

With the Wind with Dr. Paul — Show 205 — Pediatric Perspectives: Pregnancy Principles for Optimal Fertility with Ben Lynch, DNM

Host: Dr. Paul Thomas

Guest: Ben Lynch, DNM

Series: Pediatric Perspectives

Length: Approximately 33 minutes

Summary

In this episode of *With the Wind with Dr. Paul*, Dr. Paul Thomas is joined by Dr. Ben Lynch, DNM, author of *Dirty Genes* and founder of Seeking Health, for a discussion on prenatal nutrition and its impact on neurodevelopment. Dr. Lynch explains the fundamental differences between synthetic folic acid and the natural folate forms the human body actually uses, and why folic acid can be harmful to developing babies whose immature livers and intestines cannot convert it. The conversation extends to the risks of acetaminophen and vaccines during pregnancy, framed as compounding factors in a nutritional environment that may contribute to neurodevelopmental challenges.

Key Points

- **1:35** — Dr. Paul introduces Dr. Ben Lynch, DNM — author of *Dirty Genes* and founder of Seeking Health — describing him as one of the most knowledgeable experts on methylation pathways and biochemistry in prenatal and pediatric health.
- **3:09** — Dr. Lynch explains that folic acid does not exist in nature — it is a synthetic compound created in a lab. Natural folate (methylfolate, folinic acid, and others) is biologically active; folic acid must be enzymatically converted into active forms, a process that newborns and infants are biologically incapable of performing. (See Dr. Lynch's article: [Folic Acid Awareness Week 2015: Want Awareness? Here You Go](#))
- **7:08** — Dr. Lynch draws a connection between the introduction of folic acid food enrichment in the late 1980s and rising autism rates. He explains that folic acid binds more strongly to folate receptors in the brain than natural folate forms, displacing them and creating a state called cerebral folate deficiency — even when total folate levels appear sufficient.
- **15:20** — The human dihydrofolate reductase (DHFR) enzyme can process only approximately 100 micrograms of folic acid at a time, and humans process folic acid 800 times more slowly than rats. Dr. Lynch notes that much of the early folic acid research was conducted on rats, making those findings poorly applicable to human pregnancies.

- **17:21** — Dr. Lynch offers practical guidance for pregnant women: eat real food (an animal-based diet with fruit and vegetables) and choose a prenatal that contains folinic acid and/or methylfolate rather than synthetic folic acid. Women who experience anxiety, insomnia, or joint pain when taking methylfolate prenatals may do better with a folinic acid-based formula. (See Dr. Lynch's article: *L-Methylfolate: What, When, Why and How*)
 - **19:08** — Sperm health matters for pregnancy outcomes. Dr. Lynch explains that sperm takes approximately 90 days to fully regenerate, and that chromosomal integrity in sperm contributes to healthy pregnancies. He notes that unexplained miscarriage is sometimes attributed solely to the mother, when chromosomal fragmentation in sperm may be a contributing factor.
 - **20:59** — Dr. Lynch recommends two books for women preparing for or navigating pregnancy: *It Starts with the Egg* by Rebecca Fett, and *Real Food for Pregnancy* by Lily Nichols.
 - **21:47** — Acetaminophen (Tylenol) during pregnancy depletes glutathione — the body's primary antioxidant — in both mother and baby. Dr. Lynch explains that lower glutathione levels are associated with increased autism risk, and that everything affecting the mother's biochemistry is simultaneously affecting the developing child.
 - **22:40** — Dr. Lynch shares a story from his colleague Dr. David Berger, a Florida physician specializing in autism. Dr. Berger has observed repeatedly that the nutritional lab profiles of mothers are nearly identical to those of their children with autism — a pattern that supports the view that neurodevelopmental conditions often originate in the womb.
 - **27:49** — Pregnancy naturally shifts the immune system into immune tolerance — a protective biological state that prevents the body from rejecting the baby. Vaccine adjuvants are designed to amplify immune response, which runs counter to this natural state. Dr. Lynch recommends supporting immunity through nutrition, sleep, vitamin D, zinc, selenium, and vitamin C rather than vaccination during pregnancy.
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Quote

"I want to inform you that folic acid does not exist on the planet. It is absolutely created by humans in a lab for the sole purpose of putting a synthetic folic acid back into food."

— Dr. Ben Lynch, DNM

Resources

- Seeking Health (Dr. Lynch's supplement company)
<https://www.seekinghealth.com/>
- *Dirty Genes* by Dr. Ben Lynch, DNM
<https://www.amazon.com/Dirty-Genes-Breakthrough-Program-Optimize/dp/0062698141>
- *It Starts with the Egg* by Rebecca Fett

<https://a.co/d/ooZFWs2D>

- *Real Food for Pregnancy* by Lily Nichols

<https://www.amazon.com/dp/0986295043>

- Folic Acid Awareness Week 2015: Want Awareness? Here You Go (mthfr.net)

<https://mthfr.net/folic-acid-awareness-week-2014-want-awareness-here-you-go/2014/01/08/>

- Unmetabolized Folic Acid and Total Folate Concentrations in Breast Milk Are Unaffected by Low-Dose Folate Supplements (PubMed)

<https://pubmed.ncbi.nlm.nih.gov/19056550/>

- Total Folate and Unmetabolized Folic Acid in the Breast Milk of a Cross-Section of Canadian Women (PubMed)

<https://pubmed.ncbi.nlm.nih.gov/28298392/>

- Folic Acid — Open Evidence

<https://www.openevidence.com/ask/d5e61603-f295-4689-974c-4b85cf78e4f6>

- L-Methylfolate: What, When, Why and How (drbenlynch.com)

<https://www.drbenlynch.com/l-methylfolate/>

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