Fake Food, Real Damage: Protecting Kids' Gut and Immunity Transcript

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Opening on school lunches and food justice

As pediatricians, as a social justice issue. How can I be okay with myself that I'm buying organic sushi for my kids and some kid is eating cardboard?

They might as well be eating cardboard in public school, right? It's not acceptable. So. But this is an opportunity for every mom to step in and create a school lunch committee.

Yeah. Change. Change the culture of school lunch at your school. And if that, until that happens, send your kid with school lunch. If you can do that, if you can be that mom or dad or dad.

Hello. To send the school lunch, send an extra lunch because some kids are going to school without any lunch until your child, if you see someone who doesn't have any to eat, share your food.

This is doctor talk, real talk from real doctors on the issues that matter to you most. Welcome back to the Demystifying Pans Pandas podcast, and I am really thrilled to welcome a colleague and friend of mine, Doctor Michelle Piro.

Michelle is an MD and a doctor of Homeopathy, and a seasoned clinician with more than 40 years of experience in pediatrics integrative medicine.

Guest introduction and background in pediatrics

And she really is dedicated to treating children and families. She's had many iterations of her her career from from Yale to Mount Sinai to Bellevue, NYU director of pediatric emergency medicine, UCSF.

On and on and on. But really, for the last couple of decades, she's really championed the integrative approaches to health and really focusing on the impact of GMO foods, pesticides on our children's well-being.

She lectures all over the place. We have lectured many times together. She coauthored the claim book, What's Making Our Children Sick, and has another book that will be coming out making our Children Well.

She's the CEO and co-founder of GMO science.org, which promotes food as medicine and regenerative health education. She hosts another podcast, which I highly recommend.

The new MDS has lots of parenting resources and she's just a gem. So Michelle, I so appreciate you being here. Nancy. Thank you for that introduction and that and your intro made me feel like, oh, I've been at this a while.

So I. Know. Happy to be here with you and share the tidbits we picked up along the way. Yeah. So so just start with how you got started. Really in the the homeopathic integrative, you know, the the really the health of our children.

Certainly. You know, I, I'm from New York. I was an academic, you know, pediatric emergency physician working at Oakland Children's at the time. UCSF took it over later.

And, I had a son 31 years ago who had some health challenges, as especially you know, the kid of a pediatrician. Just watch out, you know, get it, parents, we get it, too.

Well, you're not alone. And my son's challenges were, tough. And long story short, I had a serendipitous encounter with a homeopath at a practice an MD Pat who I later work with.

Doctor, you can say I can't say enough wonderful things about her. She told me to give my son a remedy or my

empathic remedy. I had never heard of the word homeopathy.

I felt like such a troglodyte. Like what? What am I giving? And my son was better in five minutes. Happened again, better in five minutes. And I thought I literally exploded because as you can see, I'm a bit passionate about what I do.

And I said, are you kidding me? I may have had a few adjectives before, are you kidding? And I went back immediately and studied homeopathy, became a homeopath still in the ear, mind you. Wow.

Taking a couple hits for that. Eye rolls jokes, you know. But I was still following, you know, the regular mainstream curriculum. And then I did pivot over into homeopathy out of the air.

I just had to literally I couldn't tolerate, mainstream principles any longer, especially when I had all these little cheap, affordable sugar pills that I could give kids.

Homeopathy breakthrough and shift to integrative medicine

But then one of the parents in the practice I was working in, Doctor Hawkins's practice, said, Michelle, we need a pediatrician to be on a board to stop the spray of Against This light Brown album off.

That's going to occur again along the entire coast, California, and you've got to do it. I said, oh no, I can't. I said, I'm in practice. I have young kids.

I'm a soccer mom room mom, PTA chair. I was like a school employee. And you know what I did, Nancy? You did it, I did it. And so then these girls did all the heavy lifting.

They just use my name. I'm going to be honest. And I just went and had lunch with them because they had great organic food all the time. These moms made the meals, and then one of the moms, Lisa, said, Michelle, what do you think of GMOs and, pesticides?

Have you read Jeffrey Smith's book? And I said, who GMO? What? And she gave me see the deception? Jeffrey is a good friend of mine. I'm working on a joint paper with him, literally on the other screen.

