

With the Wind with [Dr. Paul](#) – Show 188, Pediatric Perspectives: Healthy Food for Healthy Kids with [Pete Evans](#)

Speaker Times

- [Dr. Paul](#) — 16.9%
- [Pete Evans](#) — 83.1%

00:00:40:28 - 00:01:05:39

[Dr. Paul](#)

VAX facts this book hits bookstores December 10th. You can get a copy now by going to [VAX Facts book.com](http://VAXFacts.com), where you can get a signed author's copy, where you can order an e-book, or you can also preorder the book if you are seeing this message before December 10th. You can also order this book at any bookseller, any bookstore, wherever books are sold, and preorder your copy.

00:01:05:53 - 00:01:16:16

[Dr. Paul](#)

Get this book for your loved ones, for your family, for yourself, and let's get healthy.

00:01:16:16 - 00:01:26:48

Unknown

Do. You.

00:01:26:53 - 00:01:35:10

Unknown

Know.

00:01:35:16 - 00:01:56:29

[Dr. Paul](#)

Good morning CHC. Welcome to Pediatric Perspectives, where we are looking at children's health challenges from a different perspective, one that includes critical thinking and one that's not afraid to give you the honest truth. I'm your host, doctor Paul. We have a very special guest today coming from Down Under, Australia. None other than **Pete Evans**. Welcome, Pete.

00:01:56:34 - 00:02:02:11

Pete Evans

Paul, thank you so much for having me. And good eye, everybody. Nice to see you virtually.

00:02:02:16 - 00:02:28:33

Dr. Paul

Pete, I did not know about you until very, very recently. I got a copy of your incredible book, Healthy Foods for Healthy Kids, and I. I'm just blown away. You are my new hero. You are an internationally renowned chef, restaurateur, entrepreneur, keynote speaker, author of about 25 books. Whoa. Television presenter, documentary producer. You have your own podcast, evolve.

00:02:28:33 - 00:02:53:36

Dr. Paul

And I know you've done a lot of different podcasting, a lot of amazing things exploring nutritional and emotional well-being, and you really have a passion for food and healthy lifestyles. I am going to be following you. Today, this being a pediatric program and wanting to highlight this incredible new book of yours, we're going to focus a little bit about preparing food for children and some of your expertise in that area.

00:02:53:41 - 00:02:59:30

Dr. Paul

You know, I just wanted to kick it off and kind of ask you, how did you become knowledgeable about preparing food for children?

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Pete Evans

Well, I'm a dad. I don't do it. And also a chef. So, I've, I think those two, skills come in handy. And dad doesn't pay your debts a skill, but we definitely heard that, through our journey of being a parent, whether a mother or father or a guardian or a grandparent or somebody that looks after children.

00:03:22:56 - 00:03:48:14

Pete Evans

Obviously, the first thing we want to do our priorities is to feed them. And, mothers know that best when the babies come into this world through through mother's work, like all mammals do. And then that's about, the my philosophy has always been about prevention. You know, it might sound a little sort of cheesy or corny, but prevention is is paramount.

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Pete Evans

And a as human beings, for some reason, many of us like to not have that as our priority in life for some reason, you know, because with the we're too busy, we've got too many distractions, we're too stressed, we're just got too much play many people. This is my observation, and I don't like to generalize, but what I've noticed over the last couple of decades of being in this space is that when people really want to make a change to their health, it's because they've either gotten a pretty severe diagnosis, an injury has happened, to themselves or to their children or, the newborn babies have complications or their children have side effects to

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Pete Evans

certain, environmental challenges or, medical procedures or medical interventions. And, you know, that's all very well and good, because that is the catalyst for so many people on this journey to discover what nutrition good nutrition is and what what sort of, the tools that

we have available to us to, to help us on our journey to take us back to that place of homeostasis as best as we can, to be in balance, to be in harmony.

