Tips on Pediatric Lyme: "The Poop About Poop" Transcript

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Hey, everybody, it's Robbie Best near, and we're back with another amazing episode in our line series. So you all know that you know me as the co-founder and vice developer for dressage.

And today we have just a super dear friend, doctor Michelle Perot here, to be with us. It's going to be an amazing interview. She's. I was reading her bio earlier, and it's just pages of accolades of things she's done, things she spends sponsored.

We actually met serendipitously, because we were both, part of the symposium in Beijing, and we just started talking on a little roundtable. And after a few moments, like besides the connection that we felt, we found that we had a common friend, Jeffrey Smith, who's at documentaries, and apparently Michelle was co-sponsoring with, Jeffrey and correct me if I'm wrong, Doctor Perot, but, a GMO series that he was bringing to light.

And so, Doctor Perot, tell us a little bit about your background, and then let's just dive right back in and unpack, the important things you have to say about Lyme disease.

Thank you. Robbie, I'm here because at this point in my, long career and life, I decided to align myself with people whose values resonate with my own.

That's a choice. As an elderly woman, that. That's why I'm here. Because I believe in what you're doing. I just want to say that for your listeners, that's number one.

Number two, let me go to the end, and then I'm going to start a little bit. It at the beginning is that again, I'm aligned with Jeffrey Smith. And just like literally hot off the press, your listeners are hearing a first joined on with him with his newest project called Protect Nature.

Now people should check it out. I believe in it. And I'll give you the link so briefly because we'll be here for a few years. You know, my journey begins, you know, basically as a Western trained physician, you know, Mount Sinai, and you Bellevue, now New York Medical College, right.

I was deep but not convinced. And what I mean by that is things didn't feel right. I've always believed in children. Children are my passion. They're my calling.

It's not a career, it's my calling. And my biggest overarching is injustice is medical injustice. And for those who have not been served and yet, how does that relate to today's conversation?

Robbie is that those who have not been served, our children have experienced chronic infection and they have been neglected, mistreated, maltreated, ignored and called crazy.

And we need to dispel that myth before we begin. So let's just lay that out there. That that's one of my. And that's another reason, because Jeffrey and I talk about gene editing of microbes.

Oh, yeah, it's all linked. So my my journey I came to California from New York, you know, a little, little East Lower East Side girl to crunchy Fairfax, California.

And lo and behold, world gets shaken up. When I had a kid and my kid had health challenges and I stumbled into homoeopathy, I'm a proud homeopath and user.

Things that I often don't share with, mainstream, medicine because of the eye rolling. I got so tired of eye rolling, Robbie, that I just couldn't even say I was a homeopath anymore.

But I nobody died from an eye roll. Okay. You know, my my skin's a little bit thicker. After four decades in the

medical establishment, I should say, my son got better through homoeopathy.

I have other kids. Well, but my own journey, we began. I had a patient, and she had Bartonella stray. Okay? And you say, whoa. Where? She's jumping into the Lyme conversation.

Bartonella is, a microbe into bacteria. It's it's carried by ticks. It's carried by cats. And it's often not diagnosed. And and this was many, many years ago, and I didn't know what the heck that was.

I'm talking decades ago. And later I learned that was Bartonella. And I thought about all the kids decades ago that I missed because I wasn't educated.

My son got diagnosed with Lyme when he was five, and Martha's Vineyard off of the northeast 80% of Mark, their Martha's Vineyard denizens. I think, are positive for Lyme is last that I saw, through healing.

And then I treated him when he was just a little guy. He's a big guy now, and I thought, oh, I'm done. Wow. I'm amazing. Oh, stop. Stop the press. Not so amazing.

Little did I know about persistence and co-infections. I train psychic aspects of healing. I didn't know my son was doing great. It's been a rough journey.

He's doing great. He's married. I love my daughter in law. So that's how I got here. Lots of bumps, bruises, missteps. But the one thing I share with your listeners and today is that you need to work with someone.

This is complex. It's chronic. And before we get into the nuts and bolts, this is a hard journey to go alone. As a practitioner who's done a lot of self-education.

Super difficult with one of my own. So I've lived this journey with very close family members and my patients whose little six souls I carry around my little are a little my energy field, their little six souls with me trying to help those families as well.

And so, I'll just that's the palette of pink that I want to lay out before you and I converse about what I think is probably all of them or some one of the most important things affecting children.

