

# **Getting to the Root of Autism and Other Childhood Epidemics**

## **A Special Interview With Beth Lambert**

**By Dr. Joseph Mercola**

### **Dr. Joseph Mercola:**

Welcome, everyone. Dr. Mercola helping you take control of your health. And today, we are joined by Beth Lambert, who has founded a group called Epidemic Answers. You might think that's the COVID epidemic, but no, we have so many epidemics now. Interestingly, many of them have similar foundational causes. But this is a different epidemic, one that I still am passionate about, which is the epidemic of the tragic complications that have happened to so many of our children. When I graduated medical school, the incidents of autism were 1 in 10,000, 1 in 10,000. In fact, for the first 10 years of my practice, maybe more. I started in '85, like in the mid '90s. I didn't have one autistic patient, not one, not one. Then, we started having an epidemic, and that was right when I started really transitioning from conventional medicine to natural medicine.

So, my reputation got out in the community. I attracted a lot of these patients, and I had hundreds of autistic children I was treating in the mid to late '90s, and they just came from all over the country. We were able to get some pretty good results with them with just some simple strategies that aren't really rocket science. But Beth is passionate about this and she'll tell you about that. I haven't seen patients for over 15 years. So, I really am not in the trenches anymore. But I still have a passion for addressing this. This is one of the reasons why I connected with Beth, because she's going to give us a low down of the lay of the land now, because it's changed considerably since I was practicing in the groups that are addressing this. We'll discuss that. Beth has founded a group, too, that I'm hoping I can facilitate collaborating with some of these other groups. So, with all that background, welcome and thank you for joining us.

### **Beth Lambert:**

Thank you so much, and I'm happy to be here and I'm really happy to have the opportunity to talk about the autism epidemic and all the other epidemics that are affecting our kids as well.

### **Dr. Joseph Mercola:**

Sure. So, why don't you give us a little bit about your history and then we can go from there.

### **Beth Lambert:**

Sure. So, I really got into this when I was a parent and I had children that had some symptoms, nothing too concerning, but it was enough to seek out answers in conventional medical offices. I also, as a new parent, saw that there were so many problems with all of my peers and their children. So, you had baby playgroups where several children had reflux and were on reflux medications, and you had people who were getting diagnosed with autism and autoimmune diseases, and all these kinds of things. That really got me alert to something being wrong with

this generation of kids. So, I decided to dig into it. I also found some answers for my own kids in integrative medicine.

Also, when I was getting answers for my kids in the offices of integrative practitioners and holistic practitioners, I came across parents who were recovering their kids from all kinds of conditions that I thought at the time were genetic and lifelong. So, autism being one, autoimmune diseases that you really thought were going to be something they would have their whole life. But here I was getting these anecdotes and these stories of these kids who had fully reversed these conditions and got back on track, and got healthy and just went on to lead normal lives.

That really blew my mind, and I felt like, "Well, if this is possible — my kids, got their symptoms resolved, and all these other children are getting better — why isn't this our standard of care? Why isn't this available for every child? And why doesn't my conventional pediatrician talk about this?" So, that really began a quest for me.

I ended up writing a book about the new childhood epidemics and the environmental root causes. It's called "A Compromised Generation." Also, I catalogued these kids who were getting better and told their stories. Since that time, that was about 2009, I have been documenting stories of kids who have reversed all kinds of conditions, and I have launched a nonprofit organization to help connect parents with the resources they need to help their kids get on the road to recovery.

Subsequently, [I] also started a research study — several research studies now — to look at the environmental causes of autism, of ADHD (attention-deficit/hyperactivity disorder), of autoimmune diseases, and also what can be done to help reverse these kids. So, it's really become a life mission for me to help people understand that their kids don't need to be sick, and there's plenty of tools and resources we have today to solve this epidemic. It's just information and access to resources. That's really it. Because that's the answer, I'm just hell-bent on getting that message out there.

**Dr. Joseph Mercola:**

Well, great. Yeah, the reason we connected was partially related to your research efforts, because I believe the director of your research foundation is Dr. Chris D'Adamo, and he was the co-author of my recent paper that was published in Nutrient on linoleic acid and its dangers. So, I'm grateful for him for connecting us.

**Beth Lambert:**

Yeah. He's heading up our research project, it's called Documenting Hope. We have two IRB (Institutional Review Boards)-approved research studies looking at, again, the environmental causes of these chronic conditions and what we can do to reverse them. Our first study is gathering tons of information about what it means to be a child in modern America. What are they eating? What are they putting on their skin? What are they doing all day long? Screen habits, sleep, stooling — anything you can imagine that is a part of their health. We correlate all of these things with health outcomes, symptoms and diagnoses, et cetera.

Then our other study is actually an intervention study, and it looks at a small group of children who have a chronic health condition, and we do a deep dive on each child. What's going on underneath the surface? What are the root causes of this child's diagnosis? Then we help them over an 18-month program to reverse their condition, and we document that along the way. So, we're not only trying to understand what is causing these conditions, but [also] what we can do to reverse them.

We know that we need to gather the evidence, because for over 10 years I've been talking to physicians in particular who will say, "Well, there's no evidence that autism is reversible. That's only anecdotal." Well, of course, let's do something about that. If it's only anecdotal, why aren't we doing some research to demonstrate that it is possible? Why don't we pull together some evidence of hope for these children who are impacted?

**Dr. Joseph Mercola:**

Well, we know the answer to that question. Because research would be funded by the government, and that's diametrically opposed to the wishes of the Big Pharma, which they're in strong collusion with. So, the NIH (National Institutes of Health) is never going to fund these studies, never.