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Pete Evans

But yeah, it's such a fascinating thing that human beings, a lot of us, wait till a problem arises before we go. Okay, let's, let's let's go on this adventure to reclaim our health. Or if we don't have health to start with, how do we improve our health and how do we improve our, our life, our life in general?

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Pete Evans

Because nobody wants to be in pain. Nobody wants to be in suffering, especially, parents that see their children have these real, real life struggles and when I started to learn about dietary principles and dietary health, one of the things that was made known to me very, very quickly was the amount of parents out there with children on the autism spectrum that had, you know, I don't want to be controversial here, but,

00:06:09:19 - 00:06:11:13

Dr. Paul

You can be controversial.

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Pete Evans

Okay.

00:06:12:12 - 00:06:35:47

Dr. Paul

So we you and I intersect in this very space. I'm a retired pediatrician. I, wrote the vaccine friendly plan about ten years ago, and I just had a new book come out, VAX Facts. It is without a doubt that so many of our children are injured by vaccines. Okay. Vaccines, it's a topic that I gave up my license over that topic because I'm not willing to say that.

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Dr. Paul

Oh, yeah, business as usual is okay. And I think the other side of it is nutrition, right? And it's like, let food be your medicine. And you bring such a beautiful and powerful perspective that I wanted us to focus on today. So, I noticed in your book you have a really beautiful focus on whole Foods, on cooking paleo, on cooking gluten free.

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Dr. Paul

And it's all in there and in these beautiful recipes. But let's start with, because we can get to the older child who has specific food needs and challenges. But let's start with, you know, you're a brand new mom or or even you're pregnant and you want to eat right while you're pregnant. But then I think, what's so hard for new parents is how the heck do you make your own healthy baby food and, if you could start there, I think that would be super helpful.

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Pete Evans

Beautiful. Yeah. And thank you. Thank you for opening the the gates so to speak, and for me to be able to speak, openly and honestly, because this was really the impetus for this book. And a lot of the work that I've done over the years was meeting these mothers and fathers and obviously the children that had been vaccinated, you know, without a doubt, you know it.

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Pete Evans

I don't think it is open for debate that so many of these parents that I've met have, the trust of the science, so to speak, trusted the health professionals and obviously the children changed very rapidly. So this is a, this is such an emotional topic and a highly debatable topic about what to feed your children. And I do not come at this lightly.

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Pete Evans

You know, it's not just a collection of recipes that I've picked out at the, over the years. You mentioned paleo and ketogenic and this seems to be from the doctors that I've interviewed, the parents that I've interviewed, the, the children that have come into contact with this seems to be something about if we can reduce the inflammation and that would can be triggering for people, but let's just use it in this context.

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Pete Evans

If we can remove the food that continues to cause irritation or inflammation to the body, then we have the best chance of letting our bodies do what they do best, which is heal. Heal themselves. Very difficult to heal ourselves when we, putting something into our body or onto our body that is causing constant, constant stress on the body.

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Pete Evans

Let's just use that terminology here. And one of the things that I came very aware of was the two main culprits. And I don't again, I do not like to generalize, but I will generalize in this context is grains that contain gluten or other grains. And modern dairy grains of dairy seem to be the two most problematic foods for a lot of these children that have, that are on the autism spectrum all have major health issues.

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Pete Evans

And there's wonderful doctors and scientists, if you believe, if you trust the sides. But there's wonderful doctors and scientists and nutritionists that could explain a lot better why these foods can cause inflammation for certain children and for certain adults. So I thought the best way is to release a book without these foods in there. And lo and behold, we can create equally delicious foods without without these food groups in there.

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Pete Evans

And there is a plethora or a variety of recipes that we can choose from, so we don't have to feel like we, missing out on the children that's missing out. And that if you look through the book that is that is always my focus is and priorities. How can we make these take away these food groups that still presented in a way that, the children are alienated or the parents are alienated.

