

Women's Vitality Summit

**Dr. Keesha Ewers Interviews Dr. Elisa Song**

April 2017

**Dr. Keesha Ewers:** Welcome back to the Women's Vitality Summit everybody, caring for yourself body and soul. I am delighted to bring back holistic mama doc, Dr. Elisa Song again this year. She's a holistic pediatrician and mama to two crazy, fun kids. You'll see in her social media world and on her website pictures of them. They're absolutely adorable. Her integrative pediatric practice whole family wellness. She's helped thousands of kids get to the root causes of their health concerns and helped their parents understand how to help their children thrive body, mind, and spirit by integrating conventional pediatrics with functional medicine, homeopathy, acupuncture, herbal medicine, and essential oils. These health concerns have ranged from frequent colds, ear infections, asthma and eczema, to autism, ADHD, anxiety, depression, and autoimmune illnesses, the gamut of what we're seeing in kids today. Dr. Song created Healthy Kids, Happy Kids to share her advice and adventures as a holistic pediatrician and mama. Now everyone can have their own virtual holistic pediatrician. Welcome to the summit, Dr. Elisa.

**Dr. Elisa Song:** Thank you, Keesha. I'm so glad to be back. It was a blast last time and I'm really excited to share even more information this year.

**Dr. Keesha Ewers:** I only encored a couple people that were the most popular last year. You're with JJ Virgin and Dr. Tom O'Brien and you. Because we had people vote on what their favorite talks were and you were right in there. I know that this can be a huge drain on women's vitality is if their kids aren't well. I would love to start with what your definition of vitality is.

**Dr. Elisa Song:** Well, I think it's really encompasses how you define vitality for women. For kids, it really means body, mind, and spirit. It's got to start even before they're born. That vitality starts with mama's vitality when she's trying to conceive and while she's pregnant. Mama's vitality is linked with baby's vitality. As kids get older, that mother infant to mother child diad is so intimately connected. I think we can't really have a discussion around kid's health without really discussing mama health. I'm so glad you're doing the summit because so many women, they've lost their knowledge of how to be vital. Their kids are sick or going through a really hard behavioral phase or they've just been diagnosed with a chronic illness or they have to hospitalized for some reason. It's such a drain emotionally, physically, and spiritually for those moms. My goal as a holistic pediatrician is to make sure that really we address all of those facets.

**Dr. Keesha Ewers:** I think that's so great because one of the things that I know as a mother of four is that if my kids aren't happy, I'm not happy. I think that is exactly what we see with mothers across the globe is we are intimately connected. We are the mama bear, mother tiger. If our kids are not doing well then we're not. We could argue that that's actually not good boundaries, but ...

Dr. Elisa Song: Part of that too. I speak to moms everyday in my practice about self-care and showing kids that, it's okay put yourself on that list of priorities.

Dr. Keesha Ewers: It's not just okay, but it's vital.

Dr. Elisa Song: Absolutely. To demonstrate that it should be a priority throughout their lives. That self-care is actually caring and loving the whole family. Because if you're not caring for yourself, you're also telling your daughter and your son that when they're parents, they shouldn't care for themselves, that they shouldn't be priorities. We need to model that. That's, I think, for mothers nowadays, especially mothers, some fathers, but especially mothers, it's so hard to do that. It's so hard to step back and say, you know, I'm going to take an hour or two a week, just for self-care. I'm here to tell all the mamas listening, that's an absolute must. If you really want to have your child be as vital and healthy as possible, you need to take that time every week to prioritize yourself.

Dr. Keesha Ewers: I just gave a webinar series called the marital love affair with Dr. Keith Whit in February. It was so much fun to do the series from this masculine perspective of Dr. Keith Whit who is a marriage and family therapist and the feminine perspective from myself as a sexologist and a psychotherapist. One of the things that we talked about is the essential bond between the partners, the mom and the dad, or the mom and the mom, or the dad and the dad, whoever the caregivers are, but that that is very, very strong for the kids. One of the things I think that's happened in this generation of children is we've put out the message that they are the most important part of the family. We've put so much energy into making sure that the kids get everything and they have all of our attention. We're so afraid of causing damage and wounds and all these things that it's gotten to a point where the energy is being drained from the connection of the partners.

