Environmental Toxicity, Glyphosate Exposure, Chronic Disease & Integrative Pediatrics with Michelle Perro Transcript

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Podcast Introduction and Guest Background

Well, if you look at the payout from legislators who see money from pharma, it's across the aisle. It's purple. Everyone's getting big money. The amount of lobbying, the amount lobbyists and money pours in from Pharma.

So who controls our government is big, big pharma, Big Ag, food, tech, and that's who's running it. Hey there. Welcome to the Recharged Biomedical Podcast.

I'm Dr. Edward Park. If you're curious about regenerative medicine, you've come to Hey Ed, nice to see you again. Yes, likewise. Thank you. We have a lot of ground to cover.

Michelle is the expert and founder of GMO Science, a 503C nonprofit, to help spread wisdom and understanding about our food supply, mainly. And she's written two best-selling books.

First, What's Making Our Children Sick? And the second, Making our Children Well. So we're going to go deeply into those as well. But I think, you know, just to get the hook and the sizzle out of the way for the people watching, we need to dumb it down.

So, it's kind of funny. I got a, like seven, eight years ago, a question. There's too much, too prolix, 200 questions. And at the end, open-ended from Harvard alum, what are you most worried about?

And I wrote in there, and they probably didn't understand what I was saying. The corporate food supply. So, you know, today in my mail is coming one of these things I didn't even know existed until three days ago.

And now the algorithm is feeding me all these hydrolysis washers of fruit and produce, right? And it takes me back to knowing Suzanne Somers since she was very adamant.

She said, Ed, You got to wash your vegetables with vinegar. And then I got this guy, this really buff patient of mine, he says, Ed, you got to wash your fruits and vegetables with baking soda, which is the opposite, base, right?

But then, I thought about it, and I'm like, okay, if there's stuff on my fruits, vegetables, then if these… I don't know if it's like the foot baths, it was just kind of fake, but these dirty basins after five minutes of hydrolysis with sodium chloride, is that something that you recommend, Michelle?

Yeah, you know, well, there is a problem. Okay. So the technocracy has taken over our food supply, Ed, and you're absolutely correct.

Washing Produce and Food Supply Concerns

And there are now GMOs 1.0, 2.3. and these organic peels, organic peel, appeal, nothing organic about it, that have infiltrated the food, supply and those foods are gross, generally recognized as safe.

They're given a. stamp from regulators with no oversight. And what it means is if you buy a genetically modified corn, for example, you can't wash the pesticide off.

If you by GMO-free food, pesticides will be on it and you wash those off with a food wash. In my new book that you so kindly referenced, I have the formulas on how you make your own veggie wash, they're expensive, Actually, just to interrupt, $30 to $150. That's not going to break the bank and they're reusable and just use sodium chloride as a catalyst.

Yeah. Well, you basically create something just using… I use vinegar. Okay. Here's the thing. Costco sells some white vinegar, or you can get two bottles for about $7. They last for like six months.

Okay, so I didn't buy organic because I'm thinking, well, why do we need organic? And then I just had the thought, wait a minute, where are those vinegars sourced?

That those are potentially GMO vinegers. Well, I need to investigate that. I haven't done it yet. This just hit me as I made my own veggie wash the other day thinking what is this source from?

So it's true. Anything that's acid. basic or even the hydrolysis little things you drop will cause the free radicals or the chemical reaction to strip some of what's on the coating of our fruits and vegetables.

But let's dumb it down even simpler to the audience. So before we get in the weeds, so to speak, you know, what we're talking about is Roundup or is that glyphosate?

Same, right? Oh yeah, so glyphosate is the main ingredient in Roundup Ready crops, which are designed so that when you spray this product, the weeds die, but not the crop.

And so, there are over 800 glyophosates-based herbicides now in the U. S. They don't even sell glyphosate-based herbicides for home use anymore. It's just for crops now, and they've put in more toxic herbicide because there was such a public outcry about Roundup.

But also remember that there are something called inerts in these formulations, which can be more toxics than the glyphasate. I know more about glyophosates than my own kids, Ed, okay?

I understand, so let's break it down even more. GMO stands for genetically modified what? Organism? Yes, my friend. So what we're talking about is not insect or mold killers.

We're taking about herbicides. It attacks a key chemical pathway in germinating plants, meaning the farmers don't have to do weed killer. This is the weed-killer.

They don' have hire people to pick competing flora. The GMO ready crops like corn, sorghum, soy, they are resistant to this biochemical hack. to destroy early germinating plants.

