencies, what kind of would you look for?

It's not focused really at all. I don't remember any training. Maybe there's half a day or something, but I don't even think so.

Training, Root Causes, and Prevention in Pediatrics

Where it's really focusing on what you should be eating, what healthy eating looks like. How do you discuss this with your patients? It's not really focused on 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's nothing more important than our diet.

There's nothing more important than our gut health, I think. And that's the root 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 integrative path. Because we need to be focusing on this.

We need to be learning a lot more about this because we're the first people there. We're the people talking to patients. And especially as a pediatrician, I think that it's even more important because we need 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. Yeah. Well, maybe walk us through maybe I mean, you're about to have your second child, maybe walk us through during the pregnancy with why nutrition and microbiome balance is important.

And then during the delivery and then the infants and kind of walk us through, if you would buckles to your mind as a pediatrician, terms of nutrition and gut health and things you're looking for and recommending and things like that.

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 is we don't think about our job starting from before our patient. Right. I think of as a pediatrician conventionally, oh, you start when they're born, right? That's your job.

But the reality is that our our gut health and our health in general starts way before that. It starts in the parent, right? It starts in the mom. And everything that she's doing during the pregnancy and everything she's eating.

It really even goes back to how you're living before you're even pregnant. All of these things matter. But certainly when you're pregnant, it matters all the things that are going into your body, because 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're exposed to.

The Environmental Working Group did a landmark study that showed that there are hundreds, you know, a couple hundred toxins that can go through to the cord blood and that they've been finding. So that's that's a big deal.

And we don't even know what what that is really doing to us at this point. But probably nothing good. Right. And when you are born, you're being exposed to all sorts of bacteria through the vaginal canal if you're having a vaginal birth.

And the more research that we do, the more we 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 we're exposed to, it matters. It colonizes your gut. It colonizes your body. We're almost taught the 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. And that all comes back to what we're doing to our body, what's going on with our body, what we're eating and what 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. Because if we're not eating healthy, if we're exposed to too many toxins, if we're killing off the good bacteria, then that gets passed on to our baby.

And then they don't necessarily have all the the bacteria that they're supposed to have. And even the B infant is the Bifidobacterium. That's a big topic of research for for young babies, because we're finding that a lot of babies don't even have that anymore.

And that's an important bacteria theoretically for breaking down breast milk. So we're just seeing major changes. And I think we're just at the the tip of the iceberg in terms of understanding how how much this affects us.

But I think it's true that it does because look at our chronic disease rates doing a lot. And I think it's from day one. Yeah. Very good. So then with the delivery, like you said, with the vaginal birth you're getting the microbiome, all knives exposed.

There's been some good research on that. Very important. And of course you know we say the microbiome. We always think of the gut. That is true. That's the largest area.

Pregnancy, Birth, and Early Microbiome Development

But you know goes all the way from the skin to the eyes to the sinus to the respiratory tract, urinary tract, everything. So if you, you know, if you can have vaginal birth, obviously that's optimal.

And then we have the, you know, breastfeeding talk to us about breastfeeding and how that plays a role and got health not just at the time but for the future if you would.

Yeah. Is that a great question? I think all just so important. And and 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 one you just can't replicate in formula.

You know, if you need to do formula, that's okay. And we're very lucky that we have this, you know, life saving formula if if you can't breastfeed. But the reality is that there's so much in that we just can't replicate from the antibodies that you get to, you know, if you're getting formula, it's something that's processed.

So there's going to be chemicals and toxins in there. And there's no way that that doesn't affect you 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's your environment. It's 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 we can at this point. And so I think that when we're we're feeding our baby with breast milk, we're colonizing with the appropriate bacteria.

It's nourishing the bacteria that are supposed to be there. It's it's fostering the best environment possible to promote health. And it doesn't mean you are for sure going to be healthy.

If you have breast, doesn't mean you're not going to be happy 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. Babies are slightly different if they're on breast milk versus formulas. And as they'll sleep a little bit more, they might be 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 some differences. And I think that if you take extra weight that to the population, then these small differences can, can make some bigger differences in the long run.

And I would say that just like whatever we consume throughout our lives, if you're eating something that doesn't sit well with your body, then over time that increases the inflammation and leads to chronic disease over time.