That's not role modeling what good relationship to the kids when they get older and they start attracting somebody to create their own partnerships. They haven't had good role modeling if we continue to do that. This summit is all about calling women to, look, you've got to be vital and strong and vibrant. Your relationships around you need to be thriving also because that's your support system. From that, the kids get health. I think that we've gone a little out of whack, overbalanced with that.

Dr. Elisa Song: For children, it's not just about their physical health. Parents or partners to really prioritize their relationship and their time and have that child know that of course they are a priority, but sometimes they do need to wait. Sometimes they take a back burner to the partner's relationship. That's completely fine. They are not going to crumble. It doesn't mean that they have no self-worth. I think that a lot of our kids nowadays really don't know how to interpret not being number one. They don't know how to overcome failure and overcome the idea that they're not the best at something. That's why we have these amazing books like Jessica Lahey's *The Gift of Failure*, or Julie Lipcott-Haines, *How to Raise An Adult*. Because I think we as parents have forgotten that really one of the biggest gifts that we can give to kids is learning how to pick themselves up when they fall and learning that they have the confidence and the skills to do that.

If we don't, as parents, really make our relationship with our partner a priority so that our kids can see how we overcome our arguments, but also how we express love in a healthy way there's no way that they're going to have healthy relationships as they get older.

Dr. Keesha Ewers: I think it's so essential, that these are skills that aren't taught in elementary school, junior high, high school, or college. These are things that you learn at the knee of your parent and how you're doing them today is likely how your parents did them. If that's not functional style then you get an opportunity to change it and then role model it to your kids and that's where the buck can stop with you, if you're willing to really take a look at the patterns and pick the ones that are healthy and keep them and you get an opportunity to transform the ones that aren't. Like I said, this is up to you. No one else on the planet is going to teach this to your children. We can't advocate responsibility for skill building for these kinds of things.

Dr. Elisa Song: These are skills that are not innate. They're not inborn and they're skills that we learn and we are constantly learning and perfecting. We need to give the basic tools to our kids so they can then continue to develop those healthy skills as they get older.

Dr. Keesha Ewers: When we started talking about childhood vitality and some of the drainers of children's vitality. What would you say some of those things are?

Dr. Elisa Song: I'd say in terms of the physical drainers. We talk about the keys to ... I talked to my parents about the keys to vitality for kids. Of course, as a pediatrician, I do spend a lot of time on physical. The physical body. The physical body really ate for kids vitality starts with the guts. That gut starts with mama's gut, health when she was pregnant. There's so much research on how our guts, the bacterial balance, that microbiome and disruption to that micro biome can have significant impacts and immediate impacts on our mood, anxiety, sleep, energy, focus, attention. I feel like every day I pick up a journal and I see another article on how the micro biome is affecting our bodies and our brains. It has to start with a gut. When we think about starting with the gut, we think about, if mama's gut is healthy, right, we want to get all those good bugs in. If mama's gut is healthy during pregnancy, she's actually going to give her gut butts to her baby.

Dr. Keesha Ewers: That's their first population.

Dr. Elisa Song: We used to think the gut bugs just get transferred through the placenta, I mean through the vaginal canal when babies are born vaginally, but we know, it actually really starts in utero through the placenta. It's fascinating. These gut bugs are bugs in our large intestine. We can see that they are traveling through that life cord to that baby. We want to make sure that moms don't have yeast overgrowth and don't have parasites and don't have normal bugs that are affecting their health and then literally affecting their baby's health.

Dr. Keesha Ewers: This is why babies show up with eczema. When they arrive in the world with eczema and food sensitivities like that, this is because of that infusion of the microbiome that happened in utero and it wasn't balanced.

Dr. Elisa Song: That's right. I have moms who tell me that their babies came out rashy and itchy from birth. Then we know that that microbiome foundation wasn't laid down when they were pregnant.

The other thing too, when I have the opportunity to see moms before they're pregnant, we talk a lot about how to nurture her health and her gut health and while she's pregnant as well. Then at birth the chance of the gut flora and good vaginal flora through vaginal delivery is so critical. We are finding with C-sections, babies don't get colonized with the good stuff. They get colonized with skin bacteria in their gut. If mom has had antibiotics at birth because of groupy strep, which I would never say not to do because it has prevented neonatal pneumonia and something called sepsis which is a very serious bladder infection, but that has a consequence of wiping out that moms got flora and the baby parts off without really any gut flora to populate and then is dependent on what they receive after birth. Not to feel guilty that you had a C-section or had antibiotics at birth.

