

With the Wind with Dr. Paul – Show 200 – Pediatric Perspectives: Focusing on Chronic Disease with Liz Mumper, M.D.

Host: Dr. Paul Thomas Guest: Liz Mumper, M.D. Series: Pediatric Perspectives Length: Approximately 34 minutes

Summary

In this episode of *With the Wind with Dr. Paul*, Dr. Paul Thomas is joined by Liz Mumper, M.D., a pediatrician with 45 years of clinical experience, for a broad discussion on the rise of chronic illness in children.

The conversation covers the dramatic increase in conditions such as autism, type 1 and type 2 diabetes, obesity, eczema, asthma, and autoimmune disorders observed over the past three decades. Dr. Mumper and Dr. Paul examine contributing factors including environmental toxin exposure, dietary changes, and vaccine-related concerns, drawing on their combined clinical experience and observations from practice. The discussion also addresses practical steps parents and families can take – including pre-conception preparation, nutritional support, toxin reduction in the home environment, and the role of informed decision-making – to support children's long-term health. The focus throughout is educational and informational, grounded in clinical context.

Key Points (with Timestamps)

- **1:35** – Guest introduction and episode overview – Dr. Paul introduces Dr. Liz Mumper, pediatrician and mentor, and frames the focus: chronic conditions in childhood.
- **2:44** – The shift from acute to chronic illness – Dr. Mumper reflects on how pediatrics in the early 1980s centered on acute, treatable illnesses; today, chronic conditions dominate the landscape.
- **3:40** – The rise of autism – Dr. Mumper describes the change in autism prevalence from approximately 1 in 5,000 children during her training to the current figure of approximately 1 in 31, with an even higher rate among boys in well-tracked states such as California.
- **5:21** – Other chronic conditions on the rise – Type 1 and type 2 diabetes, obesity, eczema, allergies, asthma, and immune dysregulation are discussed, along with the role of diet, ultra-processed foods, and endocrine-disrupting chemicals.
- **8:15** – Pre-conception and early childhood health – Dr. Mumper outlines proactive steps for families considering having children: starting at least six months before conception, optimizing diet, reducing pesticide and chemical exposures, and ensuring key nutritional levels including vitamin D, omega-3s, and methylated B vitamins.
- **11:23** – Vaccine considerations in pregnancy and infancy – Both physicians share clinical concerns about maternal immune activation, the use of vaccines during pregnancy, and the cumulative aluminum load when multiple vaccines are administered simultaneously in infancy.
- **15:07** – Modified and delayed vaccine schedules – Dr. Mumper and Dr. Paul discuss their experience with modified pediatric vaccine schedules, observations from unvaccinated siblings in their practices, and Dr. Mumper's patient chart review findings.
- **19:21** – Parent observation and clinical trust – Dr. Mumper emphasizes that parents are reliable observers of their children and should be taken seriously when they report changes following a medical intervention.
- **22:11** – Sudden infant death and temporal patterns – The physicians discuss the temporal clustering of sudden infant death relative to vaccine administration and the need to examine that relationship more rigorously.
- **27:40** – Reducing environmental toxin exposure – Practical guidance on lead, mold, pesticides, cleaning products, and diet – including avoidance of fast food and ultra-processed foods, and attention to glyphosate in common agricultural products.
- **30:07** – Acetaminophen and glutathione depletion – Dr. Mumper explains the mechanism by which acetaminophen depletes glutathione, affecting immune function, gut integrity, mitochondrial health, and detoxification.
- **33:36** – Closing thoughts – Dr. Mumper encourages parents to trust their instincts, know their child, and seek clinicians who engage collaboratively. Dr. Paul echoes the importance of informed decision-making and the value of pausing before any irreversible medical intervention.

Verbatim Quote

"I can't think of an example where the unvaccinated child was not the healthier sibling. They typically did not develop these chronic illnesses that we're talking about in terms of eczema and asthma and autism."

– Liz Mumper, M.D.

Resources

- **MAPS Medical Academy and Pediatric Special Needs** – Dr. Mumper's training organization for clinicians working with children with special needs. <https://www.medmaps.org/>
- **Kids and COVID: Costly Mistakes That Must Never Happen Again** – Book by Liz Mumper, M.D. <https://childrenshealthdefense.org/store/kids-and-covid-costly-mistakes-that-must-never-happen-again/>
- **Vax Facts** – Book by Dr. Paul Thomas and DeeDee Hoover. <https://vaxfactsbook.com>
- **Kids First 4Ever Coaching** – One-on-one coaching with Dr. Paul. <https://www.kidsfirst4ever.com>
- **Doctors and Science** – Home of *With the Wind with Dr. Paul*. <https://www.doctorsandscience.com>

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.