I love Jeffrey, read his book, and then I flipped because a couple years prior I started is seeing an uptick in autism, autism spectrum disorder, which I hate that word and gut disorders.

It was like every other kid, and I was running an integrative urgent care in my small town. At that time. I kind of started doing that. Every kid had a gut disorder.

They had constipation, bloating, reflux, every kid had eczema, and whoever or whoever didn't have that had some type of spectrum equality. It wasn't always hardcore spectrum.

I was seeing Asperger bits and little bits of social maladjustment and a bits of kind of OCD behavior. Not the full blown picture. This was about 2000 Nancy and I, and I'm calling to my other pediatricians in our community.

I said, hey, what do you guys think of this? You know, are we all going crazy? My gosh. And there's like, you're getting better at diagnosis. That's like, no, I'm not.

I'm like, no, I'm really not. My grandmother could diagnose these kids. It's really not that subtle. People. Right. You know when when in kids doing this Nancy.

Like in your office. Not subtle when they're lining up toys and perfect lines and won't communicate with you. Not subtle. Not pooping for two weeks, not subtle.

And so I literally lost my mind. I got it back, I found it, and then I just pivot to environmental health focused on

foods, GMOs, pesticides, mills, energy modes.

And but I continually keep expanding and networking for other environmental environmental toxicants. I try to use the right word, not toxins. Those organic toxicants are inorganic and really trying to teach parents how to regain their children's terrain and get them back on their tracks.

That's where I am now. And fighting the fake food fantasy that we've all been involved in. Yeah. So let's let's talk about that because I've heard you use that phrase fake food.

What is it? I mean, I know, but tell everybody what it is.

Fake food, GMOs, and engineered microbes

So, GMOs are real foods, but I call them food, like industrialized products because they are engineered to have certain traits, like one of the traits GMOs have is that when you spray roundup, which is a glyphosate based herbicide, the crop doesn't die, but the weeds around it die.

So they're engineered. But so that was the original introduction in 1996 to 98. Since that time, we have GMOs 2.0, and we are editing everything from plants to make vaccines to animals to grow, horns, to add to yeast to produce every type of supplement.

We even have used to produce vaccines. So we've taken this and it's completely unregulated. Any high school kid with $169 stealing mom and dad's credit card can buy a kit on Amazon and genetically engineer microbes in their garage and do God knows what with them.

And you say, well, Michelle, what's the problem with these genetically modified organisms? Because that's let's start with the food. Fake food, the problem is, which has not been studied, is that these now genetically new microbes, which have new traits, can swap plasmids, which are little bits of DNA, with the microbes in our gut, because we are mostly microbial, maybe 10 to 1, microbial to human, we exist of a large array of microbes that keep us as unique as we are, and they are having a bacterial sex party, hopefully parent approval.

Hopefully you see from them. Okay, I digress, no bad jokes. Oh my God, Nancy. So, so. That's it's okay, I love it, I love it. And our listeners, do too. Don't worry about. It.

So okay. Vacuum or 101. So they're swapping. And when they swap these plasmids they're creating new microbes. We don't know what those microbes are. There are health ramifications.

We exist because of what our microbes produce vitamins B12, neurotransmitters, Gaba, the calming neurotransmitter. Our first line against protection for detoxification, immune function.

Those microbes talk to the babies. Fame is telling them to help develop the innate arm of the immune system. So, We are microbes. Love you. Love your bugs.

So this is that was the first funky fake food to hit us. And it's gotten much worse since. Yeah, absolutely. And and talk a little bit because, you know, this is demystifying pans pandas and, and most of our families and practitioners that are listening are dealing with children with auto immunity.

How is this food that they're consuming linked to all the autoimmune disease we're seeing. Right. So now we know that children are experiencing a tsunami of autoimmune diseases.

Pans, pandas, basal ganglia, encephalitis call it what it is. I think autistic spectrum is a form of autoimmunity. Asthma is a is now considered an autoimmune disease.

Juvenile idiopathic arthritis up diabetes type one. It's gone up like over past 30 years 3 to 4% celiac one and 100. Inflammatory bowel disease about it's not so common.

Maybe 1 in 200, but not benign. So essentially every autoimmune condition has gone up in children. We have to ask what has changed. So if we look so that's that's the lab.

