MAPS webinar introduction

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Hi, welcome to the MAPS webinar series, Healing Tomorrow's Future. We are thrilled to be bringing you this series packed with valuable information and education within our community.

My name is Honey Rinusella and I'm the Executive Director of MAPPS, the Medical Academy of Pediatrics and Special Needs. Within these webinars, we're able to empower clinicians on the knowledge and tools to support patients facing a variety of health challenges.

For more information on MAPS or to register for a conference, please visit us at www.medmaps.org. Thanks for joining us on this journey towards a brighter, healthier future.

Hello and welcome to the MAPS podcast.

Dr. Julie Logan's background and practice

It's such a treat that we have Dr. Julie Logan here and she is going to tell us a little bit more about herself and we're going get into information about the case studies that she presented on today at the conference.

Thanks, Lindsay. I appreciate the chance to be here. So I am a chiropractic physician, but I'm an unusual chiropractic physician in that from the time before I went to school, I knew I was going to working in functional medicine and I intended the whole time to practice on a collaborative medical team.

And that was because my own child had gone through the whole issue with regressing when he was about two years old. And so I had navigated this from a parent standpoint while I was in medical school.

So that completely changed my career choice because of what chiropractic adjustments did for him and helping regulate his central nervous system and leading to ultimately his recovery.

He lost the diagnosis. So that is what I went to school for knowing that's what i was going to do. I was blessed to meet with Dr. Anju Usman Singh back in the early 2000s and so I ended up working in her clinic for my entire career.

Recently my husband and I got sick of the cold in Chicago and so we moved to Hot Springs Arkansas and we're trying to bring the maps and the TACA educated care to that whole region and it just doesn't exist there very well right now.

So we have our work cut out for us. Well Arkansas is very lucky to have you. Why don't you tell us a little bit about the case that you presented on? Yeah, so I was asked to present a case on the synergism between heavy metal exposure and EMF.

And heavy-metal exposure is a little bit easier to quantify and understand. It's a bit more easier measure than EM. EM refers to your cell phone, the Wi-Fi, smart heater, and a whole bunch of other things.

I'm not an electrician. I don't even know how to properly describe the properties of what's going on.

Heavy metals, EMFs, and toxic burden

But the way we understand it, they do influence our biologic systems and also heavy metals do. And there's kind of an intersection between how they affect the body.

So you talked a lot about this concept of toxic burden. Can you kind explain that to our listeners and parents? Sure. So toxic burden refers to the cumulative amount of toxins that our bodies are being influenced by.

And so when you think of if a motor burns fuel for energy, there is waste. It's easy to think about when it comes to your car. But what is harder to thing of is that your body is also a Motor with many, many engines burning fuel, creating waste, and our Bodies are made to take out their own trash.

So we're made for that. But what happens when we have stuff coming into us from outside in addition to that? So, we had toxins coming in in our air, toxins in water, and a lot of toxins are coming out of our food.

And some of the lectures going on right now in this conference are all about the toxic burden from stuff that sprayed on our food, stuff. That's running off into our water, let alone heavy metal exposure, Let alone EMFs like we talked about.

So toxic burden refers to the mounting levels of toxins that are in addition to what our own body already generates on its own. And so what are some toxins?

That parents should be thinking about that their kids are being exposed to in the year 2026. Yeah, so agricultural toxins are huge and they're kind of an invisible killer because you can't see them.

When you have a piece of bread, you don't know that the grain was sprayed, the ground was spread, there was runoff in the groundwater that went into that plant.

These things you can't see. Most of the time you cant see what's in your air. So it's hard to be aware of these things when you cannot even see them. But the things that parents should be watching out for would be the food that they eat, trying to eat organic food whenever possible, the water that you drink.

Drinking filtered water is very important. And then the medications that would put into your body. The personal products that you would use, all of those things become very, very important when it comes to avoidable toxins because there are a lot of ones that cannot avoid.

Additionally, we all at this point need to live a lifestyle of detoxification because it's coming in faster than we can get it out unless we're actively working to get out.

And so what are your favorite tips for detoxifications? So from a lifestyle standpoint, I like Epsom salt baths. I liked Epson salt with baking soda. Sweating is good.

So if you're not going into a sauna, sauna is a well-known way to mobilize toxins and help get them out.