**Beth Lambert:**

Right.

**Dr. Joseph Mercola:**

So, I would be interested, if you could provide us a background, historically, of groups like yourselves that have been around to help people with similar missions. Actually, before I go there, I neglected to mention the reason why I believe I didn't see any autistic patients for the first 10 years of my practice. It's related to a law that was passed in 1986, I think it's the National Vaccine Compensation Something Act, and essentially provided total immunity – not total, but eventually migrated and progressed into total immunity – against prosecution for any side effects or damage due to the vaccine.

Because the vaccine companies at the time threatened to stop making vaccines unless they were provided this protection. The alternative they proposed was to have a fund set up and there were taxes applied to all the vaccines – it was a few dollars a vial, but it adds up to significant amounts – that were put into this fund that was awarded to victims of the vaccines.

I mean, to this date, there's been \$3 billion to \$4 billion awarded in vaccine injuries. But they've put the collapse on that down the last few years, and it seems like hardly any funds are ever going to be awarded again, because they've made it virtually impossible to prove that you were vaccine damaged. But anyway, that bill was passed in '86, and it took the pharmaceutical companies a few years to take advantage of this bill and [take] an advantage they did. They rolled out a lot of vaccines, and it took them a few years to do it, but around the early '90s, they

started cranking them out. It went from 15 total jabs they've got before the age of 5 to triple or quadruple that.

So, I think that's why I hadn't seen any, because the primary catalyst – and I think Bobby Kennedy agrees with me on those, too – is really the vaccines. That catalyzes, even though the conventional mainstream media will say, "No, that's been debunked." That's been proven. Andy Wakefield catalyzed a lot of that research in the late '90s, because he's published studies that implied or suggested that MMR (measles, mumps and rubella) [vaccine] was an issue. A lot of counter articles to crush that concept were launched. Anyway, that's why I think it is, and we'll certainly talk about that later.

But if we can go back to the other organizations – because when I was practicing, there was a Defeat Autism Now, which was founded by Dr. Bernie Rimland, who passed away a few years ago. And then, there's of course, AutismOne, and others that I'm unaware [of]. Well, TACA (The Autism Community in Action), T-A-C-A. That was actually the last autism event I spoke at, it was at TACA. And there's probably others. So, maybe if you could just summarize that more accurately and give us your perspective of the lay of the land, so to speak.

**Beth Lambert:**

Yeah. In the 1980s, there was the beginning of a movement of parents who suspected that their child's condition, autism, was not necessarily genetic and just brain-based and lifelong. And physicians that they worked with began to ask questions, "Maybe this is something that's reversible? Maybe this is a whole-body condition? Maybe this is systemic? Maybe there's something we can do?" And they started looking into the GI (gastrointestinal) tract. They started looking into toxicity, and nutrition, and all these kinds of things that maybe you wouldn't have looked into unless you had seen some improvements along the way by making changes.

That really did begin a movement. You mentioned Defeat Autism Now is one of the first sort of physician and parent movements where they got together and had conferences, and AutismOne was another. I would say the biggest legacy of that movement right now is probably TACA, which is – it used to be called Talk About Curing Autism. Now, [it] has a different name. It's something about autism together, but they are still looking at the root causes of autism, and helping provide resources for parents that have a child that are looking for nutrition changes, and how to detoxify a child, and how to approach it from a biomedical perspective.

But a lot of these organizations have really struggled to gain traction, though. Because, again, the experience for most parents is you can go directly to your developmental pediatrician or your regular pediatrician, and they'll say, "I'm thinking of taking my child on a gluten-free, dairy-free diet," or "I'm thinking of giving them some nutritional supplements," or "I'm going to try this therapy over here that isn't ABA (applied behavioral analysis)," because right now the only thing that's reimbursed for autism is pretty much ABA, some PT (physical therapy) and OT (occupational therapy).

**Dr. Joseph Mercola:**

Why don't you expand on what ABA is?

**Beth Lambert:**

ABA is applied behavioral analysis, and it is essentially a therapeutic that is retraining a child or helping to almost mold them into expected or typical behaviors. What's interesting, the way I perceive ABA is that while it has helped a lot of families and a lot of families use it, they may be using it in a way that isn't the most helpful for the child. So, I use the analogy of taking some dry pasta, and trying to take dry pasta and get it to fit nicely into a round bowl. You'd have to crunch it and break it to get it in the bowl, let it go and get in the bowl. But what you need to do first is you need to cook the pasta. You need to make it malleable. You need to make it ready. And then it'll fit nicely.

That's what I think of ABA. It's like you're trying to teach these children to do behaviors and things that are expected, but their body's not ready for it. They've been impaired developmentally. They have gut imbalances. They have all kinds of toxicity in their bodies. They have brains and bodies that aren't talking to each other; the communication's out of whack. That needs to be addressed first. That's why I talk about root causes, because if you can address the root causes and what's going on that precipitates the behaviors we associate with autism, then you're going to have all kinds of success using modalities like ABA or OT or PT. They can all be helpful modalities, but not until you look at some of the things that precipitated the symptoms in the first place. What is really going on that got this child to this place?

That's where we are right now. You go to your conventional choices and you have ABA, PT, OT. No one's asking about the child's diet. No one is asking about how they're sleeping, or how they're pooping, or are they going outside? Are they sitting in front of a screen? Nobody's asking those questions. But those are all really important for kids, especially kids on a spectrum; they're all important for all kids. But when you're talking about a child who is not going to be able to maybe live independently unless we intervene, who may not be able to do things for themselves unless we intervene, you have to start asking questions about their physical health, the health of their whole body, because the brain is connected to the body, and if you have something out of balance in the body, it's going to impact your brain and it's going to precipitate symptoms of autism.