Now we know we've introduced these fake foods. And I talk about well I'd mentioned GMOs. That's a fake food. In essence. They also now have introduced 3D printed meat.

There are I counted I gave the talk last from a couple weeks ago. There are over 60 companies making, yes, 3D printed meat. Everything from eel meat to bushmeat to sushi.

Using a 3D printer, either with stem cells from an animal like a cow, or on an agar plate using a bioreactor and adding, a solution to create the broth to make this 3D printed meat, which they don't have the label.

And also in the wisdom of, Mr.

Autoimmunity, glyphosate, and vitamin D disruption

Gates, is supporting two gals out of Georgia making bio milk with a Q, which is, I can't I can't get over this one. This one really gets me right here.

It's, a breast milk substitute made from a mammary cell. Epithelial cell in a lab to stimulate, simulate that stimulate, simulate breast milk. Again, it's a lab product.

Bill gates just gave another $23 million to two gals who had trouble breast feeding, and they feel that this will be better than the wild, toxic formula that I've been studying of late.

But there's all kinds of problems with this lab derived breast milk as well as like, well, 23 million could have really. It covered a lot of lactation support for moms.

Just saying, Mr. Gates. Anyway, I digress there. We've got that going. And so and, and and also, as if that's not bad enough, this, this crickets are not fake food, but we're also being introduced to foods that humans should not be eating, like crickets.

And that's been a big push for kids to be eating cricket powder and cricket as protein and reducing our reliance on on cows that are passing gas, which is another fantasy.

And so I've been fighting against this cricket thing because it's an E code on labels. Parents, by the way, if you see an E code that that maybe crickets.

Crickets have parasites. And of 300, insects that were studied, about 30% of them had parasites, either pathological to humans. Now my chickens I have five have chitin so they can break down that little cricket for me.

I don't have kindness so they can create abdominal issues. They can create allergies. Oh and parasites. And so they're kind of changing our food. Not quite a fake food, but there has been an overhaul to these ultra processed foods.

Foods that we shouldn't be eating. And all these foods have an element of genetic modification with their associated pesticide, which, is usually not always a glyphosate based herbicide, or that cousin glyphosate, which also increases ammonia production and inhibits, glutamine synthesis and increases ammonia.

But anyway, none of it is good. Now, I find it fascinating. And I you know, I had no idea about the crickets. I've. I've learned something. I just don't need the crickets.

So there are some cultures in the world that they're in their intestines. Right. Designed to handle those crickets. There are enough. We got to be careful here because you can.

I always tell people, eat your ethnic lines, right? If ethnically your families have been eating crickets for 300 years, well, that might be just fine for you.

For your for your genetics and epigenetics. Now. So glyphosate isn't everything if it's not organic and even organic is 5 to 9% contaminated with glyphosate, right?

So like the main ingredient, roundup, everybody knows that who's heard me speak. So glyphosate is an antibiotic Monsanto Bayer 2003 2010. It's a patent I know that pen by heart.

It's an excellent antibiotic. Excellent. It was designed to wipe out protozoa, malaria get strep staff. Beautiful. Wow. But it also gets bifidobacteria babies for the lactobacillus.

And it promotes Clostridium autism. Clostridium a little bit certain certain types of good. Too much is not good. And even salmonella. But what glyphosate also does, it takes out an important microbe in our gut.

So this is my theory now, Colby fragile is back to what is right. That's one of my theories. Now, back to what is fragile is is provides the ecosystem where vitamin D.

Works, right? Vitamin D needs be fragile. They work in collaboration. Be fragile. This can cause, a kind of stabilization, stabilization of a regulatory cell that lowers the risk of autoimmunity.

Certain cells called T red cells. Right now, vitamin D needs to be fragile. Now, glyphosate also impairs a liver detox pathway called the cytochrome P450 pathway in your liver.

Now vitamin D needs that pathway to activate. So glyphosate impairs there. Glyphosate knocks off its body B fragile S, so vitamin D, even if you're taking enough, may not be activated.

Even if you have a kid taking vitamin D, a kid laying out in the sun because of glyphosate. Now we know that low vitamin D levels are associated with our autoimmunity.

Now, every single autoimmune disease I've found tons of literature on the risk of autoimmunity from low vitamin D status. So we have children. When I check children, their levels are suboptimal to say the least.