Be mindful that if that does happen, making sure that that baby and that mom gets probiotics right away. After birth ...

Dr. Keesha Ewers: Hang on because I don't want to leave the subject quite yet. I was in a conference many years ago. This was happening, gosh, it's been over ten years. Probably 15 years I was sitting in a medical conference. The president of ACOG, the American College of Obstetrics and Gynecology, was speaking and saying that it was better to schedule C-sections so that babies could come on a time-table than to have them ... I stood up. I was just so upset.

Dr. Elisa Song: Good for you, Keesha.

Dr. Keesha Ewers: The thing that was so amazing to me is that there were probably 50 other women that stood up at the same time I did. We all just sort of got up and left. I went to the bathroom. I was thinking, I'm just getting out of here. I went to the bathroom, took a biological break. These other medical providers also came into the bathroom and I just ... I'll never forget the fury in that bathroom as they were scrubbing their hands saying, "As soon as he grows a vagina he can have a say in what the health of our children are going to be for the generations to come." I was just like, yes, that's exactly what I thought. This idea that you need to schedule a child's birth according to your timetable as an OBGYN, it was just so frightening. He was making jokes about interfering with your front row tickets to the basketball game to see the Lakers or with your tea time or interrupting sleep and I just thought, oh my gosh. For C-sections, if your doctor's trying to talk you into that, we're just saying right now, please, don't.

If it's an emergency situation, you have to have a C-section, obviously you're saying you can start feeding some good flora to your baby at birth and yourself. It is much better if you can do the vaginal delivery route. Don't get pressured.

Dr. Elisa Song: Do not be pressured. Note that the vaginal delivery is definitely the best. Of course, ideally we would have natural births without medication. I was lucky enough, fortunate enough that that happened for both of my kids. It doesn't happen for everyone. Despite how hard many of us try, and that's okay. We don't want to carry that guilt with us that it didn't happen the way we wanted it to. We just want to accept and move on and say this was this child's birth story. It is what it is. We make the most of it. There are some hospitals now, they're doing some fascinating work with doing vaginal swabs of the mom and then swabbing the babies mouth, anus, vaginal orifices if you're a girl, and they're finding that the baby gets colonized with the good stuff really early on. By two weeks of age, babies gut bacteria between vaginal birth

babies and C-section babies looks completely different. In two weeks of age. We have this golden opportunity. I just want to tell all the listeners there.

If you have newborns or kids under two, we have this golden opportunity before babies are two years of age, to shift that microbiome in a healthy way. Because after two it is, it's not impossible, but it's really, really, really hard to change microbial balance that has been laid down. Which is why we as women or adults and older kids may have such hard times getting rid of yeast or have such hard times getting rid of that eclampsia or whatever else is in their gut. That two year time frame is a golden opportunity to do as much as you can to really establish a good healthy micro floral balance, a microbiome. If you do that, I guarantee you, you are going to optimize your kid's health for the rest of their life. That is one of my priorities when I see vaginal birth.

Dr. Keesha Ewers: Dr. Tom O'Brien did an interview with me for the summit. It was on day one and one of the things he talked about is the toxicity of breast milk now in women, that it's more toxic than any other thing that there is. I was listening to him saying, are you advocating that we don't breast feed our children. He wasn't, of course. What he was saying is to have very conscious, intentional conception. Do everything that you can to detox your own body and to release the fat stores toxins, because what is our breast tissue but fat. That fat is what likes to store the toxicity in our environment. Do everything you can the year before, the two years before in your lifetime before you conceive to make sure that the breast milk, that first drink that your baby takes, is not just a discharge of your toxins.

Dr. Elisa Song: That's right. I had read somewhere along the way that the first child receives about 80% of your toxic load through breast milk.

Dr. Keesha Ewers: I know.

Dr. Elisa Song: Which is really scary.

Dr. Keesha Ewers: My first child has Asperger's and I didn't know any of this stuff back then and took so many antibiotics. I took Acutane. I'm like the poster child of what you shouldn't do. My kid's on the Autistic spectrum. I always think about that. I vaccinated him the way I was told. I did everything according to the general, what I call, Uncle Sam model, standard American medicine. I look back and I think, argh. I don't have guilt. I don't have shame about it. I just think this was the journey that he probably chose to take, signed up for me in this lifetime and this is what he's doing on his path. When I think about my kids who are now becoming childbearing age. I've got one that wants to get pregnant this year, you can bet that we're talking about this and she's detoxing right now. We're really conscious of this now because this is a big deal.

