The Solari Wellness Report

How to Grow Healthy Adults

with

Dr. Michelle Perro

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**Guest:** Dr. Michelle Perro, M.D

Michelle Perro, MD is a veteran clinician with over 35 years of experience in both pediatrics as well as in integrative medicine treating both children and their families. Her career began in Pediatric Emergency Medicine winding its way into homeopathic and functional medicine over the years. She has been director of a Pediatric Emergency Department in NYC and spent over a decade at UCSF Benioff Oakland Children’s Hospital.

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**Brigitte Mouchet:** Hello. This is Brigitte Mouchet with The Solari Report Wellness Series. Today we are going to focus on children’s health and how to prepare them to be healthy adults.

With the Solari Wellness Series we want to empower you with the latest knowledge around topics that can make a big difference in your lives. We focus on prevention and healthy solutions.

Today I have the pleasure to talk in person with Dr. Michelle Perro in the beautiful Tahoe area in Northern California. Michelle Perro is a veteran pediatrician with over 35 years of experience in acute and integrative medicine.

More than ten years ago Dr. Perro transformed her clinical practice to include pesticide and health advocacy. She has both directed and worked as attending physician from New York’s Metropolitan Hospital to UCSF Benioff Children’s Hospital in Oakland.

Dr. Perro has managed her own business, Down to Earth Pediatrics. She is currently lecturing and consulting as well as working with Gorden Medical Associates, an integrative health center in Northern California. Dr. Michelle Perro is in the middle of a book tour for her first book, *What Is Making Our Children Sick?*

Dr. Michelle Perro: Thank you, Brigitte. I’m glad to be here.
Mouchet: First, let’s talk about your book. What inspired you to write this book? And has anything changed since you started writing your book?

Perro: Absolutely. I would like to begin by saying that I had an amazing coauthor, Dr. Vincanne Adams, and we wrote the book together. Dr. Adams is a medical anthropologist at UCSF. We met serendipitously because we were neighbors hiking together. Vincanne is an author with a specialty in Tibetan health.

I told her about my desire to write a book as well due to the fact that I was seeing so many sick children, and I was able to only see a few patients in my office every day – ten to fifteen patients – and I felt that the need was so prevalent to get the word out to a wider audience about the state of our children’s health. Vincanne agreed to help write the book.

We interviewed my patients. It took us three to four years to write the book, and actually it has been out since 2017, but it is still relevant today and we are still being asked to lecture and talk about it, and it is still a major issue.

Since that book came out, our kids are actually sicker. I have statistics since that book was released which show that things have actually progressed not in a good direction for our children. So there is still relevance today.

Mouchet: Do you have an answer as to why our children are sicker today?

Perro: When we look at the issues of what is facing our children today, and there are so many factors that are making them sick. What we like to hone in is on food because kids eat a lot, and they eat all day. Babies may eat eight or nine or even ten times a day.

The honest truth is that there are many reasons why kids are sick. It’s their food because we are now eating industrial food which has changed over the past 22 years. It’s our all water. We know that there are problems with EMF-electromagnetic frequencies. There are problems with plastic exposure and nanoparticles. There are kids who are sensitive to vaccines and vaccine contaminants. There are children who are sensitive to emotional toxins and the effects of emotional stress.
So there are many reasons why our kids are sick, but in this book – and in general – I focus on food as medicine. That is a very important topic, and it is certainly not being covered in traditional, conventional medical settings.

**Mouchet:** What kind of illness do you see with the children?

**Perro:** The truth is that all illnesses across the board are increasing, and at the top of my list of concerns are what we call neurocognitive disorders. Those are kids affected by learning issues such as ADHD and autistic spectrum condition. We don’t even call it a ‘disorder’ now; we call it a condition. There are situations involving respiratory illness such as asthma, increases in eczema, food allergies are off the charts elevated. Obesity is an epidemic by definition where anywhere from one in three to one in five children is now obese. Obesity is not a benign disorder; it is associated with all types of issues from metabolic syndrome, cardiovascular disease, hypertension, not to mention self-esteem and mental health issues from being obese.