So, going back to your original question about the origins of this whole movement, there were a lot of parents and practitioners who started asking the right questions, asking about nutrition [and] asking about their environment. And when they followed the path to bring their child's body back into balance by eating nutritious foods, getting them outside, making sure they're sleeping [and] making sure their environment is detoxified, the symptoms of autism started evaporating.

So, that to me is so profoundly inspiring. If we know by changing the environment that you can improve this child's life and perhaps drop that diagnosis, help them to thrive, why wouldn't we be pursuing these options? That's where TACA came in to try and to close that gap. Epidemic Answers has started to not just do that for kids with autism, but for kids with all kinds of chronic conditions. Whether it's Type 1 diabetes or rheumatoid arthritis or autism — you just look at the root causes and your child can have a better outcome if you make those changes that you need to their environment and their lifestyle.

**Dr. Joseph Mercola:**

Well, great. Perhaps now you can transition into what you believe, in your experience for the last 14 years or so – 15? When did you start this?

**Beth Lambert:**

So, I really started in about 2009.

**Dr. Joseph Mercola:**

2009, OK. So, 14 years ago. In the last 14 years, what your impression – because you've done a lot of work in this and you're in the trenches with real people trying these interventions and seeing what reverses it. What do you believe are the biggest root causes that contribute to this problem? Pandemic. Or epidemic, sorry.

**Beth Lambert:**

It's an epidemic.

**Dr. Joseph Mercola:**

Actually, it probably is a pandemic.

**Beth Lambert:**

Yes, both. I've been listening to parents' stories and physicians' stories for all that time, and I believe stories are sacred. When you start listening to the stories, you start getting the clues and you start getting the breadcrumbs of what's going on here. That's where I started. You would hear about the gut issues in autism, and people would often say that the gut issues were secondary to autism, as if the autism was causing the gut issues – constipation, diarrhea, pain.

And all of that, it needs to be flipped on his head. Maybe the gut is causing the symptoms of autism. In the last 10 years, people have started to really make the connection between the gut and the brain, and how what's going on in the gut actually impacts the brain. So, we are getting so much closer to understanding what specifically and exactly is contributing to autism in particular.

But if you also listen to the stories of the parents, you'll hear a variety of stories. You hear the stories where a child was developing normally, had his 18-month shots or 2-year shots, and then regressed into autism. But you also hear stories of parents who have a child who never had any vaccines and still got autism. You hear the stories of children who had 10 ear infections in the first two years of their lives and were on antibiotic, after antibiotic, after antibiotic. You hear stories of families who were in moldy environments and then they moved out of the environment and the child's symptoms evaporated.

So, there are all these stories that if you begin looking at – is it mold? Is it antibiotics? Is it vaccines? At the end of the day, when you start looking in the literature and you start compiling

all of these stories, you begin to see a picture of what is causing autism. And it's what we call the total load of modern living. Now, the total load is a concept that's been around for a very long time, especially in environmental medicine, as you know.

**Dr. Joseph Mercola:**

Yeah. Dr. Doris Rapp was popularizing that. She told it a little bit different[ly]. Filling up your barrel. I don't know if she's still alive, but she was an amazing woman. I hope she is. She's great.

**Beth Lambert:**

Yeah, she's an amazing woman, and she's one of the first people to talk about how food can impact your child's behavior and your child's handwriting, and then their learning, and food sensitivities and allergies. I mean, she's amazing. Bill Ray also talked a lot about the body burden and what that looks like in terms of developing chronic illnesses in adults. It was Patricia Lemer, who wrote a book called "Outsmarting Autism," who first applied the concept of total load to neurodevelopmental conditions like autism. Where she would say, basically, "It isn't one thing that causes autism. It's really a perfect storm, a total load. It's too many stressors of modern living on a body that doesn't have enough resources to withstand those stressors."

Here's an example: Why is it that two children go into a pediatrician's office, one gets their 18-month vaccines and the other one gets their 18-month vaccines, one develops autism and the other one doesn't? Is it genes? Is it what the child ate that day? Is it the fact that one child had a sickness and the other one didn't? Was it because this child was on antibiotics when he had vaccines and this one wasn't? I mean, there's so many variables in each child and in each story.

So, that's where I think the total load concept or total load theory really stands up. It's because there's so much medical literature on modern living and the ways that we live in the modern world and how it damages your health. We talked about linoleic acid as an example. Inflammatory foods, processed foods, sugar – the enormous quantity of sugar that modern children consume. The number of pharmaceuticals children have – the antibiotics, for instance. We go into a pediatrician's office as a parent, and you have a sniffle or a sore throat or whatever, it may not even be bacterial in nature, and you still get a prescription for antibiotics.

What do antibiotics do? They destroy your gut bacteria. What is the significance of that? That gut bacteria regulates everything from your immune system to your digestion of food and your metabolism. So, all of those factors are going to impact a child, especially when they are in that critical developmental time. So, if you think about an infant and all the work they have to do to get to crawl, and walk, and talk, and relate to the humans in their lives, all of that takes an enormous amount of energy. If their body is burdened with toxins from the laundry detergent, and from the mercury and cadmium on their toys, and from the processed foods and inflammatory foods they're eating, and the sugar, which is inflammatory in the body, and their vaccines and their antibiotics and their proton pump inhibitors, all these things are going into our little baby bodies.

