The Dr. Gator Smoothie - Keys To Health And Resilience Transcript

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Introduction to the Mini Masterclass

Hi and welcome to the third Mini Masterclass. I am the host of the ADHD, Autism and Chronic Disease Parenting Summit, and we are here today to talk about the Doctor Gator Smoothie.

So here's my book, Parenting at Your Child's Pace.

Why Health Belongs in Parenting

And one of the reasons that I wanted to write a book was to really get ahead of chronic conditions that we're seeing 50% of kids or so have a chronic illness, and it should not be that way.

It was not that way. Just a couple of decades ago. It was 1 to 5%. Now it's 50%. That's insane. We have to do something about it and we have to get ahead of it.

And most parenting books that I have seen really don't talk about health or wellness because they're written by therapists or moms and they don't really have a health background.

And so they focus on a lot of the other things. But it is absolutely vital that we talk about our health. And so one of the things that we do in the first chapter is really run through the foundations of health.

And what I call the doctor Gator Smoothie.

The Doctor Gator Smoothie and Health Foundations

Now, the reason that I created the Doctor Gator Smoothie was, as you have probably seen before, on the daytime talk shows, there's always a quotes guru on there talking about their magical smoothie that cures everything.

You throw in some celery and some carrots and this and that, and that will cure all your conditions. But there's no such thing. Of course we know this.

There's no magical smoothie. But for me, the magical smoothie is really focusing on those foundations. So I start with a seeds of health being stress, environment and toxins, exercise, diet and sleep, and then throwing in, our mental health, throwing and getting outside into nature.

Vitamin D, family time, love immunity. This is the foundation of our health. And if you have an unhealthy child, or if you want to keep your child healthy, that is where I would be putting my focus.

That is where we truly will see healthy, resilient kids by focusing on these things. It's not something that should stress you out. It's something that we need to make small changes or just be conscious of it.

We're so focused these days on faster, cheaper, better, and what we lose with that is health. And we have to put health back into the equation. And yes, sometimes things that are healthy cost a little bit more, but it's important that we factor that in as much as we can within our budget and within our means.

It's just so vital because if we don't, we know what the statistics are. 102 kids have a chronic disease. If you're here, maybe your child does have a chronic disease.

Environmental Factors and Rising Chronic Disease

Maybe they have asthma or allergies or autism ADHD, maybe they have an autoimmune condition. You name it. I mean, this this number, the number of these conditions are skyrocketing.

And I don't remember peanut allergies. When I was a kid, I was around, but just not every child had a peanut allergy. I don't remember anybody with asthma.

I don't remember anybody with autism. But now it's just so common. And I believe very strongly that a huge portion of that is our environment, our genetics, and not change in a few decades.

But our environment has changed drastically in the way that we're interacting with our environment, the food that we're giving our kids, things that we're doing, the toxins that they're exposed to.

It's not okay. It needs to change. And that is why I created the Parenting Master course to really dive into these topics deeper, to dive into the seeds a lot deeper, and to really discuss these topics.

So that way you can implement them for your family and your child that you can hopefully think about things in a different way. I mean, every child is different, so there's no one solution for all kids.

But what my hope is that you will start to think about health in a little bit different way. The way that we're taught to think about things these days seems to be like, oh, it's not me.

It's just kind of how it is. It's a genetic, you know, whatever we do, it's just it's just how it is. But that's not true. You have a lot of power, and I've seen it over and over again.

Taking Back Power Through Small Changes

I've seen conditions go away. I've seen conditions improve drastically. And that's because we take back our power, and we realize that the things that we do matter, the purchases that we make matter, and all the little decisions add up.

And yes, eating one piece of cake is not going to be the end of the world. But if you eat that crappy food, that sugary snack every day for ten years, if you get a little bit of plastic in your food every single day for ten years, these things add up and eventually it overflows and eventually your child gets sick or you get sick and we can do something about it.

So I want to point you in the direction to the things to think about. And I do believe that if we start to change the way that we're thinking about this, then we can really make a huge difference and turn the tide and turn back the clock on chronic disease.

And really build a more resilient, healthy group of kids and a really healthier group, you know, and family, I mean, look, not everything we've done in medicine is bad.

We used to die when we're 40. Now we're dying in our 70s. So not everything's bad, right? But also health expectancy. Life expectancy is going down. Chronic disease rates are going up.

So a lot of what we're doing isn't working. And some things that we're doing are.

Closing Thoughts and Masterclass Invitation

And we need to find a balance so that life expectancy can go back up. Chronic disease can go back down. And that means finding a balance and doing some of the things that we used to do, or refocusing on some of the things that we used to do.

And, I absolutely believe that's possible. And I will help to point you in the right direction. So check out my, Natural Parenting Masterclass. I hope you will enjoy it.

And I know that it will help reshape the way you think about health and, hopefully point you in some directions of avenues that you can explore a little bit further for your own family.