There are situations in terms of sleep. Two out of three children under the age of ten now have something called dyssomnias, which are sleep disorders. Then if we look at the mental health issues, kids are not faring well from the mental health perspective.

In Western medicine we cut children off at the neck as if their head is divided from the rest of their body. We know that they are all linked, and disorders such as anxiety, depression, OCD, anorexia and eating disorders have all increased tremendously.

I believe that the last statistic that I saw was about 46% of kids in high school are suffering from depression. These are enormous numbers. If you look at data of kids who are on psychotic drugs such as Risperdal, we are prescribing them younger and younger. I’ve seen two- and three-year-olds on antipsychotic medication.

We have a real array of illnesses that are all showing exponential increases.

**Mouchet:** What about diabetes? Do you see that in children as well?

**Perro:** Yes, Type 1 and Type 2 diabetes. Both are on the rise with Type 2 being more prevalent. Thyroid disorders are on the rise as well. I have nine-year-old boys who have Hashimoto’s Disease. That was unheard of 20 years ago.
So we have thyroid issues as well as growth issues. Kids who are failing to thrive is also on the rise. All of the hormonally linked disorders are also increasing.

Type 1 diabetes is an autoimmune disorder, and that is also increasing.

**Mouchet:** This is not affecting all children, right? I have friends who have kids who eat macaroni and cheese every night, and they are extremely bright and they do well at school. So who gets affected? Do we have an idea?

**Perro:** We know that 54% of children now have a chronic disease. It’s one out of two children. It doesn’t affect everyone – you are absolutely right – but we have to appreciate that many of these disorders take many years to develop.

For example, autoimmune diseases and cancers take decades to develop. Many of those beginnings begin in childhood. So although a child may not show overt signs of illness, they can develop later.

As an example, that child who is eating macaroni and cheese every night – maybe it’s organic macaroni and cheese. Maybe their diet is nutritionally full or robust in other areas – we can only hope. Perhaps that mom was a really healthy mom and she had a robust microbiome that the baby inherited when birthing through the vaginal canal. We can also talk a bit about that.

So there are genetic factors, there are epigenetic factors, and so much depends on the health of the dad, but mostly it depends on the health of the mom. So there are many reasons why you can have five children in a family and they all have different health.

This is something that I hear as well, “My kids are fine. I don’t feed them this or that.”

That may be true for now, but that doesn’t mean that later on they won’t be affected.

**Mouchet:** Do you work a lot with mothers in your practice to help with a healthy pregnancy?

**Perro:** What I am recommending now – especially from my reading and what I’ve learned over the decades – is that in this toxic world that we live in, we really need to employ a pre-pregnancy cleanout.
In a perfect world, before conception, both parents need to engage in cleaning up their diet, their environment – both internal and external milieu – to ensure the healthiest baby they can possibly have. Otherwise they could offload a lot of toxins onto the baby.

I call that pre-pregnancy cleanout, and any amount of time before conception is beneficial – whether it’s a month, three months, or six months. Once you are pregnant, it’s not the time for cleaning up.

**Mouchet:** We all know families with an autistic child. In your practice, have you been able to reverse that? Is that possible?

**Perro:** Autistic spectrum condition is now affecting one in 28 boys. It’s in every practice. One in 58 kids is affected.

We wrote about three kids we had in the spectrum in the book. They were all clinical patients who had all been reversed. You can reverse autism absolutely. It is a reversible disorder. The younger you start, the better chance you have. If you wait too long, it gets more difficult. If you can get kids under six or eight years old, it is easier. Once they are over 12, it gets more difficult. But, yes, it is a reversible condition. The first place that I start is with their diet.

**Mouchet:** I heard that EMF can also have an influence, but everything is related. If you have a poor diet, you probably have a lot of heavy metals. Vaccinations. EMF and heavy metals are connected as well, and they amplify the effects of the problems.

**Perro:** We wrote about food in the book, and I have been so focused on food, but I am not blind to the other factors that are making our kids sick. I am very EMF concerned. As a matter of fact, that is the next platform that I hope to address. I have been on the GMO and pesticide issues for so long, but I am also particularly concerned about 5G, small cell radiation, and the effect on children’s health and the profound increase on young children on devices and Wi-Fi and laptops and tablets and cell phones.