These little baby bodies have to withstand that enormous load of health stressors. If they don't have the resources, they don't have enough nutrition in their body, they don't have enough of what they need to withstand those stressors, that's when you're going to see them begin to

develop symptoms. Whether those are skin symptoms, like eczema [or] allergies, or whether it's neurodevelopmental symptoms. As I mentioned, as we're going through this developmental timeline, if you have an enormous burden of stressors, inflammation [is] going on in your body, and you're supposed to be developing vision, or you're supposed to be developing speech, your body's too busy dealing with all those stressors, so you're going to have an arrested, impaired, or delayed development for that child.

The short answer to your question is, it's not one thing. Autism is not caused by one thing. It's caused by modern living. And all the things that we do that we think are normal – the food we eat, the medicines we take, the activities we do, from sitting inside and playing on devices rather than doing the things that humans evolved to do over millions of years, we are so disconnected from nature. We don't eat natural food. We don't do natural activities. We don't even see the sunlight anymore.

So, that, in a nutshell, is really what's causing not just autism but the epidemic of asthma, obesity, diabetes [and] autoimmune diseases. It's all part of the same thing. It's just that because of our individual unique load, and sort of when we were hit with that load, that is what determines what your actual diagnoses and symptoms are. Plus, genes. Genes are important, too. Those are the tools you're given to detoxify. That's whether or not you're a good methylator, whether you are able to handle that load. So, it's a gene-environment interaction, but no child really has the equipment to be able to survive or thrive in this modern world, because we have so many stressors.

**Dr. Joseph Mercola:**

Yeah, genes are unfairly implicated frequently, because genes are not static. They're not "if you've got it, you're doomed." No, they're epigenetically regulated. So, the expression of those genes is modulated quite significantly with lifestyle factors. Occasionally, you have some snips that are really problematic, but that is the exception from my experience. So, thank you for explaining that. And another question I have, it appears to me that TACA and the other groups that are there to support the families with autism – giving them practical resources, recommendations to help their child improve – that of all the organizations out there, you're seem to be the only one that's committed and dedicated to doing the research to quantify, objectify and measure exactly what interventions are likely to be effective. Is that correct or am I mistaken on that?

**Beth Lambert:**

We are the only ones that I know of that are doing the type of research that we're doing. One, which is our first study, is looking at total load. Our preliminary data really validates the fact that it isn't one thing, it's the total load of environmental factors, because the more stressors a child has, the worse their health outcomes. Our data in our first study is showing that. We have more work to do, but that's the preliminary signal we're seeing in the noise.

The other thing is that I don't know of anyone, even in the functional medicine world, that is doing research on looking at the totality of a human being, and using multiple interventions at once. Because what is it that we do in research in the Western world? We look at one thing at a



time. We have this very reductionist mindset where we're like, "All right, how are we going to know what works unless we look at one thing in isolation at a time?" But that's not how the real world works.

These kids that have recovered from autism, they never did one thing at a time. Are you kidding? The parents did everything all at once and got as much going on to support that child and get their body what it needed to course-correct. So, since we've been watching for over 10 years these kids get better, we've been paying attention to what they've done. I mean, that's the key right there. I don't think a lot of researchers have really listened to the parents and listened to the integrative physicians who are in the trenches doing the work.

We've been listening to them and saying, "Well, what have you been doing? What did it take?" You can't just do one thing. You have to address diet at the same time you're addressing sleep, at the same time you're addressing stooling, at the same time you're addressing integrating the brain and the body with therapies that help correct those developmental problems that emerge. So, by doing all of those things at once, we hypothesize that these kids can get better, that they can drop their diagnoses. So, that's why we're actually doing the research like this, because people don't believe it. Anecdotes don't carry weight. But we need to do the research in order to convince the medical community that this really is the way to go. That these kids are developing these conditions because of the way we're living. We have to change the way they're living in order to get them better.

**Dr. Joseph Mercola:**

Yes. I think it's a noble effort for sure. You started in 2009, and two years later, I didn't know of your work, but we started Health Liberty Coalition, which were four non-profits that were committed to educating the public and advancing the research [in] important areas. Because we realized at the time that, yeah, it's okay to educate and inform people on our website, but that's really not going to change the spectrum as much, because there are impediments and obstacles to people pursuing their health goals, and the challenges that obstruct them are beyond their control.

The reason we founded that was because – and the primary impetus was glyphosate at the time, and we made some pretty damn good improvements in that. At the time, 99.9% of people in the United States never heard of the word glyphosate or Roundup, or – no, GMOs (genetically modified organisms), that's what. They didn't know what a GMO was, 99% of the people. That is not the case now. There's probably 99% of people who haven't heard of GMOs, or who know of it, rather.

So, it's been a significant transition that went all the way to Monsanto having to be sold, Bayer buying them, their stock decreasing so much when the lawsuits were effective. Billions of dollars in damages were awarded for Roundup or glyphosate. I don't know, my memory doesn't recall whether or not the court overturned those rulings or not, but that was some major victories. But, anyway – and then we've been effective in mercury. Charlie Brown at Consumers for Dental Choice literally getting a worldwide ban on mercury in dentistry, which is so – Our efforts have been successful over the last decade. We've made some real impacts. I think at this point, 10 years after we started, it is time to adopt a new partner. So, we're choosing to support your organization.

**Beth Lambert:**

Thank you so much. Well, we need it. I'm grateful for that support, because I really do think that this is the ticket for these kids. We have to start thinking differently about how they're living. The evidence is there in the medical literature, by the way. When I was talking about autism and the relationship to the gut, 14 years ago when I started, there was Natasha Campbell-McBride who was talking about the relationship between the gut and the brain and how the gut bacteria needed to be looked at.

