Introduction and Guest Background

Yeah, welcome to the bio optimized summit where we are exploring the next level of physical and mental health you can achieve through targeted and intentional optimization and today I have with me a good friend, Dr Joel gator warsh now he is an integrated and holistic pediatrician located in los Angeles California and he grew up in Toronto Canada and then went down to Philly for medical school and then ended up in Los Angeles where he was an attending at the Children's Hospital of Los Angeles.

He now works as a private practice pediatrician. He has worked in Pasadena in Beverly Hills but now has founded the Integrative Pediatrics and Medicine in 2018 where he is still at, he has been in numerous documentaries, films, podcasts and articles including the Broken Brain to dr Nandi show cbs l a parent dr Castro and many others.

And was just recently the host of his own summit called Integrative Pediatrics Summit. He is a medical advisor for earth conscious films. Dr Joel, thank you so much for joining me today. Thank you so much for having me here.

I'm excited. Absolutely. So I know that you recently had a baby, a baby boy. So I really wanted to have you come and talk to us about how do we optimize our kids from such an early age.

We know that is so crucial because it influences the rest of their life. How can we start things off right with our newborns. So tell us about that. Tell us about what you are doing Phyllis in.

Yeah, so I'm excited about this and eli is uh doing great. And and as we're talking about, you know, we're he's almost walking now. And so we're really, really excited to see where he goes and how he develops.

Um, but this is such an important topic because Because kids are just not healthy these days, so many kids have a chronic, so many adults have a chronic disease.

It depends, you know, what research and what study you look at. But most of what I've seen says 25-50%, maybe even higher than that in some places have a chronic disease. That's a big red flag.

That is, and it's on the rise. It's not, it's not stable. It's still rising. It's still rising every day. I mean, we could just talk about, you know, just autism alone.

Why Early Childhood Health Matters

It was like 120, 20 years ago, then it was one in 40, then it's one in 30. There's predictions that it might be one in five or one in 10 or one in three. These numbers are scary and somebody needs to sound the alarm bell and say, hey, there is something wrong.

There's something going on that we're doing that. That is not right or not good for long term health. And we need to think about these things and we need to make these changes from day one or really before day one, you know, with the parents.

And I think that's where we really have to say start is I love it. I love it. You gotta start even before exception or certainly during pregnancy and we know that there are, you know, when when you look at the blood they take from core blood and there's several 100 chemicals and toxins that they find in research even in court blood.

So there's something going on. We're surrounded by toxins. There are things that we need to be doing differently. Uh and it's not necessarily clear cut, but there are lots of things that we can do to improve our health and optimize our health. And those are the things that we need to be doing. So for me, the biggest uh change I think is really important to think about your foundation. So that's where I always start with all of my patients, all of my parents, all

the interviews of people ask me, you know, what are the biggest thing that I can do is change your foundations of health and I call them the seeds of health being stress, environment and toxins, exercise, diet and sleep. So these are the really big things that you have some control over and you have control that even before your your baby is born and has a huge influence, not only on your health, but then bringing a child into the world who's going to be taking on many of your health aspects, your biology, your genetics and being able to have some control over.

That brings a lot of hope. It does. It doesn't bring a lot of hope, but also brings some responsibility back to families. And it's it's hard because we are surrounded by so many chemicals and so many toxins.

And you don't necessarily have control over everything, especially if you live in a city. Uh, you know, yes, I guess you could move out into the mountains and the wilderness and start your own commune or whatever, but that's not realistic for most people.

Uh though more people these days are moving out of big cities, but still, you know, we're still surrounded by chemicals and toxins. And so you need to be mindful because there are things that you can do to improve your own health, which in turn will improve your baby's health or if your baby is already born, you have older kids and it's gonna improve their health as they go.

And people ask me all the time, what can these simple changes make a difference? Absolutely. They can make a difference. You can change the way that you eat. And there have been studies out of Berkeley where they look at the urine samples of patients and they look at the chemicals in those urine samples and they take them while they're having a normal diet and they change to organic diet, those those samples a few weeks later and the chemicals go down by 90% just in a couple of weeks. So yeah, it makes a difference.