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Pete Evans

So there is gluten free recipes for bread in there, for wraps in there for treats in there, so to speak. But if you look through the book, the main focus obviously is on good quality dietary fat, saturated fat from, well, so seafood and animals. That seems to be the driving force through the book because one thing that, I firmly believe is that children need good quality fats and proteins for a developing body, and I don't think that should stop through our adult or teenage years either into our elderly age.

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Pete Evans

I think, the inclusion. And then it's up to you how much you put in, but I would always go to the higher side of what people think that, good quality meat, good quality seafood, the best that you can afford. And then it comes down to the budget side of things is how do we how do we actually do this?

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Pete Evans

Because everybody is on a different budget and lifestyle. So through the book, I have a lot of ground beef recipes or ground meat recipes. I have offal in there. All orc inmates, as they commonly known because these foods seem to be the cheapest that are available to us, and also that the things that chefs and home cooks love to cook with as well.

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Pete Evans

And once upon a time, or if we look through different cultures, through the world, these meats, often revered, especially Morgan meats and the bones, where we can make a beautiful bone broth from or a beautiful chicken soup from the bones. And then some of the meat, liver, heart, brains, bone marrow, these types of foods that,

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Pete Evans

I'll give you an example. My wife, she's from New Zealand. And her grandmother, when she was a baby, her first food, she remembers, her grandmother telling her that she fed who was messed up. Brains, cooked brains, lamb brains. You know.

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Dr. Paul

I saw that in your book.

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Pete Evans

I'm going. Wow.

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Dr. Paul

You're listening to it here. Yes. And it's crazy organ meats brain. But you look at these recipes, they're beautiful. The food looks delicious. I can't wait to try every single recipe in here. The thing I struggled with as a busy parent, I was, busy in practice as a doctor, as a pediatrician, and then trying to take care of kids.

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Dr. Paul

I didn't know how to make my own baby food, if you will, and you talk you. There's just a small enough section, but it's it seems really simple to follow. You know, these nutrient dense, kid friendly recipes. You've got all these tips on fats, the key nutrients, fats, choline, protein, iron, iodine, fiber and calcium for babies. How to do that?

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Dr. Paul

I'm always bewildered about baby food. I was a lazy doctor pediatrician who bought baby food in jars, and I'm ashamed to admit, when I see the recipes of that you have in this book, for example, the creation of a broth and then the use of that broth in so many different things, starting with egg yolks and adding cod liver oil, fermented juices, something I don't know anything about.

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Dr. Paul

What things would you say? Are you found to be most helpful with your own kids? Other kids? Starting babies on solids?

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Pete Evans

Yeah. That's a that's a great question. And as we know, every child, has their own taste preferences, much like their parents, you know, you know, should I be a fussy child? And

sometimes I won't lie to you, but sometimes it's a fussy parent as well. So, and no disrespect to anybody's palate, you know, I will say one thing, though.

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Pete Evans

Palates can be developed, the, our ability to appreciate new types of foods is an adventure that we all can go on. And I was the fastest child in the world. And becoming a chef was my initiation into that adventure of trying to. So it's because I knew if I wanted to be a great chef, I'd have to appreciate offal, oysters, all the things.

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Pete Evans

As a child that I did not like that I was very fearful of. So if you're a parent listening to this, trust me, if I can expand my palate to actually love these foods, these are my favorite foods these days. The organ meats, the oysters, the mushrooms. I couldn't think of anything worse as a child than eating mushrooms.

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Pete Evans

And my mum used to try to hide it in my food, but, it can be done. And the same thing can be done with your child. So speaking with a lot of parents, with children on the spectrum, obviously a lot of children have, what some would say very limited. Bandwidth of what they, what they'd like to eat.

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Pete Evans

And the thing that kept coming back to me with interviewing a lot of these parents and hearing the stories was repetition. Keep offering the child a certain type of food and the science out there if you if you can use that word these days, there's anecdotal stories that

were scientific studies that show that if you offer the same type of food to a child over a dozen times, eventually they will start to appreciate it because it's their palate expanding.