This idea that Wi-Fi is benign is not true. We could do a whole segment on Wi-Fi and 3G, 4G, and 5G and dirty electricity on health. It’s a huge factor, and we have known about these effects for decades – I believe since the 1960’s. Oftentimes truth is obfuscated for profit. That has been the motto in America – profit over health, particularly with our children.
Mouchet: In previous interviews with the Wellness Series we have talked about gut health and how to stay healthy. So this time we can go a little deeper. Do you have a good scientific explanation that is understandable by laypeople of what is happening in the gut and why the gut is so important? Can you talk about how what we eat and drink can have such an effect on our health and what children may be developing because of that?

Perro: From my point of view the driver of gut health, which affects all of health, is the microbiome. There are many factors that affect gut health. Again, not to oversimplify, but the microbiome is probably one of the key factors in staying healthy. You inherit your microbiome from mom when you pass through the vaginal canal. So already we know that if mom’s microbiome is not healthy for whatever reason – she has been on antibiotics or she has autoimmune disease or she is on a lot of pharmaceuticals – that will affect the microbiome that the baby inherits.

That microbiome that the baby inherits through the passage of the vaginal canal sets up the baby’s immunity – called the innate immune system – by talking to the thymus. That sets up a huge part of the baby’s immunity. That microbiome is malleable until around age three. After about 800 days you can no longer really impact your microbiome. You can support it, but you can no longer change it. So what happens those first three years of life is imperative in terms of long-term health. So that early period of life is key for health.

We know, for example, that babies who are born via C-section – about one-third of American births – don’t acquire the mom’s microbiome, so we know that their microbiome looks like the surgical suite where they were delivered.

Breastmilk is not sterile, so the baby will inherit the microbiome of mom through the breastmilk, but if the baby doesn’t nurse and is born via C-section, that baby is at a huge immunological disadvantage. That microbiome is not only important for immune function. Those organisms that chat with each other—there is a lot of cross-talk between organisms—are also responsible for the production of certain vitamins like folate, B12, vitamin K, thiamine, etc. The microbiome is also the first line of defense for detoxification.

The more robust, the more organisms, and the more diverse your microbial community – which can be as high as 10 microbes for every one human cell – the more robust your health will be.
In this over-hygienic society that we live in, in a world of C-sections and sanitizing hand gel, babies are born compromised. So they are starting off at a disadvantage. Then if they are fed formula that has been genetically modified like soy formula that is filled with pesticides, the most common being Roundup, a glyphosate-based herbicide which is also an antibiotic, you will kill off further their microbiome. There is research coming out right now that shows that.

We know that Roundup, the herbicide that is most commonly used, which was marketed and patented as an antibiotic by Monsanto and now owned by Bayer since 2010, is an antimicrobial. So it kills off the microbiome. How much and how often? We don’t know. It has not been studied. It is being looked at right now by a study done by Microbiome Labs who are doing some great research.

We have babies who are compromised from immunological, detoxification and impairment of nutrients and vitamins like the B vitamins because of a compromised microbiome. So that is how these babies are starting life. Then when you subject them to other stressors – which we can go into – we then in five, ten, or 20 years will expect to see illness.

**Mouchet:** So what can we do? When you have a child that starts like that with a ‘handicap’ – if we can use that term – what can we do with those children, and what can we do to prepare the other ones to be healthy adults?

**Perro:** Fortunately the body has the innate sense to heal itself. So if you supply them with the nutrients that they need and the beneficial food and water and environment for thriving, oftentimes many of these things will repair.

The first place that you have to start is with organic food. If the food is not organic, chances are that even if you get a kid better with whatever tools are in your integrative toolbox, the conditions will often relapse. How much organic? It depends on the kid. Some kids may need more, and some kids can get away with less. It really depends on the individual and how robust they are.

There are individual variances, and that is why integrative medicine is an individualized practice. Not every kid is the same.