Dr. Elisa Song: I love that idea of conscious conception. Because really and truly, you want to start that trying to get pregnant process a minimum six months before you actually try to get pregnant. If you have a year, even better, if you have mercury amalgams, two years, but cleaning up your body is going to ... I know many of us wait and we're older. I had my kids when I was, gosh, how old was I? Almost 40, so 39 and a half and 41. It seems like an eternity to wait even six months sometimes. You will get pregnant easier if you're body's cleaned up and your

baby and your whole pregnancy will be easier if you can clean up. Absolutely. That's part of making sure your baby is born with the best chance in life.

Dr. Keesha Ewers: That's great advice. I had interrupted you and you were going along to after the birth of your child.

Dr. Elisa Song: Oh, yeah. We talk about this two year window. We know that antibiotics early in life, Tylenol early in life, can increase your child's risk for asthma and other chronic illnesses. During those early stages, even in the later stages, really be mindful of all the things that can disrupt our gut microbiome. Of course antibiotics can do that. Antibiotics wipe out all the good stuff. Whatever's there, if we're not replacing with the good bugs, with probiotics and fermented foods and kombucha, things like that, anything that's around that's not so good can take hold. Antibiotics are one where sometimes we need them. I would say if you have an integrated medicine tool kit, you're going to need antibiotics way less often, but sometimes we do. Antibiotics do save lives and I wouldn't tell you not to take the antibiotic recommended by your doctor, but please, please, please take probiotics away from your antibiotics if you're going to need any antibiotics. The other thing, antacids. How many of our babies, newborns, who are just a little fussy, are being diagnosed with reflux and being put on Zantac.

Dr. Keesha Ewers: My oldest. My poor oldest child. Put on Prevacid. I just didn't know anything. I was purely on Western medicine in those days. I was 24 years old and I just thought I should follow along with what I was being told. So anti-productive, counterproductive to what this child actually needed. First he had ear infection after ear infection because his gut microbiome was completely decimated by all these other things. Then that leads to food allergies.

Dr. Elisa Song: That's right. Stress. Just stress alone can disrupt your microbiome. We'll talk later about the other piece of emotional vitality. That's so important for kids. Stress. I talk about kids, I talk with kids at every appointment. No matter how old they are, I ask them what kind of worries do you have? What kinds of things are on your mind that keep you up at night? Because those worries, if they don't know how to deal with them productively, they literally eat away at you. There's a reason why when we're worried or stressed, we feel it in the pit of our stomach. We get that, our belly hurts. A reason why so many kids have what's called "functional abdominal pain" meaning doctors can't find any cause so they say it must be in your head. There's an intimate gut brain connection. There's a reason why the gut is called the second brain. If our gut health isn't healthy, then our brain health and our mental health can't be optimal. Relieving stress is another ... Then the whole idea, it's talked about over and over again, eating your fruits and vegetables, but really phytonutrients.

Each of those colors of the rainbow provides a different support for our gut and our immune system. We really want to get as many of those phytonutrients in. That also means keeping the bad stuff out of our diet. Organic. It's interesting. I love my stepdad, but at one point, my stepdad, really he looked at me point blank and said, I really don't think it makes a difference. I don't think it makes a difference what you eat. Because his, well, I'm not going to say any names, but he was happy to feed his grandkids the same kind of processed, not organic chicken nuggets. I think they were the Froot Loops. I really don't think it matters. In the meantime, this third child had attention and anxiety issues. Those artificial flavors, colors, preservatives, pesticides, they are more harmful than many of us can even fathom to our kids' developing brains, to their gut, and to their immune system, and to their hormones. Really



trying to clean up. I totally understand that for many families, eating 100% organic is just not financially feasible.

That's when you go look at the environmental working group list and you absolutely eat organic, the foods that are listed on the dirty dozen. Always up there are bell peppers and kale.

Dr. Keesha Ewers: Strawberries. The clean 15 and the dirty dozen. Environmental working group is fantastic.