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Pete Evans

It's something foreign. It's something new. We can't all just fall in love with a new food when it's presented to us. So the determination that a parent has and it doesn't need to be a tough love or hard love or a hard adventure. It can be done in the most encouraging, loving, patient way, you know? And, and I would set the intention as a parent like just have holding that belief and just speak either out loud to your child or silently to your child.

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Pete Evans

Like, this is the best food that I can possibly offer you at this particular point in time in your journey. And I love you, and I'm not trying to hurt you. I, you know, as Gandalf would say it still by the ring. I'm not trying to love you. I'm trying to help you. You know, I'm not trying to hurt you with these foods.

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Pete Evans

I'm trying to help you. And, you know, every parent has to work out the best thing that works for them and their family dynamic and their child. And sometimes it's it is repetition and it becomes a habit. But, I wouldn't say I give up after the first time or the second time, you know, stick in there and, and experiment.

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Pete Evans

Have a lot of fun with it, you know, because if we bring a joyous experience to this, instead of trepidation or hesitation or fear around the beautiful act of sharing food or preparing

food and nourishing food to our little ones, you know, I think it I think a lot of it comes down to our beliefs and our perception and keeping it lighthearted as well.

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Pete Evans

And loving.

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Dr. Paul

Yes. So in this book, I could flip page per page and every single recipe. It doesn't matter what I turn to, it's gorgeous. It's do you have favorites? I just I'm just in awe of all these recipes and the fact that they're grain free. They're dairy free. They're, packed with nutrients and they look delicious. How do people learn how to actually do all this?

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Dr. Paul

Do you, do you have a website where people can go and get more information and obviously get this book, folks, you I want to try every single recipe. Absolutely.

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Pete Evans

Well thank you. I'll start with the first question with some of the most favorite recipes. They're usually the most inexpensive recipes. So we have things recipes in there using sardines for instance, that are out of a jar. You know, there's some amazing sardines that we can get the jar. And we all know the health benefits of of eating sardines or mussels or chicken livers.

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Pete Evans

So there's chicken liver paté, there's mussel paté, basically. It's just blended, templated, very tiny, with a bit of mayonnaise or a bit of bit of extra fat, some spice or some types. And when I talk about spice, it would be some salt and pepper or grand or some tumeric or something like this. You know, nothing with chili or two is that that's those spices that's going to cause problems for the, for the child.

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Pete Evans

Chicken nuggets, for instance, where we are actually taking the best possible chicken that we can get and mincing it up or buying organic chicken mince, or the best quality chicken that you can find with your budget, and just forming them into patties and cooking them in some really beautiful, saturated fat and serving with, a lovely mayonnaise or a little, herb sauce or something like this.

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Pete Evans

My goal with the book was to create family friendly recipes that also the teenagers and the parents could appreciate. Obviously, there's a little section in there with the baby food and type of food, which is usually adult food sort of blended up or mashed up. But, there's no reason why these you have to cook. So the recipes for children and then certain recipes for adults, you know, hopefully these recipes cover the whole family.

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Pete Evans

You know, it's a family beautiful cooking book.

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Dr. Paul

So I'm not real good in the kitchen, but I want to I want to be able to do all these things. Is there a place I can go and actually watch you in action?

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Pete Evans

My Instagram. I have some wonderful cooking videos. If anyone's interested. If it's pretty much for free out there, you can go on social media and there's so many, basic cooking schools or cooking, demonstrations that people can access on YouTube or, or any of these. Cooking isn't hard. I just want to make sure people understand this. Cooking is as difficult as you make it seem.

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Pete Evans

Okay, and that could be quite triggering. But a lot of the recipes in this book can be made within 5 or 10 minutes. Like really, really, really simple. Procedures like cooking is a list of ingredients cooked in a certain method with the desired outcome. Rinse and repeat. It's whether we allow ourselves to give ourselves maybe that ten minutes, 20 minutes a day to.