So it makes farming cheaper. It makes our fruits and vegetables cheaper and more efficient. But the downside is that Roundup in particular, the one that the RoundUp lawyer wouldn't drink on stage is GRAS, but it is an antibiotic.

it can affect our flora and it's probably just a little toxic, But it not just on the surface, right? Even if you wash it off, it somewhat incorporate into the tissues of the plants, no?

Yes, that is correct. You can't wash it off. It's inside every single plant. And you are, again, correct, it's an antibiotic, and that's what's driving a lot of the disorders that we're seeing now in people.

Also, the other, has many toxicologic problems with it. The other big one people need to know is that it binds minerals. All those minerals you need for your immune brain function, metabolic health, like zinc, calcium, magnesium, copper, et cetera, thyroid function, glyphosate holds onto them so strong, it's a chelator that grabs on these minerals, which makes them unavailable for the chemistry in your body.

It can't run. So we are overfed, but undernourished. And you keep wanting to eat. Great point. If you had to estimate in the Amazon rainforest, I would say glyphasate is going to kill early germinating plants, but in the American food supply, forget the whole definition of organic, what percentage of crops are actually roundup ready by design?

Glyphosate, GMOs, and Organic Food

So crops now in the U. S., if you buy conventionally grown crops, corn is about 97%. Cotton is almost all, cotton is genetically modified. Soy is most all genetically-modified.

Sugar from sugar beets is all almost genetically modify. And then you have less zucchini, squash, papayas from Hawaii that are genetically modification.

They're still trying to bring out the GMO tomato. That was one of the early ones. They have a GMO potato on the market, but they don't label a high percentage.

So if I walk down the grocery store and look at all the colorful vegetables, you know what, like a. quarter of them, maybe round up, ready? I'd say the genetically modified ones about half, about 50%. But they keep knocking on the door and because they're not labeled, you don't necessarily know.

For example, I learned recently, they've introduced something now called synthetic biology. So it's in so many of our foods have been engineered with these foreign microbes that it just fast and furious.

It's unbelievable. Let's say if you buy Non-organic vanilla, let's say from a company like McCormick or whatever spice company you buy So these popular ones that vanilla in there is a synthetic biology That means they call it precision fermentation.

There's nothing precise about it. It's made in a lab completely It's even a far cry from the original GMO, genetically modified organisms, where it's concocted from genes that are foreign to each other to produce a whole new product.

But let's talk about the definition of organic, because I'm like everybody else. You know, I am going to pay maybe a little more for the organic blueberries, but what does it mean?

There's no agency that certifies, right? Is there a loose set of definitions? I assume as a cynic that it's just self-defined. But are there any kind of hard and fast rules for what defines an organic produce?

Absolutely. And I went into this in depth in my book, you know, in layman's terms. So it's approved by the USDA. Everybody's familiar with that green and white label, with a horizontal line in the middle, that it has been USDA certified.

The certification for farmers to get this organic certification is expensive. By definition, they cannot use any GMOs. Oh, thank you. So if you're eating an organic soy product, you know, soybeans, by definition, they cannot be GMO.

Also, They cannot use pesticides, no fungicides, No insecticides, It shows you how little I know. That's why we do these podcasts. You should also know that there is cross-contamination.

According to the USDA, about 5% to 9% of organic crops are contaminated because you'll have an organic crop sitting side by side, Napa Valley, wine area.

We're a wine growing region right near me. And they get contaminated. Wind, water, birds, this stuff's going back and forth. But you see these like things, lists of California wines with glyphosate and it's like, wow, all of them.

And you know, it could be higher, could lower. No, its all them, organic wines tested positive too, but much less. Everything is a degree, right? But then I saw this horrible meme about fast food chain restaurants and the percent of glyphosate.

And right up there near the top was like Panera Bread, which I used to like. So you're really, I think you make the point that eating out, almost no restaurants have the ability, capacity, or will to give you organic food.

When you choose to eat out you are choosing to all these pesticides, Unfortunately, Ed, you'll be shocked to know that half of Americans' incomes is spent eating out.

And you are indeed correct, my friend, if you're eating, out you eating GMOs and the most toxic, cheapest products. I used to go to Costco early in the mornings when I shopped for schools, when was on the PTA, where my kids were little, and all the restaurants were in there buying early and their carts, those massive, awesome carts were filled with canola oil.