Subsequently, there's a whole lot of medical literature supporting that connection. But you know that there's the bench-to-bedside gap, where it takes 17 years for that research to make it into the clinic. We need to accelerate that, because the kids don't have 17 years, because that's their entire childhood, and that's a critical window. So, we feel like we need to just put more resources and more energy and get more parents aware, because the parents are going to do this work on their own once they know about it. Once they find out that autism is reversible, that rheumatoid arthritis is reversible, they're going to seek that, because that is what they want for their child. So, thank you for your support. It really means [inaudible 00:29:09].

**Dr. Joseph Mercola:**

Yeah. Well, I started treating rheumatoid arthritis in the late '80s, and I literally helped reverse thousands, and that's not hyperbolic, thousands of patients with some pretty strategic and simple interventions. Now, I could radically increase it with my knowledge. Because I've learned quite a few things since I stopped seeing patients. Linoleic acid is clearly a game-changer, and I had no idea how profoundly powerful that is. I'm particularly interested in having that variable assessed and researched to tease out the details because I'm convinced it's playing a major role. Again, it could be one of the reasons why these other exposures that you have make that difference. And the foundational reason may be the underlying amount of linoleic acid that's embedded in the child's tissues that could have been received from the parents and/or the diet. So, I'm fairly convinced it's going to be massive.

Also, I've started studying Ray Peat's work this year, and it's come to my attention – and even when I was doing linoleic acid research – what you mentioned earlier is that sugar is frequently vilified. Frequently vilified as causing inflammation, as you stated, and I think that's inaccurate. I think it's unfair. I think the more accurate description would be the processed foods. It's the processed foods, it's not the sugar. Because in the processed foods there is sugar, for sure, but there's also more seed oils than sugar. Much more seed oils. So, I think it's been [inaudible 00:30:55], and it's a confounding variable that isn't considered.

Now, it doesn't mean carbohydrates are unfairly criticized. My first book in 2004, that was nearly 20 years ago now, was "The No-Grain Diet," and that is an approach I had quite a bit of good success with autistic children. But it's successful for a variety of different reasons. Yes, there's linoleic acid in grains. There's no question. Not all grains. White rice seems to be pretty benign. There's virtually no linoleic acid. But grains for sure, and other types of carbohydrates. These resistant starches that get into the gut, your body can't digest it. The fiber transitions to the colon and it serves as fuel for these gram-negative bacteria, which could produce endotoxin. That causes loads of inflammation, unquestionably, and increases serotonin levels.

Serotonin is probably another major contributing factor for these kids. Lowering serotonin levels, increasing GABA (gamma-aminobutyric acid), an inhibitory neurotransmitter, could do loads. And I am so excited to support research to document these suspicions, because I'm fairly convinced. I have some skill sets, and one of them is that I have the ability to make fairly accurate predictions based on limited data that supports it scientifically in a randomized control trial.

But I'm convinced that if we look at the linoleic acid and these complex carbohydrates as contributing factors, we're going to find that it may be amazing, and it may be the primary culprit. Then you throw all these other variables in there, like mold exposure, vaccines and a variety of other things – limited sun exposure, EMF (electromagnetic field) exposures. Then, this combination, the full barrel or the total load, that's going to tip them over the point. So, what we're going to do is put a link down that you can donate to Beth's foundation or organization, and then for every dollar you donate, we're going to match that.

**Beth Lambert:**

Thank you. That's amazing.

**Dr. Joseph Mercola:**

Yeah, I think it'd be good. If you're intrigued with this or have a child yourself with this condition, or a friend, or a family member, then this November you're having an event in Orlando, which is not too far from me, which makes it really convenient. Interesting[ly], we'll have spoken three times this year, your event being the third, and every event was in Orlando. I did not have to fly once, which is so good. I don't enjoy flying. So, why don't you tell us a little bit about your event, who's going to be there, and what's the purpose and the goals?

**Beth Lambert:**

Sure. We are having a conference in Orlando called Adventures in Healing. It's November 10th through 12th this year, 2023. It is meant to simulate some of what we're learning in our intervention study. Our intervention study through Documenting Hope is called the FLIGHT (Facilitated Longitudinal Intensive Investigation of Genuine Health Transformation) Study. Part of what we're doing in there is bringing in experts from a whole different variety of perspectives. We have a nutrition expert [and] somebody who understands the environment and what kinds of environmental toxins can impact a child. We have somebody who does functional medicine. We have people who bring in structural health, like the dental piece, like the oral motor piece, which is important. Vision – all of these pieces are being looked at in each individual child in our intervention study.

In this conference, we wanted to represent that with speakers. So, we're having speakers who can speak about environmental elements like toxins, [such as] Amy Ziff, who knows a lot about the environmental toxins in your personal care products, and how to get those out of your home. We have two dietitians and nutritionists, coming in to talk about specialized diets for kids with chronic conditions, autism and autoimmune diseases and more. We have functional medicine doctors coming in to talk about things like mold in the environment. We have doctors who are coming in to talk about rewiring the brain to the body.

So, as I mentioned before, we have these kids who've gone through this developmental trajectory and it's been interrupted along the way, and so you need to go back and do rehabilitative work. That's one of the pieces I think that's often missed in autism, in particular, is that we look at the gut and we try and repair the gut by getting the balance of good bacteria in there. We detoxify their environment. All great stuff. But if you haven't done the rehabilitative work to revisit the milestones they missed, then they're not going to catch back up to where they should be. So, we have a lot of those kinds of perspectives represented at our conference as well.