Common toxins and detox basics

But running, being athletic, in sports, sweating is great way too remove toxins, but also to stir it up so that your kidneys can filter it, so your liver is filtering and helps move things out Additionally, we like to give liver support in terms of supplements that help a body go ahead and process those things out.

And then healthy diet. So the first principle of detoxification is to stop the exposure or to minimize it as much as you can. And so you mentioned Epsom salt baths with baking soda.

That seems like that's a very easy, you know, tool that parents can utilize. But why do you add the baking Soda? So the Baking soda alkalizes the body.

So overall, our food makes us too acidic and more acidic, stress can m And so bad things happen in an acidic environment. And do to alkalize our bodies h helps our chemistry functio So one thing that I see add the baking soda in is that when they're adding an antimicrobials for their children and they are worried about die off or the child is presenting with die-off which is a worsening in their symptoms for about 24 to 48 hours after they initiate treatment or increase the dose that really that baking so that helps as you said to alkalize the body so help decrease the severity of that die off.

But that seems like a very easy tool that parents can utilize in their toolbox right now. And so one thing that really stuck out to me in your case study is when you were talking about being in practice for the length of time that you have been in, practice and how so much has changed in actually a very short period of, time when we think about it and what some of our kids might have, been exposed at when now they're 20 and 30 years old is very different than maybe what our six year olds and 10 year old are being exposed to and it makes it really kind of complicated to even address or assess toxic burden because they haven't ever known anything else.

Like there's not a before and after. So can you tell us a little bit more about this case in regards to the change that happened in the house that impacted the child?

Sure. The case that I chose was a child who was born in 2000. And the reason I choose that one is because in about 2015, the smart meters were rolled out across the suburbs of America, probably 15, 16, 17. And so there's an after that.

So every child born after, that has never lived without the effect of smart meter and the type of pulsing radiations that are sent through their homes.

In the year 2000, the early 2000s, type of toxic exposures were different to some degree than they are today. There tended to be more lead, there tended more mercury than today, those things are still there, but there also tends to more aluminum overall that people are being exposed to.

Smart meter case study and EMF effects

And that causes a different kind of dysregulation than lead and mercury. None of it's good, it just that we knew more about lead in mercury starting back 20 some years ago.

And so in 21, 22-ish, the 5G was also rolled out in most of the suburbs across this country. And the kids who have been born in the last 10 years, a lot of these kids are the ones that are coming to us with new autism diagnoses or recent autism diagnosis.

They haven't lived without the EMF exposure where a child born in the year 2000, there was no iPad. We had desktop computers, but most of us didn't have laptop computers.

The internet wasn't nearly as developed as it is now. And so this child recovered very well, lost his diagnosis very and it almost seemed like it was easy compared to some of the things that we are facing today.

He also had a significant regression when the smart meter was installed on their home. he was 15 years old, he had lost his diagnosis for at least five years at that point, and he developed symptoms that, we think of as pandas and pans like symptoms.

And the family actually was the one that figured it out because they saw that the smart meter had been installed on the home. They moved him to a room far away from it and his symptoms resolved.

But his systems looked like they were coming from infection. And so as his physicians, we did all the infection testing and none of it turned up anything.

Moving him into a different location resolved his system. So that was a huge wake up call for me and for our practice to say, what if these inflammatory symptoms that look like immune dysregulation, that are immune, dysregation, What if it's coming from EMF and not from a bug or something we have to treat with an antimicrobial?

You know, it was interesting because I had a similar case where I an adult with autism and a smart meter was put on the house and all of a sudden he became extremely like aggressive and also a lot of OCD and insomnia and we couldn't figure it out.

We were looking at all the different metabolic factors, infectious factors and then when we look deeper at the environmental factors a new smart meter was put on the house right by his room and again the same thing we moved his home and those symptoms decreased significantly and you know it's a little frightening because that's your home and your safe space.

And these, we didn't even have a choice. Like it was just put on our house without us knowing. Yeah. Um, and I always say like our kids, they live in a very different world than where we grew up in, right?

Like they are exposed to EMF constantly. It's in the classrooms, it's, in house, its in cars, the watches. on their watches. And then if you sleep with your child and you have your watch on, it's in the bed with them.

It's just a constant exposure. I think we are not even touching the tip of the iceberg of really understanding how EMFs impact us physiologically. But what do you think is happening with the EMFS impacting brain and neurological function in our kids?

Right. That's a great question. So what I did was I took a look at where the EMFs are intersecting with our biologic systems and in this case study also where is the metal intersects in an obvious way is something called a voltage gated calcium channel.