1113 we want to see levels above 50, right? I like to see 75. They're so low. Right. And you need functioning shut to absorb vitamin D, which is a fat soluble vitamin hormone.

And so we through glyphosate we have impaired the ability to utilize vitamin D and vitamin D is needed to prevent autoimmunity. It's a key driver and.

We see it all the time. I mean, a minimum of 85% of the patients in our practice. And this we measured several years ago. We haven't measured it in the last couple of years.

And I've be, I bet it's even higher than that. You know, and these are not kids that have a level of 30 or 40, you know, sort of that still suboptimal range.

These are kids, as you said, less than 20. And, and, you know, all of my practice is autoimmune disease. So all of these kids and it's not going up and we talk again and again and again about our processed food diets are non organic diets really affecting this.

And you know what's interesting I mean I get back to basics with families. And I still see families on zoom. And I had them take their pictures of their pantry for me on their phones.

School lunch reform and community action

And I'm looking and they said, I eat organic. I said, tell me a picture of your fridge, your pantry, your liquor cabinet,

your spice rack. I'd say people who think they're all organic are 50% organic.

When I tell people go organic, I'm talking all in like A00. And and they say, well, we can't afford. I said, you need to cook. How often do you eat out? Oh, twice a week.

What does that run your family. Have you been out lately? It's wicked expensive. Tell the restaurants in your area if you're going to charge all that for a salad. The 25 bucks. Make it organic.

So eating out here, you're not giving away what a tab on your 50 bucks for, like a salad and like an ice tea. I mean, maybe. So this is what's going on.

46% of American families income is spent eating out, so people are doing it. Hopefully they're not doing the drive thrus. Please. You know, Taco Bell, Taco Bell is going to be all GMO.

Don't don't even sell me on McDonald's. And, you know, chicken nuggets and all. What's a little rat bits and all I do, I can't even go there. Not to mention the acrylamide in the French fries and and the cottonseed oil in and out burger.

My kids and mom in. And now it's one of the healthy ones. I said, oh it is. How about that cottonseed oil? And they're French fries. We're not supposed to eat cottonseed oil.

No one's fuzzy cottonseed oil. It's a byproduct of industry like, oh, let's use it to fry potatoes. Okay, so we have to go organic. And so when families who are struggling, if they send their kids to public school and they eat a public school lunch, 93.7% of tested school lunches have glyphosate in them, and 100% of them had toxic metals 100%.

When I learned that I that's when I did the infant formula study, which I published last May, and I did it with Stephanie Sarnoff, and doctors sent us and said, honey, cut from moms across America.

We looked at 40 formulas and all 40 had toxic metals. And you say, well, what's that got to do with autoimmune anti Michelle? Well, I'm going to tell you.

So the aluminum in those metals were in the parts per million. The other metals when the parts per billion. That's micrograms per gram. Parts per million.

So if I had it all consistently one Goat formula from Bam Australia capita had 44,000 parts per billion of aluminum. Now when you eat glyphosate, it's in breast milk.

If moms aren't eating organic it easily. It's a synthetic amino acid. It easily crosses into, breast milk. And there's glyphosate in formula. Also, it's a baby's getting formula.

Glyphosate neutralizes a charge on aluminum. Kids are born with the leaky gut. Or if they have, if they have any kind of autoimmunity, 90% of them have leaky gut crosses over aluminum and glyphosate or buddy's aluminum can glyphosate can shuttle aluminum six different ways across the blood brain barrier.

Aluminum is a neurotoxin. The micro glial cells, little immune cells in the brain. The brain gets charged, turned on brain inflammation. And what is brain inflammation look like?

It can look like autoimmune. It depends where it goes. It could look like behavioral changes. It could look like social withdrawal. It could look like sleep disruption.

It can look like language, impairments. Receptive speech also be fragile is also improves receptive language by the way. And it's being used as a as a therapeutic in autism.

So we know this is important because we also know receptive speech is an indicator of IQ. So that's a very important thing that'd be fragile. It keeps popping up back to back is fragile is when that aluminum and other

metals, which Doctor Exley and others have found in autopsy brains, it's hard to get out. Right.

And this is one of the many triggers of the autoimmune sooner of, you know, encephalitis pans, pandas, autoimmune anti, you know, the whole gamut. Probably Alzheimer's too. Yep. Absolutely.