I also recommend filtered water because many water systems from Newark, New Jersey to Flynt, Michigan have old pipes filled with lead and other heavy metals. Those are neurotoxic. So you have to often use a water filter.
You have to clean up the internal milieu, and you have to clean up the external milieu. You have to decrease the number of toxic products you use in your home for cleaning, for shampooing, and even for what you put on the family dog. All of this matters. Taking off your shoes in the house matters as well.

So if you can decrease the toxic load of your child, you are creating a much healthier, easier load for that kid to manage. There is something where we say, “The allostatic load that this kid is subjected to is too high.”

Remember that children are not little mini-adults. You might have a child who is only 20 or 30 pounds, and they can tolerate much less. Their detoxification systems are not as well-endowed as adults, so they can’t do it as well. So you have to decrease their toxic load in every sense of the word and some of these kids will get better on their own.

Once you have a disease that is established – let’s use asthma as an example because one in eight white children have asthma and one in six African-American children have asthma which is common but not benign – you need to treat them. Whether practitioners like to use herbs, Ayurveda, homeopathic, supplements, energetic, there are many, many tools for healing. There are many ways that we can do it as well. I have my ways, and I respect and appreciate other methodologies. They can all help kids get better, but many of those kids will need treatment.

**Mouchet:** Do you also see other health threats like addictions to devices? Do you see that among your patients? Is that something that you are being exposed to?

**Perro:** It’s a tremendous concern, and I talk about this a lot. I am very concerned about gaming. Lots of kids are gaming, and online gaming is one of the biggest growing industries in America right now, particularly for the high school and college kids. It puts them in front of their screens an enormous amount of time each day.

Also, this gaming releases neurochemicals like dopamine which creates addictions. So when the kids are not gaming, they feel depleted and anxious because they don’t have those ‘feel good’ chemicals called neurotransmitters, which make them feel better.
You get a big rush when dopamine is released, and a lot of these games do just that. So we have kids basically medicating themselves with feel good chemicals. Then when they are off their devices they don’t feel as well because they don’t have the release of chemicals like dopamine.

This addiction issue to gaming and devices is profound, and parents – especially younger parents – are using devices, whether it’s their cell phone or their iPads or whatever, to quiet children as babysitters. I have a kid who is uncomfortable in the office, and one of the parents will immediately hand over their cell phone to quiet the kid down.

In addition to exposing them to endless amounts of Wi-Fi radiation, the children are not learning to self-soothe when they are anxious, so they are looking to their devices to soothe themselves. I have a huge problem with that. It’s in the literature for sure that these are not healthy, compensatory mechanisms for the stresses that our kids will face. So I am concerned.

**Mouchet:** So that means that they never learn how to connect with themselves. They don’t even know who they are. We know where that leads – to addictions and depression, right?

**Perro:** Absolutely, Brigitte. As we said earlier and we talked about those stats earlier, they are all rising – the anxiety and the depression.

**Mouchet:** If we look at the adults in the middle of all of this, do you have a different message for adults? Are you recommending the same solutions, or do you look at adults differently?

**Perro:** I don’t look at adults differently. When we treat children, we are treating families. You cannot have a pepperoni pizza and have the adults eat that while little Suzy and Johnny are getting kale salad. That doesn’t work. You have to treat the entire family.

Chances are that the parents are not well either. If they have a sick kid, there are many parents who have an illness, too. Even if they don’t have health challenges themselves, they have the stressors from having a sick child.

Having a sick child means being up at night, time lost from work when one of the parents has to stay home from work. Most families in America have two parents working. It causes stress on the entire family.
We need to treat the entire family unit when we treat, and if I make any recommendations for food, water, or supplements, I often wind up treating the parents and the other siblings as well.

I recently saw a kid who I’m treating for autism. The mom said, “Oh, by the way, the sibling has diarrhea.” So I treated her, too. She said, “My husband and I have PTSD from having all of these sick kids and their issues,” and I treated them, too. So you wind up treating the whole family unit.

When you change their diets, what you find is that everybody gets better. It’s not just the kids who get better, but the parents get better as well.

**Mouchet:** Good. Can we talk a little bit about the husbands? It seems like they tend to have a different opinion about a lot of things. Do you know what I mean?

