With the Wind with Dr. Paul – Show 214: Pediatric Perspectives: Game Changer Tests for Kids with Autism with Lindsey Wells, N.D.

Host:
Dr. Paul Thomas

Guest:
Lindsey Wells, N.D.

Series:
Pediatric Perspectives

Length:
Approximately 25 minutes

Summary

In this episode of *With the Wind with Dr. Paul*, Dr. Paul Thomas is joined again by Lindsey Wells, N.D., a naturopathic physician in Connecticut and author of the children's book *Super Sam and the Battle Against PANS/PANDAS*, for a discussion on autism and other neurodevelopmental conditions in children.

Dr. Paul explains why he sees a difference between autism awareness and autism acceptance. Dr. Wells covers simple changes families can make at home, what she looks at in a full workup, and where to start when full testing costs too much. When Dr. Paul asks which tests have been game changers, she names three. She also speaks to families who feel stuck, talks about spelling to communicate and the causes she sees, and closes with hope for children at any age. 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 opens with Autism Acceptance Month and why he draws a line between awareness and acceptance
- 01:00 — Welcome back to Lindsey Wells, N.D., and her book *Super Sam and the Battle Against PANS/PANDAS*
- 02:00 — Dr. Wells explains why she sees autism as a sign of something going on underneath
- 04:00 — Where parents can start at home: water filters, diet, fragrances, and reducing electronics and EMFs
- 06:00 — Dr. Paul recalls the DAN! (Defeat Autism Now) conferences of the early 2000s
- 07:00 — Dr. Wells's workup framework: gut microbiome, mitochondria, immune system and infections, and metabolic and detox pathways

- 09:00 — The cost of full testing, and lower-cost starting points through insurance labs, daily bowel movements, exercise, sleep, and time outside in the morning
- 13:00 — Game-changer testing: the organic acid test, vector-borne disease screening, folate receptor autoantibodies, and folinic acid trials
- 15:00 — Therapeutic trials, and Dr. Paul's experience with the gluten-free, dairy-free diet
- 16:00 — When families feel stuck: hidden infections, mold exposure, and helminth therapy
- 18:00 — Independence for severely affected children, and spelling to communicate
- 21:00 — Dr. Wells's view of causes as multifactorial
- 22:00 — A message of hope at any age, and the Well-Minded Mommas Club
- 24:00 — How to reach Dr. Wells, and closing

Quote

"And I also wanna close out that there is hope. There is always hope. It does not matter your child's age."
— Lindsey Wells, N.D.

Resources

- Dr. Lindsey Wells, ND
- Super Sam and the Battle Against PANS/PANDAS — Lindsey Wells, N.D.
- Vax Facts — Dr. Paul Thomas and DeeDee Hoover — informed consent for every vaccine on the childhood schedule
- Kids First 4Ever
- Doctors and Science

Disclaimer

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