And then if you extrapolate that to long term, just the fact that we're starting to see, see the chronic diseases that usually have been an adult and we're seeing those in kids when we can see this objective change and progress with a diet change in just a few weeks and the toxins and stuff that are in their in their urine.

And then we know that this is really going to make an impact on them, not only for the chronic disease development now, but for the rest of their life because it just decreases that overall toxic burden and stress on their body.

Right?

Foundations of Health: Stress, Environment, Toxins, Exercise, Diet, and Sleep

And I think it's super important just to stop right here and talk about this a little bit because inflammation is just such an important topic. And chronic inflammation and chronic chronic inflammation is what generally leads to chronic disease.

But inflammation in general is important today. And it's important in the long term, just like you said, because we do have amazing bodies and and our kids have amazing systems and they have detoxification systems and we have, you know, livers and kidneys and all these things that can get toxins out of our body.

So it's not that if you're around one toxin, it's gonna be a huge disaster. It could be right. You have seen it before where, you know, you have too much lead in in in your system in your water and that can cause really significant issues. But for most people it's just a low grade inflammation and everyone's genetics are different.

And so when you get inflamed with something, then your body can handle it up to a certain level and everybody's level is different. And in functional medicine, we always talk about the bucket, you know where there's water dripping in and that water is is the inflammation in your body can handle most of it and there's a hole at the bottom and it and it drips out and you're usually okay. But at some point the water comes in too fast and you overflow and that's when you get sick. And for some people that can be a toxin.

If you're just exposed to some toxin too much, then that overflows your body and you can't deal with everything

else. And then you see those kids that get sick every week or they just can't handle a regular cold. They just can't kick a regular cold.

And a lot of times it's just because their body is too inflamed with other things, whatever that is, whatever toxins that that it is and it and you do see it and I see it in my practice where if you can identify some of those things right and parents take some steps, then you don't have to figure out every single thing that's an issue.

But if you can improve 1% here, 1% here, 1% here, you decrease their stress or you decrease the parent stress, you improve the diet a little bit, you remove the toxins, you maybe use better soap, a better skin cleaner.

Um you use a different, more natural cleaner for the house, you may be on the fly or use some vinegar and water and all of these things slowly, you start to see the kids start to approve or the adults are to approve and they're not as sick and they're feeling a little better and they have a little bit more energy or their behavior is a little bit better and it just gets them on a path towards health instead of a path towards illness. And right now we're seeing most kids on a collision course with illness. I mean half the kids, right? So if you have two kids, that means one of them is gonna be potentially on, you know, some sort of chronic medication.

That's right. That's crazy to think of, That is not what used to be normal at all. And just thinking of the side effects of medications, how it changes our biology starting to get on a medication is a serious decision and it has long term consequences. And so when we have these tools that we can be addressing the root causes and avoid even going down that path, how much more powerful for our kids to be able to do that for them.

Yeah. And and again, I think it's a super important point that you brought up about medication. And for me I always say as I always say that we're not against medication, I'm not against medicine, I'm not against Western medicine.

All I'm an integrative doctor, I'm a holistic doctor. I believe in both. I believe in Western medicine, I believe in holistic and natural medicine. There isn't one way that is correct.

There is sometimes one way that is correct and that's the job of a practitioners decide when we should do if either side medicine is amazing right? There's so many phenomenal things that we could do.

We used to die of diseases and we didn't have antibiotics and now you can get a pneumonia, you get antibiotics, you get better in a day or two, you get hurt.

You know, you go to the emergency department, you can get an X ray or an M. R. I. You can see what's going on and that's magical, right? There's nothing wrong with that.

It's just about using it when you need to. There are many, many, many times most of the where you don't need a medicine and most people just don't understand that medicines have side effects. And if you give a medication just because because it's the only option then yes it might help a little bit probably it's not doing anything. You know if you have a virus and you give an antibiotic is not doing anything that's antibiotic stewardship.

