

Transcriptions

20241113-Show160-PP-Your Power As a Parent with Dr. Kelloy Sutton M.D.

Speaker times:

Dr. Paul 37.50%

Kelly Sutton, M.D. 62.49%

00:00:59:18 - 00:01:22:16

Dr. Paul

Good morning. PhD. Welcome to Pediatric Perspectives. Where we are looking at children's health challenges from a different perspective, one that includes critical thinking. One is not afraid to ask you, to give you the honest truth. We should probably ask you some things too. I'm your host, Doctor Paul and my guest today is Doctor Kelly Sutton. Kelly, thank you so much for joining me today.

00:01:22:18 - 00:01:24:52

Dr. Paul

It's such a privilege to have you on the show.

00:01:24:57 - 00:01:28:40

Kelly Sutton, M.D.

It's a privilege to see you and talk with you. Paul, thank you very much.

00:01:28:45 - 00:01:45:45

Dr. Paul

Thank you. We've had some similar journeys in our careers, but I wanted to get your story for for our audience. People who don't really know. You've been in practice as a family practice doctor, I believe, for quite a while. Tell us that journey.

00:01:45:49 - 00:02:19:24

Kelly Sutton, M.D.

Thank you. So when I started in medical school in 1967, and I was one of, ten women in the class, we were definitely the minority at the University of Missouri. And when I finished, I knew that I wanted to do family practice, but it didn't exist as a specialty. So I combined residency and internal medicine and training in pediatrics, got my boards in internal medicine, and did not take the board exam in pediatrics, but just went into practice.

00:02:19:29 - 00:02:46:08

Kelly Sutton, M.D.

And it's been very gratifying every step of the way. Things have really unfolded to teach me. My patients have taught me over and over and directed me, where do I need to learn more that I did not learn in medical school? I think an interesting thing is that in the beginning, medicine and healing work equivalent everything about what could help a human being.

00:02:46:13 - 00:03:18:25

Kelly Sutton, M.D.

Was the intention and focus of medicine to use all the new power of science and technology. And that has separated over time. So now medicine is not the same as healing. Healing, kind of comes out of a separate impulse. And medicine supports its own goals of keeping a medical profession and a medical practice. But it doesn't necessarily always be congruent with the goal of healing it.

00:03:18:30 - 00:03:29:30

Kelly Sutton, M.D.

And maybe you have comments on seeing that as well. It seems like we have changed from a profession to a business to an industry.

00:03:29:34 - 00:03:29:43

Dr. Paul

And.

00:03:29:52 - 00:03:30:12

Kelly Sutton, M.D.

Over.

00:03:30:12 - 00:03:41:49

Dr. Paul

Time. Yeah, that's a very interesting perspective. So you went to medical school like almost 15 years before I did. That's incredible. So you've been doing this for, what, 50 years?

00:03:41:54 - 00:03:42:51

Kelly Sutton, M.D.

50 years? Yeah.

00:03:42:57 - 00:04:11:16

Dr. Paul

This year as a doctor. I remember back when I was in medical school. And it may have been even more so for you. You know, we were all pretty idealistic about going into the profession to really help people. And, you know, it was a noble profession with, I mean, the training was rigorous, right? All in the basic sciences and then the clinical work, my goodness, learning how to really examine patients, take a good history, develop a differential diagnosis.

00:04:11:16 - 00:04:36:27

Dr. Paul

But I do think we were doing a much better job back then of individualizing care. Right. It was the patient in front of us. And now it's sort of all like, I don't know, Pharm pharma based medicine is about treating the most people with this, the most products. And and it's gone away from the individual. And I think it's really harmed our profession.

00:04:36:31 - 00:04:48:28

Dr. Paul

What? Yes. When did you start seeing these changes and how did they affect how did they affect what you were doing? Or maybe they didn't. Maybe you were able to to keep pure because you were you in solo practice?

00:04:48:33 - 00:05:08:04

Kelly Sutton, M.D.

I was in solo practice most of the time. When I had children, I didn't work for myself, but worked for an urgent care or an emergency room. And then I was part of an institution. But when I was practicing to see patients in my own office, it was solo or small group.

