

With the Wind with Dr. Paul – Show 213: Pediatric Perspectives: Root Causes of Eczema, Seizures & Summer Health with Ben Edwards, M.D.

Host:

Dr. Paul Thomas

Guest:

Ben Edwards, M.D.

Series:

Pediatric Perspectives

Length:

Approximately 35 minutes

Summary

In this episode of *With the Wind with Dr. Paul*, Dr. Paul Thomas is joined by Ben Edwards, M.D., founder of [Veritas Clinic and Veritas Wellness](#), for an in-depth discussion on moving from conventional, pharmaceutical-based symptom management to true root-cause medicine.

This conversation explores what Dr. Edwards is seeing most often in his family practice today — eczema and seizures — and the gut-health, food-sensitivity, and toxin-related factors he looks at as possible root causes, alongside practical summer wellness tips on sun exposure, sunscreen, hydration, cooking oils, and screen time. The focus remains educational and informational, emphasizing context, clinical judgment, and informed decision-making — particularly as it relates to children and families.

Key Points

- 00:00 — Dr. Paul welcomes Ben Edwards, M.D. to Pediatric Perspectives
- 01:08 — Dr. Edwards's background: growing up watching his grandfathers practice family medicine, and his own path through seven years of conventional practice in Post, Texas
- 04:42 — The mentorship of the late Dr. Robby Mitchell ("Dr. Fitt"), and the ten toughest patients who recovered once root causes were addressed
- 08:28 — Eczema and seizures as the two most common recent presentations, viewed through the lens of chronic inflammation
- 11:00 — The gut-skin connection, leaky gut, the GALT, and parasites/candida as root causes of eczema
- 15:38 — Toxicity, glyphosate, and spike protein as factors Dr. Edwards is investigating in seizure cases
- 21:04 — Summer wellness: sun exposure and diet, sunscreen concerns, hydration, and cooking oils
- 32:28 — Screen time and device-free family habits
- 34:00 — Veritas Wellness and closing thoughts

Quote

"Our skin's our largest organ. What you put on the skin's gonna get into the body almost always. So if you wouldn't eat it, you better be careful about putting it on the skin."

— Ben Edwards, M.D.

Resources

- [Veritas Wellness](#)
- [The AAP is strongly recommending COVID-19 shots for children ages 6 months to 2 years.](#)
- [What's ACTUALLY in your sunscreen?](#)
- [Vax Facts](#) — Dr. Paul Thomas and DeeDee Hoover — informed consent for every vaccine on the childhood schedule
- [Kids First 4Ever](#)
- [Doctors and Science](#)

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