And you mentioned very briefly school lunches. And I know you're doing a tremendous amount to try to change the the absolutely horribleness of our school lunches.

Can you talk about your efforts in doing that and what people can do in their own communities to make that better? Yes. Please do it. So there has been initiative that's been introduced now to get a school lunches healthier.

And it's been happening through Secretary Kennedy, HHS. And kudos to moms across America for spearheading the school lunch initiative. And I couldn't give them more praise for their work.

And so there is a big push to reevaluate, get processed foods off the menu. We need cooked meals, organic meals, organic regenerative meals in children's schools.

So these efforts are underway. And I tell parents, if you have a child in public school, create a committee. Get on a committee to see how you can change your own children.

School lunch, getting little, ultra processed foods which have they can average 50 ingredients have they're nutritionally bereft, wrapped in plastic and then nuked in the microwave.

So the little plastic bits get in that little tray of food that that kids don't want, where ketchup and apple juice are labeled as fruits. This needs an overhaul.

In India, moms get paid like a dollar a day, and every child in India receives lentils, daal and rice in India. And they're getting home cooked food every single day.

And those moms get a dollar a day. They're feeding India home of a billion plus people. I don't have the exact number. I don't know how many children it must be.

And these moms are in those schools making lentils.

Organic priorities, minerals, and practical nutrition

It's a health food. Now, here in the U. S., it's got one of the highest amounts of glyphosate legumes. We do know it's because they use glyphosate as a crop desiccant.

But if we if they could do it in India. You mean to tell me we can't do it in the US? Are you kidding? Right? I mean, people, so it is possible. And the reason why this is so important for so many children, they're eating the bulk of their food at school one, 2 or 3 meals a day.

So for us as pediatricians, this is a social justice issue. How can I be okay with myself that I'm buying organic sushi for my kids and some kid is eating cardboard?

They might as well be eating cardboard in public school, right? It's not acceptable. So. But this is an opportunity for every mom to step in and create a school lunch committee.

Now change. Change the culture of school lunch at your school. And if that, until that happens, send your kid with school lunch. If you can do that, if you can be that mom or dad or dad.

Hello. To send the school lunch, send an extra lunch because some kids are going to school without any lunch. And tell your child if you see someone who doesn't have any to eat, share your food, assuming they don't have a dairy.

Oh, you know what? I got to be careful when I say that as a child does not have a dairy allergy or a gluten or nut sensitivity. Other than that, right?

To be mindful of children who are hungry and and maybe you, maybe moms that you could talk to their mom and dad and say, listen, if I have extra lunch, I'd be happy to share it.

Yeah. So, so good. And let me ask you, Michelle, I mean, yes, you and I want all of our families to be organic. We want them to do that as much as as they possibly can.

But the questions are going to come back. I can't do that right now. For whatever reason. Are there 3 to 5 that you say? Absolutely. You know, we know the environmental working Group has the The Dirty Dozen, which is now 15 and probably should be 50.

But how would you answer that question, Michelle? So I would say, if you could, that dairy that a dairy has to be organic. Yeah. If you do meat, if you do eat meat and I do like me for children, I do follow Western a price for diets for children.

I'm a fan. But if parents are vegetarian, I can go with that, too. You know, I respect cultural, decisions, religious decisions, etc. I'd say eat less meat and make it organic.

Free range is buy less. Yeah. And if it's conventional meat, don't eat it because it's filled with antibiotics, hormones, mRNA vaccinations and God knows what else.

So don't eat that meat. There are certain fruits and vegetables. Berries are high in pesticides, so berries need to be organic. And honestly, plant your own.

And you say, I live in an apartment. Are you kidding? You can get a window box and plant herbs, cilantro, dill, Rosemary grows like a weed. Parsley, parsley.

Easy to grow and kids will eat what they grow themselves. Such a great point, because I think there's so much to that. I mean, I talk to my families all the time about getting kids outside, playing in the dirt.

And even if you can't, having that window box, as you said, you're in the middle in New York City planter you're a couple of window boxes planted on a teeny tiny little porch.

But get the kids involved and eat those things, even if it's just a spice. You know, an herb that's still a plant, you know? And and getting that done with your kids can be just that little start, you know, just because you can't do.