**Perro:** Yes. We have a whole chapter in the book called ‘Warrior Moms’. Since that time, I have adjusted a lot of my attitudes because I had been so used to just dealing with women and talking to the moms and not talking to the dads. That, I believe, is faulty. What happens is oftentimes the mom is bringing the kid into the clinic, and the dad is not privy to all of the conversations that you have had with mom about changing diet, about changing computer time, about cell phone use, etc.

The dads come in, and they are out of the loop. I think that is a problem, and it is not inclusive. So even since writing that book where we dedicated it to the moms of chronically ill children, I say, “Wait. Hold on a second. Dads need to be in this equation as well.”

Not to generalize or stereotype, but many times in my own practice, from an anecdotal perspective, I have found that the dads were more science-driven and wanted data. That sounds like I am stereotyping, and it’s not always that way, but just for the sake of argument I found that the dads are more science-driven and they want to see the data. Moms might not as much.

Everything that I do is science-based, whether it is the book that we wrote or the lectures that I give. I use science as my platform. When it is clinically based, I call it anecdotal.
We are in the age of science, data empiricism where people want to know that it is based on scientific principles. When I have it, I report it. When I don’t, I say that it is based on my clinical experience.

So in treating the dads you often need more data, and we can get so many lab tests to show the dads and moms the abnormal gut function, abnormal microbiome, low levels of nutrients, iron deficiencies and heavy metal levels. You can document all of this on standard laboratory data. So, yes, I like data, and I like to look at numbers of kids when I can. Drawing blood on children is not always easy, but when we have information, it’s good to share. And as kids get better, you can also show that their data gets better, their labs improve.

I want to see clinical improvement. I use labs as an adjunct in practice; not as an absolute. The most important thing is how the patient is responding.

I think that treating dads is very different, and you have to appreciate where men are at.

Mouchet: In general do you see mothers more as change agents in this situation?

Perro: Yes. I have found in my own experience that if the mom was not on board for whatever reason, the change was not going to happen. I have also been in the situation where lots of moms are arguing with dads, and it became triangulated in my office with me in the middle between two parents arguing. That situation does not work.

I often tell parents, “You have to be on board, and you cannot divide in front of the child. So if you are going to have these conversations, do not have them in front of the kid. Have them offline, and see if you can make some compromise.”

For example, I have often heard the argument that organic food is too expensive. That is mostly from dad. I have heard that over and over. Indeed organic food is more expensive, but that is changing, Brigitte. It is really changing.

I will tell parents, “I am more expensive, and you missing work for having a sick kid at home is more expensive. So you have to decide what you are going to do.”
The average American family eats out 5.6 times a week. If people were to eat at home more and cook more, I think that you could offset the costs of organic with eating out less.

**Mouchet:** Could you summarize for us all the key things? If you have children or if you want to have children, what do you need to think about, and what do you need to do?

**Perro:** Before you have children and you are thinking about it, I would suggest that you do several things. One, if you can work with an integrative practitioner, naturopath, acupuncturist, traditional Chinese medicine, work with an integrated practitioner. If you can’t, you can try getting some books. I like the one by Debby Hamilton, who is an integrative pediatrician, about the prevention of ADHD and autism. I think that she wrote a very good book several years ago. It gives you ideas of how to approach this.

Bonnie Nedrow is a naturopath in Northern California. She also has two great books about pre-pregnancy clean-up and detoxing and a cooking workbook for detox. So you start with changing your diet by eating organic.

If you yourself have any health issues, I would recommend immediate elimination of gluten and dairy. Just take it out of your diet. Those are inflammatory foods. You need to decrease inflammatory response.

I suggest that you use a water filter. It can be something as simple as a Brita or a Pur or a pitcher with a carbon device filter, or you can get a more sophisticated system. I help parents and potential parents figure out where to get those water filters.

Next is detoxing chemicals for their personal use and their cleaning. I usually recommend a book by Beth Greer, *The Supernatural Home*, on how to detox their home. They have homework. People have homework on how they need to do this because this information is not necessarily intuitive, and they are not learning it in their traditional doctor’s office. In all fairness your traditional doctor has ten minutes to see you, and there is no way that they are going to cover all of this. There is just no way; it is impossible. These poor doctors have 30-40 patients in a day, and they cannot cover these very intensive topics.