That's medicine, there are other natural options that you could try. It might help, it might do nothing, but at least it's not gonna cause side effects.

And so we need to be balancing between those two. You know, we need to we need to come together. Everything is so divisive. These days. Were Western medicine and Eastern medicine.

Oh, if you're in this one, everybody's, you know, if you're into natural medicine, everybody in Western medicine is so crazy. And if you're in Western medicine, everybody natural medicine, they're all woo. It's all crazy.

But that's not true. There are good benefits of each side. Just look at acupuncture, right? People used to think that was really crazy in America who would stick a needle into their arm and now it's in every hospital, most hospitals, it replaces pain medication because it works so well.

Most things are not Western medicine until they're studied appropriately. And it's important to continue to study these natural uh medications and natural supplements because they also could be dangerous to, Right? So that's where we have to bring the two together and there shouldn't be, you know, functional medicine and Western medicine.

And hold me up at the just call it medicine. We need to learn a little bit about everything and work together as a team to bring health and and going back to kind of, you know, parent health and child health and newborn health, you need to be able to use all these different practitioners there's so many amazing practitioners, your doctor is super important for health and birth and all those things, but there's also all, all sorts of other practitioners out there that can keep you well.

Doctors are really, really good at treating illness and making sure that you don't get really sick, but we're not really trained in wellness per se. We don't get a lot of training and nutrition, we don't get we get a lot of training in diseases of nutrition, but we don't get a lot of training in nutrition, there's nutritionists, they're wonderful at that, you know, we don't get a lot of to natural medicine, there's natural paths that are greater that they're chiropractors, there's ayurvedic practitioners, there's so many other people that you can work with to keep yourself healthy. And if you're healthy, your baby is gonna be way more likely to be healthy.

It's it's a diet, it's a it's a relationship and the more stress that you have, the more stress your baby is going to be in, the more your hormones are going to be off and the more we're gonna run into issues and all of those things add up two issues down the road and you, you know, you can have all the stress in the world, your kid can come out when they're born totally healthy, but also they might affect them in some ways, I'm sure it does, and so we have to start back, we start back with their parents, right? Start back with the parents think and work on what we can do and then that's gonna cycle down into healthier kids down the road.

Yeah, no, I mean studies have been very clear that maternal stress directly affects the development, the neuro development, the hormone development of a fetus.

Inflammation, Chronic Disease, and the Role of Toxins

And so oftentimes though, mom might think that this is just emotional stress or psychological stress and it certainly includes that, Right? Absolutely.

But there's so many other types of stressors like you've mentioned that can be biological. And those are also going to be putting a stress on the development of the uterus of the fetus in the uterus and affecting possibly even those toxins getting into those tissues and starting, you know, an infant then already having uh, these biological stressors in their system that they're going to have to battle with. And it's like then you're fighting your own biology to feel well and do well. You know, be able to focus in school, be able to, you know, pick up your toys or go to bed when you're told to because of the biological stress that your system is already under. Right.

And how could it not affect babies? How could it not affect an unborn baby if you are stress? You know, we know it affects your hormones, we know it affects your cortisol and your neurotransmitters, norepinephrine, all of these things and those affect your blood flow and all the other hormones.

So if you are very stressed that you're decreasing blood flow to, to, you know, the uterus or to other places or your, your intestines, then obviously that's going to have some effect on the baby and doesn't mean if you get stressed out that you're gonna have a baby, that's gonna have issues.

So it's not something that we should be, you know, shaming parents or people should be super worried if you've been stressed that that's gonna cause a huge issue.

But just think about it very simply common sense. The more stressed that you are then the more that's gonna have effects on your body, the more that might affect the baby. So the more that you can just be a little calmer, do some meditation, go out into nature, whatever it is that makes you a little calmer then that's gonna be good for your baby. And every little thing that you do makes a difference. There are many more people, especially as some

professionals are starting to have Children later in life who are doing almost like a pre pregnancy preparation phase where they're trying to address their health, improve their health before getting pregnant. Did you and your wife do anything like this and what were some of the things that you guys did in order to make sure that you were in good health going into this phase of parenthood, we didn't do and I would say a ton, I know a lot of people do that, we try to live pretty healthy, you know in general and I think overall if you're trying to eat healthy and do all those things, then you shouldn't need to make huge changes.