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Pete Evans

And this is how I would, tackle this. And this is what I did as a father. And many people do is cook in bulk, use your freezer. If you don't have a large enough freezer, maybe save up if you don't have the funds at the moment, and invest in a wonderful chest freezer where you can. Actually, instead of having to cook every single day, cook a lot on 1 or 2 days, or get people to help that your friends or family say, I'd really love you to make a couple of pounds of this recipe for me, or a couple of kilograms of this recipe for me, and to my sister.

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Pete Evans

And could you do this one for me and freeze it down into small little just for me? This would be a great help for me and my family. Or if you've got a neighbor that's a friend and you know, like it like a good old fashioned cook up. But if it's got the ability to freeze a lot of

these foods into small containers or small jars, then we can just pull it out every day and frost it and make our work loads a lot easier for us.

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Pete Evans

And I've I've often said this, like I said it about the fascinating. I'll say it about becoming a great home cook. If I can do it, anybody can. I promise you that I invite people to go on an adventures. If you're a if you're scared of cooking or you don't feel like you have the skills, I invite you to spend the rest of your life as learning this beautiful craft, an art form that is a is one of the most beautiful gifts that we can learn in our lifetime, is the ability to nourish ourselves.

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Pete Evans

It's a form of self-love. It's also a wonderful gift that we can share with our loved ones, whether it be our children or our partners, or our family or friends. It is such a beautiful thing and it doesn't take long to learn. You can start with go on to YouTube. And so I then had a coach the perfect take.

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Pete Evans

He had a grill, the perfect piece of fish, how to cook a beautiful steak, how to make a perfect turkey patty right? How to make a gluten free snack or a loaf of bread. You know, start experimenting. Start building up this strength, this repertoire of these recipes you make might make a mistake along the way, but that's part of the adventure, you know that that is like, wow, I'm going to get really good at this.

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Pete Evans

And when your children see you and this love for cooking, I would dare say that they would also adopt a love of eating your food. And and that that same love of sharing a meal together. And it may not happen overnight, but I tell you, the things that we do as parents have the ripple effects through the next generation and the coming generations.

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Pete Evans

And one thing that I've heard is with children of all, with the parents of children that have been vaccine injured and on the autism spectrum, is it is changed their whole life, their health, because they've had to find answers and solutions for their child's health. And one of the most recurring themes that I get from these beautiful parents is that their health has changed for the better, because now they're eating in a way that helps their child and it gives them more health, more vitality, more connection, more capacity.

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Pete Evans

For this very challenging yet beautifully rewarding journey that they have. For some reason or other being chosen to go on and what you know, I don't think that should ever be taken lightly. And I'm not saying it, you know, I have full, full respect and love and compassion for these families that are on this journey. You know, I got teased him.

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Pete Evans

I said, I have how tough it is, but I also know the the beauty that it brings and the challenges it brings, you know? So yeah, enjoy the adventure as best you can. You know, I take my hat off to all of the.

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Dr. Paul

Include the kids if you can, right. As part of the journey. How old are your kids, Pete?

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Pete Evans

My daughters are 18 and 20 at the moment, and one of my daughters was born with a, a small tumor. So she had an operation when she was a couple of weeks old or a couple of months old and, which she went under anesthesia and had antibiotics with her gut health from the early age, we I needed to find the answers for that, too.

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Pete Evans

So, as parents, we go on this adventure to help our children the best way we can. And and, you know, she was the catalyst for me to be able to wear this t shirt and release this book.

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Dr. Paul

This, folks, is the best book I have ever seen. And I'm going to learn how to do all those recipes. I hope you do too. Whether you're dealing with a child who really needs to have a diet that's free of grains and dairy, and it's really robustly nutrient dense, these recipes are all like that, which is what's so beautiful about it.

