

With the Wind with Dr. Paul — Show #204: Pediatric Perspectives: How GMOs Impact Health with Michelle Perro, M.D.

Host: Dr. Paul Thomas

Guest: Michelle Perro, M.D. *Integrative pediatrician and environmental medicine specialist; CEO and founder of GMO Science; author of What's Making Our Children Sick? and the forthcoming What's Making Our Children Well?*

Series: Pediatric Perspectives

Length: Approximately 29 minutes

Summary

In this episode of *With the Wind with Dr. Paul*, Dr. Paul Thomas is joined by Michelle Perro, M.D. for a wide-ranging conversation on genetically modified organisms — how they entered the food supply, what the science shows about their effects on human health, and what families can do to reduce their exposure.

Dr. Perro traces the history of GMOs from the suppressed early research of Dr. Arpad Pusztai at Scotland's Rowett Institute through the 2016 Dark Act that eliminated federal GMO labeling requirements in the United States. She explains how GMOs differ fundamentally from traditional plant hybridization, identifies the crops most commonly modified, and describes the compounding problem of pesticide escalation as weeds developed resistance to glyphosate-based herbicides. The conversation covers practical guidance for organic shopping, water filtration, and detox practices, and closes with emerging concerns around geoengineering, CRISPR technology, and mRNA vaccines being engineered into food plants.

Key Points

- 1:35 — Dr. Paul welcomes Dr. Michelle Perro; the episode focuses on GMO science and its effects on children's and family health
- 2:20 — Dr. Perro's introduction to GMOs: Jeffrey Smith's *Seeds of Deception* and the suppressed research of Dr. Arpad Pusztai, whose studies at Scotland's Rowett Institute showed GMOs without pesticides caused leaky gut, reproductive issues, and immune disruption — Pusztai was fired two days after presenting his findings
- 3:48 — The distinction between hybridization and genetic modification: hybridization selects traits through natural reproduction; GMOs use a gene gun to inject desired traits into a plant
- 4:35 — Roundup Ready crops: engineered to survive glyphosate spraying; GMO crops include corn (97% of the U.S. supply), soy, canola, cotton, alfalfa, papayas, the Arctic apple, and the Innate potato

- 6:02 — Pesticide escalation: as weeds developed resistance to glyphosate, more toxic herbicides were added; pesticide use has increased substantially alongside the spread of GMO crops
- 6:15 — Labeling history: GMO Science was founded in 2014 to support California labeling legislation; the campaign was defeated by the Grocery Manufacturers Association; the 2016 Dark Act eliminated federal labeling requirements nationally; the term "GMO" has since been replaced on packaging with "bioengineered"
- 8:04 — Microbiome disruption: GMO organisms exchange DNA with gut microbes through plasmids, generating new, uncharacterized microbial strains that produce novel proteins and trigger immune responses
- 10:08 — Apeel coating: a produce coating derived from grapeseed extract containing solvents, toxicants, and heavy metals; cannot be washed off; extends shelf life up to three months; used by some major retailers including Whole Foods
- 11:15 — Wheat is not a GMO crop, but Roundup is routinely applied as a desiccant at harvest, causing the plant to die and release seeds; oats, wheat, and legumes carry the highest glyphosate levels of any foods
- 14:28 — Practical shopping guidance: buying all organic, confirming with grocers whether Apeel is used, washing produce with white vinegar and baking soda, supporting local farmers markets
- 15:43 — Food as medicine and soul nourishment: preparing whole foods with care and intention; the philosophy behind choosing organic over processed food
- 21:20 — Emerging threats: geoengineering combined with GMO technology, with 34 states examining legislation; mRNA vaccines being engineered into food plants; CRISPR-based genetic modification (GMO 2.0); Dr. Perro calls on Secretary Kennedy to impose immediate oversight
- 25:04 — Water and supplementation: filter all water; EWG for guidance on water systems; clean multivitamins; fermented foods and probiotics to support gut health
- 26:20 — Detoxification: regular sweating through exercise or infrared sauna; weekly detox baths with Epsom salt, sea salt, baking soda, and boron for 15–20 minutes; rinse thoroughly after to prevent reabsorption of released toxins
- 28:18 — Message of hope: grounding in nature, time with animals, gardening; research showing ten minutes lying in grass measurably reduces stress and improves blood markers; nourish mind, body, and spirit

Quote

"Food is medicine. So if we're not eating the best that we can afford, we're not taking care of this body that carries us through life." — Michelle Perro, M.D.

Resources

- GMO Science
<https://gmoscience.org>
- *What's Making Our Children Sick?* — Michelle Perro, M.D.

<https://a.co/d/odliK37V>

- *What's Making Our Children Well?* — Michelle Perro, M.D. (forthcoming)
- Environmental Working Group (EWG) — water filter guidance

<https://ewg.org>

- *Vax Facts* — Dr. Paul Thomas and DeeDee Hoover

<https://vaxfactsbook.com>

- Kids First 4Ever

<https://kidsfirst4ever.com>

- Doctors and Science

<https://doctorsandscience.com>

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