It's a two-day conference. It is one professional track and one parent track. So, we have all different kinds of professionals – MDs (medical doctors), DOs (osteopathic doctors), naturopaths, speech language pathologists [and] OTs (occupational therapists), all kinds of professionals. Then, we have parents as well. Obviously, you're going to be our plenary speaker speaking to both, so the professional and the parent track. We're also, on Sunday, the very last day of our conference, we're going to be sharing some of the insights out of our research. So, you were asking before about the linoleic acid, we're capturing information about what kids are eating. We're asking right down to whether they're using fresh herbs in their diet, or what kind of oatmeal they're eating. Anything you can imagine, we're collecting data on that. So, we'll be revealing some of our results from our research on Sunday, the very last day of the conference.

**Dr. Joseph Mercola:**

Interestingly, I believe the food surveys are frowned upon, typically in research, because of their relative inaccuracy. But I think you're doing blood samples or tissue analysis for linoleic acid, aren't you?

**Beth Lambert:**

In the children in the FLIGHT Study?

**Dr. Joseph Mercola:**

Yeah.

**Beth Lambert:**

We're taking blood, urine [and] stool. We're doing qEEGs (quantitative electroencephalogram), we're doing clinical assessments, we're doing functional dentistry [and] developmental optometry. We're looking at retained infant reflexes. So, each child that's enrolled in our intervention study is getting about as deep a dive as you could imagine – metabolomics, genomics, the whole thing. Because what we're doing is trying to see where this child has imbalances. Because our hypothesis is if you correct the imbalances, they get back on track and can lose their diagnoses.

**Dr. Joseph Mercola:**

Perfect. The patient isn't paying for these. Your foundation is.

**Beth Lambert:**

That's right. We think that one of the barriers – again, I've been documenting this for 10+ years, the stories of the kids that got better and the kids that didn't. It's almost formulaic now, at this point, based on those anecdotes. So, we designed the study based on what we saw in those anecdotes.

**Dr. Joseph Mercola:**

Your observations.

**Beth Lambert:**

Exactly. So, each kid is going through all these tests that they would never be able to have this kind of rigor – they wouldn't be able to pay for them. We have 36 different labs we're doing on these kids, different types of boutique labs. So, we're trying to take that barrier out of the study. We also have amazing companies that are donating products, like organic mattresses and lab tests and supplements and all kinds of things to help these families be as successful as possible. Because we are documenting everything, and that is a little bit extra rigor than you would see out in the world. It's helping them through the process. We're facilitating their journey on the road to recovery.

**Dr. Joseph Mercola:**

Yeah, it's tragic that we need to do this. That the country and society is so fatally flawed and damaged that they facilitate these corporations' behavior to essentially rape and pillage the population to make profits and cause all this collateral damage, one being this autism epidemic, and bear no responsibility for paying for any of the damage. I mean, the ultimate representation or example of that would be the COVID pandemic and the jabs, which in some ways will likely dwarf the damage being done to the kids.

But it's all one and the same, because the COVID jab is now part of the CDC (Centers for Disease Control and Prevention) recommendations for annual vaccines that got added. I don't know if it's actually – I mean, I don't know if it's been implemented yet. Now clearly, it's the CDC recommendation, but it's this whole scam that they developed, because there's a significant number of states. I don't know the precise number – 15, 20? It's certainly not the majority. But once the CDC makes a recommendation for a childhood vaccine, boom, it's automatically adopted in that whole state. So, it's required if you're going to participate in the public education school system for that state. So, my guess is a lot of kids this year are going to be getting the COVID jabs.

**Beth Lambert:**

Probably. I mean, once it's on the childhood schedule, you also have immunity as a pharmaceutical company, too.

**Dr. Joseph Mercola:**

Yeah.

**Beth Lambert:**

The unsaid secret that gets that liability protection for the pharmaceutical companies. I do feel like there has been a really bright spotlight on the COVID jabs in particular. There's a lot of research going on in a way that there hasn't been. People haven't been as critical of the childhood vaccine [inaudible 00:40:38]-

**Dr. Joseph Mercola:**

Well, of course, yes.

**Beth Lambert:**

I do think, for instance, there's a gastroenterologist who's doing research on the COVID jabs and how it impacts the gut, and it appears, in the research, to be wiping out Bifidobacteria, which of course is critical for so many functions in your body. So, that to me is a little bit of hope that they may not persist, because they're being well studied right now, I think.

**Dr. Joseph Mercola:**

Yeah, and the follow-up from that could be fantastic. I mean, in the best-case scenario. The silver lining of this is that – a lot of people were irreparably damaged and disabled permanently, many died. Hopefully, the silver lining is that, because of all this pathology and trauma, there's been a light focused on it and people are significantly more skeptical of vaccines in general. When the information finally comes out and is widely accepted, I think the whole system's going to turn around. At least that's my hope. But unless they crush us again with something else, the next crisis, which is never too far off, it seems.

**Beth Lambert:**

Well, I think this experience, I hope, has given us a moment to reflect on the hubris of humanity. Sometimes we come out thinking that we're going to solve it with technology or human innovation, [even] when we are seeing that an entire generation of children is being impaired because of technology and innovation and modern living. So, we really need to have a moment of humility where we go back and we say, "All right." Creation being what it is, was designed perfectly, and we have all the tools and resources we need to heal in nature, but we don't believe in that enough. So, we go and create these tools that oftentimes do more damage when we're trying to just be healthy. We really need to get back to our ancestral roots and eat food that we're supposed to eat, and live in an environment we're supposed to live in, and not really think that the only answers are through innovation and technology. I'm not knocking innovation and technology at all. I'm just saying that's not where all the answers are when it comes to human health.