Canola is all GMO, don't even use it, not organic. toxic ketchup, high fructose corn syrup, GMO, also with mercury. You name it, you know, sugar from sugar beets, GMO.

It was like a GMo parade, not to mention that seed oils and what have you. So you can make any food taste good even using these products. Most of us cannot detect a Gmo soy from an organic soy.

There are some people who can taste the chemicals, the pesticide residue. My palate's not that good. Dr. Gilles-Laric Cerullini, who was one of the scientists who showed mammary tumors from studying Roundup Ready corn, I believe it was, in rats.

It was a corn or something, it's corn. Round up Ready rats in his paper 11 years ago, he got skewered for that. He can tell. He could tell the wine that has glyphosate and one that doesn't.

Most of us can't, but we're not going to go around saying, oh, it has a glyphasate. And pressure your local restaurants. Tell them you want organic. I really try hard not to eat out.

There's one organic restaurant in my town where I go. So if you come to visit me, that's where you're going. All right. It's a Faustian bargain. Everything is inadvertent consequences.

But let's say you're cooking at home most of the time. You're saying you've got to cleanse your vegetables and produce and whatever. Again, people can look into these hydrolysis things.

They're like 80 to 150 bucks. In five minutes, allegedly, this whole slime will come off your fruits and vegetables, which is great. And you just need salt.

Why not do that? I'm advocating that. Also, inadvertent consequences of the water supply. My son stayed in my apartment while we traveled last summer.

He was drinking LA water. LA Water is, like most municipal supplies, contaminated with lots of stuff, let alone hexavalent chromium and all this horrible stuff.

You do what you can. You know, most people survive life. It's better than being a hunter gatherer or being chased by a leopard or dying of measles. So we do we can and I want to address the whole cognitive distance issue.

That's the only thing I'll say about COVID is that it seems, you know when you went to school, Dr.

Synthetic Biology and What Organic Means

Parrow, it was talented. She went to the Fame School of Performing Arts in New York City with her sister in Irene Caro's class and Ben Varene and all these famous people.

And Laura Dern gave the commencement speech last week at my son's graduation, and she made a great point. If you ask Americans what percentage of Americans are good people, they'll say 47%, whereas every other country, you'll see 92%. So we're in a time where science has become political and the politics has became religion, right?

So if you even say the name of the current president, people of mine, diverse, I find it fascinating that people who may not agree with Donald Trump they might agree with some policies.

I mean, I was thinking Jay Bhattacharya five years ago was going to get killed. He's the Stanford epidemiologist saying, hey, this is what epidemiology means and we shouldn't do all this lockdowns, just close small businesses

and churches.

And now he's, i think, the secretary of health and human services, right? So my point is, they get you in the root chakra and they got you to believe whatever they want.

based on fear. So my son is of the camp, because he's young, that we have to trust. I have drink the water because the alternative is that people are trying to poison me.

And you know, it's the mark of a truly rare mind that can hold two opposite things and still function. You know I say, hey, maybe the glyphosate is good.

It makes things cheaper, more affordable, and more efficient, right? But then again, my point is like, how do people deal with life if they're not able to hold two things.

Glyphosate is mainly safe, glyphostate was poison. I mean, that's the thing we have to negotiate, right? Because some people may drink a lifetime of glyophosates and never have a problem because of genetic susceptibility factors, some may get all the vaccines and all of the COVID vaccines, and they never ever have problems.

But what most things, most lay people are resistant, but even I would argue, both doctors and scientists are resistance. They choose a side and they either go corporate or they go conspiracy theorists.

And I just don't think that serves us. Where are you now that you're part of the health and human services sub panel or tell us what you do. Yeah. So while there's a lot to unpack there, Ed, and thank you for your comments on that.

I would have been more than happy to serve with Secretary Kennedy on human health and services, but I really wasn't willing to go to DC, Virginia or Maryland.

The DMV just wasn' calling to me. But I will do whatever I can to service the kids of our country because they really need help. They're suffering and struggling.

So to your point regard, how do we hold two opposite things to be true at the same time? No doubt the human mind is designed to solve problems. We don't like living in uncertainty.

we're solvers, especially for those of us who are doers and solutionaries, we want to act. But my advice is to hold that two things can be possibly true and that if you have to be able to expand your mind and create resiliency in your thinking and get out of a rigid mindset that you can have two that are both true in the same realm.

You can decide what you'd like to extract. that works for your own personal lifestyle, based on your curiosity, your reading, the people that you read and find out to be true.