And that's a long word, but it's where a lot of stuff gets done. A lot the cell signaling gets down. We know with our kids who have too much excitation, like they're stimming, they can't sleep, They can process because their brains are so overstimulated that a lotta that is happening through that channel.

That channel being over-activated. And as it turns out, genetically, we can have variants that make our calcium channels way more susceptible to the effect of EMF.

Additionally, lead, mercury, cadmium, aluminum, arsenic, all of those interact with the calcium channel too. In fact, some of them pretend that they're calcium and sneak through the channel into the cell, causing cell toxicity inside the cells.

And so what they do basically is they just regulate the function. And so that looks like that stimming, that excitation that has such a strong edge to it where the child cannot, cannot calm down.

Maybe they can't sleep, they cannot function, and they cant pay attention long enough to learn anything. It's very, very disruptive. So that's a point of intersection.

I believe it's not the only one, but it is the one that I presented on for this talk. Yes. And I agree with you on that because I don't even think we know anywhere close to what's going on totally.

But because of that, that might be the underlying factors as to why we see changes in norepinephrine, epinephrin, changes and dopamine metabolism that we say glutamine and glutamate that you're talking about in terms of the neurotransmitter changes of being exposed to EMF that we do know, but there still needs to be a lot more research coming out about that.

Testing for toxic burden and provocation

There is, definitely. One of the things that I think should be put out there for people to just watch for is that this

child's… Well, you had two key symptoms.

So a sudden onset of frequent urination. that kept him up. That was part of what kept them from being able to sleep. And the second thing that was even more destructive was that he could not sleep, he couldn't fall asleep.

So he's 15 years old, in high school, competing, has a long school day, and he is not sleeping at night and getting rest and recovery. He was not autistic at this time, so he had had a number of years where he enjoyed good health, good sleep felt good, very healthy, strong, well-grown person.

and all of a sudden he crators and it was related to the smart meter in this case. So what I would say is that now we don't have that perspective anymore unless you live somewhere far out in the country and most of us don.t So these symptoms should be looked at with regard to could it be related how close are you?

How close is your child to the smart meter on the wall to their cell phone? Is the router on at night? And another thing that I've seen affecting more elderly patients is when they have solar panels installed on their roof of their homes and different states are rewarding comb owners for doing this.

And I've seen a lot of my older patients, like 65 and up, developing cognitive impairment vertigo so that they're falling a lots in their house and they don't understand why.

I just wonder whether this is implicated. Absolutely. It sounds like you take a very thorough history in order to get these symptoms and whatnot, but what about testing?

these toxins are kind of diffuse that even if we take a good history and we might not know exactly what's going on underneath the surface. So is there testing that you usually recommend for patients to explore further for the toxic burden?

Sure, absolutely. As far as I know, there's no testing for effective EMF. If someone knows that, they can inform me because I would love to know. In terms of heavy metal testing, yes.

We can assume that we all have a certain level of burden and that all need help detoxifying from the whole soup. But if we think that a child, maybe we're trying to chase, did this child have lead exposure?

Because, for example, in some of the Chicago neighborhoods, certain neighborhoods in Chicago had unknown lead exposures through the public water system.

And so then there are different urine tests or hair tests, or even blood tests that can be done to check to see we can look for acute exposures and we could look a more chronic body burden.

The same is true for a lot of the environmental toxicants that Great Plains Labs, which is now Mosaic, And then again, we can use blood testing to pick up some things.

Unfortunately, a lot of the best tests are not covered by insurance. So that's why we don't otherwise we would test everybody for everything because we know we're trying to spend our money on treatments.

We can assume a lot of stuff in terms of, okay, we probably have been exposed to glyphosate, all of us, to gasoline derivatives and petroleum derivatives.

Do we need to test for those things? Maybe we can just assume that we have them. And then also another thing we might specifically test is if we think someone is in a mold exposure, but they don't know for sure.

So these are some of the tests that we can do and we pick the test depending on what we think will best serve the patient. And do you ever do testing where you have to do a pre- provocation and a post-provocation test to look for the toxic burden?

We sometimes, but a lot of times we go straight to the provocations because one of features of our bodies is that the more toxic they become, the less able, strangely enough, the less able we are to excrete anything at all.

And so many people who are very sick and very toxic, if you do a random, unprovoked test, nothing's going to show up because they can't get it out. So almost always we do post provocation test.