Um you should be trying to live that way always. But there are many, many people that this is a kind of a wake up call for them. They're like, okay, I will, I wanna have a baby or I am pregnant now, I really need to think about this. I'm not just this is not just for myself anymore, this is for my baby. And so that could be a really good time or a really good reason to change your health or to change some of your practices.

So I think that is, you know, really useful and it it can be something that people can do. And I would say always the first place to start is the diet.

Uh you know, everybody's diet, almost everybody's diet is horrible in America, even if you have a really good diet, you know, our food is just not the best.

I mean you can get as good as you can get, but most things are not just picked, you know from your garden, right? That's where you're gonna get the most nutrients, you know, a lot of our food is is not nutrient dense, it's been, you know, farmed in a place where there's rapid turnover, a lot of our, you know, meat and chicken and all of these other things is, they're they're not naturally grazing out there on grasslands.

They're they're they're farm raised. Um and and that has its own issues. And so the more that you can plant your own garden, eat your own healthy food, the more you can switch over from processed food to more organic food.

Things like that. Grass fed meat, you know, if you're doing that than than that, that can be helpful. And it's not that you have to go from eating cake too, eating everything out of your own garden.

Every little step makes a difference. So just make some small changes for yourself. Try to get preservatives and the sugar and the dyes and the chemical, try to get those out of your diet as much as you can when you're shopping, make sure you're reading labels, look at a label, you know, super, super important. That's what we always teach the kids in the office, but it's really important for parents to do it.

To turn the box over and look at the label there. Long chemical names of alpha gabba, blah, blah, blah blah, whatever. It's probably not good for you right.

If it says, I can't pronounce it, it has almonds and cherries and and whatever, then it's probably gonna be at least decent for you. I mean you gotta look at some of the all the ingredients.

Medicine, Integrative Care, and Working With Different Practitioners

But if you at least know what all the words are then it's gonna be better for you than than long chemical names and synthetic things and try to stay, you know on the outside of the shopping area and and get more fresh fruit and vegetables and prepare food yourself as much as you can because even if you prepare the exact same meal of something you buy in a box, you know exactly what's going in there and it's still gonna be significantly healthier in general than the prepared food.

There's always more preservatives in there, It's not fresh, you lose the nutrients as it sits there so you can make the exact same food but just make it yourself, you can that's gonna make a huge difference.

Yeah, I was speaking with wade light heart from by optimizers the other day and he was talking about the poor nutrient density in our foods today and how you know, even just a peach, something that you think is healthy.

One peach today only contains you know, the the equivalent nutrient density of you know 50 50 peaches today

would be what you have to eat in order to have the equivalent of one peach, you know, several decades ago just because of how things have changed with agriculture and preparation and and so the quality of our food is drastically different and we need to be mindful of this if we're gonna be optimizing our health and certainly optimizing our kids especially when they're young and their newborn and they're starting to you know go into eating solid foods and knowing what foods are gonna set them up for success for life because this is such a critical period for them.

Yeah exactly. I work a lot in with earth conscious films and their last film was called Me To Grow and it was all about the soil and soil health and you know it's scary, it's really scary what's going on with the soil and people just you know don't even think about oh soil, it's out there but that's where we get our nutrients from right everything. You know if you have a tree an apple tree the apple falls down you know and then that dies and gets decomposed and then it goes back into the soil and it gives it nutrients and animals come by and eat the grass around and they poop and all of these things and it's a cycle. But when you when you break that cycle, when you have this man made production you lose a lot of the nutrients you lose a lot of the value of that food. And yes eating an apple is still probably you know definitely healthier than eating a candy bar right?