Additionally, what also one needs to do is to live with uncertainty and say, well, I don't know and I'm going to okay with not knowing. I could still vibrate at my highest frequency, be my best self, live loving kindness and yet not know what is the truth regarding COVID, GMOs, glyphosate, pick it.

And so be okay with that. This need to side up really sort of doesn't serve us. Physicians, our colleagues, practitioners, yes, they had to sign up because they're held to such a high standard.

Such a, not a high standard, such a rigid standard that the medical practitioners are unable to deviate even a little, the clinical practice guidelines that are mandated upon them by medical boards and health agencies.

Here in California, as you and I both know, if you devoid a bit, i.e. medical exemptions, they will take your license. Yeah. They took that away. The vaccine exemption.

So they took it away, They limit it. And now it's like non-existent. People have to travel to other States to educate

their kids. So this is just crazy making that we've been taking away choice, our ability to mandate our own selves and forget never meant to be mandated by government.

So, okay. Well, so what I'm saying, you know, the bottom line here is to really become your best advocate for yourself and your family. And you may need to side up.

The medical establishment is rooted in pharma. Pharma controls medical education. Secretary Kennedy is trying very hard to create nutrition in medical schools.

That was from Secretary Kenney. I loved your quote. You get a year on pharmacology and two hours on nutrition. Absolutely. So yeah, it's not clean. It's messy.

And so no one wants to live in a messy room, but sometimes my thoughts are messy and sometimes I'm going a little bit waveform and I say, that's okay.

I am also okay saying, you know, I thought that list last year, But this year I don't think the same way since that time I've learned this, this and that.

So I'll change my position. Yeah, it's so important, but you understand my meta point is that when people are faced with threats, like could my parents, my government, school be awful?

No, I'm going to trust them. So they just accept things they probably shouldn't accept, you know? But let's shift a little bit to your book.

Eating Out, Restaurants, and Food Additives

So the reason I got into podcasting two years ago, I went to Alisa songs conference, which is basically a lot of childhood illnesses, chronic illnesses autism, you know, And it kind of started clicking in my head that there was a common thread here.

We got dysbiosis, we got immune dysfunction, We've got inflammation, right? We have genetic susceptibility. So I've tried in a small way to understand that better by bringing people like you in.

But it is true that a lot of people can do the full vaccine of 60 whatever immunizations and be fine, the majority, But then again, it can also be true, like two weeks ago we did Armin Nikogoshin, whose son is non-verbal autistic.

And his point was like, okay, the attributable risk to vaccines may be small, but there is a correlation, right? But it's also very susceptible in some cases to genomic predilection, so that's hard for people to parse out.

They're like all vaccines good, never met a vaccine I didn't like or vaccines are a curse and big pharma's way of making money off us and making us sick.

So both things exist, right? Where do you fall as a pediatrician on vaccination? Yeah, certainly. So I believe in the basic principle of vaccination that you can give a little simulate the immune system and it can create a reaction.

There's a lot of principles that work that way in homeopathy. I am a homeopath, as you know. And so that I'm okay with. It was making a better vaccine.

There was never a reason to put mercury or aluminum in there to stimulate your immune system. They put a known neurotoxicant in an injectable which bypassed the gut, which means we don't have an opportunity to break it down.

In the bloodstream, it can directly cross the brain barrier into your brain. Once those toxic metals are in the brains, easy to get in, hard to out. We know in brains of folks who have disorders like autism or Alzheimer's, high levels of aluminum.

Now, this injecting neurotoxins, what the heck were we thinking? So we know, we knew how autism is caused. We also know how ADHD is causing. And we also have pathways for Alzheimer's.

So to say we don't know. In 1986, that was a death knell for vaccines when under President Reagan, he created an MVIC, the National Vaccine Immunocomittee or whatever it was, Compensation Act, whatever was.

Which granted indemnity to pharmaceuticals that produce vaccines. And that was it. So they never have the incentive to make a better vaccine. You can look at things like squalene and other biologics that also can induce an immune system response without putting in metals like aluminum and mercury.

There are still some vaccines that have mercury in them. Like mercury interesting, you know, certain things are very rigorously. Discuss and analyze and critiques, but somehow vaccine got the pass.

And even though this there exists this vaccine adverse reporting statistics and compensation and indemnification pretty much if you roll in a vaccine product, human testing.

You don't really need to know if it's safe or even effective for that matter. Like, because they got such a halo effect from, you know, Jena or whoever it was with the cowpox, they never met a vaccine they didn't like.