Dr. Elisa Song: It's a great resource. We want to think about what we're putting in to feed our kids' guts and their bodies and their brains, but also really think about what we should not be putting in as well. If we do that then we're going to optimize our kids' physical vitality. Just simple stuff. It's not rocket science. It's just saying I'm going to make this a priority. I'm going to make it a priority to put the best quality food into my kids' bodies. Just like you would only put the highest octane in your car. Then being mindful of whatever can disrupt their gut health that you really pay attention to preserving the optimal gut microbiome with whatever it takes. If your kid loves kimchi and sauerkraut and real pickles, then great. I personally, would prefer to get their probiotics that way. That can be an acquired tastes. There's lots of good probiotics out there to give to infants and to older kids.

Dr. Keesha Ewers: On the subject, I tell women that there are five supplements I want them to take for the rest of their lives no matter what their lab data is showing on their protocols that I have in mind, but that includes probiotics, it includes Vitamin D, it includes a high quality fish oil, it includes calcium and magnesium, in a mineral supplement. I really want them to have these things for prevention of bone problems later and inflammation, et cetera, et cetera. We've gotten ourself to this place with our soil on this planet that our vegetables are not containing the same phytonutrient pack that it used to have. With kids, do you recommend supplementation like that?

Dr. Elisa Song: Nah. Right away, pretty much from birth, I have most babies on Vitamin D. I say most babies because if your baby is exclusively formula fed for whatever reason, there's probably enough vitamin D in the formula. In my practice, most moms, they start off breastfeeding and really try to breastfeed for as long as possible. For breastfed babies, it is recommended that they do get vitamin D supplementation from birth. Really why is that. That's because most moms are deficient in vitamin D. They're finding that breast milk typically doesn't contain adequate levels of vitamin D. If you as a mama know that your vitamin D levels are great, you probably don't need to supplement. Most moms are way too low. I definitely encourage all, before you conceive, to make sure your vitamin D levels are optimal. Because low vitamin D levels have been linked with a higher risk in that baby of autism and autoimmune illness. What do I mean by normal? The normal range is 20 to 100. I want pregnant moms to be at 80.

Dr. Keesha Ewers: I do too. I want all women, I don't care whether you're pregnant or not, I want you around 75-80. I don't want you at 30, which is within the normal range according to standard American medical models.

Dr. Elisa Song: I asked moms to ask their OB's for the specific number because while there are some OB's out there, many OB's will just call you and say, oh, it's normal, don't worry about it. It's 22. You really want to know the number. If moms are replete in vitamin D, and you know that, then the baby's probably don't need vitamin D. Otherwise, most babies do. Typically, we'll do about 400 IU's daily of vitamin D3 for that baby. I'd make sure that throughout that nursing period that moms periodically check their vitamin D levels. It's amazing how much these babies suck out of us. They take everything. I remember with my oldest, my daughter Kenzie after she had weaned herself and I was thinking about trying to get pregnant with Body, my second, I thought let me check my blood work again. I had been taking vitamin D supplements the whole pregnancy and nursing. My level was 17. It was way too low. I had been taking supplements.

This is also to let parents know, mamas know, that if you have any health issues, like any autoimmune conditions, or chronic asthma, you're going to need way more vitamin D to keep your levels up while you're nursing.

Dr. Keesha Ewers: This is also a genetic test that I look at too because the vitamin D receptor, VDR gene, actually shows up and if you have a mutation from mom and dad, you don't hold on to D. It's important. It helps me to be able to say for a lifetime this is what you need to expect to do with your D. Then do every six ... We live in the pacific northwest. Every six months I want to check D on everybody. Insurance doesn't pay for it anymore so that discussion has to be had. It's so vital for so many functions in the body.

Dr. Elisa Song: That is one of the ... I will say in terms of the supplements that I recommend for kids, vitamin D, if you follow me on my blog or Facebook, I'm religious about vitamin D. That's probably the number one supplement that I recommend for babies and kids and teenagers. It doesn't matter ... Parents will say, they're outdoors everyday, all day long, playing soccer or ... Even in the middle of the summer here in southern California, I'll measure kids and they will be deficient or insufficient, at the very least. Our bodies just have way too much going on right now. We have way too many toxins we're trying to clear. We have way too much stress we're trying to detoxify from our body. That just sucks up the vitamin D.

Dr. Keesha Ewers: The truth of the matter is we're not outdoors the way that prior generations have been. We're in front of screens and the screen does not do anything for your vitamin D levels. Because studies have shown that people in Key West, Florida are deficient in D. Sunny California, sunny Key West, they're still deficient in D. This is an important thing to start bringing in. That's good advice. What else?