So this is where we start. I might talk about getting bloodwork, and I also like to look at the parents’ nutrient levels.
If they are low in the minerals such as calcium or magnesium or manganese or zinc, I like to boost those levels. For sure I like to look at vitamin D levels. It is so important for boosting immune function. And I like to look and see if they have any kinds of genetic ‘snips’ as we call them. Those are where they cannot for example detox well. Those are called methylation issues. If so, I give them methylation support using something called methyl B12 or methyl folate or both.

Then we start restoring their own nutrients so that their own biological functions work better. For sure I give the parents probiotics and/or I have them eat fermented foods, and we go over that in depth.

The restoration of their own microbiome before pregnancy is enormous, and I try to rebuild their own microbiome through diet and supplementation. I talk a lot about prebiotics, which foods to eat, vegetable-based diets, etc.

Lastly, if they are heavy metal toxic we talk about detoxification. That is a massive topic because so many people now have heavy metal toxicity from aluminum, mercury, lead, cadmium, etc. You will offload those heavy metals onto your first baby if mom is heavy metal toxic. To decrease those heavy metals is very imperative prior to conception. If I could recommend one thing, it would be detoxification. But I do it in steps.

You don’t want to overwhelm families because if I laid out all of that in one visit, I would overwhelm the family. People would be thinking, “What is she talking about?”


You have to talk to people. People are receptive to these conversations, and they often don’t know. It’s an education process, and it’s also empowerment. This is not a patriarchal or hierarchal system; we are partners in health.

**Mouchet:** It’s like being a coach, right?

**Perro:** It’s a health coach.

**Mouchet:** That is a good program. I like that.
Is there anything else that you want to talk about before we touch on something else?

**Perro:** I think that the other thing that I could say about our children’s health is to let children be children, let them play, don’t wire them to their devices, and get them off of their computers if they have computers or cell phones. Then if I could say anything in addition to everything else to parents I would say to shut your routers off at night. And finally I would say to play with your children and to not be stressed out. If I’ve made two neurotic parents, I’ve done nothing.

Find laughter. One of the best destressers there is is laughter. So laugh with your kids, play with your kids, get off the devices, and everybody should start moving together. And have a great time.

**Mouchet:** Before the interview we talked a little bit about your other areas of interest as a doctor and what you want to do after your book tour. Do you want to share a little bit more about that?

**Perro:** Yes. There is life after books, and I will not be writing a second book right now because there is still a lot of education to hone in on.

The areas that I find particularly concerning are EMFs and 5G. The 5G rollout I find very alarming. 5G is not just a more advanced 4G; it’s a different radio frequency with different health effects. The way that it needs to be rolled out is detrimental to children’s health. It is being rolled out and pushed upon us without health investigation.

I think that we do know about the health effects, but the data has been suppressed by industry. So I am focusing more on my 5G concerns. That is one area that I am focusing on.

In addition, even though I have done a lot on GMOs, I am really concerned about increasing pesticide usage and other toxic effects on kids’ health. In particular I’ve been looking at the microbiome. I’ve been really focusing on the effects of pesticides on the microbiome, especially in terms of kids’ health.

The other thing that I really like to talk about a lot is the effects of Adverse Childhood Experiences. So things that have happened to children affect them as adults. Whether it is negative things such as divorce, abuse, addictions, illness, chronic disease, or bullying, these things are not benign.
We can actually score kids and predict which kids will go on to become adults who develop cardiovascular disease, autoimmune disease, and – unfortunately – cancer based on these ACE scores.

These are the kinds of things that I’ve been focusing more on now, lecturing more on, and broadening the scope of the conversations.

Last but not least, the other thing that I am thinking about getting involved with is oral health and dental health. It is a big black hole – no pun intended – in medicine where dentists just focus on the oral health as if it is separate from your body, and children and adults can have such poor oral health, which also is an indicator of gut health. The mouth is the beginning of your gut. Your gut goes from your mouth to your anus. So if you have poor dental hygiene, I can tell you that your gut is probably not healthy either.