But I think it is time to look at it. Maybe we don' the adjuvants you're talking about that are known toxins. Maybe we don't need M and R all together.

Who knows? But it was never, they got such a blessing. Don't you think? That everyone was just rushing. Like Gardasil was universally for boys and girls brought in.

And was that needed? I mean, Well, if you look at the payout from legislators who see money from pharma, it's across the aisle. It's purple. Everyone's getting big money.

The amount of lobbying, the amount lobbyists and money pours in from Pharma. So who controls our government is big, big pharma. big ag, big food, Big Tech, and that's just running it.

So that is the first thing. And even our scientific knowledge, where we get our literature, I can no longer go to the previous sources. Pediatric journals, Contemporary Peds, or I don't know, whatever the adult journals you read, AAPs, productions, because they are all bought by pharma.

Pharma gives so much money to our organization. Marcia Engel said as the former New York Times editor, she's like, I suspect or know that half this stuff is BS.

She used to be the editor for like 25 years, the New England Journal of Medicine, like the cornerstone of medical knowledge for so many physicians. So it's been purchased.

Getting to our legislators to do the right thing on our behalf doesn't happen. Now we've had to put this idea of our health is being regulated by agency, government agency is out.

It's not happening. So our medical system is literally a free for all. And it's really hard for poor patients to wrap around the fact that there are these protocols without scientific backing.

If people want to know..

Holding Contradictions and Medical Freedom

. I mean, that's exactly right. I say, again, cynically, the best thing that came out of COVID is that people lost faith in the medical profession. Because I tell you, when you're faced with this cognitive distance, and later they passed AB 2098, two paragraphs of poorly written legislation that COVID disinformation will get you flagged.

It's really scary to think that the majority of these docs who may have had cognitive dissonance, well, they definitely did. They said employees, friends, family, even myself, will take a vaccine that, hey, I'm too scared to even read the safety literature of animal testing.

And that's that literature they wanted to hide for 75 years, you know? So this is the kind of thing. And I actually had a car accident one time. I read that the American College of OB-GYN, and I was trained at OBGYN, was recommending universal vaccination with this mRNA for pregnant women.

For us, we like freak out over an aspirin or a Tylenol on a pregnant woman. That's all it costs to buy the America College OB GYN. Three million dollars?

So anyway, my point is that you have an extraordinary mind you're able to hold opposite things and Still function and not many people can do that, you know Well, we can train ourselves to do this.

You know, I'm not dr. Doom and gloomy here I really quite an optimist and you you to train your mind So just like you train you body people understand going to the gym, right?

Everyone's in the gyms doing Pilates, yoga classes right on You need to do the same control of your mind because there is something called the gut brain microbiome axis and they're on constant.

What happens in your gut happens on your brain, what happens to your brains happens with the. As you change your thoughts, you changed your physiology and sometimes you have to fake it till you make it.

I love that. I loved that so much. And I wanted to ask you about root causes, because you're integrative. It blew my mind when Elisa Song gave the homeopathic thing.

Because to do that makes very little sense from an intuitive point. But people believe in it. Seems to work. Quick round, tell me what you think of these things.

Give me a rating like, you know, A, B, C, D or whatever, okay? So we did two on fecal transplants, one China Cahill from Canada and one Sabine Hassan, what do you thing about fecals transplant?

I'm all over it. It's the forefront of medicine. I think it has tremendous value in everything from Lyme to C. diff infections to autism. Okay. Probiotic freeze-dried capsules for like, what are the two?

Acromancia and the other childhood one? Bifidobacterium fantis. I don't like giving single probiotics, although I do. People eat it in a food, a fermented food.

Whether it's sauerkraut, kimchi, kefir, whatever. A B or a C? I'm going to give it a B. Okay. No people give a c, but I still use probiotic. What about fermented foods?

A. Great. Home gardens, is that something that's practically one thing and ideally another? Like, where are you with home gardening? So I have a whole section in my book about how to get your garden started, your home garden, because that's how you can get children to start eating foods when they themselves grow them and plant them.

And it doesn't have to be a growing an acre of corn people. Okay. You can put a carrot in the ground and watch it sprout up. and I tell folks you live in LA, you're living in an apartment, herbs in your windowsill.

Maybe you've got a terrace, maybe you don't, but you. Even some simple herbs and your window. So whether it's rosemary, basil or cilantro or parsley, easy to grow all over it.