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Dr. Paul

There's there's not a single one going, oh my gosh, here's another one, here's another one, here's another one. So thank you, Pete, for, bringing this to the world. It is an absolute gift. You know, a lot of our viewers are indeed parents, and some of them do have children on the spectrum. And some of them are maybe new parents and want to, do everything they can to have the healthiest kid possible.

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Pete Evans

I just take my hat off to all of you, and, I love you all. And, thank you for having me on, Paul. And thank you. Children's health defense. Thank you, Bobby Kennedy and Skyhorse Publishing for allowing this, this relationship to continue. I made a documentary two years ago called The Magic Pill, which was on Netflix.

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Pete Evans

I think it's on Amazon now, and other streaming services. I didn't find anybody but want to spend 90 minutes, taking a little bit more of a deep dive into nutrition. To check that out. It's called the magic pill.

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Dr. Paul

Pete, I think you've got a whole new following now. Thank you for bringing this book to this world and for the work that you're doing.

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Pete Evans

My pleasure.

00:27:54:08 - 00:28:10:14

Dr. Paul

Doctor Paul, your host. I'm also, at Doctors and science.com and Kids first forever.com. That's the number for you. Want more information and or some coaching? It's always good to be with you. I look forward to seeing you next week.

00:28:10:18 - 00:28:11:51

Okay. Telephone your name.

00:28:11:56 - 00:28:14:00

Hi, I'm Susan Bowen.

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And this is a story about your daughter.

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Yes. Story about my daughter.

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How many? How many children do you have?

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I have two, Jane. She's 22 and Ray, he's 19.

00:28:23:25 - 00:28:36:32

Okay, so let's go right back to when you were pregnant. Your first child. Did you ever have a conversation about vaccines or questioning and what was your thinking at that time?

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I just said, you get vaccines because they're safe and effective. I didn't really think twice about getting them up and back then I didn't feel like it was pushed as much as they are now.

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Now we didn't question them. I mean, my with you. Yeah.

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And I got them while I was pregnant. Who did? I think that's weird. They talk to you and tell these different things back then.

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So you got maybe three shots or something.

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You know, I did it was something about the program. Yeah.

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So you got program okay. Because I. Yeah, I say thank you. And so when she was born, how was she?

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She was perfectly fine. And we did not do any shots. My husband at the time, she was, against giving children shots. He didn't have any science or any thing that he could show me, but he wasn't really into getting the shots. And our pediatrician said we needed to, so we thought we spread them out, kind of make us both kind of happy.

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I was she would get her shots because I wanted her to and I spread them out for, my husband.

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So what was the first shot she got, then the first putting them out.

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She got her first shot was DTaP or diphtheria, pertussis and tetanus. Yeah, that one. When she was six months and she had and simplified it so her brain swelled and she had high pitched screaming. And then she got a DTaP in, she has one when she was one years old. So unpleasant. Same thing happen.

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Okay. So no judgment here. Just genuine question here we hear the same story and over again. So six months and you're spacing them out. You just go with the DTaP right.

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Right.

00:30:40:38 - 00:30:43:13

And she her brain swells.

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Yeah.

00:30:43:45 - 00:30:52:10

And she's screaming all that kind of stuff that happens with all our kids. Right. So what made you you did you figure that out later that it was your. Did I say.

00:30:52:20 - 00:31:18:41

Okay? I didn't know that her brain was swelling. Then I called the doctor that night when it was happening and he said, just give her, time all or whatever. I didn't. And, I ended up, she got better, so I just thought it was. Normally it was still. You need to get your child the shots and all the fear that went, oh, you don't want them to get diphtheria.

00:31:18:41 - 00:31:31:13

They won't be able to breathe and they'll die. So I ended up getting the neck shot when she was one and not day time. Another day. Yeah, but nothing else.

00:31:31:13 - 00:31:32:20

No. And so I.

00:31:32:20 - 00:31:39:42

Knew that's what it said they gave her on the chart. Who knows, maybe they mixed more into the cocktail.