And I think formula is just one factor in that, but certainly a big one. That's all babies drinking. And so if you can breastfeed I think that's a great to do.

And I can't remember the first few feedings or the first few days. But the colostrum that defense kit I know that has quite an ounce effect on maturation of the GI tract, maybe help prevent allergies down the line.

Any thoughts on that? Or. Yeah, the classroom. And it's a magical first breast milk. It's very nutrient dense. It's 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 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 need to. It's better than nothing for sure. But I don't I don't think it matches breast milk. You're certainly not there yet. Probably Bill.

And we you know, 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 way. Because sure, every day then that's going to affect you.

I guess the first digestive thing that would come up then would you would see a lot would be the caller maybe talk to us a bit about that and what's going on with the digestion there.

Things you do to help patients. Tell us a bit more about that. Yeah. It's very common to see gas, fussiness, colic after the first few weeks of life. It's so common that we have a name for colic isn't even really a thing for say, it's it's, 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 we see it all the time and certainly more frequently in formula fed babies and breastfed babies. It 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 milk or whatever, whatever you are drinking.

So there's there for some babies, there is some sensitivity there. And so maybe it's our allergic to it or they're a little bit sensitive to it. So your body has to deal with that, learn to handle it and process it.

And and so I think it's not surprising that a percentage of babies who, 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 you know, they're not a cow, right? Yeah.

So it's just different.

Breastfeeding, Formula, and Infant Digestive Issues

It doesn't mean they can't learn or things change over. But we weren't we weren't genetically set up to do that. So I think that there's just a percentage of kids that have issues with that which which makes me. Yeah.

And and fortunately for the joints that need to be used formula, fortunately there are much healthier versions nowadays which usually aren't recommended a whole lot by your regular petitions.

But I know, like yourself, know certain brands or healthier ingredients and fatty acids and things like that. So I presume some of your patients build recommendations are very helpful.

Yeah, I mean, it's hard with formula because it's so difficult to get a formula passed in America by the FDA. I think. I mean, obviously that's a good thing in some degree, because it's such an important food is 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 they need. Because even I think all of us 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, for or six months.

So if you don't have enough zinc or you don't have enough, you have two few calories or you're off by just a little bit, then the electrolytes can get thrown off.

So so that part is good in terms of being very regulated. But 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. It'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 the difficulty with getting things from other places. It might not be in English if you only speak English, or you might not know all the details about a recall or something like that, because it's in a different country.

And also it's more expensive, of course, to import something in. Luckily there are some some newer brands that are little bit better, but nothing is perfect. You know, there's not.

People ask me like, oh, what's the best formula? I don't have that specific answer. I think there are ones that are better or worse. And you can look at the ingredients, but I mean there are preservatives in all them. There have to be.

So you just choose whatever you feel like is going to be the best for your baby. And they're all pretty pretty similar. Or 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 if I was like, oh, I 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. So I think, you know, probiotics are probably pretty low risk in terms of of potential complications.

But it's one of my first go tos in terms of babies that are having issues with either gas or colic or fussiness. 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 very helpful, but I don't recommend it to all babies.

I think if they're writing happy then then go with that. It's working good. Leave it alone. Right. It's it's a good policy for medicine in general, don't you.

Add in is going to make it worse. Yeah. It's the anything else you want to talk about or should move on to kids a little older than that. I think we can go on the kids.

Okay, so what else are you seeing then in terms of, you know, kids reading the solid food? They're getting older, let's say 1 to 6. What kind of things do you mainly see in the pediatric population?

Probably like a lot of lack of fiber, a lot of packaged foods like, you know, constipation, all sorts of things. Tell us more kind of the things that you see there.

Yeah. The number one reason for kids to well, the two top reasons. One would be like cost and cold. The other one is stomach issues. So stomach pain, constipation problems, going to the bathroom, gas, bloating.

And this is a massive part of of medicine, whether it's kids, teens or adults. I mean there's just such a huge increase in stomach issues to the point that I don't think a lot of people don't even realize that it is abnormal, like they just are so used to the issues that they just take it as being normal.