Okay. What about genetic testing for single nucleotide polymorphisms? Like some people are missing one of two genes for processing, or more importantly, detoxification pathways.

Do you like that? Is that an A? Well, now if you're in mainstream medicine, every pregnant woman should be getting an MTHFR, which is a genetic test that you are referring to by the OB-GYN, especially women who are miscarrying.

for sure. Now, people to be able to interpret their own genomics is tricky. So if you are going to do it, please work with a qualified integrative provider who is trained in genomic and what to it about those genetics.

I mean, I worked with Sharon Houseman Cohen at her IntelliX DNA conference. Is that one you recommend? Yes, so people can work with you Dr. Park to get their genomics assessed and you don't necessarily need to manifest your genes so a qualified practitioner for sure to help you navigate the results.

Okay, cool. Well, it's very interesting. So let's talk about the future of public policy because you had a little grace note a few years ago talking about Bill Gates and I just wonder, you know, Epstein files aside, how does one guy get our computer operating systems and backdoor vulnerabilities for the deep state?

And then he goes into Common Core and teaches our kids some ridiculous non-intuitive math and gets rid of cursive. And, then, he vaccinates kids in India and some don't do well.

Now he's in front of some kind of Beyond Meat thing. just at a time when people are developing this alpha-gal sensitivity to me. Like, how is this guy like the Forrest Gump of controlling our lives?

What do you think about that? It seems to me that everything the Bill Gates Foundation, I think Melissa's off it now, God bless her, it touches, is the most evil thing I've ever seen.

He's the one who's funded the Impossible Burger. Forget it.

Vaccines, Adjuvants, and Pharma Influence

His bio milk, synthetic breast milk formula, forget it, he just funded these patches where people, you can tell what they're these RNA patches that light up.

I just started reading about it right before this podcast. That's Bill Gates. He also funded synthetic foods, that's all coming from Bill gates. You talked about what happened in India, Bill gate, Africa.

They were giving vaccines that had birth control in them that made the women have fertility issues going forward. What a nightmare that was. he was putting in HCG in these vaccines.

That essentially really caused reproductive disasters in African women. So I think, you know, to me, why is this evil eugenics psychopath, a frequent flyer in Epstein's spaceship there?

Why is he still out there, beats me. You know? Are you kidding? And I've even heard rumor that it was his dad's largesse and somebody who got his Microsoft thing floated.

It wasn't like he was some brilliant kid in a garage just putting together computers. Anyway, it was kind of a rhetorical question. I won't get you started, but yeah.

Oh, you got me started Ed, Ed you get me starting. Get me start. People don't want to connect the dots because it's too ghastly to contemplate that people are so controlled, that they would do evil stuff.

And now we're headed into this era of AI and certainly the social media with which we interact. is a surveillance tool, whether it's being used as such, who knows.

But the fact that there's pushback from the major developers, the back that, you know, Claude is having to resist Pentagon participation and has something to say about it.

I mean, we're in a time of tremendous change, but the thing that I see when I look up at the beautiful, not chemical trails coming all the hash tagging our skies, hash marking our sky.

The thing I think about is that people have lost one thing. Well, it's really one that shows up in different places, which is outrage, right? So if you heard that some guy was a sex offender harming little children, you'd be outraged, right?

And you would demand something. And I just think that the level of fear, because it's very easy to get to people, it'd say, oh, here, be ashamed if something happened to your dog and your kids.

It's really easy get people. But that level whistleblower of, I'm willing to die on this hill, like professionalism, Like the ethics is totally gone, whether it was ever there from journalism, but even in medicine, as we saw during the COVID epidemic, I had to fight from doing air quotes.

The professionalism and just the outrage is people are so unable to muster. any kind of personal courage or opinion. And I think that maybe comes from our life experience.

Everything is reported in real time, civilians murdered, things blowing up, mass people being pushed in front of trains. We're so desensitized that we can no longer feel outrage.

What do you think about that? How can we humanize the human race? Certainly. I think this is part of the eugenics plot to kind of, you know, create just kind a blanket apathy regarding all these horrific things that keep happening.

And I'd say honestly to folks, stop scrolling, patrol your scroll. Get off your devices. I mean, where the hook is, as you mentioned earlier in this podcast, is the dopamine-driven devices sitting all around us.

People are completely addicted. You have to be able to leave your phone. We existed. we didn't have carry our phones with us 24-7. you should not be reachable 24 7. Those phones are designed to create addictions, and all our kids now are addicted to these devices, And they're constantly feeding us the information they want us to see.