I guess my big point is just because you can't do everything today doesn't mean you should do nothing. You know, you do make one good step. And it's so we talk about all this time.

It's overwhelming for parents. I know they're working. I know their kids and oh my God, they're running two appointments. I get it. So you have to find a way to make it work for you.

Whatever you can do is better than doing nothing right. And the day where someone's going to do for you is over. You need to do it yourself or in your community, your church, your school, your neighborhood, your neighbor.

Work together. If you grow cucumbers, let them grow the tomatoes. And so you don't have to grow it all. So this idea of reopening a community garden together, we have a community.

There's a community garden not far from me and a town nearby where people can get a little box, and all they have to do is maintain it themselves and it's free.

Yeah. And so there there are options. It's happening in New York City, too. Yeah. It's community gardens. They're popping up everywhere. And the reason why we're back to this is because we know what's driving the mental

health.

And I hate the word mental health, mental health and autoimmune issues in our children are dysbiosis, dysbiosis an imbalance microbiome. Our children's microbiomes are not robust.

They are homogeneous. They don't have any diversity which which and not enough nutrients, which creates immunological, debility as well as lack of nutrient density.

So they're starting off impaired. And when we just did a podcast on this ADHD, dysbiosis, autism, dysbiosis, bipolar disease, dysbiosis, major depressive disorder dysbiosis schizophrenia dysbiosis.

Yeah. And that like and people say when I was in school, you know, 40, 50 years ago we didn't have it. We weren't eating glyphosate and GMOs. Right. Even if I was from a poor family.

But we still had better food poor than what the kids are eating now. It has changed in our lifetime, including nutrient density. If those kids don't have enough minerals, I need zinc, copper, boron, selenium which you need, by the way, to activate vitamin D, and glyphosate provides those minerals by the way, and there's not enough of them.

The kids can't run their brain function, and they're all going to be doing this. Right? Right. And so I say that big middle deficiency is probably as important as vitamin deficiency.

Vitamins give it their color. Minerals give food their taste. If your food doesn't have taste and color, you've got no vitamins, no minerals. Just saying.

But those minerals are needed to activate a series of enzymes of reactions, including the vitamin D activation, which are probably about seven minerals now.

And when we test children, the when you go to your Patricia and say, hey, can you please check my magnesium and zinc levels? I heard a podcast with Doctor Nancy O'Hare and I've got to check it.

And they check plasma. Plasma will be normal. Your physician, your practitioner, needs to check the red blood cell levels of magnesium or zinc. If those are low, chances are all the nutrients are low.

And you can test that just in a conventional lab, you don't need a specialty lab. You just need to ask for an RBC zinc and RBC magnesium. If your physician or your state.

Gut health, vagal support, breastfeeding, and closing advice

Because the state of new Jersey is very bad by the way of doing RBC levels, and you get a plasma level, even a low normal is a quil event equivalent to a very low RBC zinc.

And as in so no zinc, that's 200 brain functions that are needed. Zinc, not to mention your immune function. So if your kid is has ADHD and is sick all the time, it might be a zinc deficiency and if they're a picky eater it could be zinc deficiency.

And so we're just giving them some increased minerals. You can fix a lot of issues. I don't like just throwing single nutrients at children. I like to start with their food.

And then if things don't correct with an organic, nutrient dense plant enriched diet, I do add multivitamins with minerals. I do. I do it a lot because kids can't seem to get enough.

They're so low, right? But that doesn't mean the gummy from the local pharmacy multivitamin, because then we're just listing another, you know, 20 ingredients, the first of which usually the first three are some form of sugar and modified sugar.

So, you know, when we say a good multivitamin mineral, we're talking about a really high quality product. And, you know, I'm one of those gummies. So parents tell me, well, great, go to Peru.

I have three kids, and you want me to put them on this high quality multivitamin, which is super expensive and all my kids need it. And I say, hold on, hold on.

Make bone broth soups, make a lot of bone broth soup. And which is cheap with one chicken carcass, you could probably make four dinners out of it. One chicken.

Rachel cost you about $8 if you buy an organic chicken. And I said, give them multivitamins twice a week. It's not ideal. I'd like to see the daily, but twice a week is better than zero per week.