What we do in the mouth – everything from dental amalgams with heavy metals to plastics to root canals to fluoride treatments – I have concerns about some of these standards of practice that we do. I educate people about that. If you show me an adult with a lot of health issues, I look in their mouth.

These are some of the areas that I hope to get into over the next few years. We will see where it goes. It’s open.

Mouchet: Wonderful! It’s great to keep learning all of the time.

Perro: The other thing that we touched upon before, Brigitte, is the effect of energy healing.

Mouchet: Yes, I was going to get to that. It is my favorite topic.

Perro: It is one of mine too because as an MD I have been an MD homeopath for 23 years. I’ve been an MD since 1982 and a homeopath since 1995. So I’ve been at it a long time. One of the keys to my success as a practitioner has been using homeopathy, which is a form of energetic medicine.

Mouchet: How would you define homeopathy for people who are not too familiar with it?

Perro: Homeopathy is using energetic medicines, usually based on little sugar pills or potentially liquids, based on the principle that like cures like.
So we often give what we are trying to cure.

If somebody has anxiety, we use a remedy from either mineral, plant, or animal or other that if you took enough of a dose of it, it would cause anxiety. But because we give that substance in such low doses, often immeasurable energetically, it can often cure the similar disorder.

It’s based on the work of Samuel Hahnemann. Homeopathy has actually been around longer than Hahnemann because it started in the 1780s. It is constantly being refined, and it is under attack and siege many times in Western medicine. It is very gentle but extremely effective. Many of my results that I have gotten with children is when I have used homeopathic treatment as my starting tool.

Western medicine has problems with homeopathy, and I will spare the listeners the conversation as to how that developed because it is a long story. In Europe, for example, it is widely used. In India you can throw a rock and hit a homeopath. In the rest of the world it is a very common treatment modality, and it is very safe for babies and nursing moms and the elderly. It is a wonderful adjunct.

Mouchet: My younger sister was treated homeopathically through my mother before she was born, and she is different. She is the best of all of us.

For vaccines, you can use homeopathy to clear the effects of vaccine, right?

Perro: You can. I have. I use different homeopathics – everything from Thuja, which is a homeopathic plant remedy to formulations made by different companies. There is a company that I love called DesBio which makes some homeopathic remedies to offset vaccine effects called Vax Reaction, and they have Addiclenz for pesticide detox.

I have used them, and I recommend them to parents to use these remedies. They are very gentle but very effective. So, yes, there are different things that you can use.

Mouchet: Have you had any success with autism using homeopathy?

Perro: Yes. There are many remedies for autism, yes, but they are individualized. I don’t have one remedy for autism; it is based on the child. There are many faces of autism. That is why we call it a spectrum condition; there are many types.
Of course there are key features of autism, but I still try to look at the individual who has autism and not autism as a wastepaper basket diagnosis.

**Mouchet:** Yes. Homeopathy is very personalized, right?

**Perro:** Yes.

**Mouchet:** What is your vision of the future of medicine? Do you have an idea?

**Perro:** The only way that I can see medicine surviving to take care of the population that we now have is something which Vincanne and I wrote about, which is eco-medicine. You can call it what you like – bioregulatory, eco, integrative, functional, holistic – but this medicine is more encompassing of the individual as a whole. It is not based on individual parts but organisms. People are biological systems with a mental, physical, and spiritual being. We have to address all of the components of their health. For me food is at the helm. Food is medicine.

You address the individual as a whole, and we as Western practitioners must encompass a broader net of different treatment modalities. Yes, you will hear Western doctors say ‘diet and exercise’ for people, and that is the beginning, but it’s not quite enough.

There is a role for pharmacology in medicine. If you are having a heart attack, you can give some nitrate drugs – although I have great homeopathics for heart attacks as well. There are places for pharmacology in Western medicine and in all medicine. There are some very great drugs. However, that is just one tool.

We have to broaden our toolbox as Western practitioners. There are so many other ways to heal people. There is hands-on medicine and spirit healing and prayer for others. There are many forms of healing. So you have to look at what each patient requires. If I can’t provide it, then I need to know who to refer them to.