The algorithm, yeah. NYU graduation last week in Yankee Stadium, we had NYU professor who wrote a book, I think it's called The Coddling of American Mind.

He talks about kids not being emotionally resilient. You know, they're too protected and this is not to the, it is to their detriment. And he got roundly booed by a third of the audience of students.

Whereas Laura Dern came in with the same message, you know, You got to turn off your app and look at the people in the cafe. That's your material for your creation of art.

She got celebrated. But I think it's very hard to tell people who are in a very protected bubble, safe spaces, woke communities, like their virtue signaling and their social capital is part and parcel with them being this defined character in this play, right?

And that character is a part of cancel culture. It's part, we all know what's right and we know all what is wrong and they identify a straw man, you know, this sort of gender, identity, sexuality, and it's all so simple, but it works.

They're useful. Kids, these kids that are, you know, a voting block. But I just thought it was still funny. In my mind, the two speakers were saying the same thing, But the way that it said and who was saying it, was all that mattered to them.

Well, that's a beautiful point, and maybe that is really something that people reflect on. It's your tone. Your communication style. And because people have such a short attention span now, thank you Roundup.

That also is from disruption in microbiome. So you have to be able to effective and communicate well. I have found Laura Dern, she's an actress. She knows how to communicate.

Perhaps the professor, well, professors know how communicate too, so I don't know what happened there. But what you want to do is utilize a way to get people out of their fear state.

When we're in our fear-state, we have activated our amygdala, the reptile part of our brain. The way you get into the prefrontal cortex of the brain, that part is responsible for abstract thinking and constructive thought is through laughter.

Through joy, through humanity, though love, but particularly laughter. So I make sure that when I'm giving my talks that it's filled of, you know, bias and base and, the self-depreciating humor, I am from New York City, that we can engage people in a way that's human.

It's not AI driven and they can get out of the fear state. So they can actually say, oh yeah, wait, what is she saying? I can really process that.

Gut Health, Root Causes, and Practical Interventions

But when you have people in the fierce state, like they did during COVID, that was really smart, the way they that didn't work fully, it was smart. Got us in our reptile brains.

That was interesting. Yeah. I didn't know living in LA during that time, there wasn't a single chemtrail in the sky. And I'm thinking, oh, okay, planes don't fly during COVID.

But I guess the level of loosh or fear was high enough that it was just a waste of chemicals. Anyway, so there is hope. You have a brilliant mind. I think that's a great point for people in general.

I know I struggle, my kids struggle. Friends, neighbors struggle so I eschew the simple answer and don't dehumanize because it serves no one but the greater conspiracy.

So your books are What's Making Our Children Sick? And then a couple of years ago, Making our Children Well. You both asked the question and answered it.

Yeah, that's what I try to do. The first one was very academic with lots, but based on my patience. And this second one, you know, sitting in my lap, this is a guidebook for parents.

I want people to buy the manual online. Why? It has shown that your knowledge, your capacity to learn is much increased when you're actually writing. A study came out which showed all parts of your brain light up when your actually reading.

No, absolutely. I was in a bookstore in Greenwich Village and I said to my sons, what do you think about losing cursive? Like, we don't miss it. Of course you don' miss.

You didn't know what it was. Yeah. I think you also have GMO science, your nonprofit to help people understand. So you've really been a preeminent thought leader in this space.

And again, I'm not going to ask you to share your politics because it doesn't matter. But yeah, even if you don't agree with some of the things that the administration are doing, and I don' agree a lot, at least we got RFK trying to Get rid of red dye, number whatever, and we got him trying to get rid fluoride in the supply.

Somebody is asking important questions about public health. You know, for sure, Bobby has been a breath of fresh air and I think he's been handcuffed in that administration for so many reasons as has it been evidenced by letting McCarrie go just last week.

But Bobby, he brought the autism question up into the forefront of vaccine. You're right, the food dies, medical education. This is all in a short time.

He's only been there since January. and i think he's done a great job. I think that you're doing a good job, and he is doing great. The funny thing is, as cynical as my presentation might be, somehow I feel that the cynicism has reached such a peak that when people hear these conspiracy theories, this year has been amazing, I've done EMF poisoning, tinfoil hat stuff, We just a month ago did root canals and mercury fluoride with a biological dentist.