It's, you know, there's so many chords that you're striking in and what you're saying to me, the family dynamic is one of them. The fact that you've that you've chosen to focus on pediatrics and children is also completely interesting to me.

You know, children have challenges articulating what's going on with them. To start with, you know, we're big people looking at little people and little people, but that's kind of scary. And they don't feel well.

And then you overlay that with the oftentimes Lyme and the co-infections, the symptoms are diverse. They're very individual from person to person. And, so it's not a very easy one to diagnose or to figure out.

And then just recently, I mean, in the last five years there's been some great advancements. But if you dial back 20 years ago, 25 years ago, when we got started on our journey with our daughter, there weren't a lot of Lyme literate doctors around there still poking around trying to figure out what what to do.

And most of the protocols were, you know, they have a pathway very intensive with, using antibiotics and so forth and having homeopathy and having integrated approaches to, to figuring it out, getting people stable and getting on track to good health is is a wonderful, you know, through your own journey, you know, to bring to to all of us.

And so, thank you for your contribution in many ways. And so give us some tips. Let us know under some pack this little bit. So so tell us, you know, we've got line patients that are, you know, challenged and in bed because they're symptomatic and they can't seem to get out of bed.

They have no hope. They're a little bit sort of depressed because they may be exhausted both physically and financially. And you know, everyone's trying to help and trying to figure it out, but yet they're not getting better.

And then we've got the other scope where we've got functioning Lyme patients that just want to stay as healthy as they can be and stay ahead of the curve.

And so there's a full range there. Give us some idea of some of your ideas of sort of where to start and, and what you would recommend. Sure. I've learned a lot about Lyme, and I want to I like taking one of my favorite things to do is take a complex subject, which is Lyme, let's just call it Lyme, which means liming co-infections.

We'll call it line for simplicity, simplifying it. If I can't do that for listeners, patients, clients, friends, then I don't understand the subject. Okay.

So I believe this can be simplified because so because parents, for example, are not practitioners okay. So you can't, you know, learn what we all know.

And Rob, in essence, you've become a practitioner. You know, you get your honorary degree. So a couple of things a couple of key points, number one, listen to your child.

Right. So whether the child six months old there is congenital Lyme. You can acquire it through the passage to the birth canal. I believe transplant said as well because the plant said the placenta is not a barrier.

Okay. Things cross in the placenta. Microbes are small. And remember, if you get a tick bite or you have Lyme, you also have viruses as part of the infection package.

So these values are super tiny easily cross the placenta. So so whether it's a six month old, a two year old or a teen if you're a child. So if not, well, you should listen to them.

How do you know your child's, well, depends on their age. Is your baby crying all the time, arching, not beating? Well, not thriving? Is your two year old grabbing her tummy all the time, making hard poops, having just endless blowouts of emotion is your middle school kid doing great and then falls off?

Starts having elements of, emotional distress, psychic disorders, bipolar all of a sudden, and you live near the outdoors or even not. You know, ticks are ubiquitous and they're not the only carriers.

Oh, gosh. Exactly. So and then to your young adult, all of a sudden, they don't want to get up in the morning. They have chronic abdominal pain. They're reflux saying they have chronic headaches and emotional symptoms.

Please. The most important thing I can say about that is do not negate the emotional health of your child. The the head is not cut off at the neck. The head talks to the gut.

There is a pathway called the autonomic nervous system. The vagus nerve, wandering nerve that goes from your gut to your head. The microbes produce. Tell your body what to make, what to not make.

Go right up into your head. These organisms are diffused throughout your body. There's a conversation going on to this gut, brain axis. So mental health changes can be a presenting sign of Lyme disease that should be in every practitioner's differential diagnosis for your kid with new onset bipolar disease or whatever.

Think about infection okay, so one listen to your child. So two you see your practitioner and they're blowing you off writing it off Pooh poohing the child's symptoms.

Leave. Wait time, find somebody else, find someone else. And these are called Lyme literate. Now, you may not think about their line literate practitioners.

And maybe you don't even want want to start there. Maybe it's not Lyme. However, maybe you want to go to a

more holistic practitioner and holistic practitioners.

This can be a bit challenging. Email your friends and and colleagues say, hey, my kid's going through this. Anybody? Any tips? Someone out there is going to know someone and those can look like chiropractors.