But it's it's not the same thing as it was 50 years ago, like you said it's not the same thing as you know you have an apple tree in your backyard and you pick an apple every now and again you eat it because the soil is just not filled with the nutrients that you need and we forget that we're all made up of you know small particles and water and nutrients and all these things that we that's what we're built of.

Yeah building blocks were built up and and if you eat an apple then you're built at what's in that apple and apple's built with what it ate and what the tree eight or what the plant eight or whatever the food is. And if there's nothing in the soil, if it's just you know, really not good soil then you're not getting good nutrients and then the food it might grow and exist, but it's not gonna be nearly the same thing as it was if you did it correctly sustainably, I mean this is a whole other world of topic that we don't necessarily need to get into, but like if you want to really talk about optimizing health in the long run, then it comes down to sustainability, we have to change our practices overall and this is you know bigger than what you can do your yourself every day, but it is important for everybody just to even start thinking about these things, you know, even if you get your own garden or have a few things in your home because at the end of the day, if we keep having food that's devoid of nutrients that comes at a cost and that cost is the loss of our health. So it just really is and it just comes down to it, it's an increased burden and decreased nutrient density.

Those two things are what leads us to get sick and kids over a period of time, nutrient nutrient not having nutrient dense food, that's where they run into issues and that's why so many natural practitioners, they actually do quite well with kids because the first thing they do is they just increase, give them some supplements and then all of a sudden, wow, this kid is magically doing better. No, they just didn't have all the nutrients that they need. It's not always that simple, but a lot of times, that's the first step to put them in a better direction.

You can't get better if your body doesn't have the building blocks it needs to deal with its immune cells and create the proper cells and itself. Yeah, in my interview with Tara hunk in from my child will thrive.

We talked about this very same thing, like we are just so aligned in this and that the toxins and the diet are the biggest problems and for her, she's working with neurodevelopmental disorders, especially the sensory processing disorder and kids can have sensitive nervous systems and you know, all of the downstream effects of that.

Whether the emotional regulation the behaviors focus, but so much of it just comes down to toxins and food and diet and food is information right? Like food is information to our body and when we are not taking in the nutrients that we need, it gives the information that hey, we're in a period of stress, we're in a period of scarcity and so we need to up our survival system, we need to up our inflammation and then that's why we're starting to see the rise in the chronic diseases and even the neurodevelopmental disorders in kids.

Pregnancy, Maternal Stress, and Pre-Birth Optimization

Yes, yes and and that's a good, I think seg just go back to kind of the general topic that we were talking about here,

which is like what can we do to really help our kids today, what can we do to have our newborns grow up healthy And and again, I will repeat it the foundations, that's what you can do today, sit down for five minutes, think about what small changes in your face foundation, you could do just a little bit to help your kids grow up healthy, think about all the stressful things and try to find something that will help you de stress just a little bit, you know, it doesn't mean you have to sit in a circle and sing kumbaya or do a meditation like that kind of way or do chanting, that's not what meditation is just anything that gets your mind off all the stresses and there's plenty of stresses right now. So you gotta, you gotta really think about what is it that you could do to get your mind off those stresses?

Is it turn off social media is it? You know, maybe that's not possible for you, but is it one hour a day? Put your phone away, no social media for some breaks.

Is it I want to go outside into nature and go gardening. So you go for a little trips every day or go for a walk. Is it is it doing meditation? Is it doing yoga?

Is it, you know, having other people come over to the house grandparents and watch the kids for a couple of hours so you can have a little break for yourself, you know, all these things are super helpful then toxins and environment.

So think about what are the things in your home, every single thing, every single chemical that's in your life, What is it that you can do to decrease those chemicals just a little bit, can you change up your cleaners in your home, Can you change up the skin care products that you have?

Look for natural ingredients just like with food, look at the labels, look at what's on there, you know, if you're putting something on your skin that's going into your body and those are toxins. So you could, you know, water and vinegar, baking soda, all sorts of things that you can do natural cleaners use some essential oils, you can get rid of a few things and that's gonna prove your environment a little bit diet. We talked about a ton, you know, so we don't need to go back into that too much.