**Dr. Joseph Mercola:**

Well, I would be a bit more liberal with respect to forgiving a lot more people than you implied. The hubris of humanity – I don't think it's humanity as a whole that's responsible here. I think there's a very few select people. [From] the vast majority, [there is] probably under 1% who are

directing this, maybe under 0.1% or 0.001%, who have no illusions. They have specific agendas that they want implemented. Because of their wealth that has been acquired over many, many centuries, they have essentially controlled huge corporations and governments, and have this massive amount of influence that can direct things. One of those influences being the media that's been effectively able to propagandize vast segments of the population, maybe even the majority. They're irreversibly brainwashed. So, they believe this.

Then there are the people who are going to want these technological innovations, but they're left to their own devices. If we were insulated somehow from these advances in technology, and lived more simply, and ate more purely what we were designed to eat, we wouldn't be seeking these things out. Yeah, technology would be really cool for some advances and conveniences, for sure. But it is a dual-edged sword, and we have those exposures. EMF is the classic one. It just makes life so damn convenient, where they have a cell phone, this more powerful supercomputer than anything that ever got shot up to the moon, in the palm of your hand. And to be able to communicate to people all around the world with video.

I can remember clearly as a child going in Chicago to the Museum of Science and Industry, that was it. It was on Lake Shore Drive, it still is. I remember seeing a video conferencing call system that was a prototype or something, and it was just the most amazing thing. Now we all have it in the palm of our hands, and pretty inexpensively. But that convenience comes at a price, for sure. Many times, the cost of that price is known, but it's widely suppressed through the industries that are benefited from its adoption. So, I'd be a little gentler on humanity.

**Beth Lambert:**

Some of humanity. I mean, I think it's just that we just don't know. As you said, what information do we have access to? Unless you're digging, and looking for, and trying to understand why we're the sickest humans we've ever been on planet Earth, unless you're really looking for that, you're not going to have that information. No one's going to tell that information to you, certainly not in a mainstream media way. If they do, they're going to give you some kind of pharmaceutical Band-Aid to cover up your symptoms. But it's just logic, it's just plain logic. If you look at how we live as compared to our grandparents, the evolutionary jump we should need to make to live in the modern world. In the span of a hundred years, we've changed the way we live so drastically. That's just pure logic. Of course, it's going to impact our physiological [and] biological systems. So, that I think is the message we need to get out to people.

**Dr. Joseph Mercola:**

Yeah.

**Beth Lambert:**

We don't need to slow down technology. We just need to understand that it's impacting us.

**Dr. Joseph Mercola:**

Yeah. That very technology could be used to facilitate our adoption of strategies that could circumvent some of the consequences of these exposures, for sure. I mean, because it is a dual-

edged sword, but you can find the good side of the sword and use it to carve out a process that essentially allows you to essentially replicate the exposures that our ancestors had, which is not hard to do. I think, for the most part, I'm doing that. Well, it is hard to do, but it's possible. It requires a lot of commitment and dedication. And that's what I'm hoping to share in my presentation at your event.

So, what I perceive are the big ones – some, really – I mean, most people are not going to be surprised. I think the two biggest are [that] you absolutely have to get seed oils not only out of your diet, but you have to ideally measure your food very carefully. Not continuously, not all the time, but once or twice, maybe a week, just to check to see what you're doing. Or maybe only when you change your food intake to adopt a new food that [is] integrated into the analysis, because technology allows us to analyze our food for free. Now, it's not 100% precise, but it's pretty close to being highly accurate and very sensitive. So, you can identify your diet and see exactly how many grams of linoleic acid you have in it.

Most people are eating about 80 grams of linoleic acid a day. A day, a day. If you're above 5 grams, your risk for disease goes up quite dramatically; 10 grams, forget it. You're way over the limit. I've fortunately been able to get my intake under 2 grams. I think that if we were to help people understand how to do this – and there's almost no cost involved, thanks to technology, because there are online tools that allow you to do this – that we can help people get low linoleic acid diets. Because they're shocked, they don't know. They input a food – "I had no idea it had this much. It is just crazy." Until you look at it, individualizing and customizing for yourself.

So, I think that's one of them, [and] being outside. Well, the third one being EMF, too. But just being outdoors is so crucial, and getting sun exposure. There's so many beneficial things aside from vitamin D. Those things don't cost anything, and they can not only reduce autism or diseases on the spectrum but [also] almost every other single chronic degenerative disease known to man. All this epidemic we have, as you said, it started over a hundred years ago, and that is precisely when seed oil started becoming available, right after the Civil War. It wasn't widely adopted, of course, until about a hundred years ago, because it takes a while for a technology to penetrate the community.

But interestingly, that's also when EMFs were started. We had the mention of the radio waves and such. They were pretty mild back then compared to now, but they exponentially increased with the Wi-Fi transmitter in your hand that literally became pervasive in the early 2000s with the adoption of iPhone 1.

**Beth Lambert:**

Right. Well, the thing that can be overwhelming, I think, for the average person is that this is our culture. This is the way we live. So, "How am I supposed to know what [inaudible 00:49:35]. What do I do?" I think the thing to remember is the cheapest, lowest cost, easiest thing to do is just to try and remember that 150 years ago, people lived totally differently. Go back to that place where people lived outside, they touched the earth, they ate real food. And just try and emulate that to the best of your ability in your day-to-day life, and just have that constant reminder. You have to step outside of our current culture. You have to live in a way that is counterculture. But that's the way to thrive in today's world, is to be part of a counterculture



where you're just living in sync with natural rhythms and with nature. Hard to do, but it is absolutely possible. And people have great health when they do.