And maybe you can just do it then. And I said, this is how I can compensate. And when if you can't eat meat, use the bones. They must be organic because your body will store toxic metals in bone, including cows, chickens, turkeys, lamb.

So if you go to the butcher and ask them to give him the organic bones, you can make a delicious soup out of that. Lots of veggies. And if you go to this farmer's market, at the end of the day, they'll sell you the imperfect organics at a low price.

Which are great for those soups. Yeah, what helps you is celery is not attractive at. So you cut out the ugly part, throw it in your bone broth soup. You got to cook it.

Chicken needs to cook for 12 hours. Beef has to cook for 24. It's got to be on the back burner. Someone should be home. Like, just don't let if I use a crock pot myself that I'm really into cookware.

And I do a lot of Mike. I cook every day. Nancy. Yeah, and I think I would do more cooking than when I did when my own kids were little. I would if I knew now, back then.

Know. But as I always say to our parents, you can't know what you don't know. You know so much of what our parents go through is PTSD over what I could have, should have, would I?

That's not what we're trying to say. It's just about now making the next step. And so we've talked about how we can help school lunches, how we can eat more organically, how we can do the window box or the community garden.

And all of this are also vagal nerve strategies to remember. The dysbiosis in the gut is really negatively impacting our vagal nerve, and that is negatively impacting, you know, the huge amount of anxiety, intrusive thoughts, tics, you know, neuropsychiatric stuff we have in our kids.

But that's a that's such a great point, because if parents can swing it, I recommend that all the kids who have cranio sacral, see pathway trains and children and do a vagal reset because they have these maneuvers, I try to learn them.

I was like, oh, my brain can handle this, but you can do these very simple maneuvers in France. They have people that go around and do these quick maneuvers after birth, and then we reset the vagal.

There are several countries that do that, and we're one of the few that that don't. I had an amazing cranial sacral therapist when my son was little. And, you know, yeah, he he would have a sinus infection.

She would work on him and it would be gone. Not the three meds that, you know, my old partners recommended. It's I agree with you. It's a very powerful.

G2I learned about cranial psycho here in California. I'm in Northern California with the homeopathy for my son and the work of a cranial psychotherapist.

Go with you. My son was reflex saying I found it on a dental visit. Fix the reflux. You know what that would do? Cranial sacral osteopathy by a doe. It was beautiful.

And one more thing parents must consider doing is breastfeeding. You know, we I know Bruce's best. Everyone knows is do we know it? Do what you can. I cannot stand that we consider pregnancy impaired.

The, disability in moms go on disability. It's not a disability. We should be given, like, European countries, at least six months off so you can nurse your babies.

But please nurse as long as you can. There is nothing even close to breast milk. That breast milk is full. The rich microbes that help you set up your baby's immunity from early start.

And moms, if you are pregnant or not, please work on your own microbiome and change your own diet because baby inherits your microbiome. F is mom is the steward.

Grandma great grandma, the steward of immunological well-being. Yeah. Well, Michelle, I could talk to you for days, and I just hours. I just I just want to keep going and going.

But we both said at the beginning, we can't go too long because they'll, you know, everybody will stop listening. But there's so many ways people can find you.

Certainly the GMO science.org and your website is. It's HTML Science Lab. Org. There's a Contact Me newsletter at the bottom. I read all the emails because I'm kind of like tight sphincter.

I like to see what people are asking, and I try to answer all the questions. So if there's something that is amiss, you're like stressed over, email me and I'll do my best to get back to you quickly.

Yeah it's great. And any last words of of hope, of resilience, of, of whatever you want to give our parents or practitioners that may be listening or watching 100%.

And I would say I'm an optimist. I sound like Doctor Doom and gloom, but I am a total optimist. And I'd say we have, we have a job as parents, and our job is to create holistic health, move away from farm to farm, and to regain our children's terrain.

And if we can embrace that three legged stool, your kids will be so much healthier. And moms, dads, please get the kids in the kitchen. Don't worry about the messy kitchen and get them in an early age.

In food from the farm with the stems to lawn and get your kids involved. It will pay off in the end. Yeah, such good words. And and another three pronged you know we talk about the three prongs of treating pans pan this that's another three pronged approach I'm going to remember after today.

So thank you I really appreciate it. Great to see you Michelle I. Agree I think Nancy, thank. You for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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