Dr. Elisa Song: From birth, I can't think of any baby that I don't recommend probiotics for. For sure, if your baby is fussy or having, arching their back, and having real reflux symptoms or constipated or having eczema or if you have a family history of eczema or your a C-section birth, the probiotics immediately from birth. There are specific infant probiotics that are designed for kids under two years of age. When you're under two, the species of probiotics that's more predominant is [inaudible 00: 33: 14] species. Over two is predominantly lactobacillus. After two years of age, you and your child can have the same probiotic. You don't need to get a kid's probiotic. I also don't recommend getting most of the children's chewable probiotics.

Dr. Keesha Ewers: Thank you. Oh my gosh. All these food colorings in these gummy bears.



Dr. Elisa Song: It's not enough either. There's one brand that, I don't want to point fingers, but it's quite tasty, but there's only one million colonies of probiotics, of bacteria, in there. For infants with reflux, I'm recommending 10-20 billion. For my kids who have PANDAS, which is an autoimmune reaction to strep, or who have anxiety or depression, I might be putting them on 50 billion plus. That one million, while it tastes good, I tell parents save that for a treat, but it's not therapeutic. I also recommend for kids to take fish oils. I think omega 3s are so important. There's a reason why formula manufacturers are putting DHA and ARA into the formula now, because it's so important for IQ, for eye sight, for cognitive development, for mood support. That's one of the supplements that also I do recommend. As an infant, I usually don't start until about six months of age when they're starting to get more solids.

If they're starting to show eczema early, though, like if they were born with it or if they're two months old, then we'll start earlier. Again, there's kids, like there's this one, it looks like that candy that Swedish Fish gummies? They're really tasty.

Dr. Keesha Ewers: I know.

Dr. Elisa Song: That one, it's got something like 25 milligrams of DHA. My kids with ADD, I'm getting them on 1,000 milligrams. Again, I tell parents, you could finish the whole bottle and it wouldn't be a day's worth of DHA. Again, that could be their treat after they take their fish oil, but it shouldn't be used therapeutically. There are fish oil supplements now that taste much better than when we were kids. They come in lemon swirls or mango swirls or different berry flavor. They're much better tasting and tolerated by kids.

Dr. Keesha Ewers: Without the food coloring.

Dr. Elisa Song: Without the food coloring and without the artificial flavors and sweeteners. Absolutely. Those are my three basics. I mentioned how so many kids are stressed and so many kids are constipated nowadays. Magnesium is actually way up there on one of the supplements that I can very commonly recommend. Either it's a supplement or through Epsom salt baths.

Dr. Keesha Ewers: Same ones I give to mamas, minus the calcium. I think this is really, really important because we've been saying, we live in a sort of toxic soup these days, that are kids are a canary in the coal mine for. Let's talk about one of the other talks, assaults that they get after birth according to the standard American medical model. It's very controversial. I don't come down hard on any side of this issue. I would love to have a discussion about it. I think every kid needs to be taken as a bioindividual. You don't just have this across the board vaccination policy for every child. You really have to take some things into consideration. Let's talk about vaccinations. This is up for a lot of people.

Dr. Elisa Song: Yes. I will say, one of the gifts for the listeners, I have a synopsis on the five key steps to a vital child. They'll get all of that even if we don't get to run through all of the steps because I just think that it's so important. Vaccines are such an important topic too. I spend a good amount of time in my well child visits discussing vaccines because it's one of the number one parental concerns. Parents want to do the best thing for their child, but they're getting so much conflicting information from other health care professionals, from the media, both ways. You shouldn't do them, or you should do them, and you're going to kill your child or ...

Dr. Keesha Ewers: Cause autism.

Dr. Elisa Song: Cause autism or some other chronic illness or you're going to kill your neighbor's child.

Dr. Keesha Ewers: Because you're not doing it.

Dr. Elisa Song: There's so much fear on both sides. There's so much irrationality. I don't know where along the line the discussion became so really unscientific. There is science really to point to I think that vaccines can be effective in reducing the burden of some illnesses. I think that there has been some value. I can't believe, and this might be offensive to some, but I don't necessarily believe that the decline in polio we're seeing was purely due to good hygiene. I do think that the vaccine did play a role in that. However, we are at the point now here most of the illnesses that the vaccine were designed to prevent are so low that we now really have to be more concerned with the side effects and mysterious adverse reactions that vaccines can cause. There's also very, very good data that for some susceptible children vaccines can be harmful.