**Dr. Joseph Mercola:**

Yeah, it's not impossible. It's necessary. I believe it's an essential strategy if you even hope to have any chance of surviving the next crisis. The next crisis is inevitable. It's coming. It's on its way. It's virtually 100% guaranteed. We can't tell you when, but it's coming, and we can't tell you what it's going to be, but it'll be a crisis, for sure. If you're adopting all these strategies beforehand, you're going to be resilient. You'll be able to survive the crisis, just as you would've survived the crisis if you had been doing these things before COVID. You wouldn't have gotten the infection, and hopefully you wouldn't have lost your critical thinking skills and been foolish enough to accept a jab. That's my belief.

**Beth Lambert:**

I think it's so common for people to trust and hope and expect that the authorities that they've trusted their whole lives would have their best interests at heart. But I think what happened through this COVID experience is people realized that that wasn't necessarily the case. There is corruption in [the] government. There's corruption in the industry. And I think this was an eye-opener for many people.

And so, now they're listening and paying attention in a way that they weren't probably before COVID. So, I think we are in a different moment, and I'm hopeful for that. But we still have a lot of work to do, especially with regard to educating people about what's out there to help support their health, their family's health and, importantly, their children's health. Because the children have such a narrow window. We have to get in there while they're still so developmentally malleable. That's such an important time to really turn their health and situation around.

**Dr. Joseph Mercola:**

Okay, great. Well, we will put links to your organization and certainly to the event in November in Orlando. I want to remind you that I'm encouraging you to support Beth's organization in this process, because I think this is really important information that needs to be out there, not only to address the kids out there with autism, but also what's going to be determined, and identified, and supported, and validated. It's the validity of these interventions through well-documented research. These documentations have implications beyond autism. Because, essentially, if you're treating autism and reversing that disease, that's the blueprint for reversing virtually all disease. So, there's benefits to all of us to advance the knowledge base, so that we have confirmation of what we believe to be useful has shown to be through the hard research that's going to be applied to determine this.

**Beth Lambert:**

Yeah. I think that is such an important point that you just made about how autism really is the lens for which we can truly understand so many conditions of modern living – Alzheimer's, Parkinson's, depression [and] anxiety. In fact, there was some research published that looked at – they've looked [at] genes. They think autism is in the gene, so they're trying to identify the gene

or the set of genes. Then there was research looking at over 200 genes implicated in autism. And they're like, "Aha, we found the 200 genes [inaudible 00"53:22]."

**Dr. Joseph Mercola:**

Right.

**Beth Lambert:**

They're also implicated in Parkinson's, Alzheimer's, dementia, you name it. So, you are 100% right. If we can crack the nut of autism, show people a path forward, we help all these other conditions. And we actually developed a membership community called Healing Together, which is on our website, that shows people the path that we have been watching the families track that have been successful. It's a path forward and a way to not just reverse autism, but all of these modern living conditions, including the ones at the other end of the spectrum like Alzheimer's.

**Dr. Joseph Mercola:**

Yeah. And that is a support group that's available to people?

**Beth Lambert:**

That's a support group. Yep. We show a step-by-step process about how to do the diet changes, how to change your environment [and] what kinds of therapeutics to seek for your child's particular symptoms. We provide life support. I mean, that's the other – we do research, but we also provide support and education and outreach to families who are impacted and are looking for the tools and resources to reverse their child's condition.

**Dr. Joseph Mercola:**

Great. Yeah. The other condition that is very common and rapidly going to be the number one cause of death worldwide is cancer. The reason I mentioned that is that for the last few decades, people have believed, especially the scientists, physicians and researchers, that this is a genetic disease, and nothing could be further from the truth. This is a metabolic disease. If you address the variables that are contributing to the mitochondrial dysfunction, shutting it down, not allowing your body to create energy with minimal toxic byproducts, then you're going to increase your risk for just about everything, including cancer, including autism, including heart disease. Thankfully, we have a pretty good idea what these variables are, and you're going to be supporting that, and documenting it and researching this. So, I'm just grateful that you're doing that work, and it's going to be fun.

**Beth Lambert:**

Thank you. Thank you. We came up with the name Documenting Hope, because that's exactly what we're doing. We know there's hope for these kids. We've been documenting it for the last 10 years. We have tons of stories of recovery on our website. Now we just need to bring it into the medical and scientific community so that when you as a parent walk into your pediatrician

and say, "My child has autism, what should I do?" They're going to say, "Don't worry. There's hope. Here are some things that you can do." As opposed to, "We're sorry. It's genetic. It's brain-based. We don't know what causes it." That's not where we need to be. We need to help these kids, and we need to help them get to their best potential.

**Dr. Joseph Mercola:**

All right. Well, thanks so much. Anything else you want to add before we leave?

**Beth Lambert:**

No, I think that's it. We have so many resources for parents, and I just want people to know that we're there to support them and we're there to help them along the way.

**Dr. Joseph Mercola:**

Did you give me the name of your site? I don't know if you did.

**Beth Lambert:**

Yep. EpidemicAnswers.org, which is where our educational resources are. And DocumentingHope.com is our research site.

**Dr. Joseph Mercola:**

Okay. And they can find information about the events at those sites too?

**Beth Lambert:**

The event is linked there, but you can also go to Conference.DocumentingHope.com. All of it, everything is linked on the websites, but if you want to go directly to the conference, it's Conference.DocumentingHope.com.

**Dr. Joseph Mercola:**

Okay, perfect. I look forward to seeing you in person in November.

**Beth Lambert:**

Me, too. Thanks again, and thanks for your support. I really appreciate it.

**Dr. Joseph Mercola:**

You're welcome.