Your Guide To A Holistic, Healthy Family Life Transcript

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Welcome and Summit Closing Message

Welcome to the seventh and final mini masterclass here at the ADHD, Autism and Chronic Disease Parenting Summit. I'm your host, Doctor Joel Gator, and I am honored that you are here spending some of your busy parenting time with me.

Maybe grand parenting time. Maybe you're just an educator, but I appreciate it nonetheless. And I wanted to finish with this last master class kind of bringing it all together.

If you don't know by now, if you haven't seen it by now, if you're not following me online, I want you to know that that I really don't want to shy away from any topic.

I think it's important to talk about things. I try to minimize stress. I try to not be alarmist. I try to bring up discussions and conversations.

Why Children's Health Needs Attention

So that way we can talk about things and it's really frustrating that it doesn't seem like we can talk about everything. Our children's health is non-negotiable, and that is why it's become such a big topic.

And in the recent election, it's become such a big topic amongst wellness advocates. It is something that we must focus on. Our kids are sicker than ever.

50% of kids have a chronic disease. If you're here, there's a good chance you, one of your kids, or all of your kids have some sort of condition and you want that to change.

If you are a new parent or a parent to be, you don't want your kids to have a chronic condition. I know as a parent of two kids, I have a I have a, five year old and an almost one year old.

And, you know, I want them to be healthy and I want to do everything I can to prevent them from getting a condition. And I if they did have something, then I would want to help them as best as I can.

And I know that's why you're here. Maybe you have a child with autism. Maybe a child with ADHD. Maybe you're worried your child can have autism because the numbers are crazy at this point.

Like 1 in 30 kids, have a condition like autism.

Rising Autism and Chronic Disease Rates

And, you must be wondering, well, what can we do about it? And if you listen to the mainstream, it's like, oh, it's just happening. It's just normal. Oh, we're just better at diagnosing and that's BS.

And I know that, yes, we're better at diagnosing things. Of course that's true. But we didn't go from one inch 25,000 to 1 in 2000 to 1 and 150 to 1 in 36 over a few decades.

Because we're better at diagnosing things. We haven't changed the diagnostic criteria that much in the last couple of decades. And yet the numbers keep going up and up from like one 1 in 150 to 1 in 22 in California, where I am.

And that is not because we're better at diagnosing it. I mean, maybe a little part of it is absolutely, but not most of it. It's because of what we're doing and what we're not doing.

And it is our job as parents and health advocates and doctors to make a change, to focus back on what we can do, to focus on our lives and our family and our surroundings and our home, and figure out what are the changes that we can make.

What do we need to do to keep them healthy? We need to focus back on our food. We need to focus back on our cooking. We need to focus back on love and community.

We need to focus back on nature. We have to get sunlight. We have to not be afraid of the sun.

What Parents Can Do at Home

We have to get our toxins and chemicals out of our home. We have to get them off of our bodies. We have to get moving. We have to make sure we get sleep.

We have to decrease our stress. We have to get off our phones, and we need to come together for our kids and our families so that they can be healthy.

If we don't do this, everybody is going to be sick. Everybody's gonna have a chronic disease in the next decade or two. That is the direction that we're going. That is not okay.

We can do something different and we need to do something different, and we will do that together. Check out the Integrative Parenting Masterclass here at Doctor Talks.

You will love it. I'm going to get into all these topics and much greater depth, and we're going to talk about the things that you can actually do to make a difference.

I don't know you, so I cannot give you a specific plan for what's going to work perfectly for you, but I can point you in the right direction of the things that I have seen, that people have focused on, that make a big difference in their lives, that are made a big difference in change, changing factory of health for their kids that have helped their kids who had a diagnosis get rid of that diagnosis.

And that might mean working with a practitioner who, really focuses on integrative health and integrative wellness and finding one in your community. And I think that's really important, to do if your child does have a condition.

But I can at least point you to start thinking about some things. You can make some changes at home, or start purchasing a little bit differently or whatever it is that will be helpful for you.

And that is what I will try to do and what I do in that masterclass.

Masterclass, Community, and Support

That's what I do on my social media every single day. I just try to open up discussion and make you think and and have conversations that are people not having everywhere else.

And then on my, parenting support group, The Inner Circle, which you can find through my Instagram, or you can ask questions about anything, and there are discussions that we cannot have everywhere, which is unfortunate.

And, I don't feel that that should be the way that things are. And there are no topics that are off, off the table on my community. And it's a special closed community.

So that way we can talk about everything and not fear any sort of censorship or anything like that, which I think is unfortunate, but that's just the way that it is.

But in the programs, in the classes, I can talk about whatever I want and I will. So we will get into those discussions and, I hope you enjoy it. I hope you learn a lot.

I hope you have enjoyed the summit. And I really did try to bring together some amazing people to talk about chronic conditions and autism and ADHD and, all the things that we're working through right now.

And then I know many of you are working through this, and, we're all in this together. We're all on the same team. We're all working to get our kids to the healthiest, happiest place we can get them.

And, I know that we will continue to do better, and we will be a part of the change that gets our kids to a healthier place in the future. So thank you for joining me here.

Please check out the Integrative Parenting Masterclass. And, please reach out if you have questions. Follow me online on social media, and feel free to reach out.

I answer it, I do all my own social media. Nobody else does. I answer all my own emails. Nobody else does. So feel free to reach out if you have questions, and I will.

We'll try to help. Of course, I cannot give medical advice now. Personalized medical advice. Those are not my patient, but I can talk about things in general.

And, that's what the community is for, to offer support. And I hope you'll join me on my social media are in the community. And, thank you guys so much for for being here and being a part of this doctor talk summit.