Acupuncturist, holistic nutritionist. They may look at naturopathic doctors, people like me, MDS with integrative training, functional medicine, MDS look for somebody with a holistic mindset.

Even if they cannot treat the Lyme, they can at least help you sort it out. And that is a key component. So now you're listening to your child. You're finding an appropriate practitioner to work with.

You're getting rid of all the people are pulling you, misguiding you, telling you, yeah, I did some labs. Your kid is normal. There's nothing wrong with them.

And then you're seeking out someone to work with. This is a hard journey to go alone, folks. I don't recommend it. It's a bit too complicated. There are other things you can do on your own, but not this one.

And so that's how we start. And three is diagnostics are great. I like lab tests, Robbie. I do like testing. I like to see what we're dealing with. And Western labs are not very good.

Traditional mainstream medicine labs are not so good in this arena. Some are okay. Most are not vitamin D levels. Checking zinc and magnesium levels, looking at B12, looking at potential, stool testing.

Yeah. Oh, those are pretty good. But you really need labs that are outside. And those are often not covered by insurance. So then you say, well, gee, I have no money to pay for a $400 Lyme test.

And I say, you know what? It's a clinical diagnosis. If your teen has migratory joint pain, chronic headaches, brain fog, fatigue, intermittent rashes, visual changes, or any of those combination of stuff and lots of gut stuff, all kinds of gut stuff, I'm going to treat them for Lyme and co-infections and get the labs that I can that your insurance will cover, because it's a clinical diagnosis.

I don't need lab tests to know that this sounds like Lyme. So now we've got that piece. Okay. So for the listeners we're listening. We're finding the right provider.

We're doing diagnostics in this system or out depending on your finances. And then we'll get into where do you go from there. Okay. Let me jump in just for one second.

Jumped in, you know, the, it occurred to me a few years ago about the internet and the information sources that we have there. And now people are Covid down, so they've got plenty of time to to jump and research.

And it's sort of a double edged sword, because you've got this internet as a resource that enables you to research things, but there's lots of bad information there, too.

You know, now when you're basically feeling okay, you sort of have all the time in the world in a sense, to kind of look around, poke around and ask around.

But if you're not, if you're feeling yucky, you're not thinking clearly. Many of the Lyme community, they've got cognitive challenges, you know, and so it's not clear to start with.

And then they jump onto the internet and they're just swallowed up. And it's just and that's pretty much why Melody and I are putting together this program for the month of May.

Because we want to cut through all of that smoke and mirrors, all the what we call noise out there, to really get down to root causes, root challenges in certain solutions to all this.

So that's why we we so appreciate you. The chat rooms, the Lyme chat rooms in particular are great communities to go to to just talk about what you have.

If you're a mother or a family member and you think that your child is going off the road a little bit to just sort of say, well, could this be, you know, and then that is clues that could because they're super sensitive, everybody.

It really is a great sense of community. And we've been participating in them since from inception, basically for the last 25 years. So I love that. And then I wanted to just say, I have a dear friend that's a practitioner, like yourself, integrated, holistic.

And he, he has Lyme and his family has Lyme. And what he said to me was pretty interesting. He uses a homeopathy approach rather than doing a diagnostic like a blood test, because many times you can get false negatives, false positives and all that.

Right? He actually uses, a treatment like a homeopathic, homeopathic treatment, in low dosing. And then these sorts of dialing up the doses over two weeks.

And if you become, if you have a Hertz reaction, which is like a flu like type reaction, then most likely you have an overgrowth or an imbalance of either your microbiome or Lyme or the co-infections.

And then so according when he puts that together with clinical representations, as you know, symptoms like you mentioned, he doesn't really need that confirmation from a blood test.

He just jumps right in on the protocols. What do you think about that. So that's right okay. That's wonderful to hear. And he's a practitioner right. Or he's a dad.

He's a no no. He's a practitioner. He's actually an osteopath. He's an actor. Both so that yes, we practitioners can do stuff like that. For a parent to do that on their own, it's really hard.

So for example, there is something these homeopathic series kits, they're made by a company that I love and I teach for and I'm, full disclosure, named this bio designated biologicals.

And these series kits have different organisms and hold me up in homeopathic dilutions that you can dial that dial up and then dial down to two month treatment.