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

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

So I think there's just a lot of there's a big increase in patients coming to my practice and everywhere really with gut issues, whatever, 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 leading when you go into the bathroom and food allergies, there's just such a huge explosion of gut 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% or overweight or obese. I mean, we have huge issues when it comes to our diets.

So it's pretty well, I wouldn't say universal, but it's pretty common at this point that almost everybody has some sort of issues with food. Yeah. So when you're working with a diet or that has to be on track for the digestion to working well, I mean, what are 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. I'm lucky, I guess, in that I work in integrative practice, so I have a pretty self-selecting population, and general people are fairly health conscious and probably eat a little bit more healthy than well, I won't say probably.

They definitely eat more healthy 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.

Gut Health in Older Kids: Constipation, Diet, and Sensitivities

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

I think it's always hard with the young age. I think the specific to the toddler 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 and or maybe even doing smoothies or whatever it is that are not

just giving them a piece of broccoli and have them eat it.

There are ways to kind of get a little bit more fruits and veggies, and even if you can improve that 5 or 10%, that makes a big difference for kids. And how about food sensitivities and 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 withdrawn for 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 sensitivity.

Certainly gluten and dairy are the two ones. I think a lot of kids are just sensitive to that. I mean, I don't personally sensitive to it, so I can have a little bit, but if I have a lot, it makes me really itchy.

And then I start having more gut issues and having more trouble going to the bathroom. And I think that's probably true of a lot of people these days, just because it's not prepared for you.

Well, like the week that we eat in general is not great and it's very chemicals. And it might be, you know, genetically modified, the dairy that we're getting or the milk that we're, we're drinking, it's, you know, it's it's pasteurized, it's made from cows that are in factory farms.

And there's, you know, 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 these days. And people are sensitive to maybe not the gluten or dairy per se, but just what's in there, the chemicals, the toxins is great in.

And that's just how it all is now. So I think that for a lot of people, they do much better without that. And certainly at least recognizing those things can 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, I would say. And certainly for kids a lot of it's not been been validated.

Right. So you could do it. And sometimes things come up. But I don't know that that's the best way to do it. I think it's helpful if you have no idea what's going on, but 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 you notice it worsening again.

And if you, let's say, take out gluten for a month and things get way better, and then you put it back in for a couple of days and it gets worse. Well, you have your answer. You're sensitive to it.

And just be mindful of that. I, I think it's important distinction for parents. And this is what we talk about. There's allergies and sensitivity. So usually most of the kids are not allergic to it.

And meaning they have a reaction where they get hives or throat closing up or those kind of things. That's not what's so common. It's just more of the sensitivity, like you mentioned, which causes them to be uncomfortable.

So gas, floating, rashes, constipation, that kind of thing you find in the field, the conventional field of pediatrics, are they starting to acknowledge more the concept of food sensitivities and all historically they have acknowledged allergies, but the sensitivities wasn't really an area.

They were very, you know, informative on. You see, that's changing all or not so much. I think it's changing. I think that there's more of an acknowledgment that you can be sensitive to something without being allergic.

I don't think there's much of an acknowledgment in terms of the testing. I don't feel like really become mainstream in any way. It has 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 think there's definitely much more of an acknowledgment that foods can affect you.

But it's very medicine. Slow to change anything. Yeah. Well we've talked a lot in this series on leaky gut syndrome. I don't know what your thoughts are in terms of plying 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 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 you give it something that is not ready for, then it can cause inflammation, it can cause issues. And then to me, that's that makes the most sense in terms of common sense pathway to why we're getting into so many issues.

Let's say eat gluten. Your body is not really good at breaking it down. Maybe there's some some chemicals in there that you're having issues with. You're eating it consistently creates a leaky gut.

Things get to where they're not supposed to be. Now you have reactions to foods that you shouldn't necessarily have a reaction to. And that is probably part of the pathway and part of the first steps leading to chronic disease or leading to allergies.

And, you know, whether it's that or whatever other mechanism, I mean, we're certainly seeing a lot more allergies and kids. So there has to be some way that it's 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 there.

So it makes sense to me that that's probably one of the major pathways to why we're getting such a huge increase in allergies and chronic disease. Yeah.

So maybe it's a case get older then maybe just give us your thoughts on gut health connected to things like attention and focus, skin health, mood, things of that nature.