00:05:08:09 - 00:05:10:51

Dr. Paul

Right? I think that allowed for greater freedom.

00:05:10:55 - 00:05:13:53

Kelly Sutton, M.D.

It does? Yeah. It does. Yeah.

00:05:13:58 - 00:05:31:26

Dr. Paul

And so what are some of the biggest changes you've seen? You know, you had that pediatric training. So you've and you've cared for kids your whole life. What are the biggest changes you've noticed in what's happening to the health of our children these days?

00:05:31:31 - 00:06:04:53

Kelly Sutton, M.D.

So the children are not as settled as they used to be. They're more active overall. There's more children wearing glasses. There's more children with neurodevelopmental issues and chronic illness, inflammation. I think that there's more children who are not in the care of their parents. They're in some caregivers or schooling setting, and the family is less spending less time together.

00:06:04:58 - 00:06:33:03

Kelly Sutton, M.D.

And overall, that affects the. Bond that the children and the parents have. It's kind of an interesting thing to think about our effort to get rid of acute illness, because if we think of what sickness actually provides us as a person, if I have an illness like I did with measles, mumps, chickenpox in the 50s. I'm very vulnerable and I open myself to the person who's providing care.

00:06:33:03 - 00:06:58:49

Kelly Sutton, M.D.

In that case, my parents, my mother and I bond with that person very deeply out of my vulnerability as I go through that crisis of the acute illness. Then when it's over, I feel strengthened and I feel my body can do something. It's really capable of meeting a challenge and overcoming it. And we don't have that sort of rite of passage of going through an acute illness anymore.

00:06:59:03 - 00:07:24:21

Kelly Sutton, M.D.

So we don't have the same healing connection, the deep bonding with the caregiver that happens when we are actually acutely ill. And we've traded the experience of acute illness for sort of the rite of passage of get your shots and you don't get sick. But then the chronic illness, which has less fever, it's more of a cold process and it's longer lasting.

00:07:24:31 - 00:07:41:07

Kelly Sutton, M.D.

And the child ends up maybe on medications, and deals with illness that way and doesn't really get that experience of closeness with another human being or the strength of his or her own body to overcome illness.

00:07:41:12 - 00:08:02:39

Dr. Paul

That's an interesting perspective. I. I went through the same thing you did as far as measles, mumps, rubella, chickenpox. I had all those childhood illnesses. I was in Africa at the time. My parents were missionaries and yes, there was definite incredible bonding. Then I'm thinking back to my own kids now. I was not so savvy when I was raising my kids.

00:08:02:39 - 00:08:24:00

Dr. Paul

I didn't feed them well. I followed the CDC vaccine schedule, so they got a lot of toxins injected into them, and they were sick a lot. And yes, we did use daycare because we were busy parents, you know, two working parents going all which way. But there was a lot of acute illness and then came chronic illness.

00:08:24:01 - 00:08:49:35

Dr. Paul

On top of that, it's not just vaccines, but but the vaccines were a big piece of this where we're injecting all these toxins and pushing these poor kids immune systems, tipping them over to where they're getting not just more acute infections, ear infections and what have you. But then developing all the chronic stuff we see neurodevelopmental stuff ADHD, ADHD, autism, anxiety, depression, and then all the allergy and autoimmune stuff from asthma to eczema, you name it.

00:08:49:40 - 00:09:02:24

Dr. Paul

And yes, we've maybe we got rid of rid of measles, mumps, rubella and chickenpox. But now we've got, you know, every other kid has a chronic condition, right. And that's what you've seen too, right?

00:09:02:28 - 00:09:30:41

Kelly Sutton, M.D.

I have more children are wearing glasses or children are requiring some kind of medical assistance. You have to have EpiPens in the classroom. The world has become medicalized, and it used to be childhood was part of being part of nature and the outdoors and it just unfolded without needing to have any contact with medical things, except rarely to get a form filled out to do your sports or something like that.

00:09:30:46 - 00:09:35:22

Kelly Sutton, M.D.

But now medicine is built into daily life, almost for children.

00:09:35:26 - 00:09:44:54

Dr. Paul

Yeah. So then we had Covid. Did you get involved in trying to help people for the with the Covid situation? And did you have any push back for trying to help people?