And I've had great success using these homeopathic treatments that do a lot, just like what you were saying your friend did. So one of the things I love to do with kids is once I regain the terrain, and I'm going to be talking about that in my own website, is, you have to get kids gut healthy first, and I want to talk about that for a minute, but I, I treat infections last.

Robbie there and I do what a chronically ill patient I go for the infection last. And there's a reason why I do that. I'll just say that. But then once you get everything working again, kind of as best you can be.

Series kids of homeopathy work great. And usually after about the first ten days, kids work can work as well. And that's what you refer to. And that's where you have a flare of the symptoms.

And it could be an exacerbate addiction. And then, you know you're on the right track. And those tend to resolve. And there are ways to offset those symptoms.

It's very simply with Epsom salt baths and a little alkalinity zation and then some dietary changes, increasing hydration with higher fluids, simple things.

And none of what I just told you nothing to because one, two, three bucks, some Epsom salts, some lemon water. You're good to go. So I like to do that also.

Now, there are a lot of practices out there who have these special techniques. They're called Ivy, and they're different techniques where they can they can test or they can do muscle testing or kinesiology, and they don't need labs.

And hats off to those folks. And they often don't need traditional blood work, because traditional blood work is often and a body based, and it can be a partially flawed system.

So now we're getting into little more of the nuances of testing, for example. And so testing for meat is an adjunct to my clinical prowess. And you and you, it's really helpful to have a clinician who's somewhat experienced in this conversation experience matters when treating Lyme.

Now we all have to start somewhere. And if you have a newbie practitioner and they could be okay too, we all start with more. Knowing that's that's that's true.

And so yes, if you find a practitioner who knows how to test muscle test, and great that there are other ways to test, there are other things to look for.

I'm a big stool fan. I like looking at poop. That's my favorite thing to look at, and I get a lot of information. And remember with kids, getting blood all the time is not so much fun.

And especially when kids don't have great veins and all that. So anything I can get from saliva, poop and urine, I'm all over it. But well, that maybe was a poor choice of words, but But anyway.

So just so yes, there's and your and just to your point, Robbie, where do you get information from matters? The internet is like the inner maps as, as far as I'm concerned.

There's so much you you buy your way at the top. If you want to be listed at the top, you can fund your pay. Google enough to get your thing up there.

And so it's so much misinformation. But the Lyme chatrooms I led stuff. Doctor Horowitz, you know, get some books from really renowned people. And I'm a big fan of Doctor Horowitz and his books about line.

He has two great books. Also Limor Lyme uh.org nightline.org. It's a patient driven website, etc.. So there are other good sources, to get information.

Just be careful. And you're not just sold treatments. Everybody has a magic cure. There is no magic cure. I've been doing this for a little bit, and I have not found a magic cure.

It takes a lot of different tools from the toolbox, but people do get better. Interesting. You know, for Julia, we redefine the word health, and maybe you can appreciate this.

I said, Julia, you know, Lyme could be ultimately like, hepatitis or like, malaria, where you always have a little bit in you. I believe that basically all of us have a little Epstein-Barr, a little pneumonia, a little cancer, a little a little of that.

It's really just the change in your internal climate that creates. And then the, opportunities for pathogens to, to take, take advantage and sentence.

Right. Cause havoc. And so isn't it wouldn't it be better to look at this whole equation about health, more about how functional you are? Like how if you found your passion, what kind of contribution could you make to yourself, your community, your family, your religion?

You know, the things you love and then how symptomatic you are. So if you're not symptomatic, if you got that knowledge and you're someone making contribution, then the rest becomes sort of a label.

And we all know that many diagnosis is particularly Lyme because so long misdiagnosed because it can mimic so many other, kinds of the symptoms, can mimic so many other diseases that, we'd like to take a step back and go, hey, whatever it is it is, that's just a label.

Let's just focus on what you are with. Central theme today is really listening and paying it. I guess noticing what you notice right? As a parent, as a family member, a part of your community, either the patient themselves and or the family that's supporting them around, you know, around them.

So so that's really a more modern approach that we took to defining health. And once we did that, for my daughter, particularly Julia, there was a big shift emotionally and physically for her when she took the stress off, you know, in a way and in some sense to you, probably it's spot on because, this is the kind of, sobering news.