I often ask people, “What resonates with you with the tools in my toolbox?” and people will tell me what resonates with them.

**Mouchet:** I totally agree with that. Acupuncture can work really well for some people but not for others. It’s the same thing with homeopathy. If you don’t believe in it, it is not going to work. There are other methods as well.
Thank you very much. Do you have any last thoughts that you want to share with our audience?

**Perro:** I appreciate you taking the time to learn about the health of children and how we promote the health of our children, and I would add that this conversation needs to extend to our animal companions. Our dogs are not faring very well. Our cats and the family hamster aren’t either.

I used to tell parents, “If you change yourself, that will create a big enough ripple effect.” I no longer say that. I now tell people that you not only have to change your family, but extend yourself to activism – whether it’s in your school, your community, your hospital, your church, your synagogue, your playgroup, your mothers’ group, or whatever group. You need to extend your network. Just working as individuals is not enough anymore.

If we could all set our intentions to a bigger community, I think that is what is required. Go to your small town meetings and let your voice be heard. Organize your own street. Make food together as a community. We need to broaden ourselves.

This individualistic American approach that we are as individuals needs to be shifted.

**Mouchet:** I agree. There is no time to stay within your own little family unit anymore.

**Perro:** Right. We need to think broader. If people were to make the change at the food level and we were to regenerate the soil, that could offset climate change. I think that it all begins with our soil.

If we can profoundly affect the dirt, you will literally affect the environment, your own microbiome – which is a dirt equivalent – and then we can cause a massive change and improvement. This can be done by removing the chemical inputs and getting back to a more ‘organic’ basis.

**Mouchet:** One more question about that: What do you think about raising cattle? I thought that there was a good way of doing it if you rotate them, and it can actually revitalize the soil. It seems like vegetarians or vegans still don’t think that that is correct because there is too much methane.
I told one of them, “If we were giving a good, healthy diet to the cattle, maybe there would be less methane released.”

What do you think about that?

**Perro:** It may be the number of cattle. We have converted so much land to grazing that if we had decreased the amount of cattle and then had treated them with grazing – what they are supposed to be eating instead of a grain-based diet – and by moving the cattle you do turn the soil. If you feed them healthy, organic feed and not genetically-modified alfalfa, their guts are healthy and their manure is beneficial.

I have seen pictures of cattle who are healthy. The differences between these cattle and the cattle that are fed GMO alfalfa are incredible in regards to the effect on health of the cattle. Our cattle are not healthy, and they are actually being affected by something called ‘cattle wasting disease’ because they are eating awful food in these CAFOs.

I think that if we were to treat our animals humanely and pasture-raise them on grazing and being pasture-fed and we ate less of it and more vegetarian-based diets with less meat – but people could eat meat because I’m not opposed when you treat animals humanely and feed them well – there is no doubt that we would be better off.

I think that cattle serve a purpose. The number of cattle and how they are fed absolutely do not.

**Mouchet:** Dr. Perro, thank you so much for talking with us today. Your dedication to finding solutions for tough health challenges, especially for children, is admirable, and we thank you for that. You are really an inspiration on many levels.

If people are interested in your book, where is the best place to find it?

**Perro:** They can read *What Is Making Our Children Sick* from Chelsea Green Publishing. I do have a website. I am the executive director of a website called GMOscience.org which is a website dedicated to the science behind GMOs and their associated pesticides with a lens on health. They can look at that, and we update that monthly. If they want to learn more about that specifically.
I most likely will also be found with Gordon Medical Associates, but my practice is on hold right now while I finish the book tour.

We have a trip to China coming up, and I am going to be talking about the book, and I will also be talking about the effects of pesticides and ADHD. We still have a lot of work to do, and other countries are indeed getting on board.

**Mouchet:** Wonderful! Thank you.

This is Brigitte Mouchet with the Solari Wellness Series. Thank you for listening, and take good care of yourself because it’s more fun to be well.

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**MODIFICATION**

Transcripts are not always verbatim. Modifications are sometimes made to improve clarity, usefulness and readability, while staying true to the original intent.

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