

With the Wind with Dr. Paul — Show 201

Pediatric Perspectives: Dangerous Realities of Modern Medicine

with Suzanne Humphries, M.D.

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

Summary

In this episode of *With the Wind with Dr. Paul*, Dr. Paul Thomas is joined by Dr. Suzanne Humphries for a wide-ranging conversation on what it looks like to move beyond conventional pharmaceutical medicine toward foundational, nutrition-based approaches to health — for children and adults alike.

Drawing on her background as a former nephrologist, Dr. Humphries explains how her clinical training in kidney disease gave her an early appreciation for how drugs and environmental inputs affect the body's internal systems. That perspective, combined with years of independent research, led her to step away from a conventional practice and focus on educating the public about alternatives. The conversation spans natural immune support, managing childhood infections including measles and whooping cough, the role of diet and detoxification in recovering from chronic conditions, and Dr. Humphries's recent appearance on the Joe Rogan Experience and the response it generated.

Key Points

- 01:35** Dr. Paul welcomes Dr. Humphries back and opens with her recent Joe Rogan appearance — the reach it generated and the critical response that followed.
- 04:36** Dr. Humphries describes her ongoing “Flying Monkey” video series on Odyssey, created in response to detailed public critiques of her Rogan interview.
- 07:19** Dr. Paul asks how Dr. Humphries made the shift from mainstream nephrology to natural and nutritional medicine; she traces it back to how nephrologists are trained to look first at medications when something goes wrong.
- 09:23** Discussion of the “blueprint for health” framework — Dr. Humphries's view that the foundations of lasting health are nutritional, environmental, and community-based, not pharmaceutical.
- 10:53** Her *Infant Immunity* series and the three-year “pregnancy window” (pre-conception, pregnancy, breastfeeding) as the foundation of lifelong immune health.
- 12:45** Foundational requirements for supporting children with chronic conditions, including autism: diet, gut health, eliminating gluten and dairy, and why partial or short-term compliance fails.

- 16:19** Enlarged tonsils and obstructive sleep apnea in children — Dr. Humphries’s nutritional and immune-reduction approach as an alternative to tonsillectomy.
- 22:03** Managing measles naturally: the role of vitamin C (oral and intravenous), vitamin A, hydration, sunlight, and nutrition; Dr. Humphries describes treating dozens of measles cases during a 2019 outbreak, including a severely ill 11-year-old.
- 28:09** Whooping cough protocol: Dr. Humphries’s publicly available vitamin C protocol and the importance of hydration and nutrition alongside it.
- 30:31** Hair tissue mineral analysis as a low-cost, practical tool for identifying mineral imbalances and guiding nutritional recovery.
- 31:01** Discussion of the current administration’s health leadership (RFK Jr., NIH, CDC); Dr. Humphries shares her position that lasting change comes from parents and community action, not government.
- 33:06** Closing reflections from both Dr. Paul and Dr. Humphries; emphasis on individual health autonomy and community-based support.

Quote

“Most of what sustains us is done in the kitchen and in the environment. It’s not what doctors do.”

— Suzanne Humphries, M.D.

Resources

Joe Rogan Experience #2294 — Dr. Suzanne Humphries

Referenced in this episode

https://www.youtube.com/watch?v=207W1A_bJqI

Dissolving Illusions

Book by Suzanne Humphries, M.D. and Roman Bystryanyk — translations and links available at:

<https://www.dissolvingillusions.com/>

Dr. Suzanne Humphries — Odyssey Channel

Flying Monkey series and additional educational videos — no direct URL available

Whooping Cough Vitamin C Protocol

Sodium Ascorbate/Vitamin C Treatment of Whooping Cough, by Suzanne Humphries, M.D.:

<https://drsuzanne.net/2017/10/sodium-ascorbate-vitamin-c-treatment-of-whooping-cough-suzanne-humphries-md/>

Kids First 4Ever

Coaching and resources from Dr. Paul:

<https://www.kidsfirst4ever.com/>

With the Wind with Dr. Paul

Full episode archive:

<https://www.doctorsandscience.com/>

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