I resonate with what you say because I don't believe you ever clear line 100%. And I think the best I've seen is about 85%, 100% functioning. So there's no definitions of health.

And I agree, you live with what you have and it's not to say acceptance, but the battle has to stop. You can't battle it the way you maintain it. And you're right, there are certain viruses.

Everyone's heard of herpes virus. Once you get a herpes cold sore right here on your face and lives with you for ever. Not just the herpes virus. There are many organisms that you mentioned Epstein-Barr.

That's mono. That they stay within our bodies can be forever the same. Do it. Lyme. Lyme can go into different forms and it hides for years. It can go into to remission.

To Burke. You, Lois, people know about TB. It can go into a dormant state for years. So how do you keep it at bay? And that's when I talk about maintain regain train.

Now, what does it mean? That means that this being your body's innate ability to heal itself has to be restored. Whether you're 2 or 42, how do you do that?

Number one, you're right. I usually go to the food first. But let's talk about this mental piece first. First of all is the belief in yourself and you can do it with your two year old or your 22 year old, is that patients must believe that they can get better.

And the way you do that is to believe you can get better, and that you are in control. Lyme is dark. That organism produces a very dark mental state. It's not the person talking, it's the organism.

They chat and they're dark. All the line patients, and I don't say all frequently, would tell me how dark their thoughts get when their Lyme is flaring.

And and let's introduce this idea that, yes, these organisms and everyone has a predominant one. I rarely see anybody with just one, by the way, can ebb and flow, ebb and flow, ebb and flow and they flare and they go into remission.

They flare and go remission. Why? Depends on your stress level. Do not underestimate the role of stress. Two year old good stress, high school kids, good stress, academic pressure, Covid. Oh pick it.

There's lots of stressors. So so the belief that this body can heal itself. You have to manage stress. We need there are tools to teach your child how to manage their stress.

And parents manage your own. Anything you feel you're generating energetically to your family. So mom, if you're stressed out, all your kids will pick it up.

You have a new mom. She's stressed out, she's nursing that baby, and she's stressed. That baby's going to be, I don't know, stressed out baby. So we manage parents.

When you manage children with Lyme, you manage the whole family. When I say manage, you have to learn to manage it. It's it's it's so it's that journey.

So that's number one. But number two the most important thing I do first is get the gut working. Kids don't have their guts working. They have chronic tummy aches, bloated bellies.

They can poop, constipation, constipation, constipation. I ask kids every day because I do urgent care as well. Does your food come up in the back of your throat?

Oh yeah. And the moms are looking at them like. And I just say moms. Dads too. What? So their reflux is not normal? So we gotta heal the gut. And otherwise if you don't get that gut working, I say all bets are off.

Don't even bother. So if you're a kid, if you're a young adult, if you as an adult are doing okay with your Lyme co-infections, get your gut working, heal the terrain.

And there are ways we do that, and then we chase the infection. It is an infection. I treat them, I do use antibiotics, but there are different kinds of antibiotics.

There are herbal, there are pharmaceutical. I use homeopathic. And then and that's why we bring in all the tools in the trade. And so yeah, it's in my toolbox was not the first thing I do.

I want to get your body as healthy as I can get it. Your immune system maximally function, your vitamin D, your vitamin C, all that stuff. Now we're hearing about Covid can't.

Your immune system is maximal as it can be Lyme like to suppress your immune function. Why. So you don't attack it? It's a very these organisms have been around for oh my god millions of years.

And so we we maximize immune function via a healthy terrain, via gut functioning. And then we go after the organisms, the which ones that go after you.

If you have 1 to 8 co-infections, I go after the one that's giving you the most symptoms. First, and then I start to peel them off. And some people can handle treatment of many at once.

I don't do that in children sometimes. I've done it in adults and you just start peeling them away. This is a very systematic approach and you just start getting rid of the infections and so many ways to do it.

And so that's how you begin. But the beginning is the first. Recognize that the body has the innate ability to heal itself. You just have to restore that balance and get your kids into restoring balance as well.

You can teach three year olds they love yoga, for example. Okay, there's this kid yoga. So if you're home with your kids or Covid, do some kid yoga, you could mom, dad, do it with your kids family fun project.

So that's sort of my, overall approach. Robbie, on how I kind of look and remember, as you start to get better, a lot of other things peel away, right?

