

With the Wind with Dr. Paul – Show 212: Pediatric Perspectives: Making Our Children Well: Microbiome Health with Michelle Perro, M.D.

Host: Dr. Paul Thomas

Guest: Michelle Perro, M.D. (*Integrative pediatrician*)

Series: Pediatric Perspectives

Length: Approximately 32 minutes

Summary

In this episode of *With the Wind with Dr. Paul*, Dr. Paul Thomas is joined by Michelle Perro, M.D. for a conversation on the child microbiome and its role in shaping lifelong health.

The discussion covers why keystone gut microbes matter so much in early life, how parents can approach microbiome testing, what a cautious, "low and slow" approach to probiotics looks like, and the toxic-metal concerns Dr. Perro has raised about infant formula. The focus remains educational and informational, grounded in the guest's clinical experience and the themes discussed during the episode.

Key Points

- 00:02:13 — Why the child microbiome matters and how keystone microbes like *Bifidobacteria infantis* shape immunity
- 00:05:30 — How parents and pediatricians can approach microbiome testing, including self-ordered lab testing
- 00:08:13 — The first three years as a window of opportunity for restoring the microbiome
- 00:10:50 — A "start low and slow" approach to probiotics, and what to look for in a product
- 00:14:53 — Feeding the microbiome through diet, fiber, and prebiotics
- 00:17:18 — Hidden environmental contributors to children's chronic health issues, including glyphosate, air quality, and EMFs
- 00:22:55 — Infant formula, toxic metal testing, and a California bill on formula labeling

Quote

"So we have to be mindful to feed ourselves and feed our bugs." — Michelle Perro, M.D.

Resources

- Making Our Children Well: A Parent's Guidebook: Empowering Healthy Families with Nutrition and Homeopathy
- What's Making Our Children Sick?: How Industrial Food Is Causing an Epidemic of Chronic Illness, and What Parents (and Doctors) Can Do About It
- Study: U.S. babies lacking crucial gut bacteria

- Consumer Reports testimony calling on the California Assembly to support AB 2302 and require infant formula manufacturers to test for toxic elements and report the results
- GMO Science
- The New MDs
- The New MDs - Rumble

Disclaimer

The information shared in this episode is for educational and informational purposes only and is not intended as medical advice. It does not establish a doctor–patient relationship. Always consult a qualified healthcare professional regarding medical decisions.