How do you provoke?

Detox support and elimination

So it depends on the test, but for mold toxins, for example, you can do exercise, sauna, glutathione, basically if you raise your core temperature, get some exercise and blood flow, that's going to pull some things out and that will be more measurable as opposed to going, I see the mold in this house and yet nothing is coming out when I do a test.

For heavy metals, there are also substances that you can take that will provoke or chelate so that, you'll actually have something to measure. And then generally, heating the body, sauna, exercise, glutathione are good ways to provoke for most toxins.

And you know, I think it's really important that parents work with an educated provider about this because we need to remember that we are treating the child and not a piece of paper because it is really interesting sometimes that our sickest, at least what I see in practice, is some of my sick kids or even adults.

they really, when we do these testing, not much comes out. And I used to think like, okay, maybe the the mycotoxin and mold exposure and burden is not that high.

But those actually end up being my sickest ones, the ones with the most mycotoxins and molds because they're not able to detoxify it out, it's not coming out through the urine.

And so what are some simple, like you mentioned the Epsom salt baths with baking soda, what other simple detox strategies besides sweating, I'm really curious about what you think about stooling and if that's important for detox.

So let's stop here for a moment. I didn't hear that word, I don't know what you said. Stooling. Hooping. Oh, you mean just helping with elimination. Yes, elimination, okay.

All right, ready to answer, go ahead and take. So we call going to the bathroom, having a stool, a bowel movement, the third phase of detoxification and Basically, that's like the bottom of the drain.

If the strain is clogged and you can't get anything out through elimination, you could do all the detox upstream that you want and stuff isn't getting out.

So it's incredibly important to make sure that your child is able to have a daily or twice daily bowel movement. And when we have people who are really constipated, like a lot of our patients are, we don't usually start aggressive detoxification until we have resolved the ability to have a bowel movement.

Because otherwise it's like you make a dust in your house, but all the doors and the windows are closed and you can't get anything out. So what happened?

You just made a mess. That will create a lot of symptoms. And that's sometimes why patients will get turned off to the detoxification process because they don't like having those symptoms, right?

So we start from the bottom up, so to speak. If you have clogged underneath your home and your tub isn't draining, you need to go under the house and open up that clog.

That's the analogy to being able to have a bowel movement, to be able eliminate what you are releasing. And then also urine is another vehicle for carrying toxins out of the body, drinking a lot of water, flushing the kidneys and just

keeping that going.

Yes. Well, thank you.

Practical advice for parents and closing

You know, we talked about a lot and we covered a a and I think for parents, it can feel somewhat overwhelming because these toxins, as you mentioned, We can't see them.

Right. And so, you know some of the families that I work with, they become nervous because they can see the mold, but they think it's behind the walls or they Can't See the glyphosate, As you said.

What would be some advice that you would give parents on how to, you know, feel like they're doing a good job for their kid, even though there's a lot that we can't control in our environment?

Yeah. So I would point you to TakaNow.org because they have a lotta great resource articles on basically how clean up your child's environment and then you can print that, and then you can go through and check it off.

And it's things like changing your laundry detergent, changing you dishwasher detergents, the household products, so that at least you aren't bringing things in that are toxic.

You can do that your own pace. Ideally, you hurry up and get it done as quickly as possible. But when you're feeling overwhelmed because you raising three kids, you just go through the next time you go to the store, or you replace your product, choosing organic food, looking at the environmental working groups, dirty dozen foods and making sure that you are not feeding those, go for the clean 15. So picking foods that are safer, that bringing in less, changing your household products.

And then we often will start children on gentle detoxification. That includes even things like healthy fats and fish oil. because healthy fats actually have a cleansing effect on the body.

We often put children on some gentle herbal supplements that help their liver do the job that it's supposed to do. So there are some easy ways to get the process started that aren't super overwhelming.

Thank you so much for sharing all your knowledge with all of us, Julie. How would people be able to find you if they wanted to learn more or to work with you?

Sure. So I am practicing in the Hot Springs, Arkansas area. My name by practice name is Restore Healing Center. And the website is www. RestoreHealing.net.

You can find me online and you can. Find me generally on Taka and Maps as well. I look forward to hearing from you and I. Look forward us continuing our discussion.

Thank Great. Thanks so much for joining us today. I'm Honey Rinusella and this is MAPS. As we heal tomorrow's future, we appreciate you joining