There's a new field, just like there are so many fields looking at how our genetic mutations, our genetic snips affect our ability to detoxify or process certain nutrients, the field of nutrigenomics is burgeoning. Mothers, the field of vaccigenomics to really try to assess which kids are going to be harmed by which vaccine. There are certain vaccines that we know can cause an increased risk for a topic illness, which is asthma, eczema, allergies. There are certain vaccines that can absolutely lead to an increased risk for autoimmune illness. We know that. I don't know why there's such a fear among many conventional medical doctors to acknowledge that. If we acknowledge with our patients, let's have an informed discussion. Let's discuss what's in your family history that might make your child more at risk for serious adverse reactions to this particular vaccines. Let's come up with an individualized schedule for your child. Why wouldn't anyone want to have that discussion. ASIA, autoimmune inflammatory syndrome induced by agevents. I looked up on pub med, just a few weeks ago, there are an enormous amount of articles looking at progressive paralysis and autoimmune reactions after the HPV vaccine.

Why can't we acknowledge that there can be some harm to some. We absolutely know that the flu vaccine can cause Guillain-Barre syndrome. Does it cause it in most kids? No. It causes it in very few people, but for the people who actually get it, that doesn't comfort them. For the mom whose child developed multiple sclerosis after the nasal flumis. I have a patient like that. Does that make her feel any better that it's so rare? That the chance it's going to happen is virtually none? No. Because it did happen to that child. When we have discussion in my office, the risk factors that I look at are really, are their underlying risk factors for methylation defects, mitochondrial dysfunction. The signs from mitochondrial dysfunction are typically low cortone because your baby's too, in the beginning their heads might be really floppy and stay floppy for a while or for older kids who went their sitting, they don't have that erect straight posture that most toddlers have.

They sit kind of slunched over or they sit in what's called a W position where they're sitting on the ground, instead of criss-cross applesauce, they're knees and feet are kind of splayed out to the side, or if they're trying to color their pencil grasp is really weak or too firm. They're trying to compensate so much because they're having trouble holding that pencil that

they're pushing down and breaking the pencil point. Those can be signs that other signs for mitochondrial dysfunction are if kids when they get sick with a simple cold or a stomach flu, they have significant regressions, whether it's behavioral or physical and take a really long time to recover. Those are some signs of mitochondrial problems. The methylation problems, that runs the gamut. If there's a family history of autoimmune illness, if there's a family history of ADD or autism, if there's a family history of mood disorders, depression or bipolar or schizophrenia or alcoholism, if there's a family history of cancers, if there's a family history of early heart disease blood clotting disorders, like having a heart attack or a stroke in your forties. Or if there's a family history of infertility.

Those all tell me, you know what, I'm really concerned that this child has a higher risk for having problems with their methylation processes and also their mitochondrial functioning. It does not mean that that kid can never have a vaccine safely, but it means that I'm on a little higher alert and I just want to have that discussion with the parents and let them make that decision. Is your child more at risk for the illnesses that we're trying to prevent or are they more at risk for possibly having serious complications. I'm not just talking about having a fever for a day or a sore arm. I'm talking about lifelong serious complications that might now show up the day after the shot. It might show up two years after the shot but are still related to that shot. In general for the parents who decide, after thinking about it rationally, decide I'd like to get some vaccines. I'd like to get them on a schedule for vaccines. Just as an aside here in California most parents don't even have that option anymore. Our rights as parents were taken away with SP277.

Now, unless you decide to homeschool, you basically have to have your child completely up to date with vaccines in order to enroll them in preschool or kindergarten or seventh grade. Unless that child receives a medical exemption. A lot of docs here in California are really nervous about giving medical exemptions. Because they're afraid that the state may be keeping track and monitoring them. My guidelines for really, really minimizing the chance that the child is going to have an adverse reaction is first of all, I never, ever recommend a vaccine when your child is even the slightest bit under the weather. A little snuffle or, just a little droopy. You can tell as a mama, right, when you look at your kid. Uh, something's happening. They're not as perky. They have little dark circles under their eyes. I say, you know what, let's wait. Just come back next week when they're better. Really when they're perfectly healthy. Also, just one at a time. If we give five vaccines at one time and they have a reaction, we have no idea which vaccine caused that reaction.