You know, even though. Yes. We didn't get your line, Robbie, but whooping your the kids start to poop and then I start to feel better. You heal the microbiota.

Well, their brain works better. You start giving them very omega various omega threes, which I use a lot of, and you start hearing healing their neurologic function and function.

They start to feel better. They feel better. Their outlooks better, the emotions up, their immune function. Depression decreases immune function. Gut starts working better.

Flow. Your ki, your vital force starts to move energy. You don't want to be stuck and people do better. Well, you

know, it’s so important what you’re saying because, you know, I.

I almost think it’s sort of the upside down approach oftentimes that Western medicine is driven towards these days. So you go to see a Lyme specialists and they want to show you that they are really, you know, know what they’re doing.

So they’re going to attack and just kill the lot. But you know, generally if you’re symptomatic when you go see the the practitioner, your body is already toxic.

If they were to go after the underlying source, let’s just say it’s Lyme and or the confections and they’re right in whatever their approach is, they’re going to create an additional toxic event because they’re killing Lyme there.

The biofilms, the, micro toxins that come from the Lyme itself, the Lyme, the deadline, these are all toxins. And so now we’re creating a higher toxic event.

And many I hear this and you probably hear too, that the that well, you know, if you take this antibiotic or you do this treatment, you’re going to feel worse before you feel better.

And so that’s how you know, it’s working. And I kind of scratched my head because, you know, in the stuff that we do, we I like to take a foundational approach like yourself where let’s heal the gut, let’s detox the body so that when we start to get proactive and maybe go after the source, the underlying source, your body is not going to be further compromised.

You’re actually going to be coming from a position of strength. Like almost like I want to say going into battle. Isn’t it great to have a plan and then have all your troops together and then effectuate the plan?

But coming from a position of strength where your body, your foundational support system, your gut, you know, your detox pathways are opened up, you’re well hydrated and, I just think that that makes so much more sense to me.

And as far as I’m concerned, if you detox beforehand, there’s really no reason why you would ever have a heart reaction or flu. That’s a little like reaction, which is really just an over your body saying to you that your your cup runneth over with toxins internally.

I think that that’s just brilliant. And, and for most people out there that are just tuning in, Doctor Michelle tarot is just, you know, a thought leader in many ways and have done so many things.

But I just love the content of today’s discussions because it’s so important for people to know it may have taken a decade or more, especially if you’re younger and you have a strong immune system before you even become symptomatic.

So be be patient as a patient on the back end and understand it’s going to take a while to come down or walk down that toxic mountain or that symptomatic mountain going up.

It’s hard to stumble up a mountain. Michelle. It’s really easy if you go too fast to stumble down, come down the mountain so slow and steady seems to be, a little bit more, of a healthier approach and a more foundational approach.

And then, you know what? Everything else will sort of correct itself because your body has got an innate, a sense to to bounce back and to heal. And I almost think that I don’t know if it’s just about Lyme or just today’s epigenetics and how our whole environment is affecting us, but, I believe, like, it’s almost like our GM, our GPS systems, our guidance systems, our immune systems, they just sort of get turned off and so we lose our way.

But once you start to tune up, get the gut imbalance back into balance and, and work on the foundational pieces, all of a sudden that guidance system turns on, and then it’s almost like an orchestra tuning up.

Your body wants to heal it. Once it does have memory, your cells and your muscles and your brain, it all has memory. And so just give it showing the pathway back home.

And it's it's amazing how exponentially as you start to heal that your healing process really moves at a much faster pace. But it all comes from having that strong foundation.

The last point just that you brought up just in passing is vitamin D, and it seems to be something that's just bouncing off of all of my walls. In research, people call it a vitamin.

It really is acts more like a hormone. This hundreds of physiological events that vitamin D, stimulates. But you know, today's today's research way early like four in the morning for me was about that.

We are all light beings. We get energized by the sunlight when we're stuck in home, and we're not getting fresh air and fresh sunlight. And it's wintertime and we're not getting sunlight.

Just like other animals in the animal kingdom, our bodies go into hibernation. Things start to slow down in many ways, keeping that vitamin D level, I think it's supposed to be in the 80s, although the FDA says 45 ish.

Is that right? Most of my patients that we coach and talk to, they start off in the teens like 15, 12, you know, something like that. So having a goal to get your vitamin D level of up will support that terrain that you talk about, and then a lot of other things will come into alignment.