00:09:44:59 - 00:10:13:46

Kelly Sutton, M.D.

I did. I was in California practicing then and we we stayed open. We did not require masks, but we let people mask if they wanted to. And when I tried to prescribe hydroxychloroquine or ivermectin, pharmacists would refuse to fill it or would scold me and would say, I've looked you up. I know who you are. As though I was a terrorist or something.

00:10:13:51 - 00:10:46:17

Kelly Sutton, M.D.

And, it was a very different experience because the doctor's role is different than the mid-levels, the nurses, the pharmacists, the doctor takes responsibility and functions as an individual. And now the people who follow the responsibility that the doctor has taken are in revolt, and they don't follow the doctor's order. But it was not done in a respectful way.

00:10:46:22 - 00:11:17:13

Kelly Sutton, M.D.

So, I ended up having the encounter with the medical board in California in 2021, and my practice closed in California, and I moved back east and then had more medical board encounters in Massachusetts. So I did not have as much contact with patients actively, seeking help for Covid during that time. And I mostly read the experiences of other doctors who were still clinically involved.

00:11:17:18 - 00:11:44:23

Dr. Paul

I understand the stress you've been through because I went through it also, and I and I want to thank you. You always very supportive of my of me when I was going through all this board stuff. Folks, it is sad what's happened to the medical profession in that, you know, the best of the best, who are bringing creative solutions to their patients, are then being subjected to censorship, basically.

00:11:44:23 - 00:11:56:13

Dr. Paul

And then finally, in your case, in Maine, medical boards took our licenses. Essentially preventing you from practicing as we were trained to do.

00:11:56:18 - 00:11:57:07

Kelly Sutton, M.D.

That's right.

00:11:57:12 - 00:12:11:24

Dr. Paul

Yeah. And you've been at this longer than I have. Do you have a solution for this dilemma we find ourselves in? I mean, medicine seems to have gone astray. How do we how do we get it back on track?

00:12:11:28 - 00:12:39:59

Kelly Sutton, M.D.

I think we have to carry it inside ourselves. Not doctors, but just everybody that we have to sort of develop our own powers of observation and analysis and say, does this what I see in front of me in terms of the health situation in my family? What's my common sense assessment, and does that fit with what the authority is saying, or is it different?

00:12:40:04 - 00:13:10:31

Kelly Sutton, M.D.

And I have within me the ability and the responsibility to make the decision myself, not to just follow what the authority figure has told me. So it's it's demanding more inner strength and independence of each human being now, because one of our cultural core, legs that we stand on is crumbling, namely the medical establishment. It's no longer oriented towards the good of the individual, as you pointed out.

00:13:10:36 - 00:13:46:31

Kelly Sutton, M.D.

And so we have to carry the good of the individual inside ourselves, whether it's me taking care of myself or me as a parent of children and a family member. And then the whole question of the profession itself, what do we do is how do we, as doctors have the conversation to say, what really are our goals? We have heard that the AMA said there should not be advertising of drugs on TV and media direct to patients, and yet that still exists.

00:13:46:36 - 00:14:16:34

Kelly Sutton, M.D.

But has the AMA also considered? Should there be financial incentives for doctors because that influences judgment. And you've indicated what a pediatrician goes through with refusing some of the financial incentives for vaccines, and I'm sure they're there for other testing and treatments as well. So what do we really want the medical profession to be, and what does the medical profession really see?

00:14:16:34 - 00:14:51:52

Kelly Sutton, M.D.

The human being is, or we seeing that each patient in front of us is a machine or just a member of a herd, or are they an individual because that basic premise changes treatment profoundly. And we haven't talked about that. I don't see how we are coming together. I don't know who the philosophers of science are today, or who are the medical ethicists that just look at medicine as a whole and say, what's the direction and which way can it go?

00:14:51:57 - 00:15:38:56

Kelly Sutton, M.D.

So I can't impact that myself. And I think there's so many. Intense, powerful forces influencing it that it would be a huge battle to undertake to change medicine. I think the more valuable, fertile effort is if we develop ourselves and understand that the basic human structure is kind of miraculous, that it's got enormous intelligence and complexity and is designed to thrive and survive, and that I can work with what is given in the human makeup and work towards healing and let medicine be a part of life.