00:31:39:42 - 00:31:40:20

Dr. Paul

I have no.

00:31:40:20 - 00:31:41:18

Pete Evans

Idea.

00:31:41:23 - 00:31:42:39

And how was she up to that one?

00:31:42:39 - 00:32:06:02

Yeah, she was sick again. She got, brain swelling, but she got better after that, too. I don't know. She couldn't really talk at that time. She started walking normally. And she was, she was fine after that, too. But then a year later, she got the measles shot.

00:32:06:06 - 00:32:14:26

Okay, so. And this is it. Let's just go back a second. She's now two years old. If it's a year later. And how did you get a single measles shot?

00:32:14:30 - 00:32:43:11

I asked for it, and they said they weren't making it anymore, but they had some old stuff, some leftovers from before. So they gave her just a single measles shot. And I think that was it. 11 in the morning that day. And then at 2:00 she just went to sleep and she slept for five days. She'd wake up occasionally and nurse and then throw up and then go back to sleep.

00:32:43:15 - 00:33:00:52

And that's when I called everybody I know. And I found Barbara Lynn Fisher, and I read A shot in the dark, and that is when I figured out that Jane was having vaccine reactions.

00:33:00:57 - 00:33:20:36

Have you seen her vaccination records? Are you sure they didn't just give her an MMR? You up to you sure? I'm. I'm sort of slightly concerning, isn't it, that they had some old single

measles shots in the book? I'll look at that because I wonder, because we hit the enemies outside, we hear sometimes that people were told they were getting something.

00:33:20:36 - 00:33:26:57

Yeah. And then they looked in their books and said, well, wait a minute, I got, decaf and I ask for just the tetanus shot or whatever, so I was just interested.

00:33:26:57 - 00:33:33:59

Yeah, I'll look back on it. I'm pretty sure that last time I looked, it was just measles. Okay.

00:33:34:04 - 00:33:36:15

Wow. And how is she today?

00:33:36:19 - 00:33:47:47

She's great. She's beautiful and smart, and she gets A's in school, and, friendly and.

00:33:47:52 - 00:33:49:35

Productive and.

00:33:49:40 - 00:34:04:37

She's. Yeah. She's fine. Her chiropractor says she does see some neurological damage from the vaccines, but nothing you can tell by just looking at her. Talking to her.

00:34:04:42 - 00:34:16:17

So was that the last shot she got? That so-called single measles, and then no Covid shot or any of that kind of stuff? Absolutely nothing. Absolutely not. Okay. And then you went on to have another child. Yeah. And did you get anything right.

00:34:16:22 - 00:34:17:44

Got nothing.

00:34:17:48 - 00:34:20:50

Not even vitamin K. Nothing. How's he.

00:34:21:05 - 00:34:27:39

He's great. He has some back problems, but I don't I think that's just stress.

00:34:27:44 - 00:34:36:13

But did you have any high pitched screaming with the brain? Any brain swelling? Yeah. No. So you have your own little back, some back studying in your home?

00:34:36:14 - 00:34:46:45

Yes, I do see it. Yeah. I mean they have the normal, you know, high school problems, college problems, challenges.

00:34:46:54 - 00:34:55:03

But they're not to the hyper autism. No, no. Oh they paralyzed you know. Do they have allergies. No.

00:34:55:08 - 00:35:22:38

No food allergies. No allergies. Like pollen. They're they're just it's they just. And Ray was sick a lot when he was little. And we did get titers. I'm I'm titers. You know what. When you get them tested to see if they had diseases and it said that he had diphtheria, I gave both the kids chickenpox with a lollipop party with my friends.

00:35:22:38 - 00:35:25:05

And so they caught chickenpox naturally.

00:35:25:09 - 00:35:26:51

Well, from lollipop.

00:35:26:56 - 00:35:28:48

Yeah, but not from. Yeah.

00:35:28:52 - 00:35:36:45

And then, measles, they both had measles and it really was only a rash on their body, and they were fine.