But just again, organic, non Gmo get rid of the chemicals, get rid of the pesticides, get rid of the dyes and preservatives as much as you can within reason within your budget.

Um do what you can. Yeah. And then we uh and then sleep is the last one. So just making sure that you're getting adequate amounts of sleep, that's when your body detoxify eyes and so it's just so important to make sure that we're detoxifying our body and getting ample sleep cause that's where you rest and recover.

And like you said when kids are because kids are, you know, still in their developmental stage and their whole system, their nervous system, every other system is is still relatively young and and forming when we make these changes. Oftentimes we can get results much faster than we can as adults for adults. You know, it's a much longer process because we're having to undo so many more years of, you know, bad diet or toxins or stuff we may not have even known about, but it's it's been more integrated into our system and with the kids we can get so much faster results, changes in their energy and their focus and their behaviors and their connection with us when we start to implement some of this because their system is still at that very, you know, pliable stage.

Yeah, you can get instant results sometimes it's not that uncommon with kids that if you're gonna get anything that's going to be an instant result, magical cure, it's gonna be food changes, right? It's not a magical cure.

It's just they eat something that's causing inflammation in their body. You take that trigger out that inflammatory item out and they start to do better.

It doesn't mean that you change the diet and they're gonna be magically better. But they could be right. I have seen it many, many, many, especially with wheat and dairy for something to be the biggest two triggers these days. So if you take those out, if it's causing issues, then you can see a huge improvement if you have a newborn.

Well if you change up your diet then if you're giving breast milk, well that's going to what's in the breast milk and if you're if they're not getting as many toxins in the breast book, that's gonna be helpful.

So there's just so many things that you can do that can have immediate changes and just don't forget that kids watch you if they're older, right? And you have to practice what you preach.

Nutrition, Soil Health, and Nutrient Density

And if you're eating healthy and healthy food in the house and they're gonna eat healthy if they don't have the option of having chips and crackers and all these other things there, if they only have veggies, that's what they're gonna eat. If you have these snacks and you're eating them then why why why are they not supposed to eat them?

You know you have to practice what you preach. Um And you can do it together. It's a family change. This is a lifestyle change. Mhm. And again these are changes that the medication is not going to help you know a medication for a behavioral disorder medication for whatever like you can't there's no medication for a bad diet.

There's no in the in the environment. Right? Exactly. And it's the same thing as thinking about a multivitamin right? You know there's nothing wrong with taking a multivitamin especially if you're deficient in certain things but you shouldn't be taking a multivitamin.

You should be getting all your nutrients from food and our food is so devoid of nutrients that so many kids do need it and sometimes we do need a boost.

So it's fine to take a multivitamin. But it's the same point as medication is you shouldn't be treating things with the medication if you can treat it with something that's more natural. And there's nothing wrong with using medication if you need it. It does help in some situations and it's certainly very useful in certain situations. A. D. H.

D. Is perfect example right? Where you know obviously we're way over medicating kids are way too many kids that have taking A. D. H. D. Medicine but it doesn't mean that some kids don't need it and doesn't mean that it's not helpful.

The medication is very very helpful for some kids. But that shouldn't be your your answer. Your answer is not. Here's a medication, here's what you're gonna take for the rest of your life.

Your answer is here's the medication we're gonna get you the medication. So that way we can balance you out and we can help you do the things that you need to do to function and do well in school or whatever it is and whatever the reason is or be behaved at home. But at the same time let's think about the root cause of why we're having these behavioral issues.

Let's fix up the diet. Let's think about the foundations and maybe just maybe if you improve all of those things and you make those changes you might not need the medication anymore. Or at least you might be able to decrease the medication dose. And that's our goal then because medications have side effects. And if you're taking 10 mg of something you can take five mg and you have the same results. That's better if you can take you're taking five mg you can take zero mg. That's great and it might not be today it might be two months it might be a year it might be five years.

But if you can go through and get a kid off of medication. What better thing can we do for the future health and to optimize our health and to hack our health in the long run than to Get those kids off.