00:15:39:01 - 00:15:45:45

Kelly Sutton, M.D.

That's a more minor part instead of the deciding part, and develop my own and independent judgment.

00:15:45:49 - 00:16:21:07

Dr. Paul

When I'm listening to you there, I am hearing, even if I am not a doctor, even if I'm just a mom, a dad, I've got a family I'm starting or that I have. I need to take back my power. I have the ability to totally

take over the trajectory of the health of my family by becoming informed and making my own decisions, and not cowing to authority, who sadly, as you've said and alluded to, the medical system is no longer aligned with our own individual personal health.

00:16:21:12 - 00:16:51:57

Dr. Paul

They are aligned with interests that have more to do with money and whatever. It's certainly not the individual health. And I feel like our public health institutions are completely lost. When did that happen, Kelly? I mean, you used to think when I was in medical school, I used to think of the CDC and the NIH as the people that really had the cream of the crop, the best of the best, and, boy, it's gotten to the point where anything they say is almost categorically the opposite of the truth.

00:16:52:02 - 00:17:33:28

Kelly Sutton, M.D.

Well, I remember when measles, mumps, rubella vaccine came out, right around my medical school time, we were told you will get one vaccine and it will last for life. And I also remember the gastroenterologist saying, not everybody needs the hepatitis B vaccine. There's no need for that except for the people who are of Asian descent and prone to get cancer from chronic hepatitis, from, hepatitis B, and now public health is the opposite of that common sense information that I learned in my basic medical school and residency training.

00:17:33:33 - 00:18:08:16

Kelly Sutton, M.D.

It's turned around, and it's probably happened in the 80s and then in a very big way in the 90s, after the 1986 act gave a limited liability to the vaccine manufacturers, it became sort of a vaccine gold rush. So many more vaccines were developed and, the rest of culture just followed. Pharma, and the legislation and the education all made their regulations to include these new vaccines.

00:18:08:21 - 00:18:39:33

Kelly Sutton, M.D.

And we sort of sleepily accepted it. Whether we were family practitioners or families, we just trusted the big people. And it's an interesting thing because we build trust into our children. We want them to respect authority. Parents, teachers, government. And yet it's that very authority that we now have to say, I can't trust it anymore. And it's a huge disappointment.

00:18:39:33 - 00:19:00:46

Kelly Sutton, M.D.

It's kind of like a a basic earthquake underneath us to have to readjust our own sense of making decisions and how much do I carry and how much do I turn over to the culture that I was born into? We can't turn it over like we used to.

00:19:00:51 - 00:19:35:22

Dr. Paul

Yeah, well, you, folks, I'm just going to point out here that the opinions of both Doctor Sutton and myself are our own. These are not the opinions necessarily, of children's health. Defense. Because I'm going to go somewhere with you. This, this. Who do you trust thing has just really been bugging me the last few years as we've watched the Covid thing roll out with just lie after lie coming from Fauci, from the CDC, from the NIH, from the government officials, from the news reporters.

00:19:35:27 - 00:20:04:19

Dr. Paul

And I remember growing up as a missionary kid and having a foundation and faith. And what I realized growing up, and I think it holds true to today, if you are listening to somebody who is not plugged in the I'll call it God or Higher Power or something much greater than themselves, then you're taking a lot of risk in who you're placing your faith and your trust.

00:20:04:20 - 00:20:25:30

Dr. Paul

Whereas folks who are plugged in and they're not just speaking from ego and power, but they are really, truly speaking from the soul in the heart. And and there's their spiritual side. That's something we've lost. What do you how does that all fit into medicine? Do you think?

00:20:25:34 - 00:20:50:03

Kelly Sutton, M.D.

Well, medicine is selfless by the impulse that lives inside human beings drawn towards health care. We want to give, we want to help. And that's what the profession should carry and the medical establishment should carry, but it no longer does. So we have to look for where is the selflessness of the authority that's asking me to follow that track?

