

With the Wind with Dr. Paul — Show 207: Pediatric Perspectives: Unvaccinated Kids, Parents Challenges with Katherine Sigblad

Host: Dr. Paul Thomas

Guest: Katherine Sigblad

Host of Mom's Off the Record podcast; mother of two unvaccinated children

Series: Pediatric Perspectives

Length: Approximately 27 minutes

Summary

In this episode of *With the Wind with Dr. Paul*, Dr. Paul Thomas is joined by Katherine Sigblad, host of the *Mom's Off the Record* podcast and mother of two unvaccinated children in Florida. Katherine shares her family's journey with holistic health — from the early influence of a "crunchy" uncle who taught her to question the status quo at age ten, to the hospital experience with her eight-week-old daughter that tested her confidence and her boundaries. The conversation covers navigating the medical system without apologizing for your choices, the reality of vaccine shedding at school, finding community when you don't agree on everything, and practical strategies for raising children who think for themselves.

Key Points

- 00:00:41 — Opening, CHD welcome, and guest introduction
- 00:02:04 — Katherine's path to holistic health: learning about GMOs, antibiotics, and questioning the status quo starting at age ten
- 00:04:02 — Hospital experience with her eight-week-old unvaccinated daughter: home remedies first, trusting maternal discernment, and knowing when to go in
- 00:08:24 — Confronting a shaming doctor: standing ground without debating when your child's care is the priority
- 00:10:09 — False positive UTI test leading to unnecessary IV antibiotics — and the gut-healing work that followed
- 00:12:28 — Recovery and healing: GAPS diet, meat stock, ferments, and the importance of never leaving a child alone in the hospital
- 00:17:14 — Sending unvaccinated children to school: Florida exemptions, vaccine shedding realities, and choosing not to live in fear
- 00:19:04 — Dr. Paul explains which vaccines shed: live virus vaccines including MMR, varicella, rotavirus, and the COVID shot

- 00:21:31 — Parenting challenges: finding community when you don't agree on every topic — and why it's worth doing anyway
- 00:24:02 — Raising critical thinkers: open-ended questions, Tuttle Twins, Brave Books, and letting kids decompress before engaging
- 00:26:28 — Katherine's podcast info, St. John's wort and baking soda bath tips, and closing thoughts

Quote

"I really do believe that when we set a healthy foundation with sunshine, rest, happy, authentic human connections in person, and of course food, that when we do encounter sickness of any sort, we're more resilient, it's less intense."

— Katherine Sigblad

Resources

- Mom's Off the Record Podcast
<https://momsofftherecordpod.com/>
- Mom's Off the Record on Spotify
<https://open.spotify.com/show/2T8qib3YPpHtwPlclzvGOX>
- Mom's Off the Record on Apple Podcasts
<https://podcasts.apple.com/us/podcast/moms-off-the-record/id1665488006>
- The Defender (Children's Health Defense)
<https://childrenshealthdefense.org/defender/>
- Doctors and Science
<https://doctorsandscience.com>

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