So wow, you've said so many things. I should have mentioned this in the beginning, but if you want to get Ahold of Doctor Michelle Perot, there are a couple ways to do it.

You can go get to her at directly at her email, which is info info, dot GMO science at gmail.com. Or you can go to her new website. Doctor Dr. Michelle Parasol pro.com.

And then she is also creating, a membership sort of program. It's affordable to get in if you can't afford it. There's situations you can work out with her where you can really be part of her collective and her community, where she was going to bring in a lot of other thought leaders.

There'll be a lot of sharing and certainly she'll have an open forum where because you sign in and you join the group, there's a lot more freedom of, of, information that's being passed back.

And forth. So she's just the most valuable person on the planet, certainly on the West Coast in information on many topics. So she's she's a, a force to be reckoned with.

Doctor Perot, I know we've covered a bunch of topics today, and you've given us some amazing things. We're we're coming to a close, and I'm wondering if there's a few things that we've left off that you need to say, or if there's any closing comments that you want to make to us.

Yeah. Robbie, you did a great summary and thank you for your kind words. And, so the the last thing I would leave with people is that there is a cost of convenience and, and there is no shortcut in working with and treating Lyme and Lyme.

Will treating Lyme with a family member will make the whole family healthier, by the way, and that there is an internal and external milieu. You have to heal the internal with clean water, clean food, but your external environment has to be clean to whatever that looks like for you and decrease that toxic load.

Unfortunately, something has happened to children during Covid, which is zoom learning. The impact from being on computer all day has created a sea of anxiety.

Emfs are not good for children's brains, electric magnetic fields and we could. That is a whole conversation in itself. And I have reason to believe that for many people with Lyme, it makes it worse.

So if you have a child or yourself with Lyme and you have felt an exacerbation during Covid, while it could be stress induced, it could be your food, it could be your computer.

So shut off the devices as much as you can. And as kids go back to school if we can get them outside playing. So again, it's about balance. So we clean the internal, we can clean clean up the external environment.

If you don't do that you can still get better, but you may relapse. There's a more, more long lasting health effect if you can decrease the toxic load.

And we live in a very toxic world. So it, it it takes effort. Lastly, what I tell all my patients this is a marathon, not a sprint. We're in this together for the long haul and change will happen slowly.

And sometimes it happens really quick based on your kids growth spurt. Their their their stress level season. I was so glad you mentioned seasons because winter we hibernate.

Summer is a great time to heal. I like treating kids over summer. They're out of school. No stress. Sunlight. Oh, they're at the beach grounding. You know, bring them into the parks.

Even if you live in New York City, go to Central Park, keep them off. Pesticide sprayed lawns, please. Let's not. But you see, so there is a seasonality to treating.

And I do love treating children over the summer. As soon as I see school ending up ending up, I say get them in, now's the time and I'll start going after things in the summer.

So that matters, you know? So those those are the those are the arts of the practice, by the way. And I don't want to end on a new topic, Robbie, but, I just say stay positive.

You know, network community matters and you, you will subconsciously generate that to your kids, your family, the dog when you stay grounded. This is not a death sentence.

Lyme is an infection. It's not a death sentence. For most of our patients, they will do well. And that's our goal. And that's. And we can. And that's what we're trying to do.

You cannot control this. There are sometimes there are bad outcomes. Sometimes there are great outcomes. And we can't control the outcome. We just do the best we can and we forgive ourselves.

Robbie, we don't know it all. As a parent of a line patient, as a practitioner, I don't know it all. I don't have all the answers. We do the best we can, and there's forgiveness of ourselves when we don't do it perfectly.

Because sometimes things don't work out as we planned, right? And we have to find ways to deal with that as well. So I thank you for inviting me today and sharing some of my thoughts on this.

I think, life affirmative challenge here. You're amazing, doctor Michelle, everybody out there, if again info GMO science at gmail or Doctor Michelle paro.com.

You're amazing. Can't wait to hook up with you again in the very near future I hope. And also have you back if you've got the time and care to share more and join your community.

I can't wait to launch that new program. It's going to be amazing! Like everything else that you do. Thank you Robbie. Any time. Hey everybody, it's Robbie Vest.

Thanks so much for joining us today. Please share this content with anyone that you think might benefit from it. And we're looking forward to having you with us tomorrow for another great interview.