00:20:50:16 - 00:21:18:07

Kelly Sutton, M.D.

Does it fit with common sense and then accept or reject it? And I think medicine and religion have a strange overlap in that medicine has kind of become the new religion. And the visit to the doctor is like the church or the sacrament. And we have become more secular and almost have atheism as a national religion in our country.

00:21:18:12 - 00:21:45:19

Kelly Sutton, M.D.

So there's a little bit of arrogance in that, that we think, oh, we humans are higher than God. And that's been a long time. Challenge that we have to say, how do we fit with a higher power, or am I higher than the highest power? And science has carried some of that hubris in that it tells us it's bigger than reality.

00:21:45:26 - 00:22:12:03

Kelly Sutton, M.D.

And yet science is really the way we examine reality. Science is not dictating reality. Reality is bigger than science. And we have to always know that whatever science finds, there's still more to reality. Beyond that. And we should keep an open mind in investigating that and some of the language we use. I mean, there's spoken and unspoken dogma in medicine which we have to uncover.

00:22:12:08 - 00:22:42:33

Kelly Sutton, M.D.

And I think this is where I would hope that the profession would do a better job of discussion, self-examination, considering philosophy, considering ethics, and saying, what are we really made of? How are we behaving? And are we being dogmatic? And, the individual has the choice to carry the focus of trust wherever they choose to put it. And there always is some focus of trust.

00:22:42:33 - 00:23:13:15

Kelly Sutton, M.D.

The human being by nature believes we just do that. And so if we believe in God and in the old days, that was the sun or nature, we instinctively looked towards a source of life. We have now replaced that instinctive looking with a government or a medical establishment, and that's a shift that each individual has to consider and say, what's inside of me?

00:23:13:20 - 00:23:39:16

Kelly Sutton, M.D.

How do I relate to the world? What's real for me? Do I feel that there's anything that is of a spiritual nature? Am I a clone of many people and I'm all just part of an animal herd, or am I an individual and my children similarly so these are big questions you're touching on, and it's all in our face today to have to deal with it.

00:23:39:21 - 00:24:09:30

Dr. Paul

Yes it is. And you, the viewers, if you're on this show, you're already, I'm sure, a little more open and enlightened to the fact that it is time for us all to take responsibility for our journeys physical, mental, emotional and spiritual. And when you bring all that together and you stop listening to the noise, turn off the television, get off social media and and really take full responsibility for the journey of your own health and that of your families, good things can happen.

00:24:09:40 - 00:24:27:24

Dr. Paul

So, Kelly, I want to thank you so much for coming on the show today, and I'm going to get you back real soon because, there's another whole area of pediatrics I want to explore with you how how can people in your work, I think you're you're more of an educator now. Are you available to people in that capacity?

00:24:27:24 - 00:24:30:14

Dr. Paul

And if so, how would people find you?

00:24:30:19 - 00:25:02:40

Kelly Sutton, M.D.

I don't have a website. People could email me at Dr.sutton.org, and there is a page describing my, practice status and the legal side of things that is reclaiming mid-August, Dr. Sutton. And that's part of the website, Physicians and Patients Reclaiming Medicine. That group has very kindly put my story on its website.

00:25:02:45 - 00:25:13:04

Dr. Paul

Fantastic. Well, thank you for coming on the show and for your perseverance and making sure that we get this world headed in the right direction.

00:25:13:09 - 00:25:14:33

Kelly Sutton, M.D.

Yes, we need each other.

00:25:14:37 - 00:25:31:39

Dr. Paul

Yes we do. You can check out my other show With the Wind at Doctors and science.com, and you can also take, coaching session with myself if you wish. Kids first forever.com. Those links are in the show notes. Thank you for your time today, and I look forward to seeing you next week.

00:25:36:58 - 00:26:02:52

Speaker 2

I look forward to running together with the wind at our backs, revealing the science that gives clarity in our world that's full of propaganda and misinformation. Visit our website Doctors in Science Rt.com. Sign up, donate if you can. Your support makes a difference. And let's make this the weekly show the world has been waiting for. Thanks for watching.

00:26:02:58 - 00:26:10:14

Speaker 2

I'm **Dr. Paul**.