And that's not even hacking health. That's just common sense really. But it, you know, today, I think it is hacking health. This is what we need to do to keep our kids healthy because otherwise those numbers keep going up. And as we said at the beginning, 50%, you know, around of kids have a chronic disease. That's scary.

That's a disaster. That's a failure on humanity's part that's a failure on our part in America. And we're setting the example and we're, you know, raising the future of our society and so we do have a responsibility. Yeah, we do.

We're setting kids up for failure. And it's not that, you know, every time you have a chronic disease, that's something that you did. But if you look at the statistics, whatever we are doing our generation, the generation

before we are doing it worse, right?

And it's not you specifically, it's all of us and the way that we're living in the way that we're consuming the earth and the way that we're doing things not sustainably in the toxin increase that we're not paying attention to. And just the rules that we have in in north America and around the world in general, we're doing so much wrong and that comes at a cost.

That comes at a cost of our kids health and our job, you know, my job as a pediatrician, our job as health practitioners is to leave the world a better place to keep our kids healthier. And I feel like we're failing, we're failing as a society. We're failing as a health Group of practitioners because we're not changing the bigger things.

We're not changing the way that people live. And if we don't do that, then nothing is going to change. And we're gonna have 75% of kids unhealthy, every kid unhealthy.

And if every kids on a medication, that's that's not a that's not good. That's not good. Right? And, and in our defense, right? This is not something that we necessarily grew up with. Our parents didn't have to do this and their parents didn't have to do that for them.

Practical Steps for Kids: Diet, Sleep, and Family Habits

This is something that we're having to figure out by looking at the, at what's going on, looking at the numbers and realizing we've got to make some serious changes here and we've got learn how to do that, Right? Right. Exactly. And it's it's it's all about recognizing the issue and we're as humans, we're pretty bad at recognizing the issue until it's really bad, right? So it's it's like it was, you know, a little bit bad before and things got worse and whatever, but now it is really bad and we do need to recognize, and maybe we didn't cause the problem, but we are responsible to fix it. And we have to, we have the tools we do, there are things that we can do their societies all over the world that have terrible carbon emissions and then they reduce those there are watching about palau and the and the water and their coral reefs and it was all gone and they're like was bleached and then they changed all their practices and then it's back and thriving.

There are things that we can do to improve the earth and to improve our health and improve our kids health. But it takes a bigger effort and a realization that this is a priority.

Yeah, it takes conscious effort. It's not gonna just happen by mistake or happen naturally yet in our society. And so the big game changers that I'm taking away our diet and toxins and starting even even before pregnancy.

So the parents actually starting to make these changes and then that already affecting and improving the health of their Children. And then even more so we and they are newborns when they're developing when they're, you know, in childhood, that is such a crucial time where we can influence their health for the rest of their life by addressing the two big big pivot points, diet and toxins.

Yeah, absolutely. I mean, you nailed it and we got into some big topics, but that's you know, sometimes too big for an event or for people to think about.

But lots specifics, you know, you can do it at home for your own family. There are very specific things that you can do to improve your health around you.

And if you want to get more involved, if you wanna be a part of the greater solution great.

Closing Thoughts and Where to Find Dr. Joel Gator Warsh

But at least at a minimum, you know, think about your own health and your Children's health because there are things you can do to give them the best chance at success.

The best chance to be healthy in the long run Joel. Where can people find you? Where's the best place for us to

send them? The best place would be integrated pediatrics dot com.

You can check us out, we have lots of our own uh information and content out there around Children's health. So you can go to integrated pediatrics dot com or you can on instagram at dr gator after dr Joel gator, awesome. Thank you.

And really I appreciate you taking the time today. This is an important topic, newborns, pregnancy is super important right now in our world so I really appreciate you taking the time and sharing your experience and knowledge and thank you for joining us today. I'm dr amy your host for this bio optimized summit and make sure and get the discount price on the content and recordings while you can because once that is gone it is gone forever. And I would just love to see you inside and be able to connect with you more together. Let's find that next level of health and aliveness.