So sometimes the truth is from these crazy Cassandra like voices and you have to let it in. And believe it or not, I think people have developed a callous, a cynicism that if they hear some crazy idea and there's no good scientific evidence to refute, they actually welcome it much more than what's coming through official theocracy through the I mean, I met, this will blow your mind.

Two years ago, met a woman who worked at the CDC and she was very proud to come up with the six foot rule of social distancing. And so I asked her with a master's of public health from Columbia and being able to read a freaking scientific article.

I said, where'd you get that? She said Twitter. So our official policy is just garbage in garbage. It's crazy. But you gotta, what can you do? You gotta keep on functioning in the world, right?

Yeah, the six foot thing was, I love Darren Kirk. I gotta tell you, it is the restaurant eating. You walked into a restaurant with a mask and then you sat down and the mask went off because this protective bubble came up around you and waitress.

And I thought, okay, luteces that people accepted. was crazy making. I tried to go to a famous gay bar for the first time in the Upper East Side and they wouldn't let me in because I didn't have an active vaccination card.

So we go from this thing and people just are not, they're not aware of their role in history. There was a nurse, I think you remember, she gave Saline instead of visor to like thousands of people in Germany and she was vilified in 21 and She was sanctified In 25 and it was the same person same act same judicial system So we had like a compression of the public opinion on that in four years But what I kind of let me let, me just I was remiss.

It's been 30 something almost 40 minutes I I buried the punchline. So the Punchline is dr. Michelle Pero is author of two very important books and a nonprofit and basically we believe For a lot of reasons, that the reason that autism is 1 in 31 and childhood chronic illness, probably autoimmune, possibly gut dysbiosis, maybe cancer, all this is caused by stuff that we have a choice.

letting into our bodies, whether it be vaccines and mainly just the food supply. But a lot of things, there is an answer and there are some things that you can mitigate.

Bill Gates, AI, and Public Trust

So that's the whole point of this podcast is that there's knowledge out there. You don't have to be overwhelmed and you could mitigate for your family to protect your Well, well said, and I couldn't say it better.

And I think that staying, you know, or people listen to people like they admire something like people, like yourself, who has people. Like you like me, we have been on both sides.

So we haven't been seen both side equation where we're traditionally trained and here we are in the integrative health space. Just for one correction, I don't call it conspiracy theories anymore.

My husband does. He calls me a conspiracist, but I like to call a critical thinking. Yes. Thank you. Absolutely. I will snap you up for that. Well, it's like both sides now.

Let's take that great song. But another song from the 60s is, give me spots on my apples. Give me spotty apples, but give the birds and the bees. And we talk about things like colony collapse and ecological disasters.

I don't know. You walk around, everything seems fine. The disaster doom-scrolling messaging is overdone

personally. So I think we have a couple of great take-homes for people is, you know, stay curious, get off your devices, sit out in nature, go talk to a friend, don't talk your AI, Stay human.

And remember to laugh, even when the situation seems difficult and know that messy can be okay. There's always a cleanup committee that you can work on and sometimes it's okay to live a little messy until we straighten things out.

Love that. Thank you. Yeah, no, my AI is great. It helps me a lot, but it's also my pimp and my dopamine dealer, so I got to watch it. All right, Dr. Perot, go to gmoscience.org, right?

And we can see her books on Amazon, What's Making Our Children Sick, and Making our Children Well. Alright, Doctor Shell Perrot, thank you so much. I hope to see you again soon.

Dr Park, it is such a pleasure. Thank you for doing what you do. Lovely to be here. Hey farmer farmer put away the DDT now So give me spots on the apples, believe me the birds and the bees Don't it always seem to go that you don't know what you've got so let's go to the paradise, put up a parking lot Many clinicians are getting interested in exosome therapy and they hesitate for good reason.

Questions like does this work? What forms do I need? How much should I charge? how do i stay out of trouble? All these questions are addressed in my online course that's why I created it to help you get started.

The online course is your permanent turnkey resource to get started either treating yourself, friends and family, or to expand your practice and help more people, as well as increase your revenue.

Thanks for tuning into the Recharge Biomedical Podcast. If today's episode got you thinking, you'll love my book, Exosomes, Songs of Healing. It's packed with cool analogies, full color illustrations, and all the science you need to understand how exosome are changing the game in aging and regenerative medicine.

You can grab it in paperback, ebook, or audiobook, whatever works for you. Now head over to www.rechargebiomechanical.com to check it out. And don't forget to like and subscribe so you never miss another episode.

See you next time.