Dr. Keesha Ewers: It's a heavy load.

Dr. Elisa Song: It's a huge load. It's a big load on their system. We're asking that baby's little tiny liver and their little tiny kidneys to clear out all of the other junk that's in the vaccine. The MSG, the formaldehyde, the aluminum, the antibiotics.

Dr. Keesha Ewers: Mercury.

Dr. Elisa Song: If we do that five times it's really difficult to handle. Even if you can wait a little bit. Many of my parents will wait until kids are older. Six months, a year, if they can, to give the shots. That way their kid's immune system is much stronger and anyway is going to have a more effective response to the vaccine. Probably need fewer boosters because they respond better

and also their livers are stronger, their kidneys are stronger so it's not such a load on their system. I had one child who, after their very first D-tap, developed seizures. Fortunately, we'd only give that one and have not given D-tap sense, but did a ton of work. It just destroyed her gut. We did a ton of work trying to clean up her gut and getting her immune system and her nervous system back. Which we thankfully were able to because that was her first and only shot. The other thing too, when kids are getting shots, we've already hopefully set the foundations of that vital gut and that vital body. Because if you have all the right phytonutrients in, you're going to be able to detoxify better.

Making sure that your kids hopefully have an optimal diet. If your child has any risk factor like we mentioned before then I actually do also recommend that kids and babies get methylated b-12, methylated folic acid, CoQ10, which provides mitochondrial support, and glutathione for added detox support starting either a little bit before the shot or the day of the shot. I'd prefer to have a little build up time. Then for at least a month afterwards. That way, if their mitochondria are fully supported and their methylation supports are optimal and we're helping to detoxify glutathione, then they should be fine, really and truly they should be fine. The other thing I also do is I use a lot of homeopathy in my practice. There's a homeopathic medicine called thuja, T-H-U-J-A, that I also give to the parents, I'm sorry, to the child. If that child doesn't have methylation or mitochondrial risks, super healthy family history, we might just be doing the thuja typically in a 30c strength and doing three pellets twice a day for anywhere from 3-7 days after the shots.

Dr. Keesha Ewers: I wish you'd been my pediatrician for my kids Elisa.

Dr. Elisa Song: I know. I think that it's unfortunately really, really challenging to find a pediatrician who, first of all is open to even having a flexible schedule. Then to find someone who is open to or really knowledgeable about how to support that little body while their getting shots or getting any medicine for that matter, is challenging. There are more. I am hopeful that functional medicine is spreading to more and more pediatricians and I have some amazing pediatric colleagues who are doing this work. It's far and few between. There's not enough of us. If there's any pediatricians listening or family practice docs listening, I feel like it is our responsibility as holistic mamas to get informed. Even if you're not in a situation where you can get additional training, get a little more knowledge so you can speak to your patients really more rationally and truly have informed discussion.

Dr. Keesha Ewers: Beautiful.

Dr. Elisa Song: The other thing also is I never, ever give Tylenol after shots. Tylenol depletes, this is acetaminophen. Some practices they used to, and my old practice we used to give Tylenol at the same time as the shot just to prevent a fever. Now, actually there's new research showing that giving Tylenol may actually reduce the effectiveness of the vaccine anyway. My reason for not recommending Tylenol is that it depletes something called glutathione. Glutathione is what I want to give to your child to help detoxify. If we give Tylenol, we just blunt our kids possibility of detoxifying efficiently.

Dr. Keesha Ewers: Thank you so much.

Dr. Elisa Song: You're welcome.

Dr. Keesha Ewers: Your material about this is on your speakers part of the website on the [womensvitalitysummit.com](http://womensvitalitysummit.com). I so appreciate you sharing even this tiny bit of wisdom in your vast array of knowledge base. You're just such a gift to children around the world and mamas.

Dr. Elisa Song: Thank you for having me. To mamas and women everywhere, grandparents, mamas. I have some teenagers, teenage girls, who have listened to your summit and it's so amazing. It's so inspiring. It's really what we want to instill in our girls from very early on. How to care for ourselves.

Dr. Keesha Ewers: How to create a generation of vital people instead of one that dies at a younger age than we will.

Dr. Elisa Song: Absolutely.

Dr. Keesha Ewers: Thank you again, Dr. Elisa.

Dr. Elisa Song: You're welcome.