How Hidden Toxins Impact Your Child's Health Transcript

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Introduction to the toxins masterclass

Hi and welcome to the fourth mini Masterclass. I am the host of the ADHD, Autism and Chronic Disease Parenting Summit and welcome to this Masterclass on toxins.

So I'm excited to dive in just a little bit into toxins. Talk about some of the things that I think you should focus on. And we're going to dive into these in a lot more depth in our Integrative Parenting Full Masterclass, which you can grab at the end of this summit.

Why toxins matter for kids and families

And toxins are such a big topic. There are so many toxins. It's so hard to protect our kids from everything. It's impossible right there. Toxins everywhere.

But I do think that there is actually a lot that we can do. We do have a lot of control over our home environment, especially, and that is where I try to point parents, to really focus on because it can be really overwhelming.

But we have to really focus on what we actually do control. And if we can make those small changes, then every little bit adds up. Our bodies are amazing and magical, and they can handle a little bit of chemicals and a little bit of toxins and we always have and we always will.

But at this point, there are too many chemicals and too many toxins, and our kids cannot handle it. We cannot handle it. And so it's overflowing into autoimmune conditions and autism and ADHD and mental health concerns.

And we have to help detoxify our kids. We have to help them to live in an environment that's not so toxic. You would not give a fish a medication if their water was dirty, you would clean up the water.

What parents can control at home

And we have to do that for ourselves as well. I mean, medications have their place, but at the end of the day, if there's something that's causing your child's symptoms and giving them medication is not the answer.

It's just a Band-Aid. And there are just so many things that we actually can do, and we need to have discussions about it. And so if you do want to dive into these discussions a little bit more about toxins, about the things that we put in our body, you know, vaccines, you want to talk about medications, you can talk about anything that you don't feel like you can talk about.

I created a parenting support group. You can check that out. Go to my Instagram doctor, Joel Gaiter. And then go check out the Inner Circle parenting community.

And I do think that it has been wonderful to create space that's off of all the social media and offline, just to, have discussions and feel that you can ask questions about some of this stuff and discuss it a little bit further.

And, it's just a great space to talk to other parents, ask questions to me.

Air, water, food, and skin exposures

And really dive into what you actually can do for your own family. So I think that's a great space. But when it comes to toxins, I like to start, you know, think about the things that they're doing all the time.

So breathing. Right. We're breathing pretty often. And so the air mattress now, you're not going to change the air in your environment, but you certainly can change the air in your home.

So we will talk about some ways to do that in our masterclass. You can not probably change the water in your community. You can move, but you can't change the wandering community.

But there are some things you can do about your water, like getting a filter. Right? There are, things that we can do when it comes to food. I mean, there's a lot that comes down to food that we're going to talk about that a lot more in, in the future.

We need to think about everything that goes on our body, right? Our skins and organ. Things go into our into our skin, into our kids skin. So every single purchase really matters, whether that's sunscreen.

You know, we don't think about sunscreen, but if you're buying a chemicals country in your lab that all of their body and then you're outside in the heat and that's warming it up, what is that doing to them?

Right. We're so worried about the sun. But the sun is a vital, important part of our day.

Common household chemicals and mold

And we need vitamin D, so, you know, sometimes maybe all the chemicals are not the best thing to be throwing all over our body. And sometimes getting some sunlight can be good.

So there is a very deep dive that we will take into toxins and really thinking about some of the major contributors to problems in our health. I mean, we get to talk about mold.

We have to talk about all the things in our home that we purchase. Don't talk about flame retardants and plastics and phthalates and PFAs forever. Chemicals and BPA, weren't talked about a little bit more depth.

My favorite studies. But I will tell you a little about it right now. The canned soup study from Harvard. Great study. Five days. They took a bunch of individuals, gave them and soup for five days, and then gave them homemade soup for five days.

And they were looking at the BPA levels in their urine. So the canned soup has a BPA plastic lining most of your cans do. You might not realize that. And so they were checking the BPA levels in their urine.

And after just five days, the urine levels of BPA were 1,000% difference.

BPA canned soup study and cumulative exposure

1,000% different in just those five days. BPA versus a BPA free soup. Five days. And that's wild. I mean, it's such a big difference. It's just one chemical, but five days and that's the difference in your urine.

Now think about that over a year. Think about that over five years. Think about that in conjunction with every other chemical. So if you don't think that it matters a little decisions that you make, think again 1,000% difference in your urine just in five days.

Your body can handle all of it. That's why so much is getting out. But eventually you're not peeing it all out. And maybe not all of it's getting out of you, and that adds up.

So the toxins matter. I wonder how much of it of the conditions that we have are from a toxic overload, from all sorts of things. So that's what we're gonna talk about.

Check out the parenting masterclass. Follow me online social media doctor Joel Gator, on Instagram or X and join these discussions because we're talking about this all the time.