00:35:36:50 - 00:35:39:52

And, so the Mesa shot work then?

00:35:39:57 - 00:35:49:28

Yeah. Shot. Really? Well, I think Jane got measles when she was about six and it was three. Yeah.

00:35:49:33 - 00:36:00:01

Because in the old days it was regarded as a mild childhood illness. So I don't quite know why we've got to this. They're all going to die. And your children didn't got measles and did not die.

00:36:00:14 - 00:36:08:20

Yeah, well. Chicken pox. Yeah. Episode. All the kids had measles and they were like, yeah, we don't have to go to school.

00:36:08:25 - 00:36:31:05

So what do you think when, you know, we had a doctor outside the bus stepping up this morning? I don't know if you were there for that, but instead of screaming or spreading, misinformation went as you can see, we're just listening to stories. What do you think when you see people saying that your children are a danger to society because they're not up to date on their vaccines?

00:36:31:05 - 00:36:36:56

So that's just sort of fountain Biden's of this far. But just what do you think about that?

00:36:37:00 - 00:36:40:18

Well, nobody's said that to me in particular.

00:36:40:31 - 00:36:41:19

I know, but.

00:36:41:33 - 00:36:51:21

But how do I what do I think about people telling me I'm a danger or they're a danger for not getting vaccinated?

00:36:51:28 - 00:37:17:24

Well, the unvaccinated, cool. Does that take it off you, then? The unvaccinated are called a danger to society because they are potentially spreading measles. Is what the dark side

saying. All those kind of things, there are danger. They're not vaccinated, and your children are regarded as not vaccinated. So I'm asking you, how do you what do you feel about that with the press and the way that they push the dangers of the unvaccinated?

00:37:17:29 - 00:37:47:56

Oh, it it makes me just want to educate people more. And it makes me work harder to educate people and, I guess the more you push somebody like me down with that information, just work that much harder to get my message out. Anyway, I can that that run there.

00:37:48:01 - 00:38:07:26

What do you say to the young mom who's watching right now and saying, well. You guys are crazy because vaccines are safe and effective? Because my doctor told me that, and he has a medical degree, and you don't. What do you say to that? Young mom, having gone through the experience, lived it both ways with vaccinated child and an unvaccinated shot.

00:38:07:35 - 00:38:09:54

What's your advice to that young mom?

00:38:09:59 - 00:38:50:22

I get a second, third, fourth opinion like I ended up getting. I left the pediatrician we were with who was who was pushing vaccines on us even after Jane's injuries. And I went to two more and the two more said, hey, those look like vaccine injuries. I would be careful and do your own research. I had to do my own research and I guess everybody is gonna find they,

00:38:50:27 - 00:39:01:15

They need to answer their own questions and be their own doctor. They can't just rely on what other people say and don't rely on what I say. Do your own.

00:39:01:20 - 00:39:24:20

But what? You haven't got anything to gain from sitting here telling a story. A pediatrician does have something to gain by telling you to get your child vaccinated, because they get paid for every vaccine, Owen says. For every vaccine they give our children. So I think people should listen to the people who have lived it. Absolutely. I think it's the best research you can do is go and go out there and speak to people like you.

00:39:24:24 - 00:39:39:03

What happened and what in your child? Because the fear of the unvaccinated. I fear that if they don't get the measles shot, I can die. Measles and your children have measles and one had the measles shot. So it's a perfect study.

00:39:39:08 - 00:39:42:09

Absolutely perfect study.

00:39:42:14 - 00:39:45:11

Okay. Well, thank you very much for telling your story.

00:39:45:15 - 00:39:58:28

Thank.

00:40:03:47 - 00:40:05:23

Dr. Paul

I look forward to running

00:40:05:23 - 00:40:29:41

Dr. Paul

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00:40:29:47 - 00:40:37:03

Dr. Paul

I'm **Dr. Paul**.