With the Wind with Dr. Paul — Show 215: Pediatric Perspectives: Environmental Medicine with Michelle Perro, M.D.

Host:
Paul Thomas, M.D. (retired)

Guest:
Michelle Perro, M.D.

Series:
Pediatric Perspectives

Air date:
November 25, 2026

Length:
Approximately 30 minutes of interview

Summary

In this episode of *With the Wind with Dr. Paul*, Dr. Paul Thomas is joined by Michelle Perro, M.D., for a conversation about environmental medicine and children's health. They discuss gaps in medical education, the limited time available during pediatric visits, and Perro's Pediatric Environmental Health Questionnaire for parents and practitioners.

The interview explores her concerns about air pollution, solvents, pesticides, mold, plastics, and everyday household exposures. Perro discusses food affordability, her environmental health bill of rights, and her concerns about wireless devices, electronic waste, social media, and children's use of AI. The conversation closes with her resources at GMO Science and her message that lowering the toxic load is the first step, followed by Dr. Paul's comments about vaccine ingredients, *Vax Facts*, and coaching.

Key Points

- 00:00 — Introduction to Michelle Perro and environmental pediatrics
- 01:00 — Environmental medicine education and the limits of a busy pediatric practice
- 03:00 — Introducing the Pediatric Environmental Health Questionnaire
- 06:00 — Parent observations and metabolism-related indicators
- 08:00 — Parent-practitioner partnerships and community involvement
- 10:00 — Allergens, symptoms, and Perro's concerns about air pollution
- 13:00 — Solvents, food labeling, and ultra-processed foods
- 15:00 — Pesticides, organic food, and affordability at farmers markets
- 17:00 — Mold, possible household warning signs, and the difficulty of identifying sensitivity
- 19:00 — Plastics and Perro's concerns about microplastics
- 21:00 — Heating food in plastic, packaging, and other household sources
- 24:00 — Gradual change, reflections on past parenting choices, and Dr. Paul's request for priorities
- 25:00 — Food, water, air, wireless devices, medical technologies, and electronic waste from Perro's environmental health bill of rights
- 26:00 — Emotional toxicity, social media, and Perro's views on children's use of AI
- 27:00 — GMO Science, parent resources, and Perro's closing message
- 29:00 — Dr. Paul's closing comments about vaccine ingredients, *Vax Facts*, and coaching

Quote

"This is a marathon. We're not looking for perfection. We're just looking for change where you can in your own family."
— Michelle Perro, M.D.

Resources

- Making Our Children Well: A Parent's Guidebook: Empowering Healthy Families with Nutrition and Homeopathy
  https://www.amazon.com/Making-Our-Children-Well-Empowering/dp/B0GWFSFJ3M/
- Pediatric Environmental Health Questionnaire
  https://gmoscience.org/2024/07/27/pehq/
- A Global Children's Health Bill of Rights
  https://gmoscience.org/2025/08/23/a-childrens-health-bill-of-rights/
- GMO Science
  https://gmoscience.org/
- The New MDS
  https://gmoscience.org/the-new-mds/
- The New MDS - Rumble
  https://rumble.com/user/TheNewMDS
- Vax Facts
  https://vaxfactsbook.com
- Kids First 4Ever
  https://kidsfirst4ever.com
- Doctors and Science
  https://doctorsandscience.com

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