Maybe give us your thoughts on that. Yeah. Yeah. These are wonderful questions that's talking about that health because it's so, 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. And older kids and teens in terms of focus, ADHD, autism, mental health concerns, mood, all of this.

So there's certainly many factors that are related to this. But one of the big ones is certainly gut health.

Gut-Brain Connection and Long-Term Health Benefits

There's no question at this point that the nutrients that we take in, that our gut health is intimately tied to our mental state and the gut brain access.

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 this point. And 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 we are not getting what we need

for our body to function properly.

We need the appropriate nutrients for our body to function, for our brain to function. And what we're getting is filled with chemicals. So I what I have seen time and time again is kids that think about these things, that think about these things and improve their diet and have huge, huge benefits in terms of their 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 effective 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 at what we eat, right? We're literally built.

So we're not getting those nutrients. Then. 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 those nutrients daily and not exposing your body to the toxins. Because how do you expect your body to function appropriately?

Immune system to function appropriately, your brain to function appropriately. If you're fighting off inflammation all day from the foods that you're 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, right?

So it's not like you're here, and then you go all the way over here within one day. It's a slow buildup, but you notice the most significant and long lasting changes when you focus on your lifestyle and when you make these changes.

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

That's a huge change for such a small item. And sometimes that's enough for kids. And a lot of times it is. Yeah. So our last section already alluded to it.

But with especially kids, when you change the diet in the proper way, get the nutrients in, you get the exercise, get the digestion working. Obviously, you know, the viewers need to know.

You can see great changes and all these common things could experience, you know, ranging from colic to growth to mood and focus, skin health, hair health, all that stuff.

Maybe just tell us a bit, tell them, you know, 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 see. 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. It's not always as simple as we 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 most the most changes that I see is changing up your diet because it's so frequently answers the problem, so frequently the thing that they're eating the most commonly, or the couple of things is actually the problem.

And you switch that up and things go away. I mean, it's no more apparent than what the baby. Right? Because what are we seeing very often these days is rashes, eczema and issues of that sort of colic and fussiness and gas.

And sometimes if you're on, let's say, a formula and they're sensitive to dairy and you switch that up, those

symptoms get better. So it's much more apparent when you're just having one food.

But that is the reality. If your body can't handle what you're eating, then it you have symptoms like rashes or or would anybody expect to happen. That's what your body is doing to show that there's an issue.

So yeah, there's no more important item to think about. In my mind is an engraved petition than food, because you have the most romantic 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. You also take a lot of supplements or anything like that. You 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 more meals at home yourself.

And if you do that and you move 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 Page.

Tell us what that looks all about since then.

Parenting at Your Child's Pace and Where to Find Dr. Warsh

Integrative patricians guide to the first three years. So it's a mixture of your regular old parenting book, going through all of the most common questions that we see, but from a pediatrician's perspective, and also an integrative pediatricians perspective, a lot of the parenting books out there come from therapists or moms, and there's a lot of great books out there, but not too many from from a doctor.

And certainly, you know, 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 gets to be unique because I get to give a health perspective as well.

So I can talk about the medical side of things, which is is so important. You can't talk 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, most first three years of a therapist and not necessarily seeing them that often.

And I talk about things like how to have a healthy child, how to think about things. From day one. I talk about the doctor Gator, spooky, many any of these books that are, you know, any any gurus out there, they're like, oh, you 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 mark on that, if you will. There's no actual food that is going to make everything better. But the Doctor 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. Okay. And so start the book that way. And the most parenting books are going to get right into the 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 kind of where to focus and how to focus your stress, and then also about health.

And then it kind of moves into the the regular questions that we get. But I, you know, give my opinion on things and it's a little bit more funny a little bit and make it a more fun read.

Nice, nice. And what's the best website for you and your practice for the viewers? So the couple places you can find me at Instagram is probably the most popular.

Doctor Joel Gator raising amazing. Plus.com have lots of resources there as well. So those are the two easiest places to find me. And then the book. There's a website for that too.

Parenting at your child's pace. Com okay, great. Well doctor Walks, thank you so much for your time and your insight on integrated of pediatric approaches to gut health and body health.

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